

Kinesiology

KINESIOLOGY – KINES

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Possible career opportunities

Kinesiology is the interdisciplinary study of human movement, including but not limited to history, sociology, psychology, physiology and biomechanics. As a result, students earning a degree in kinesiology are able to pursue a wide variety of careers: physical education, coaching, athletic training (including sports medicine and allied health fields such as physical therapy, physician assistant and nursing), fitness instruction (personal training and strength and conditioning) and sports/recreation management (including sport administration, journalism, marketing, and law, as well as community parks and recreation). Many career options require more than two years of college study.

Associate in arts in kinesiology for transfer
 Students completing the program will be able to...

- A. describe and explain the scholarly study of human movement and its significance to our understanding of physical activity.
- B. assess the importance of physical activity in our daily lives (e.g. recreation, self-expression, health, competition, etc.).
- C. differentiate among the sub-disciplines of kinesiology (e.g. history, biomechanics, philosophy, etc.) and discuss the knowledge specific to those areas.
- D. demonstrate knowledge in related disciplines required as core preparation for kinesiology majors (e.g. chemistry, biology, physics, statistics, etc.).
- E. apply a variety of research methods to locate and use appropriate information from various sources.

Kinesiology is the academic discipline focusing on the study of all aspects of human movement. Programs of study at the baccalaureate level include exercise science, sports management, allied health profession preparation, and pursuit of a teaching credential to become a secondary school teacher/coach.

The associate in arts in kinesiology for transfer is intended for students who plan to complete a bachelor’s degree in a similar major at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major.

In order to earn the degree, students must:

- Complete 60 CSU-transferable units.
- Complete the California State University-General Education-Breadth pattern (CSU GE-Breadth); or the Intersegmental General Education Transfer Curriculum (IGETC) pattern, including the Area 1C requirement for Oral Communication.
- Complete a minimum of 18 units in the major.
- Attain a minimum grade point average (GPA) of 2.0.
- Earn a grade of “C” or higher in all courses required for the major.

Students transferring to a CSU campus that accepts the degree will be required to complete no more than 60 units after transfer to earn a bachelor’s degree. This degree may not be the best option for students intending to transfer to a particular CSU campus or to a university or college that is not part of the CSU system, or those students who do not intend to transfer.

Students must complete each course used to meet a major requirement with a “C” grade or higher. Some courses in the major satisfy both major and CSUGE/IGETC general education requirements; however, the units are only counted once toward the 60 unit requirement for an associate degree. Some variations in requirements may exist at certain four-year institutions; therefore, students who intend to transfer are advised to refer to the catalog of the prospective transfer institution and consult a counselor.

<i>major requirements:</i>		<i>units</i>
BIOSC-139	Human Anatomy.....	5
BIOSC-140	Human Physiology	5
KINES-210	Introduction to Kinesiology.....	3

<i>plus a minimum of 6 units from:</i>		
BUS-240	Business Statistics.....	3
or		
MATH-142	Elementary Statistics with Probability.....	4
BIOSC-117	Human Biology with Laboratory	4
CHEM-120	General College Chemistry I.....	5
PH-230	Advanced First Aid/CPR.....	3
PHYS-120	General College Physics.....	4
or		
PHYS-130	Physics for Engineers and Scientists A-Mechanics and Wave Motion.....	4

plus at least 3 units from:
 Maximum of one course (minimum one unit) from any three of the following areas:

Aquatics		
KNACT-100A	Beginning Swimming	1
KNACT-100B	Intermediate Swimming	1
KNACT-102A	Beginning Aquatic Fitness	1

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Fitness

DANCE-105A	Pilates Mat Work I	1
DANCE-105B	Pilates Mat Work II	
KNACT-110A	Beginning Hatha Yoga	1
KNACT-110B	Intermediate Hatha Yoga	1
KNACT-122A	Beginning Exercise, Balance, and Mobility	1
KNACT-128A	Beginning Cardio Kickboxing	1
KNACT-130A	Beginning Fitness Walking.....	1
KNACT-132	Hiking.....	1
KNACT-144A	Beginning Strength and Cardio Circuit Training.....	1
KNACT-144B	Intermediate Strength and Cardio Circuit Training.....	1
KNACT-146A	Theory and Practice of Strength Training and Fitness I	1
KNACT-148A	Beginning Power Training	1
KNACT-148B	Intermediate Power Training	1

Individual sports

KNACT-160A	Beginning Badminton.....	1
KNACT-160B	Intermediate Badminton	1
KNACT-162	Bowling.....	1
KNACT-164A	Beginning Golf.....	1
KNACT-164B	Intermediate Golf.....	1
KNACT-166A	Beginning Tennis.....	1

Team sports

KNACT-170A	Beginning Basketball	1
KNACT-170B	Intermediate Basketball	1
KNACT-176A	Beginning Soccer.....	1
KNACT-176B	Intermediate Soccer.....	1
KNACT-178A	Beginning Indoor Soccer	1
KNACT-182A	Beginning Volleyball	1
KNACT-182B	Intermediate Volleyball.....	1
KNACT-182C	Advanced Volleyball	1

