
Kinesiology (KINES)

KINES 001 Introduction to Kinesiology (3)

Class Hours: 54 Lecture

Advisory(s): ENG 001A (ENGL C1000)

Transfers to: UC/CSU

C-ID: KIN 100

Introduction to Kinesiology

KINES 001 is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

KINES 002 Intro to Sport & Exercise Psyc (3)

Class Hours: 54 Lecture

Advisory(s): ENGL C1000

Transfers to: UC/CSU

Introduction to Sport and Exercise Psychology

KINES 002 explores the psychological principles that influence performance and enjoyment in sport and exercise. Students will examine motivation, confidence, focus, and group dynamics, and apply mental skills and strategies to enhance consistency, resilience, and overall performance. The course also addresses how psychological techniques promote satisfaction, personal growth, and long-term engagement in physical activity across a range of sport and exercise settings.

KINES 045 Coaching Team Sports (3)

Class Hours: 54 Lecture

Transfers to: UC/CSU

Coaching Team Sports

KINES 045 is designed for students interested in coaching team and individual sports. The course will emphasize the components of a coaching philosophy, team culture concepts and the organizational skills needed to implement and conduct a sport program.

KINES 046 Care & Prev of Athletic Injur (3)

Class Hours: 36 Lecture | 54 Laboratory

Transfers to: UC/CSU

Care and Prevention of Athletic Injuries

KINES 046 is designed for prospective coaches, athletic trainers, and health and physical education instructors. Aids in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries.

KINES 048 First Aid and Safety (3)

Class Hours: 54 Lecture

Transfers to: UC/CSU

C-ID: KIN 101

First Aid and Safety

KINES 048 course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Students will be awarded American Red Cross First Aid, CPR & AED certifications upon successful completion of the practical skills demonstration and written exam.
