

JAPANESE

1 Elementary Japanese I (5) UC:CSU

This course provides the fundamentals of the Japanese language with emphasis on the spoken word. The Japanese syllabary for Hiragana, Katakana and basic Kanji are introduced. In addition, the course introduces the study of Japanese culture.

NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

2 Elementary Japanese II (5) UC:CSU

Prerequisite: Japanese 1 with a grade of "C" or better

This course continues students' development of fundamental linguistic communication skills in Japanese. The course also continues the study of Japanese culture.

21 Fundamentals of Japanese I (3) UC:CSU

This is a course in spoken Japanese that stresses the fundamentals of pronunciation and grammar, basic vocabulary, useful phrases, and the ability to understand and speak simple Japanese. It includes an introduction to the Hiragana writing system. NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

22 Fundamentals of Japanese II (3) UC:CSU

Prerequisite: Japanese 21 with a grade of "C" or better. This course stresses pronunciation, intonation, grammar, and basic vocabulary.

An introduction to the Kanji and Katakana writing systems is included. NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

KINESIOLOGY

(Replaces Physical Education)

185 Directed Study (1) CSU

Kinesiology 185 replaces Physical Education 185.

Students pursue directed studies in Kinesiology on a contract basis, under the direction of a supervising instructor.

229 Body Conditioning Skills (1) CSU

Kinesiology 229 replaces Physical Education 228

This course uses a variety of aerobic and anaerobic exercises to help the student achieve fitness and establish a workout program they can use for the rest of their life.

232 Step Aerobics Activity (1) UC:CSU

Kinesiology 232 replaces Physical Education 470

Students are instructed how to safely exercise using step aerobic benches to achieve their personal fitness goals. Additional instruction offered on exercises from a variety of different sources such as yoga, Pilate's and weight training. Course is open to all levels.

245 Body Dynamics Skills (1) CSU

Kinesiology 245 replaces Physical Education 229

Emphasis is on physical fitness through a non-traditional strength training. Students will leave with and extensive exercise library using nontraditional equipment (fit balls, bends, medicine balls, etc.)

250 Weight Training Skills (1) UC:CSU

Kinesiology 250 replaces Physical Education 230

This course covers the principles of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implication for the individual student. Attention is given to terminology, use of equipment, safety precautions, nutrition and weight control, and basic factors of anatomy and physiology.

250-1 Weight Training Skills –1 (1) UC:CSU

Students develop muscular strength and endurance using weight machines and free weights. They employ proper training techniques necessary to maintain personal fitness throughout the lifespan.

250-2 Weight Training Skills –2 (1) UC:CSU

Students develop resistance training experience and become involved in a higher level of exercise. They will be exposed to a wide variety of machine as well as free weight exercises and will then design a program based on individual needs.

250-3 Weight Training Skills –3 (1) UC:CSU

Students develop an advanced level in weight training and techniques that promote muscular strength and endurance. Excelled use of free weights and machines along with safety rules are mastered. Students enrolling in Weight Training III will be given a skills test.

251 Yoga Skills – (1) UC:CSU

Kinesiology 251 replaces Physical Education 225

This course is designed to improve both strength and flexibility through mind and body integration. The course focuses on the physical and breathing exercises of Yoga. It will assist with the development of flexibility and strength in the skeletal, muscular, and nervous systems, improve circulation, reduce stress, and increase energy levels. Various styles of Hatha Yoga will be studied and practiced. This course will give the student both the knowledge and the practice to move toward improved health and reduce stress levels.

COURSE DESCRIPTION

251-1 Yoga Skills -II – (1) UC:CSU

Students develop muscular strength and endurance using weight machines and free weights. They employ proper training techniques necessary to maintain personal fitness throughout the lifespan.

251-2 Yoga Skills -II – (1) UC:CSU

Students are introduced to the physical practice of Yoga, connecting body, mind and spirit. The students are introduced to its origins, asanas (positions), and terminology.