Combatives

KNCMB-110	Self Defense	1
KNCMB-118A	Beginning Taekwondo	1
KNCMB-118B	Intermediate Taekwondo	1
KNCMB-118C	Advanced Taekwondo	1
KNCMB-126A	Beginning Aikido	1
KNCMB-126B	Intermediate Aikido	1
KNCMB-130	Judo.....	1
KNCMB-134	Karate	1

Dance

DANCE-100	Introduction to Dance	1
DANCE-110A	Ballet Fundamentals I	1
DANCE-110B	Ballet Fundamentals II	1
DANCE-120A	Jazz Dance Fundamentals I.....	1
DANCE-120B	Jazz Dance Fundamentals II.....	1
DANCE-130A	Modern Dance Fundamentals I	1
DANCE-130B	Modern Dance Fundamentals II	1
DANCE-160A	Tap Dance I	1
DANCE-166	Swing Dance	1
DANCE-168A	Salsa and Latin Dance I	1
DANCE-168B	Salsa and Latin Dance II	1
DANCE-169A	Argentine Tango	1
DANCE-170A	Hip-Hop and Urban Funk Dance I	1
DANCE-170B	Hip-Hop and Urban Funk Dance II	1
DANCE-164A	Ballroom/Social Dance I	1

total minimum units for the major 22

Recommended general education courses:

KINES-100	Fitness and Wellness	1
KINES-248	Sport and Society	3

Associate in science degree

Fitness instruction

Students completing the program will be able to...

- conduct assessment of personal fitness levels.
- develop a conditioning program to improve conditioning levels utilizing the periodization model.
- design a conditioning program to meet the unique needs of special populations.

The associate in science degree in fitness instruction is a two-year course of study designed for students who are interested in a career in the fitness industry and/or wish to transfer to a four-year institution in kinesiology or related major. It will expose students to many facets of the fitness industry and is appropriate for those students who wish to become a personal trainer and/or group exercise instructor. Completion of the degree will also prepare students to sit for one of the national personal training or group exercise instructor certification examinations. Students who intend to transfer to a four-year institution must consult with program faculty and college counselors to ensure that the requirements for transfer to appropriate institutions are met. Possible programs of study at the baccalaureate level include exercise science, strength and conditioning, preparation for a teaching credential or other specialty area under the kinesiology umbrella.

To earn a degree, students must complete each course used to meet a major requirement with a "C" grade or higher and complete general education requirements as listed in the catalog. Certain courses may satisfy both major and general education requirements; however, the units are only counted once.

major requirements:

	<i>units</i>	
KINES-100	Fitness and Wellness	1
KINES-234	Introduction to Sports Medicine and Athletic Training.....	3
KINES-240	Principles of Optimizing Human Performance.....	3
KINES-242	Exercise Techniques and Fitness Assessments	1
KINES-246	Sport and Exercise Psychology.....	3
KINES-248	Sport and Society	3
KINES-250	Professional Aspects of Personal Training.....	3
KINES-252	Professional Aspects of Group Personal Training	1.5
KINES-254	Practical Experience in Personal Training and Fitness Instruction I	4
KINES-255	Practical Experience in Personal Training and Fitness Instruction II.....	4
NUTRI-120	Sports Nutrition: Fueling the Athlete.....	3
PH-230	Advanced First Aid/CPR	3

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plus at least 3 units from:

BIOSC-101	Fundamentals of Biological Science	3
BIOSC-102	Fundamentals of Biological Science with Laboratory	4
BIOSC-116	Human Biology	3
BIOSC-117	Human Biology with Laboratory	4
BIOSC-120	Introduction to Human Anatomy and Physiology	5
BIOSC-139	Human Anatomy	5
BIOSC-140	Human Physiology	5

plus at least 2 units from:

KNACT-146A	Theory and Practice of Strength Training and Fitness I	1
KNACT-146B	Theory and Practice of Strength Training and Fitness II	1
KNACT-146C	Theory and Practice of Strength Training and Fitness III	1
KNACT-146D	Theory and Practice of Strength Training and Fitness IV	1
KNACT-148A	Beginning Power Training	1
KNACT-148B	Intermediate Power Training	1

plus at least 2 units from:

DANCE-105A	Pilates Mat Work I	1
KNACT-110A	Beginning Hatha Yoga	1
KNACT-110B	Intermediate Hatha Yoga	1
KNACT-110C	Advanced Hatha Yoga	1
KNACT-120	Physical Fitness	1
KNACT-122A	Beginning Exercise, Balance, and Mobility	1
KNACT-124A	Beginning Strength, Core, and More	1
KNACT-124B	Intermediate Strength, Core, and More	1
KNACT-128A	Beginning Cardio Kickboxing	1
KNACT-128B	Intermediate Cardio Kickboxing	1
KNACT-140	Indoor Cycling	1
KNACT-144A	Beginning Strength and Cardio Circuit Training ..	1
KNACT-144B	Intermediate Strength and Cardio Circuit Training ..	1

total minimum units for the major 39.5

recommended courses:

	units
BUSMG-191 Small Business Management	3
KINES-210 Introduction to Kinesiology	3
KINES-230 Overview of Sports Medicine and Fitness Professions	2
KINES-232 Introduction to Sports Massage	1.5
KINES-235 Advanced Sports Medicine and Athletic Training	3
KINES-256 Theory & Practice of Performance Exercise Training & Exam Prep	2
KINES-257 Theory & Practice of Corrective Exercise Training & Exam Prep	2
KINES-258 Personal Training National Examination Preparation	2

Associate in science degree Kinesiology

Students completing the program (coaching emphasis) will be able to...

