

Kinesiology

KINESIOLOGY – KINES

Formerly Physical Education Theory - PETHE

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Possible career opportunities

A certified athletic trainer is an allied health care professional who works as a consultant and advisor to athletes, parents and coaches. A certified athletic trainer must obtain a bachelor's degree from a CAAHEP accredited program.

Program learning outcomes

Program learning outcomes have been developed for each of the three options for General Education and all college degree and certificate programs. A complete list of current program learning outcomes for each program is also available on the DVC website at www.dvc.edu/slo.

Associate in science degrees

- Fitness instruction
- Kinesiology
 - specializations*
 - coaching
 - sports and recreation management
- Sports medicine/athletic training

Certificates of achievement

- Coaching
- Group exercise instruction
- Personal training

Associate in science degree - Fitness instruction

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 insure 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.

<i>major requirements</i>		<i>units</i>
HSCI-230	Advanced First Aid/CPR	3
KINES-234	Introduction to Sports Medicine and Athletic Training	3
KINES-240	Principles of Optimizing Human Performance	3
KINES-242	Exercise Techniques and Physical Fitness Testing	1
KINES-246	Sport and Exercise Psychology	3
KINES-250	Professional Aspects of Personal Training	3
KINES-252	Professional Aspects of Group Fitness Training	1.5
KINES-254	Practical Experience in Personal Training and Fitness Instruction I	2
KINES-255	Practical Experience in Personal Training and Fitness Instruction II	2
<i>plus at least 3 units from:</i>		
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
<i>plus at least 3 units from:</i>		
HSCI-124	Health and Wellness	3
HSCI-170	Women's Health	3
<i>plus at least 3 units from:</i>		
NUTRI-120	Sports Nutrition: Fueling the Athlete	3
NUTRI-160	Nutrition: Science and Applications	3
<i>plus at least 2 units from:</i>		
KNACT-146A	Theory and Practice of Strength Training and Fitness I	0.5-2
KNACT-148A	Beginning Power Lifting	0.5-2
<i>plus at least 2 units from at least 2 different courses from:</i>		
KNACT-110A	Beginning Hatha Yoga	0.5-2
KNACT-110B	Intermediate Hatha Yoga	0.5-2
KNACT-114	Stretch and Yoga for Sports	0.5-2
KNACT-120	Physical Fitness	0.5-2
KNACT-122A	Beginning Body Sculpt	0.5-2
KNACT-124A	Beginning Hips, Thighs and Abs	0.5-2
KNACT-126	Aerobics/Step Aerobics	0.5-2
KNACT-128A	Beginning Cardio Kickboxing	0.5-2
KNACT-140	Stationary Cycling	0.5-2
KNACT-144A	Beginning Super Circuit	0.5-2
KNDAN-105A	Beginning Pilates Mat Work	0.5-2
total minimum required units		34.5

DIABLO VALLEY COLLEGE CATALOG 2014-2015

any updates to this document can be found in the addendum at www.dvc.edu/communication/catalog

Kinesiology

recommended courses

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-258	Personal Training National Examination Preparation.....	2

plus at least 3 units from:

BUS-240	Business Statistics.....	3
MATH-135	College Algebra.....	3
MATH-142	Elementary Statistics with Probability.....	4

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-139	Human Anatomy	5
BIOSC-140	Human Physiology.....	5

Associate in science degree - Kinesiology

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.

major requirements:

HSCI-230	Advanced First Aid/CPR.....	3
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 Physical Fitness Testing.....	1
KINES-246	Sport and Exercise Psychology	3
PSYCH-101	Introduction to Psychology	3

plus at least 3 units from:

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

coaching emphasis:

plus at least 3 units from:

KINES-260	Theory of Coaching Individual Sports.....	3
KINES-262	Theory of Coaching Team Sports.....	3
KINES-264	Theory of Coaching Football.....	3

plus at least 2 units from: *

KNACT-100A, KNACT-160A, KNACT-164A, KNACT-164B, KNACT-166, KNACT-136, KNACT-170A, KNACT-176A, KNICA-174A, KNACT-195A, KNACT-182A, KNICA-199

or

KNICA-200, KNICA-202A and B, KNICA-203A and B, KNICA-206, KNICA-210, KNICA-215, KNICA-216, KNICA-217, KNICA-223, KNICA-224, KNICA-225

