

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.

**Program-level student learning outcomes**

Program learning outcomes are subject to change. The most current list of program learning outcomes for each program is published on the DVC website at [www.dvc.edu/slo](http://www.dvc.edu/slo).

**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 |
| HSCI-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:

|                 |                                 |       |
|-----------------|---------------------------------|-------|
| <b>Aquatics</b> |                                 |       |
| KNACT-100A      | Beginning Swimming .....        | 0.5-2 |
| KNACT-102A      | Beginning Aquatic Fitness ..... | 0.5-2 |
| KNACT-104       | Water Aerobics.....             | 0.5-2 |

|                |                                   |       |
|----------------|-----------------------------------|-------|
| <b>Fitness</b> |                                   |       |
| KNACT-110A     | Beginning Hatha Yoga .....        | 0.5-2 |
| KNACT-126      | Aerobics/Step Aerobics.....       | 0.5-2 |
| KNACT-128A     | Beginning Cardio Kickboxing ..... | 0.5-2 |
| KNACT-130A     | Beginning Fitness Walking.....    | 0.5-2 |
| KNACT-134A     | Beginning Fitness Jogging .....   | 0.5-2 |
| KNACT-148A     | Beginning Power Lifting.....      | 0.5-2 |
| KNDAN-105A     | Pilates Mat Work I .....          | 0.5-2 |

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## Kinesiology

### Individual sports

|            |                          |       |
|------------|--------------------------|-------|
| KNACT-160A | Beginning Badminton..... | 0.5-2 |
| KNACT-162  | Bowling.....             | 0.5-2 |
| KNACT-164A | Beginning Golf.....      | 0.5-2 |
| KNACT-164B | Intermediate Golf.....   | 0.5-2 |
| KNACT-166A | Beginning Tennis.....    | 0.5-2 |

### Team sports

|            |                              |       |
|------------|------------------------------|-------|
| KNACT-170A | Beginning Basketball .....   | 0.5-2 |
| KNACT-172  | Flag Football.....           | 0.5-2 |
| KNACT-176A | Beginning Soccer.....        | 0.5-2 |
| KNACT-182A | Beginning Volleyball.....    | 0.5-2 |
| KNACT-182B | Intermediate Volleyball..... | 0.5-2 |
| KNACT-182C | Advanced Volleyball.....     | 0.5-2 |

### Combatives

|            |                           |       |
|------------|---------------------------|-------|
| KNCMB-110  | Self Defense .....        | 0.5-2 |
| KNCMB-118A | Beginning Taekwondo ..... | 0.5-2 |
| KNCMB-126A | Beginning Aikido .....    | 0.5-2 |
| KNCMB-134  | Karate.....               | 0.5-2 |

### Dance

|            |                               |       |
|------------|-------------------------------|-------|
| KNDAN-100  | Introduction to Dance .....   | 0.5-2 |
| KNDAN-164A | Ballroom/Social Dance I ..... | 0.5-2 |

**total minimum required units                    22-25**

## Associate in science degree Fitness instruction

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.
- D. take the NASIV1, AFAA or other national certification exam.

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> |
| 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 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            |

### 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 3 units from:

|          |                          |   |
|----------|--------------------------|---|
| HSCI-124 | Health and Wellness..... | 3 |
| HSCI-170 | Women's Health .....     | 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-146A | Theory and Practice of Strength Training and Fitness I.....   | 0.5-2 |
| KNACT-146B | Theory and Practice of Strength Training and Fitness II.....  | 0.5-2 |
| KNACT-146C | Theory and Practice of Strength Training and Fitness III..... | 0.5-2 |
| KNACT-146D | Theory and Practice of Strength Training and Fitness IV.....  | 0.5-2 |
| KNACT-148A | Beginning Power Lifting.....                                  | 0.5-2 |