- develop practice plans, analyze strategy and teach techniques specific to a chosen sport.
- incorporate concepts of an athlete's psychological and physical health to improve performance.
- develop an educational and career plan matched to their skills, aptitudes, and professional requirements.

Students completing the program (Sports and recreation management) will be able to...

- compare and contrast career opportunities within the sports management and kinesiology sectors.
- apply management and organizational techniques to the sports and recreation setting.
- design individual components sports management programs.
- describe basic principles of kinesiology.
- utilize these disciplines in completing a transfer degree pathway.

The associate in science degree in kinesiology offers students two areas of specialization from which to choose: sport and recreation management or coaching. The degree is a two-year course of study designed for students who are interested in a career as an athletic coach and/or preparing for an entry level job in sports or recreation administration at a wide variety of businesses such as fitness centers, spas and wellness centers, recreational facilities, etc.

While most of the kinesiology major requirements are transferable and many meet prerequisites required in associate majors, this degree is not designed as a transfer curriculum. Students who intend to transfer must consult with a program advisor or counselor to ensure that the requirements for transfer to four-year institutions of their choice are met. Possible programs of study at the baccalaureate level include pursuit of a teaching credential to become a secondary school teacher/coach, or exercise science, sports management or other specialty area related to the discipline of kinesiology. Students who intend to transfer are advised to select General Education Option 2 (IGETC) or Option 3 (CSU GE). Option 1 (DVC General Education) is appropriate for students who do not intend to transfer.

To earn this degree, students must complete the core major requirements as indicated and select an area of specialization. Students must complete each course used to meet a major requirement with a "C" grade or higher and complete general education requirements as listed in the catalog. Certain courses may satisfy both major and general education requirements; however the units are only counted once. For this degree a maximum of 15 units may be double-counted.

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<i>major requirements:</i>		<i>units</i>
KINES-100	Fitness and Wellness	1
KINES-210	Introduction to Kinesiology	3
KINES-234	Introduction to Sports Medicine and Athletic Training	3
KINES-240	Principles of Optimizing Human Performance	3
KINES-242	Exercise Techniques and Fitness Assessments	1
KINES-246	Sport and Exercise Psychology	3
KINES-248	Sport and Society	3
PH-230	Advanced First Aid/CPR	3
PSYCH-101	Introduction to Psychology	3

<i>plus at least 3 units from:</i>	
BUS-240	Business Statistics
MATH-135	College Algebra
MATH-142	Elementary Statistics with Probability

<i>plus at least 3 units from:</i>	
BIOSC-116	Human Biology
BIOSC-117	Human Biology with Laboratory
BIOSC-139	Human Anatomy

coaching emphasis

<i>required courses:</i>	
KINES-260	Theory of Coaching Sports

<i>plus at least 2 units from: *</i>	
KNACT-100A	Beginning Swimming
KNACT-100B	Intermediate Swimming
KNACT-160A	Beginning Badminton
KNACT-160B	Intermediate Badminton
KNACT-164A	Beginning Golf
KNACT-164B	Intermediate Golf
KNACT-166A	Beginning Tennis
KNACT-170A	Beginning Basketball
KNACT-170B	Intermediate Basketball
KNACT-174A	Beginning Men's Lacrosse
KNACT-174B	Intermediate Men's Lacrosse
KNACT-176A	Beginning Soccer
KNACT-176B	Intermediate Soccer
KNACT-182A	Beginning Volleyball
KNACT-182B	Intermediate Volleyball
KNACT-182C	Advanced Volleyball
KNACT-195A	Beginning Plyometrics and Agility Training for Female Athletes
KNACT-195B	Intermediate Plyometrics and Agility Training for Female Athletes
KNACT-195C	Advanced Plyometrics and Agility Training for Female Athletes

total minimum units for the major 34

sport and recreation management emphasis

<i>required courses:</i>		<i>units</i>
KINES-220	Introduction to Sport and Recreation Management	3
KINES-222	Practical Experience in Sport and Recreation Management I	4
KINES-223	Practical Experience in Sport and Recreation Management II	4

<i>plus a least 2 units from:</i>	
KNACT-100A	Beginning Swimming
KNACT-100B	Intermediate Swimming
KNACT-160A	Beginning Badminton
KNACT-160B	Intermediate Badminton
KNACT-164A	Beginning Golf
KNACT-164B	Intermediate Golf
KNACT-166A	Beginning Tennis
KNACT-170A	Beginning Basketball
KNACT-170B	Intermediate Basketball
KNACT-174A	Beginning Men's Lacrosse
KNACT-174B	Intermediate Men's Lacrosse
KNACT-176A	Beginning Soccer
KNACT-176B	Intermediate Soccer
KNACT-182A	Beginning Volleyball
KNACT-182B	Intermediate Volleyball
KNACT-182C	Advanced Volleyball
KNACT-195A	Beginning Plyometrics and Agility Training for Female Athletes
KNACT-195B	Intermediate Plyometrics and Agility Training for Female Athletes
KNACT-195C	Advanced Plyometrics and Agility Training for Female Athletes

total minimum units for the major 42

recommended degree electives:

BIOSC-140	Human Physiology
KINES-230	Overview of Sports Medicine and Fitness Professions
NUTRI-120	Sports Nutrition: Fueling the Athlete
NUTRI-160	Nutrition: Science and Applications

Associate in science degree Sports medicine/athletic training

Students completing the program will be able to...