* activity course or intercollegiate athletic participation must be selected in area of coaching emphasis

total minimum required units 33

sport and recreation management emphasis:

required courses units

KINES-220	Introduction to Sport and Recreation Management.....	3
KINES-222	Practical Experience in Sport and Recreation Management I	2
KINES-223	Practical Experience in Sport and Recreation Management II	2

plus a minimum of 2 units from 3 different kinesiology activity (KNACT) courses

total minimum required units 33

recommended degree electives:

BIOSC-140	Human Physiology.....	5
KINES-230	Overview of Sports Medicine and Fitness Professions	2

Associate in science degree - Sports

Kinesiology

medicine/athletic training

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 the requirements for transfer to four-year institutions of their choice are met. Students who intend to transfer are advised to select either General Education Option 2 (IGETC) or Option 3 (CSU GE). General Education Option 1 (DVC General Education) is appropriate for students who do not intend to transfer.

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
HSCI-124 Health and Wellness	3
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-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Physical Fitness Testing.....	1
PSYCH-101 Introduction to Psychology	3

plus at least 3 units from:

CHEM-108 Introductory Chemistry	4
CHEM-109 Introduction to Organic and Biochemistry	4
CHEM-120 General College Chemistry I	5
PHYS-110 Elementary Physics	3
PHYS-120 General College Physics I	4

plus at least 3 units from:

BIOSC-140 Human Physiology.....	5
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HSCI-230 Advanced First Aid/CPR	3
KINES-210 Introduction to Kinesiology.....	3
NUTRI-160 Nutrition: Science and Applications.....	3
total minimum required units	38.5

Certificate of achievement - Coaching

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.

required courses

	<i>units</i>
HSCI-230 Advanced First Aid/CPR	3
KINES-234 Introduction to Sports Medicine and Athletic Training.....	3
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Physical Fitness Testing.....	1
KINES-246 Sport and Exercise Psychology	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 3 units from:

KINES-260 Theory of Coaching Individual Sports.....	3
KINES-262 Theory of Coaching Team Sports.....	3
KINES-264 Theory of Coaching Football.....	3

*plus at least 2 units from: **
 KNACT-100A, KNACT-160A, KNACT-164A, KNACT-164B, KNACT-166, KNACT-136, KNACT-170A, KNACT-176A, KNICA-174A, KNACT-195A, KNACT-182A, KNICA-199

or

KNICA-200, KNICA-202A or B, KNICA-203A or B, KNICA-206, KNICA-210, KNICA-215, KNICA-216, KNICA-217, KNICA-223, KNICA-224, KNICA-225

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

total minimum required units 21

Certificate of achievement - Group exercise instruction

Kinesiology

The group exercise 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 group exercise instructor. Completion of the certificate requirements will also prepare students to sit for national group exercise instructor 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>
HSCI-230 Advanced First Aid/CPR	3
KINES-234 Introduction to Sports Medicine and Athletic Training.....	3
KINES-240 Principles of Optimizing Human Performance	3
KINES-242 Exercise Techniques and Physical Fitness Testing.....	1
KINES-246 Sport and Exercise Psychology	3
KINES-252 Professional Aspects of Group Exercise Instruction	1.5

plus at least 3 units from:

NUTRI-115 Nutrition and Health: Personal Applications ...	3
NUTRI-120 Sports Nutrition: Fueling the Athlete.....	3
NUTRI-160 Nutrition: Science and Applications.....	3

plus at least 2 units from a minimum of two courses from:

