

## 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.

### 251-1 Yoga Skills -II – (1) 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) 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.

### 251-4 Yoga Skills IV – (1) CSU

Students' progress in the physical practice of Yoga asanas, moving to intermediate 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 student's 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.

## COURSE DESCRIPTION

### **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.

### **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.

## COURSE DESCRIPTION

### **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.

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## 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.

### **549 Intercollegiate Cheer/Yell Leaders (3) CSU**

This course covers fundamental to advanced principles of drill patterns, yell, dance, stunt and cheer leading routines. Instruction, demonstration and practice of yell, dance, stunt and cheer leading skills. Students will be required to perform at athletic events and competitions as part of the course requirements.

### **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.

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## 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.

### 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.

### 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.

### 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.

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## LAW

Note: This program is not designed as preparation for law school admission. Students should consult catalogs from the law schools of their choice.

### 1 Business Law I (3) UC: CSU

Essentials of the law of contracts, of its application to everyday problems pertaining to business and to the individual are covered. Elementary safeguards regarding sales and sales contracts are also considered. Case discussions and lecture methods are utilized. Note: Credit is not granted for students enrolled in or with credit for Business 5. UC Transfer Credit Limit: A maximum of one course from Law 1, Law 2, Business 5.

### 2 Business Law II (3) UC: CSU

This course covers essentials of the laws of negotiable instruments, security devices, partnerships, corporations, in their application to everyday problems of business. UC Transfer Credit Limit: A maximum of one course from Law 1, Law 2, Business 5.

### 3 Civil Rights and the Law (3) UC: CSU

\*Not an elective for Paralegal Studies Program.

This course presents a comparative and analytical study of the law and related problems concerning the Bill of Rights and the U.S. Constitution. Life and the death penalty, freedoms of speech and press, freedom of religion, racial and sexual equality, and privacy are some of the topics under consideration, with emphasis on recent court decisions and current events.