- A. differentiate between a variety of anatomical structures and related technology.
- B. utilize injury evaluation, treatment, rehabilitation and massage techniques.
- C. develop an educational and career plan matched to their skills, aptitudes, and professional requirements.

The associate in science degree in sports medicine/athletic training program is a two-year course of study designed for students interested in becoming allied health care professionals such as athletic trainers or physical therapists. It combines academic, laboratory and clinical experience to prepare students for further study or to obtain employment as an entry-level rehabilitation/allied health paraprofessional. Earning this degree may facilitate the student's transfer to a four-year college and/or professional program.

DVC sports medicine/athletic training students who intend to transfer must consult with a program advisor or counselor to ensure that all requirements for transfer to four-year institutions of their choice, including the appropriate general education pattern are met.

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Students must complete each course used to meet a major requirement with a "C" grade or higher, maintain an overall GPA of 2.75 or higher and complete general education requirements as listed in the catalog. Certain courses may satisfy both major and general education requirements; however, the units are only counted once.

<i>major requirements:</i>	<i>units</i>
BIOSC-139 Human Anatomy.....	5
BIOSC-140 Human Physiology	5
KINES-230 Overview of Sports Medicine and Fitness Professions.....	2
KINES-232 Introduction to Sports Massage.....	1.5
KINES-234 Introduction to Sports Medicine and Athletic Training	3
KINES-235 Advanced Sports Medicine and Athletic Training	3
KINES-236 Clinical Experiences in Sports Medicine and Athletic Training I.....	2
KINES-237 Clinical Experiences in Sports Medicine and Athletic Training II.....	2
KINES-238 Clinical Experiences in Sports Medicine and Athletic Training III	2
KINES-239 Clinical Experiences in Sports Medicine and Athletic Training IV	2
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Fitness Assessments.....	1
KINES-248 Sport and Society	3
PSYCH-101 Introduction to Psychology.....	3

plus at least 4 units from:

CHEM-107 Integrated Inorganic, Organic, and Biological Chemistry	5
CHEM-108 Introductory Chemistry	4
CHEM-109 Introduction to Organic and Biochemistry	4
CHEM-120 General College Chemistry I.....	5

plus at least 3 units from:

BIOSC-101 Fundamentals of Biological Science	3
BIOSC-116 Human Biology.....	3
KINES-210 Introduction to Kinesiology.....	3
NUTRI-160 Nutrition: Science and Applications	3
PH-230 Advanced First Aid/CPR	3
PHYS-110 Elementary Physics.....	3
PHYS-120 General College Physics I.....	4

total minimum units for the major 41.5

Certificate of achievement Coaching

Students completing the program will be able to...

- A. develop practice plans, analyze strategy and teach techniques specific to a chosen sport.
- B. incorporate concepts of an athlete's psychological and physical health to improve performance.
- C. develop an educational and career plan matched to their skills, aptitudes, and professional requirements.

The coaching certificate of achievement is a one-year course of study that prepares students to be an effective recreational, youth or secondary school coach. Specific sport options offered include baseball, basketball, cross-country, football, soccer, softball, swimming, tennis, track and field, volleyball and water polo. To earn a certificate of achievement, students must complete each course used to meet a certificate requirement with a "C" grade or higher.

<i>required courses:</i>	<i>units</i>
KINES-234 Introduction to Sports Medicine and Athletic Training.....	3
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Fitness Assessments	1
KINES-246 Sport and Exercise Psychology.....	3
KINES-260 Theory of Coaching Sports.....	3
PH-230 Advanced First Aid/CPR	3

plus at least 3 units from:

NUTRI-120 Sports Nutrition: Fueling the Athlete.....	3
NUTRI-160 Nutrition: Science and Applications	3

*plus at least 2 units from: **

KNACT-100A Beginning Swimming	1
KNACT-100B Intermediate Swimming	1
KNACT-160A Beginning Badminton.....	1
KNACT-160B Intermediate Badminton.....	1
KNACT-164A Beginning Golf.....	1
KNACT-164B Intermediate Golf.....	1
KNACT-166A Beginning Tennis.....	1
KNACT-170A Beginning Basketball	1
KNACT-170B Intermediate Basketball	1
KNACT-174A Beginning Men's Lacrosse.....	1
KNACT-174B Intermediate Men's Lacrosse.....	1
KNACT-176A Beginning Soccer.....	1
KNACT-176B Intermediate Soccer.....	1
KNACT-182A Beginning Volleyball	1
KNACT-182B Intermediate Volleyball	1
KNACT-182C Advanced Volleyball	1
KNACT-195A Beginning Plyometrics and Agility Training for Female Athletes.....	1
KNACT-195B Intermediate Plyometrics and Agility Training for Female Athletes.....	1
KNACT-195C Advanced Plyometrics and Agility Training for Female Athletes	1

or at least 2 units from:

