



WEST LOS ANGELES COLLEGE
2018 – 2020 CATALOG

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SECTION:

Courses – Beginning with Letter “L”

COURSES

KIN ATH 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.

KIN ATH 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.

KIN ATH 564 Intercollegiate Softball-Fitness & Skills Training (1) UC/CSU

This course is designed for the student athlete and provides an advanced strength and conditioning program specific to softball, emphasizing injury prevention and safety. The goal of this class is to improve general fitness and strength and to increase explosiveness and speed. The student also learns strategic plays necessary for competition at advanced levels.

KIN ATH 571 Intercollegiate Cheerleading-Fitness & Skills Training (1) CSU

This course is designed for members of the West LA College cheerleading team and develops knowledge and provides skills to condition the body for cheer. In addition to exploring various conditioning programs, it offers an opportunity to enhance cheerleading techniques.

KINESIOLOGY MAJOR

(KIN MAJ)

KIN MAJ 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.

KIN MAJ 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.

KIN MAJ 127 Advanced Athletic Training (3) UC/CSU

This course will build on the knowledge and skills introduced in Kin Maj 126. The student will acquire more clinical experience and

learn advanced techniques in the prevention, recognition, evaluation, and management of athletic injuries using an Evidence-based practice approach.

KIN MAJ 128 Care and Prevention of Athletic Injuries (3) UC/CSU

The scope of this course includes the diagnosis and treatment of common athletic injuries, movement dysfunctions and upper/lower body impairment syndromes. The internal and external factors will be examined and discussed to provide the most appropriate care and management strategies.

KIN MAJ 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.

LIBRARY SCIENCE

(LIB SCI)

LIB SCI 101 Library Research Methods (1) UC/CSU

This course teaches the student to develop efficient research skills utilizing traditional print and selected electronic library resources. These skills will optimize the student's educational experience and enhance his or her ability to realize independent life-long personal benefits from using the library. Standard research techniques are emphasized, and both general and specialized information sources are examined. Students will gain experience and confidence using the various types of reference works in the library and on the Internet to write a successful research paper including note-taking and outlining skills, and selected documentation style.

UC Transfer Credit Limit: A maximum of one course from LIB SCI 101 or LIB SCI 103.

LIB SCI 102 Internet Research Methods (1) UC/CSU

Successful completion of this course will enable the student to find and assess information found on the Internet. The student will also be able to devise effective search strategies in the pursuit of academic and personal interests utilizing approved principles of access, and standardized evaluation criteria.

LIB SCI 103 Information Literacy: Search Strategies, Tools, and Resources (2) UC/CSU

This course combines modern, up-to-date search strategies with the latest research tools to enable the student to access pertinent information and data from both print and electronic research resources. UC Transfer Credit Limit: A maximum of one course from LIB SCI 101 or LIB SCI 103.

LIB SCI 104 Advanced Internet Research (1) CSU

This course provides extensive coverage of the Internet and the World Wide Web using specialized and meta-searchers to find resources on the web and on the so-called "deep web." The student will learn to monitor the growth and direction of the internet, and learn how the internet affects society's views of privacy, intellectual property rights, social interaction, and communication.