251-3 Yoga Skills III – (1) UC:CSU

Students' progress in the physical practice of Yoga asanas, moving beyond introductory positions and sequences, developing balance in body alignment, flexibility, and strength. The students learn additional asanas (positions) and terminology, and gain greater understanding of yoga philosophy and its application to daily life.

272 Track and Field Skills – (1) UC:CSU

Kinesiology 272 replaces Physical Education 262.

This class is for the student interested in developing track and field skills. The emphasis is on teaching fundamentals while working to improve the students overall fitness and conditioning levels.

285 Directed Studies- Kinesiology – (2) CSU

Students learn to participate professionally in a variety of fitness environments. Areas of study can include personal training, group fitness, senior classes and health. Students learn to pursue directed studies in the area of Kinesiology on a contract basis, under the direction of a supervising instructor.

286 Baseball Skills – (1) CSU

Kinesiology 286 replaces Physical Education 301

Course will focus on developing fundamental skills, strategies, knowledge of the rules and history of baseball. An opportunity for teamwork experience and game play will be provided. Open to all ability levels.

287 Basketball Skills – (1) UC:CSU

Kinesiology 287 replaces Physical Education 304.

This course offers instruction, and practice on the fundamental skills and basic techniques of basketball.

288 Flag/Touch Football Skills – (1) UC:CSU

Kinesiology 288 replaces Physical Education 667

This course is designed to teach students the rules and skills related to flag football as a team activity.

289 Soccer Skills – (1)

Kinesiology 289 replaces Physical Education 313.

This course emphasizes fundamental soccer skills, as well as the selection and care of equipment, rules, proper etiquette, terminology and strategies of the game. The student will be introduced to individual and team offense and defense as well as terminology and the five components of fitness.

291 Volleyball Skills – (1) CSU

Kinesiology 291 replaces Physical Education 322.

This course is designed to teach beginning to intermediate volleyball skills of passing, setting, spiking, serving and blocking. The course will introduce individual and team offense and defense systems, as well as the rules, proper etiquette, terminology, components of fitness, nutritional and injury prevention strategies for volleyball.

303 Aqua Aerobics – (1) CSU

Kinesiology 303 replaces Physical Education 232.

This course is an exercise and conditioning activity class that promotes cardiovascular and muscular fitness. It is conducted in a shallow therapy pool and uses foam noodles, kick boards and noodles.

303-1 Aqua Aerobics-1 – (1) UC:CSU

This is an introductory water aerobics exercise and conditioning class that promotes fitness using basic water resistance exercises. No swimming skills are required.

303-2 Aqua Aerobics-2 – (1) UC:CSU

Instruction and practice in water exercise to increase knowledge and levels of cardiovascular fitness, muscular strength and endurance and flexibility. No swimming skills are required. This course builds upon knowledge acquired in KIN 303-1.

303-3 Aqua Aerobics-3 (1) UC:CSU

This course applies the knowledge and experience gained from KIN 303-1 and KIN 303-2 to exercise at intensities designed to increase levels of cardiovascular fitness, muscular strength and endurance and flexibility. Students will journal their workouts and caloric intake to focus on reducing body fat. No swimming skills are required.

303-1 Aqua Aerobics-4 – (1) CSU

This course applies the knowledge and experience gained from KIN 303-1, 303-2 and 303-3 to develop a personal water exercise program to meet the demands of career, improve posture, and alleviate pain caused by muscle imbalances. Students will utilize water exercises and resistance equipment to increase levels of cardiovascular fitness, muscular strength, endurance and flexibility. No swimming skills are required.

326 Aerobic Super Circuit Lab – (1) UC:CSU

This course is designed for the individual interested in beginning a personal fitness program. Using fundamentals of exercise physiology, each student will assess his/ her level of physical fitness, develop fitness goals, design and implement a personalized exercise program to be performed on circuit training equipment.