KNICA-199 Sport-Specific Athletic Conditioning.....	0.5-2
KNICA-200 Intercollegiate Baseball, Men	3
KNICA-202A Intercollegiate Basketball-A, Men	2
KNICA-202B Intercollegiate Basketball-B, Men	1
KNICA-203A Intercollegiate Basketball-A, Women	2
KNICA-203B Intercollegiate Basketball-B, Women	1
KNICA-206 Intercollegiate Football, Men	3
KNICA-210 Intercollegiate Soccer, Women	3
KNICA-215 Intercollegiate Softball, Women	3
KNICA-216 Intercollegiate Swimming and Diving, Men	3
KNICA-217 Intercollegiate Swimming and Diving, Women	3
KNICA-223 Intercollegiate Volleyball, Women	3
KNICA-224 Intercollegiate Water Polo, Men	3
KNICA-225 Intercollegiate Water Polo, Women	3

**Activity courses or intercollegiate athletic participation must be in the selected area of coaching emphasis.*

total minimum required units 21

Kinesiology

Certificate of achievement

Fitness coach

Students completing this program will be able to...

- A. define the varying roles and responsibilities within the fitness industry.
- B. create evidence-based fitness goals and programs for clients.
- C. describe the scope of practice for the various careers and their tasks within the fitness industry.

The fitness coach certificate is a 13-unit course of study that will expose students to the basic strategies of working within a fitness facility while preparing them for various general capacities within a fitness facility that require less technical ability than more independent positions. Completion of the certificate requirements will prepare students with entry level knowledge regarding the modern state of health and fitness, define the varying scopes of practice in the fitness industry, and give perspective to differentiate evidence-based practices from fitness fads and myths.

To earn a certificate of achievement, a student must complete each course used to meet a certificate requirement with a grade of "C" or higher.

<i>required courses:</i>	<i>units</i>
KINES-100 Fitness and Wellness.....	1
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Fitness Assessments....	1
KINES-250 Professional Aspects of Personal Training	3
KINES-254 Practical Experience in Personal Training and Fitness Instruction I.....	4

<i>plus at least one unit from:</i>	
KNACT-110A Beginning Hatha Yoga.....	1
KNACT-110B Intermediate Hatha Yoga.....	1
KNACT-110C Advanced Hatha Yoga.....	1
KNACT-122A Beginning Exercise, Balance, and Mobility	1
KNACT-122B Intermediate Exercise, Balance, and Mobility	1
KNACT-124A Beginning Strength, Core, and More	1
KNACT-124B Beginning Strength, Core, and More	1
KNACT-128A Beginning Cardio Kickboxing.....	1
KNACT-128B Intermediate Cardio Kickboxing.....	1
KNACT-140 Indoor Cycling	1
KNACT-144A Beginning Strength and Cardio Circuit Training ...	1
KNACT-144B Intermediate Strength and Cardio Circuit Training.....	1

total minimum required units **1**

Certificate of achievement

Personal training

Students completing the program will be able to...

- A. conduct assessment of personal fitness levels.
- B. develop a conditioning program to improve conditioning levels utilizing the periodization model.
- C. design a conditioning program to meet the unique needs of special populations.

The personal training certificate program is a one-year course of study that will expose students to many facets of the fitness industry and prepares them to obtain entry-level employment as a personal trainer. Completion of the certificate requirements will also prepare students to sit for national personal training examinations.

To earn a certificate of achievement, a student must complete each course used to meet a certificate requirement with a grade of "C" or higher. Courses are available in the day and evening.

<i>required courses:</i>	<i>units</i>
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Fitness Assessments	1
KINES-246 Sport and Exercise Psychology.....	3
KINES-250 Professional Aspects of Personal Training and Fitness Instruction.....	3
KINES-254 Practical Experience in Personal Training and Fitness Instruction I.....	4
KINES-255 Practical Experience in Personal Training and Fitness Instruction II.....	4

<i>plus at least 1.5 units from:</i>	
COMM-128 Interpersonal Communication	3
KINES-234 Introduction to Sports Medicine and Athletic Training.....	3
KINES-252 Professional Aspects of Group Personal Training	1.5

<i>plus at least 3 units from:</i>	
NUTRI-115 Nutrition and Health: Personal Applications ...	3
NUTRI-120 Sports Nutrition: Fueling the Athlete.....	3
NUTRI-160 Nutrition: Science and Applications	3

<i>plus at least 1 unit from:</i>	
KNACT-146A Theory and Practice of Strength Training and Fitness I	1
KNACT-146B Theory and Practice of Strength Training and Fitness II	1
KNACT-146C Theory and Practice of Strength Training and Fitness III	1
KNACT-146D Theory and Practice of Strength Training and Fitness IV.....	1
KNACT-148A Beginning Power Training	1
KNACT-148B Intermediate Power Training	1

<i>plus at least 1 unit from:</i>	
DANCE-105A Pilates Mat Work I.....	1
KNACT-110A Beginning Hatha Yoga.....	1
KNACT-110B Intermediate Hatha Yoga.....	1
KNACT-110C Advanced Hatha Yoga.....	1
KNACT-120 Physical Fitness	1
KNACT-122A Beginning Exercise, Balance, and Mobility.....	1
KNACT-124A Beginning Strength, Core, and More.....	1
KNACT-124B Intermediate Strength, Core, and More.....	1
KNACT-128A Beginning Cardio Kickboxing.....	1
KNACT-128B Intermediate Cardio Kickboxing.....	1
KNACT-140 Indoor Cycling.....	1
KNACT-144A Beginning Strength and Cardio Circuit Training.....	1
KNACT-144B Intermediate Strength and Cardio Circuit Training...	1

total minimum required units **24.5**

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Certificate of achievement – Personal training entrepreneurship

Students completing this program will be able to...