KNACT-110A Beginning Hatha Yoga	0.5-2
KNACT-110B Intermediate Hatha Yoga.....	0.5-2
KNACT-114 Stretch and Yoga for Sport.....	0.5-2
KNACT-120 Physical Fitness	0.5-2
KNACT-122A Beginning Body Sculpt	0.5-2
KNACT-124A Beginning Hip, Thighs and Abs.....	0.5-2
KNACT-126 Aerobics/Step Aerobics.....	0.5-2
KNACT-128A Beginning Cardio Kickboxing.....	0.5-2
KNACT-140 Stationary Cycling	0.5-2
KNACT-144A Beginning Super Circuit.....	0.5-2
KNACT-195A Beginning Plyometrics and Agility Training for Female Athletes	0.25-1
KNDAN-105A	Beginning Pilates Mat Work 0.5-2

total minimum required units 19.5

Certificate of achievement - Personal training

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>
HSCI-230 Advanced First Aid/CPR	3

KINES-234 Introduction to Sports Medicine and Athletic Training.....	3
KINES-240 Principles of Optimizing Human Performance.....	3
KINES-242 Exercise Techniques and Physical Fitness Testing	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 I	2
KINES-255 Practical Experience in Personal Training II	2

plus at least 3 units from:

NUTRI-115 Nutrition and Health: Personal Applications ...	3
NUTRI-120 Sports Nutrition: Fueling the Athlete.....	3
NUTRI-160 Nutrition: Science and Applications.....	3

plus at least 1 unit from:

KNACT-146A Theory and Practice of Strength Training and Fitness	0.5-2
KNACT-148A Beginning Power Lifting	0.5-2

total minimum required units 24

KINES-150 Topics in Kinesiology Theory

- .3-4 units SC
- Variable hours
- Formerly PETHE-150

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
- Recommended: Eligibility for ENGL-122 or equivalent
- Formerly PETHE-210

This is an introductory course that surveys various subdisciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology, as they relate 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

Kinesiology

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent
- Formerly PETHE-215

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

KINES-222 Practical Experience in Sport and Recreation Management I

2 units SC

- 36 hours lecture/108 hours laboratory by arrangement per term
- Recommended: KINES-220 or equivalent
- Formerly PETHE-216

This is an internship course that will expose students to the practical application and responsibilities within the field of sport and recreation management. They will have the opportunity to assist within the Diablo Valley College Kinesiology, Athletics, and Dance Department on 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

2 units SC

- 36 hours lecture/108 hours laboratory by arrangement per term
- Prerequisite: KINES-222 or equivalent
- Formerly PETHE-217

This is an internship course that continues to enhance students' skills and practical experiences within the field of sport and recreation management. Students will participate in creating and implementing projects within the Diablo Valley College Kinesiology, Athletics, and Dance Department. 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
- Formerly PETHE-279

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

- Formerly PETHE-283

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
- Recommended: Eligibility for ENGL-122 or equivalent
- Formerly PETHE-284

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
- Formerly PETHE-285

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 equivalent (may be taken concurrently)
- Formerly PETHE-286

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

Kinesiology

- 108 hours laboratory by arrangement per term
- Prerequisite: KINES-235 (may be taken concurrently) and KINES-236 or equivalents
- Formerly PETHE-287

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

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
- Formerly PETHE-288

This course will expose the student to advanced athletic injury evaluation and anatomy. The emphasis in this course will be problem solving and professional development. 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. The emphasis in this course will be problem solving and professional development. 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
- Recommended: Eligibility for ENGL-122 or equivalent
- Formerly PETHE-281

This course explores the body's adaptations to exercise and teaches students how to develop fitness programs to maximize these strength and conditioning adaptations. The information presented is valuable for students interested in professions such as personal training, physical therapy, athletic training/sports medicine, teaching and coaching, as well as for people who just want to improve their own fitness level or athletic performance. This knowledge will also prepare students intending to sit for national personal training exams. CSU, UC (credit limits may apply to UC - see counselor)

KINES-242 Exercise Techniques and Physical Fitness Testing

1 unit SC

- 54 hours laboratory per term
- Recommended: KINES-240 or equivalent (may be taken concurrently)
- Formerly PETHE-282