326-1 Aerobic Super Circuit Lab 1 – (1) UC:CSU

In this introductory class the student rotates through a series of weight training and cardiovascular exercises using machines for short intervals in a challenging form of

conditioning that develops muscular strength, muscular endurance, and cardiovascular endurance concurrently. Students learn the importance of nutrition for peak performance and injury prevention for improved overall wellness.

326-2 Aerobic Super Circuit Lab 2 – (1) UC:CSU

In this beginning class the student rotates through a series of weight training and cardiovascular exercises using machines for short intervals in a challenging form of conditioning that develops muscular strength, muscular endurance, and cardiovascular endurance concurrently. Students learn the importance of nutrition for peak performance and injury prevention for improved overall wellness.

327 Lifelong Fitness Lab – (1) UC:CSU

Students develop flexibility, muscular strength, muscular endurance, cardiovascular endurance, and body composition. Students learn how to achieve a healthy lifestyle, proper fitness balance, nutrition. Cardiovascular disease prevention and education is a main component of this course.

329 Body Conditioning – (1) UC:CSU

Kinesiology 329 replaces Physical Education 666.

This course uses a variety of aerobic and anaerobic exercises to help the student achieve their physical fitness goals. Students will establish a workout program they can use for the rest of their life. Exercises are drawn from a number of different sources such as yoga, Pilates, dance and weight training.

329-2 Body Conditioning –2 (1)

This class is designed to incorporate beginning forms, concepts and techniques associated with fitness training. Concepts discussed include basic muscle anatomy, endurance, muscle strength and endurance.

331 Cross Training Lab – (1) UC:CSU

Students learn a variety of cross training activities to achieve their personal fitness goals. Includes lecture on nutrition, exercise physiology concepts, and participation in a workout designed to improve cardiovascular conditioning and body composition, increase muscle strength, endurance and flexibility.

334-1 Walking for Fitness – (1) UC:CSU

Walking for Fitness focuses on achieving cardiovascular fitness and a healthy life-style through walking. Includes such topics as basic fitness walking principles, proper technique, shoe selection, posture, gait, walking styles, flexibility, clothing, safety limitations, assessing fitness level and the physical health benefits from walking.

334-2 Fitness Walking-2 – (1) UC:CSU

Walking for Fitness level 2 focuses on achieving cardiovascular fitness, building workouts and enhancing a healthy lifestyle through walking. Includes such topics as fitness walking training principles overload and specificity,

proper nutrition, differences of aerobic versus anaerobic workouts, Target Heart Rate, proper technique, shoe selection, posture, gait, flexibility, clothing, and safety limitations. This course will assess fitness levels and identify the physical health benefits from walking.

335-1 Fitness and Weight Control – (1) CSU

This course emphasizes fundamental soccer skills, as well as the selection and care of equipment, rules, proper etiquette, terminology and strategies of the game. The student will be introduced to individual and team offense and defense as well as terminology and the five components of fitness.

345 Body Dynamics Activity– (1) UC:CSU

Emphasis is on physical fitness through a regular exercise program including low/high impact aerobics performed to music, and nutrition, diet and body mechanics information.

350 Weight Training– (1) UC:CSU

Weight Training includes an emphasis in the knowledge, understanding and values of building muscle strength and endurance. The course include instruction in the five health related components of fitness (body composition, muscle strength, muscle endurance, flexibility and cardiovascular fitness). The objective is to develop the student's ability to develop his/her own physical fitness program at any time in life based upon sound physiological principles.

350-1 Weight Training 1 – (1) UC:CSU

This course enhances training skills, including enhanced spotting techniques, enhanced lifting techniques and an introduction to more advanced exercises used in a weight training program. An increased emphasis will be placed in the knowledge, understanding, value and practical application of building muscle strength and endurance. The course will include an increased understanding of the human muscular system. The objective is to further enhance the student's ability to prepare their own physical fitness program at any time in their life and to assist others based upon sound physiological and bio-mechanical principles.