- A. conduct assessment of personal fitness levels.
- B. develop a conditioning program to improve conditioning levels utilizing the periodization model.
- C. design a conditioning program to meet the unique needs of special populations.
- D. construct a business plan and essential financial documents for a small business.
- E. describe basic accounting and marketing knowledge to support a business.

The personal training entrepreneurship certificate program will allow students to develop the business skills needed to start and run their own personal training businesses or to increase their employability in the local fitness industry.

To earn a certificate of achievement, a student must complete each course used to meet a certificate requirement with a grade of "C" or higher.

<i>required courses:</i>	<i>units</i>
KINES-100 Fitness and Wellness.....	1
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Fitness Assessments....	1
KINES-250 Professional Aspects of Personal Training.....	3
KINES-254 Practical Experience in Personal Training and Fitness Instruction I.....	4
NUTRI-120 Sports Nutrition: Fueling the Athlete	3

plus at least three units from:

BUSMG-191 Small Business Management.....	3
BUSMG-192 Entrepreneurship and Venture Management.....	3

plus at least three units from:

BUSAC-185 QuickBooks Accounting for Business I	1.5
BUSAC-188 QuickBooks Accounting for Business II	1.5
BUSMK-259 Digital Marketing Fundamentals	3
BUSMK-260 Social Media Marketing.....	3

plus at least one unit from:

KNACT-110A Beginning Hatha Yoga.....	1
KNACT-110B Intermediate Hatha Yoga.....	1
KNACT-110C Advanced Hatha Yoga.....	1
KNACT-122A Beginning Exercise, Balance, and Mobility	1
KNACT-122B Intermediate Exercise, Balance, and Mobility.....	1
KNACT-124A Beginning Strength, Core, and More.....	1
KNACT-124B Beginning Strength, Core, and More.....	1
KNACT-128A Beginning Cardio Kickboxing.....	1
KNACT-128B Intermediate Cardio Kickboxing.....	1
KNACT-140 Indoor Cycling	1
KNACT-144A Beginning Strength and Cardio Circuit Training	1
KNACT-144B Intermediate Strength and Cardio Circuit Training.....	1

total minimum required units 22

KINES-100 Fitness and Wellness

- 1 unit SC
- CSU GE: E
 - 18 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This course presents the physiological, psychological and sociological aspects of healthy choices and habits that lead to fitness and overall wellness. Emphasis is placed on behavior that contribute to a lifetime of good health. CSU, UC (credit limits may apply to UC - see counselor)

KINES-150 Topics in Kinesiology Theory

- .3-4 units SC
- Variable hours

A supplemental course in physical education theory to provide a study of topics not covered in other courses or to address current developments in the field. Specific topics to be announced in the schedule of classes. CSU

KINES-210 Introduction to Kinesiology

- 3 units SC
- 54 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This is an introductory course surveys the sub-disciplines related to the study of human movement including history, sociology, biomechanics, physiology, and psychology, as they pertain to the sport and exercise environment. In addition, students will explore three career pathways involving the study of human movement: teaching, research, and professional practice. The course also introduces students to the concepts and skills of locating, evaluating, synthesizing, and communicating information in various formats. C-ID KIN 100, CSU, UC (credit limits may apply to UC - see counselor)

KINES-220 Introduction to Sport and Recreation Management

- 3 units SC
- 54 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This is an introductory course in sport and recreation management. Students will examine the history and development of the profession, discover and evaluate a variety of career opportunities, discuss organizational and managerial strategies, and analyze current trends in sport and recreation management. CSU

Kinesiology

KINES-222 Practical Experience in Sport and Recreation Management I

- 4 units SC
- 36 hours lecture/108 hours laboratory by arrangement per term
 - Advisory: KINES-220 or equivalent

This is an internship course that exposes students to the practical application and responsibilities within the field of sport and recreation management. Students have the opportunity to assist with a variety of projects including marketing, game management, website management, sports information, fundraising, and/or scheduling. CSU

KINES-223 Practical Experience in Sport and Recreation Management II

- 4 units SC
- 36 hours lecture/108 hours laboratory by arrangement per term
 - Prerequisite: KINES-222 or equivalent

This internship course continues to develop students' skills and practical experiences within the field of sport and recreation management. Students participate in creating and implementing projects. Topics for projects include, but are not limited to, marketing, game management, website management, sports information, fundraising, and/or scheduling. CSU

KINES-230 Overview of Sports Medicine and Fitness Professions

- 2 units SC
- 36 hours lecture per term

This course will acquaint students with a variety of sports medicine, fitness and health care professions. Information presented will include job descriptions, educational and certification/licensure requirements, work environment and potential salary ranges. CSU

KINES-232 Introduction to Sports Massage

- 1.5 units SC
- 18 hours lecture/27 hours laboratory per term

This course will present the theory and practice of massage and its role in treating and preventing athletic injuries as well as preparing athletes for competition. Students will apply and experience the application of a variety of massage, stretching and relaxation techniques. CSU

KINES-234 Introduction to Sports Medicine and Athletic Training

- 3 units SC
- 36 hours lecture/54 hours laboratory per term
 - Advisory: College-level reading and writing are expected.