### plus at least 2 units from:

|            |   |       |
|------------|---|-------|
| KNACT-110A | Beginning Hatha Yoga .....                    | 0.5-2 |
| KNACT-110B | Intermediate Hatha Yoga .....                 | 0.5-2 |
| KNACT-110C | Advanced Hatha Yoga .....                     | 0.5-2 |
| KNACT-114A | Beginning Stretch and Yoga for Sports.....    | 0.5-2 |
| KNACT-114B | Intermediate 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-124B | Intermediate Hips, Thighs and Abs .....       | 0.5-2 |
| KNACT-126  | Aerobics/Step Aerobics.....                   | 0.5-2 |
| KNACT-128A | Beginning Cardio Kickboxing .....             | 0.5-2 |
| KNACT-128B | Intermediate Cardio Kickboxing .....          | 0.5-2 |
| KNACT-140  | Stationary Cycling.....                       | 0.5-2 |
| KNACT-142A | Beginning Boot Camp.....                      | 0.5-2 |
| KNACT-144A | Beginning Super Circuit.....                  | 0.5-2 |
| KNACT-144B | Intermediate Super Circuit.....               | 0.5-2 |
| KNDAN-105A | Pilates Mat Work I .....                      | 0.5-2 |

**total minimum required units                    41.5**

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| <i>recommended courses:</i>   | <i>units</i> |
|---|--------------|
| 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 and Practice of Performance Exercise Training and Exam Prep..... | 2            |
| KINES-257 Theory and Practice of Corrective Exercise Training and 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.

| <i>major requirements:</i>  | <i>units</i> |
|---|--------------|
| 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 Fitness Assessments.....            | 1            |
| KINES-246 Sport and Exercise Psychology.....                          | 3            |
| KINES-248 Sport and Society .....                                     | 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 |

*plus at least 3 units from:*

|  |   |
|--|---|
| BUS-240 Business Statistics.....                     | 3 |
| MATH-135 College Algebra.....                        | 4 |
| 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 |

### coaching emphasis

*plus at least 3 units from:*

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

*plus at least 2 units from: \**

|   |        |
|---|--------|
| KNACT-100A Beginning Swimming .....   | 0.5-2  |
| KNACT-100B Intermediate Swimming .....  | 0.5-2  |
| KNACT-136 Distance Track Training .....   | 0.5-2  |
| KNACT-160A Beginning Badminton.....   | 0.5-2  |
| KNACT-160B Intermediate Badminton .....   | 0.5-2  |
| KNACT-164A Beginning Golf .....   | 0.5-2  |
| KNACT-164B Intermediate Golf.....   | 0.5-2  |
| KNACT-166A Beginning Tennis .....   | 0.5-2  |
| KNACT-170A Beginning Basketball .....   | 0.5-2  |
| KNACT-170B Intermediate Basketball .....  | 0.5-2  |
| KNACT-174A Beginning Men's Lacrosse .....                                       | 0.5-2  |
| KNACT-174B Intermediate Men's Lacrosse .....                                    | 0.5-2  |
| KNACT-176A Beginning Soccer.....  | 0.5-2  |
| KNACT-176B Intermediate Soccer .....  | 0.5-2  |
| KNACT-182A Beginning Volleyball .....   | 0.5-2  |
| KNACT-182B Intermediate Volleyball.....   | 0.5-2  |
| KNACT-182C Advanced Volleyball .....  | 0.5-2  |
| KNACT-195A Beginning Plyometrics and Agility Training for Female Athletes ..... | 0.25-1 |

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## Kinesiology

|            |   |        |
|------------|---|--------|
| KNACT-195B | Intermediate Plyometrics and Agility Training for Female Athletes | 0.25-1 |
| KNACT-195C | Advanced Plyometrics and Agility Training for Female Athletes     | 0.25-1 |

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

**total minimum required units 36**

### 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            |

plus a least 2 units from:

|                                     |   |           |
|-------------------------------------|---|-----------|
| KNACT-100A                          | Beginning Swimming  | 0.5-2     |
| KNACT-100B                          | Intermediate Swimming   | 0.5-2     |
| KNACT-136                           | Distance Track Training   | 0.5-2     |
| KNACT-160A                          | Beginning Badminton   | 0.5-2     |
| KNACT-160B                          | Intermediate Badminton  | 0.5-2     |
| KNACT-164A                          | Beginning Golf  | 0.5-2     |
| KNACT-164B                          | Intermediate Golf   | 0.5-2     |
| KNACT-166A                          | Beginning Tennis  | 0.5-2     |
| KNACT-170A                          | Beginning Basketball  | 0.5-2     |
| KNACT-170B                          | Intermediate Basketball   | 0.5-2     |
| KNACT-174A                          | Beginning Men's Lacrosse  | 0.5-2     |
| KNACT-174B                          | Intermediate Men's Lacrosse                                       | 0.5-2     |
| KNACT-176A                          | Beginning Soccer  | 0.5-2     |
| KNACT-176B                          | Intermediate Soccer   | 0.5-2     |
| KNACT-182A                          | Beginning Volleyball  | 0.5-2     |
| KNACT-182B                          | Intermediate Volleyball   | 0.5-2     |
| KNACT-182C                          | Advanced Volleyball   | 0.5-2     |
| KNACT-195A                          | Beginning Plyometrics and Agility Training for Female Athletes    | 0.25-1    |
| KNACT-195B                          | Intermediate Plyometrics and Agility Training for Female Athletes | 0.25-1    |
| KNACT-195C                          | Advanced Plyometrics and Agility Training for Female Athletes     | 0.25-1    |
| <b>total minimum required units</b> |   | <b>44</b> |