350-2 Weight Training 2 – (1) UC:CSU

This course covers the principles of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implication for the individual student. Attention is given to terminology, use of equipment, safety precautions, program development, fitness assessment, heavy rope training, care and prevention of injury, nutrition for fitness, steroid use, anatomy and physiology.

COURSE DESCRIPTION

351 Yoga – (1) CSU

This course teaches a 5,000 year old form of mostly isometric poses (asanas), breathing techniques, and meditation. Yoga promotes mental, physical, and spiritual fitness. Yoga teaches a 'way of life'. There are brief lectures covering basic information on hypertension, exercise precautions, body composition, health style, flexibility, nutrition, nutrition supplements, water, physical fitness, nutrition myths, ethics and morality, and stress management.

351-1 Yoga I – 1 (1) UC:CSU

This introductory course teaches a 5,000 year old form of mostly isometric poses (asanas), breathing techniques, and meditation. Yoga promotes mental, physical, and spiritual fitness. In addition there are brief lectures covering basic information on hypertension, exercise precautions, body composition and how to live a healthy lifestyle.

351-2 Yoga II – 2 (1) UC:CSU

This beginning course teaches a 5,000 year old form of mostly isometric poses (asanas), breathing techniques, and meditation. Yoga promotes mental, physical, and spiritual fitness. Yoga teaches a 'way of life'. The course also covers basic information on hypertension, exercise precautions, body composition, healthy life- style, flexibility, nutrition and physical fitness.

351-3 Yoga III – 3 (1) UC:CSU

Students' progress in the physical practice of Yoga asanas, moving beyond beginning positions and sequences, developing balance in body alignment, flexibility, and strength. The students learn additional asanas (positions) and terminology, and gain greater understanding of yoga philosophy and its application to daily life.

386 Baseball Skills Activity – (1) CSU

This course is designed to provide instruction in the history of and the skills and techniques of baseball. Rules and offensive and defensive team play are taught by drills and game play.

387 Basketball – (1) UC:CSU

This course is designed to teach all levels of basketball skills. It not only emphasizes fundamental basketball skills such as dribbling, passing and shooting but it also includes the selection and care of equipment, rules, offense and defense strategy, etiquette, terminology and the components of fitness.

388 Flag Football– (1) UC:CSU

This course is designed to provide weekly participation in vigorous physical activity involving group work in flag football techniques, terminology, rules and regulations.

389 Soccer– (1) CSU

This course is designed to teach all levels the basic soccer skills of passing, dribbling, shooting, and goal keeping. The course will also introduce individual and team offense and defense, as well as the rules, proper etiquette, terminology,

and the components of fitness. Students will learn proper soccer techniques with practice skills and feedback.

391 Volleyball– (1) UC:CSU

This course is designed to teach the basic volleyball skills of passing, setting, spiking, serving and blocking. The course will introduce individual and team offense and defense systems, as well as the rules, etiquette, terminology and strategies for volleyball.

KINESIOLOGY ATHLETICS

503 Intercollegiate Athletics-Baseball– (3) UC:CSU

This course offers advanced baseball skills and techniques. It provides an opportunity to learn the fine skills and strategies needed to compete at the collegiate level. The course also provides additional exposure to students interested in articulating to four-year colleges or professional baseball programs. Tryouts are required.

504 Intercollegiate Athletics-Baseball– (3) UC:CSU

This course includes instruction in the fundamental, intermediate and advance principles, theories and skills of Intercollegiate Basketball. The course includes instruction, demonstration and practice of competitive basketball skills, including passing, dribbling, shooting and rebounding as well as individual and team offense/defense. This course requires intercollegiate basketball competition. Tryouts are required.

506 Intercollegiate Athletics-Cross Country– (3) UC:CSU

This is the intercollegiate cross country team course. It includes endurance workouts, speed training, hill training and weight training. Nutritional concepts are discussed, as well as psychological preparation. This course requires the student athletes to compete as a member of the cross country team. Tryouts are required.