This course will provide the future coach, athletic trainer and other health care providers with the basic theoretical knowledge and practical skills necessary for the proper and effective management of common injuries. The students will also develop the ability to recognize these injuries, manage emergency situations and apply preventative taping. CSU, UC (credit limits may apply to UC - see counselor)

KINES-235 Advanced Sports Medicine and Athletic Training

- 3 units SC
- 36 hours lecture/54 hours laboratory per term
 - Prerequisite: KINES-234 or equivalent

This course builds on concepts from KINES-234. It will introduce the student to the theoretical knowledge and practical skills necessary to evaluate and rehabilitate injuries. The medical and surgical management of injuries will also be discussed in presentations by orthopedic surgeons and podiatrists. CSU

KINES-236 Clinical Experiences in Sports Medicine and Athletic Training I

- 2 units SC
- 108 hours laboratory by arrangement per term
 - Prerequisite: KINES-234 or completion of one year high school ROP sports medicine or equivalent

This course will expose students to basic injury prevention and care. The student will observe and assist athletic trainers in administering health care to the DVC athletes. Skills to be learned and performed include prophylactic taping and wrapping, immediate injury management and modality application. CSU

KINES-237 Clinical Experiences in Sports Medicine and Athletic Training II

- 2 units SC
- 108 hours laboratory by arrangement per term
 - Prerequisite: KINES-235 (may be taken concurrently) and KINES-236 or equivalents

This course will expose students to injury evaluation and career exploration in the area of sports medicine. Students will observe and assist athletic trainers in evaluating and treating DVC athletes. This may be augmented by off-campus observations of physicians and/or other health care providers. CSU

Kinesiology

KINES-238 Clinical Experiences in Sports Medicine and Athletic Training III

- 2 units SC
- 108 hours laboratory by arrangement per term
 - Prerequisite: KINES-237 or equivalent

This course will expose the student to advanced athletic injury evaluation and anatomy. Problem solving and professional development will be emphasized. The student will observe and assist athletic trainers in evaluating and rehabilitating DVC student athletes. This may be augmented by off-campus observations of surgery. CSU

KINES-239 Clinical Experiences in Sports Medicine and Athletic Training IV

- 2 units SC
- 108 hours laboratory by arrangement per term
 - Prerequisite: KINES-238 or equivalent

This course will expose the student to advanced injury rehabilitation principles and clinical intervention techniques. Problem solving and professional development will be emphasized. Students will observe and assist athletic trainers in evaluating and rehabilitating DVC student athletes. This may be augmented by off-campus observations of surgery. CSU

KINES-240 Principles of Optimizing Human Performance

- 3 units SC
- 54 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This course is a study of the body's adaptations to exercise. The development of fitness programs to maximize these strength and conditioning adaptations is emphasized. The information is relevant for students interested in professions such as personal training, physical therapy, athletic training/sports medicine, teaching and coaching, as well as for people seeking to improve their own fitness level or athletic performance. This course presents the principles and foundations for national personal training exams. CSU, UC (credit limits may apply to UC - see counselor)

KINES-242 Exercise Techniques and Fitness Assessments

- 1 unit SC
- 54 hours laboratory per term
 - Advisory: KINES-240 or equivalent (may be taken concurrently)

This course is a companion laboratory course to KINES-240. Topics include cardiovascular, pulmonary and muscular responses to exercise. Students will also practice the instruction of proper techniques of strength training and fitness conditioning, conditioning, conduct fitness assessments and evaluate progress in exercise programs. CSU, UC (credit limits may apply to UC - see counselor)

KINES-246 Sport and Exercise Psychology

- 3 units SC
- CSU GE: E
 - 54 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This course addresses the scientific approach to psychological aspects of sport and exercise performance, as well as the practical application of that knowledge. Factors that influence sport performance and/or exercise adherence, such as personality, cognitive and physiological anxiety, motivation, group/social dynamics, and leadership, are presented. In addition, psychological skills training methods such as arousal management, imagery, goal setting, and concentration are introduced. Lastly, the course defines the relationship between sport/exercise participation (from childhood through adulthood), and psychological health, wellness, and development. CSU

KINES-248 Sport and Society

- 3 units SC
- IGETC: 4; CSU GE: D; DVC GE: IV
 - 54 hours lecture per term
 - Advisory: College-level reading and writing are expected.