|                                      |   |   |
|--------------------------------------|---|---|
| <i>recommended degree electives:</i> |   |   |
| BIOSC-140                            | Human Physiology                                    | 5 |
| KINES-230                            | Overview of Sports Medicine and Fitness Professions | 2 |

## Associate in science degree Sports medicine/athletic training

Students completing the program will be able to...

- differentiate between a variety of anatomical structures and related technology.
- utilize injury evaluation, treatment, rehabilitation and massage techniques.
- 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 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            |
| 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            |

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|           |   |   |
|-----------|---|---|
| KINES-242 | Exercise Techniques and Fitness Assessments ..... | 1 |
| KINES-248 | Sport and Society .....                           | 3 |
| PSYCH-101 | Introduction to Psychology .....                  | 3 |

plus at least 3 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 |
| PHYS-110 | Elementary Physics .....                                      | 3 |
| PHYS-120 | General College Physics I .....                               | 4 |

plus at least 3 units from:

|           |                           |   |
|-----------|---------------------------|---|
| BIOSC-140 | Human Physiology .....    | 5 |
| HSCI-124  | Health and Wellness ..... | 3 |

plus at least 3 units from:

|           |  |   |
|-----------|--|---|
| BIOSC-101 | Fundamentals of Biological Science .....                 | 3 |
| BIOSC-102 | Fundamentals of Biological Science with Laboratory ..... | 4 |
| BIOSC-130 | Principles of Cellular and Molecular Biology .....       | 5 |
| HSCI-230  | Advanced First Aid/CPR .....                             | 3 |
| KINES-210 | Introduction to Kinesiology .....                        | 3 |
| KINES-246 | Sport and Exercise Psychology .....                      | 3 |
| NUTRI-160 | Nutrition: Science and Applications .....                | 3 |

**total minimum required units 41.5**

### Certificate of achievement Coaching

Students completing the program 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.

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: units

|           |   |   |
|-----------|---|---|
| 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 Fitness Assessments .....           | 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 |

plus at least 2 units from: \*

|            |   |        |
|------------|---|--------|
| KNACT-100A | Beginning Swimming .....  | 0.5-2  |
| KNACT-100B | Intermediate Swimming .....   | 0.5-2  |
| KNACT-136  | Distance Track Training .....   | 0.5-2  |
| KNACT-160A | Beginning Badminton .....   | 0.5-2  |
| KNACT-160B | Intermediate Badminton .....  | 0.5-2  |
| KNACT-164A | Beginning Golf .....  | 0.5-2  |
| KNACT-164B | Intermediate Golf .....   | 0.5-2  |
| KNACT-166A | Beginning Tennis .....  | 0.5-2  |
| KNACT-170A | Beginning Basketball .....  | 0.5-2  |
| KNACT-170B | Intermediate Basketball .....   | 0.5-2  |
| KNACT-174A | Beginning Men's Lacrosse .....  | 0.5-2  |
| KNACT-174B | Intermediate Men's Lacrosse .....                                       | 0.5-2  |
| KNACT-176A | Beginning Soccer .....  | 0.5-2  |
| KNACT-176B | Intermediate Soccer .....   | 0.5-2  |
| KNACT-182A | Beginning Volleyball .....  | 0.5-2  |
| KNACT-182B | Intermediate Volleyball .....   | 0.5-2  |
| KNACT-182C | Advanced Volleyball .....   | 0.5-2  |
| KNACT-195A | Beginning Plyometrics and Agility Training for Female Athletes .....    | 0.25-1 |
| KNACT-195B | Intermediate Plyometrics and Agility Training for Female Athletes ..... | 0.25-1 |
| KNACT-195C | Advanced Plyometrics and Agility Training for Female Athletes .....     | 0.25-1 |

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**

### Certificate of achievement Personal training

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.
- take the NASIV1, AFAA or other national certification exam.