508 Intercollegiate Athletics-Football– (3) UC:CSU

This course is for the intercollegiate football team. The course includes advanced football skills, offensive and defensive, along with special team strategies. The components of fitness for football require running, cardiovascular endurance, agility, strength training, and balance. The class includes football video to study the technique and strategies used while participating as a member of the intercollegiate football team. Tryouts are required.

511 Intercollegiate Athletics-Soccer– (3) UC:CSU

This course is for the intercollegiate soccer team. The course covers fundamental, intermediate, and advanced principles, theories, and skills of soccer. Students will practice the soccer skills of passing, dribbling, shooting, goal keeping, individual

and team offense and defense, and will be expected to participate in intercollegiate competition. Tryouts are required.

515 Intercollegiate Athletics-Track and Field- (3) UC:CSU

This course is the intercollegiate track and field team course requiring active participation on the college track & field team. The course covers fundamental and advanced principles and theories of track and field techniques, including demonstration and practice of sprinting, hurdling, throwing, vertical and horizontal jumping, pole vaulting, and middle and long distance skills while participating in intercollegiate competition. Tryouts are required.

516 Intercollegiate Athletics-Volleyball- (3) UC:CSU

This course is the intercollegiate volleyball team course. In this course, students learn fundamental, intermediate, and advanced principles, theories, and skills of volleyball and practice volleyball skills, including setting, spiking, passing, and offensive and defensive strategies while participating in intercollegiate competition. Tryouts are required.

552 Intercollegiate Sports Conditioning & Skills Training- (3) UC:CSU

This course is designed for the student athlete. The following areas are emphasized: the analysis and training of athletic skills, the analysis of offensive and defensive systems, physical conditioning, strength training and aerobic conditioning.

553 Intercollegiate Football Fitness & Skills Training - (1) UC:CSU

This course is designed for the student athlete. It is intended to provide focused strength and conditioning exercises, emphasize safety and injury prevention and present new rules and game plays for football.

554 Intercollegiate Track/Field-Fitness & Skills Training - (1) UC:CSU

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, teach safety and injury prevention and present new rules for track and field.

555 Intercollegiate Cross Country-Fitness & Skills Training - (1) UC:CSU

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, teach safety and injury prevention and present new rules for cross country.

556 Intercollegiate Basketball -Fitness & Skills Training (1) UC:CSU

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for basketball.

557 Intercollegiate Baseball-Fitness & Skills Training- (1) UC:CSU

This course is designed for the student athlete. It is intended to provide focused strength and conditioning exercises, emphasize safety and injury prevention and present new rules and game plays for baseball.

558 Intercollegiate Soccer-Fitness & Skills Training- (1) UC:CSU

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for soccer.

563 Intercollegiate Volleyball-Fitness & Skills Training- (1) UC:CSU

This course is designed for the student athlete. It is intended to provide focused strength and conditioning and flexibility exercises, emphasize safety and injury prevention and present new rules and game plays for volleyball.

KINESIOLOGY MAJOR

100 Introduction to Kinesiology (3) UC:CSU

Kinesiology is the study of the art and science of human movement throughout our lifespan. Students will be introduced to the evidence-based research supporting the therapeutic effects of exercise in improving health and society in our communities, schools, work place and clinical settings. Kinesiology provides areas of study in health and fitness promotion, clinical exercise physiology, biomechanics, motor learning and development, athletic training, dance, adapted physical education, pedagogy, sports psychology, sports nutrition, sports management, exercise equipment design and testing and wellness coaching as well as pre-professional training for cardiac rehabilitation, gerokinesiology, physical therapy, public health and policy, medicine and research.

126 Fundamentals of Athletic Training (3) UC:CSU

This course is designed for future athletic trainers, physical educators, coaches, physical therapists and anyone else who plans on working with active individuals who are prone to injury. This course introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries.

143 Academic Success for Student Athletes (3) UC:CSU

This is a college orientation course designed to help student athletes set educational and career goals, develop good study habits, learn about college resources and acquire job hunting skills.