This course demonstrates the many ways sport and society interact and affect one another. The process of socialization as well as the roles of violence, gender, race, media, politics and others within the realm of sport, are examined. Considerations of pertinent current events and scholarly journal articles to enhance students' understanding of the topics addressed. CSU, UC

KINES-250 Professional Aspects of Personal Training

- 3 units SC
- 54 hours lecture per term
 - Advisory: KINES-240 or equivalent

This course is for students who are, or aspire to be, personal trainers. Emphasis is on how to become nationally certified as a personal trainer, effectively work with clients, including those within special populations, conduct assessments and create long term and short term goals, and create appropriate program design. CSU

KINES-252 Professional Aspects of Group Personal Training

- 1.5 units SC
- 18 hours lecture/27 hours laboratory per term
 - Advisory: KINES-240 or equivalent

This course prepares the potential personal trainer and group exercise instructor for the practical aspects of training and managing clients in a small group fitness/strength training setting. Principles and management of appropriate progression, regression and modification will be emphasized. Program design, exercise sequencing, training variables, use of strength equipment/modalities and practical teaching skills will also be included. CSU

Kinesiology

KINES-254 Practical Experience in Personal Training and Fitness Instruction I

- 4 units SC
- 36 hours lecture/108 hours laboratory by arrangement per term
- Prerequisite: KINES-240 (may be taken concurrently) or equivalent

This is an internship course that exposes students to the practical application and responsibilities of personal training through the observation and assistance of a fitness professional. Students observe and conduct assessments on clients for fitness programs and program design development. Students examine of the adaptations/adjustments (appropriate progressions/regressions) of fitness programs to meet the changing needs of the client's fitness level and risk factor management and development of long and short term fitness goals. CSU

KINES-255 Practical Experience in Personal Training and Fitness Instruction II

- 4 units SC
- 36 hours lecture/108 hours laboratory by arrangement per term
- Prerequisite: KINES-240 (may be taken concurrently) and KINES-250 (may be taken concurrently) or equivalents

This is an internship course where students experience the practical application and responsibilities of personal training. Students perform objective assessments with clients, prepare, and execute program design, as well as create long and short term health and wellness goals based on assessments outcomes. CSU

KINES-256 Theory and Practice of Performance Exercise Training and Exam Prep.

- 2 units SC
- 36 hours lecture per term
- Advisory: KINES-240 and KINES-250 or equivalents

This course is for personal trainers, athletic trainers and coaches to advance their knowledge in the area of performance exercise. Performance exercise theory, assessment techniques, and strategies for optimizing human performance are emphasized. Students may be able to earn continuing education units (CEUs) and/or sit for a national examination in performance exercise. CSU

KINES-257 Theory and Practice of Corrective Exercise Training and Exam Prep.

- 2 units SC
- 36 hours lecture per term
- Advisory: KINES-240 and KINES-250 or equivalents

This course is for personal trainers, athletic trainers, and coaches to advance their knowledge in the area of corrective exercise. Emphasis includes corrective exercise theory, assessing human movement dysfunction, the corrective exercise continuum, and corrective strategies. Students may be able to earn continuing education units (CEUs) and/or sit for a national examination in corrective exercise. CSU

KINES-258 Personal Training National Exam Preparation

- 2 units SC
- 36 hours lecture per term
- Advisory: KINES-250 or equivalent

This course is designed to provide students with the information necessary to sit for a national personal training exam. The course expands upon information presented in other personal training courses within our program to emphasize knowledge required for passing these exams. CSU

KINES-260 Theory of Coaching Sports

- 3 units SC
- 54 hours lecture per term

This course is an introduction to a variety of coaching sports. Topics include methods of instruction, practice design, mental preparation, and program building. This course is appropriate for those looking for a career in coaching, current youth coaches and the athlete wanting to increase knowledge of their sport. No previous coaching experience is necessary. CSU, UC (credit limits may apply to UC - see counselor)

KINES-265 Theory and Strategies of American Football Offense

- 2 units SC
- 36 hours lecture per term

This course presents an overview of the strategies and techniques of American football offense. Topics include terminology, rules, strategies, mental preparation, skills, and methods of implementing the offense. CSU, UC (credit limitations may apply to UC - see counselor)

KINES-266 Theory and Strategies of American Football Defense

- 2 units SC
- 36 hours lecture per term

This course presents an overview of the strategies and techniques of American football defense. Topics include terminology, rules, strategies, mental preparation, skills, and methods of implementing the defense. CSU, UC (credit limitations may apply to UC - see counselor)

Kinesiology

KINES-295 Occupational Work Experience Education in KINES

2-4 units SC

- *May be repeated eight times*
- *Variable hours*
- *Note: In order to enroll in KINES-295, students must be employed, register for the course, complete an online Employment Form, and participate in an orientation. Incomplete grades are not awarded for this course.*

KINES-295 is supervised employment that extends classroom learning to the job site and relates to the student's chosen field of study or area of career interest. Under the supervision of a college instructor, students will engage in on-the-job and other learning experiences that contribute to their employability skills and occupational or educational goals. Each unit represents five hours of work per week or 75 hours of work per term. Students may earn up to a total of 16 units in any combination of WRKX courses. Repetition allowed per Title 5 Section 55253. CSU

KINES-298 Independent Study

.5-3 units SC

- *Variable hours*
- *Note: Submission of acceptable educational contract to department and Instruction Office is required.*

This course is designed for advanced students who wish to conduct additional research, a special project, or learning activities in a specific discipline/subject area and is not intended to replace an existing course. The student and instructor develop a written contract that includes objectives to be achieved, activities and procedures to accomplish the study project, and the means by which the supervising instructor may assess accomplishment. CSU

KINES-299 Student Instructional Assistant

.5-3 units SC

- *Variable hours*
- *Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.*

Students work as instructional assistants, lab assistants and research assistants in this department. The instructional assistants function as group discussion leaders, meet and assist students with problems and projects, or help instructors by setting up laboratory or demonstration apparatus. Students may not assist in course sections in which they are currently enrolled. CSU