# DIABLO VALLEY COLLEGE CATALOG 2018-2019

any updates to this document can be found in the addendum at [www.dvc.edu/communication/catalog](http://www.dvc.edu/communication/catalog)

## Kinesiology

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 Fitness Assessments.....                       | 1            |
| KINES-246 Sport and Exercise Psychology.....                                     | 3            |
| KINES-250 Professional Aspects of Personal Training and Fitness Instruction..... | 3            |
| KINES-252 Professional Aspects of Group Personal Training .....                  | 1.5          |
| KINES-254 Practical Experience in Personal Training I.....                       | 4            |
| KINES-255 Practical Experience in Personal Training II.....                      | 4            |
| <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.....           | 0.5-2        |
| KNACT-146B Theory and Practice of Strength Training and Fitness II .....         | 0.5-2        |
| KNACT-146C Theory and Practice of Strength Training and Fitness III .....        | 0.5-2        |
| KNACT-146D Theory and Practice of Strength Training and Fitness IV.....          | 0.5-2        |
| KNACT-148A Beginning Power Lifting.....  | 0.5-2        |
| <i>plus at least 1 unit from:</i>  |              |
| KNACT-110A Beginning Hatha Yoga .....  | 0.5-2        |
| KNACT-110B Intermediate Hatha Yoga .....   | 0.5-2        |
| KNACT-110C Advanced Hatha Yoga .....   | 0.5-2        |
| KNACT-114A Beginning Stretch and Yoga for Sports....                             | 0.5-2        |
| KNACT-114B Intermediate 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-124B Intermediate Hips, Thighs and Abs .....                               | 0.5-2        |
| KNACT-126 Aerobics/Step Aerobics.....  | 0.5-2        |
| KNACT-128A Beginning Cardio Kickboxing .....                                     | 0.5-2        |
| KNACT-128B Intermediate Cardio Kickboxing .....                                  | 0.5-2        |
| KNACT-140 Stationary Cycling.....  | 0.5-2        |
| KNACT-142A Beginning Boot Camp.....  | 0.5-2        |
| KNACT-144A Beginning Super Circuit.....  | 0.5-2        |
| KNACT-144B Intermediate Super Circuit.....                                       | 0.5-2        |
| KNDAN-105A Pilates Mat Work I .....  | 0.5-2        |
| <b>total minimum required units</b>  | <b>30.5</b>  |

### KINES-100 Fitness and Wellness

1 unit SC

- 18 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course presents the physiological, psychological and sociological aspects of wellness. Principles of fitness, wellness and health promotion will be covered. 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
- Recommended: Eligibility for ENGL-122 or equivalent

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

3 units SC

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

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

4 units SC

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

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

## Kinesiology

**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 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

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
  - Recommended: Eligibility for ENGL-122 or equivalent

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

**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. 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

Kinesiology

**KINES-240 Principles of Optimizing Human Performance**

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

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 Fitness Assessments**

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

This course is a companion laboratory course to KINES-240. Students will practice the instruction of proper techniques of strength training and fitness conditioning. Students will also conduct fitness assessments to determine fitness levels and evaluate progress in exercise programs. These skills will assist students who plan to sit for a national personal training or athletic 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

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-248 Sport and Society**

- 3 units SC
- 54 hours lecture per term
- Recommended: Eligibility for ENGL-122 or equivalent

This course is intended to develop an understanding and recognition of 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, and politics within the realm of sport will be examined. Considerations of pertinent current events and scholarly journal articles will enhance students' understanding of the topics addressed. CSU, UC

**KINES-250 Professional Aspects of Personal Training**

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

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 Personal Training**

- 1.5 units SC
- 18 hours lecture/27 hours laboratory per term
- Recommended: 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 be included. CSU

**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 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**

- 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 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



## Kinesiology

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

2 units SC

- 36 hours lecture per term
- Recommended: 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. Emphasis will be on the theory of, assessment techniques for and corrective strategies for improving human performance. 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
- Recommended: 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 will be on the theory of, assessment techniques for and corrective strategies for human movement. 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
- Recommended: 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 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

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

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-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 limits 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 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 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