This course is a companion laboratory course to KINES-240. It will teach students how to instruct others in the proper techniques of strength training and conditioning exercises. It will also teach students how to assemble and conduct testing assessments to determine fitness levels and evaluate progress in exercise programs. This knowledge will assist students who plan to sit for a national personal training examination. CSU, UC (credit limits may apply to UC - see counselor)

KINES-246 Sport and Exercise Psychology

3 units SC

- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent
- Formerly PETHE-259

This course addresses the scientific approach to the psychological component of sport and exercise performance. Topics such as personality, motivation, group dynamics, and leadership will be covered. Specific psychological skills training methods for enhancing performance will be discussed. In addition, the connection between sport and exercise participation to health, wellness and psychological development will be addressed. CSU

KINES-250 Professional Aspects of Personal Training

3 units SC

- 54 hours lecture per term
- Recommended: KINES-240 or equivalent
- Formerly PETHE-291

This course is for students who are, or aspire to be, personal trainers. It will provide practical information on how to become nationally certified as a personal trainer, effectively work with clients, including those within special populations, conduct assessments and create appropriate fitness program design. CSU

KINES-252 Professional Aspects of Group Fitness Training

1.5 units SC

- 18 hours lecture/27 hours laboratory per term
- Recommended: KINES-240 or equivalent
- Formerly PETHE-293

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 be included. CSU

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

Kinesiology

2 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
- Formerly PETHE-294

This is an internship course that will expose students to the practical application and responsibilities of personal training through the observation and assistance of a fitness professional. Students will observe and conduct assessments on clients for fitness programs and program design development. Also included will be the observation of the adaptation/adjustment (appropriate progressions/regressions) of fitness program specifics 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

2 units SC

- 36 hours lecture/108 hours laboratory per term
- Prerequisite: KINES-240 (may be taken concurrently) and KINES-250 (may be taken concurrently) or equivalents
- Formerly PETHE-295

This is an internship course that will expose students to the practical application and responsibilities of personal training. Students will perform assessments on individuals for fitness programs, prepare and execute fitness programs, adapt and adjust fitness program specifics to meet the changing needs of the client's fitness level and risk factor management, as well as assist other entry students (mentoring) in the development of long and short term fitness goals and appropriate program design. CSU

KINES-258 Personal Training National Exam Preparation

2 units SC

- 36 hours lecture per term
- Recommended: KINES-250 or equivalent
- Formerly PETHE-292

This course is designed to provide students with the information necessary to sit for a National Personal Training Exam. The course will expand upon information presented in other personal training courses within the program to emphasize knowledge required for passing these exams. CSU

KINES-260 Theory of Coaching Individual Sports

3 units SC

- 54 hours lecture per term
- Formerly PETHE-260

This course is designed to provide students with an understanding of all facets of coaching individual sports. Topics will 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 their knowledge of the sport. No previous coaching experience is necessary. CSU, UC (credit limits may apply to UC - see counselor)

KINES-262 Theory of Coaching Team Sports

3 units SC

- 54 hours lecture per term
- Formerly PETHE-261

This course is designed to provide students with an understanding of all facets of coaching team sports. Topics will 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 their knowledge of the sport. No previous coaching experience is necessary. CSU, UC (credit limits may apply to UC - see counselor)

KINES-264 Theory of Coaching Football

3 units SC

- 54 hours lecture per term
- Formerly PETHE-264

This course is designed to provide students with an understanding of all facets of coaching football. The history, terminology, rules, strategies, skills, methods of instruction, conditioning, mental preparation, and program building will be covered. This course is appropriate for those looking for a career in coaching, current youth coaches and athletes wanting to increase their knowledge of the sport. No previous coaching experience is necessary. CSU, UC (credit limits may apply to UC - see counselor)

KINES-298 Independent Study

.5-3 units SC

- Variable hours
- Note: Submission of acceptable educational contract to department and Instruction Office; topics must extend study beyond courses offered.
- Formerly PETHE-298

An opportunity for advanced students to study special interests under the direction of the faculty. CSU

KINES-299 Student Instructional Assistant

.5-3 units SC

Kinesiology

- *Variable hours*
- *Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.*
- *Formerly PETHE-299*

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