KINESIOLOGY

College of Health, Human Services, and Nursing
Department of Kinesiology

Program Description

Kinesiology is an academic area concerned with the art and science of human movement, with particular reference to physical, intellectual, , emotional, spiritual and social variables.

Features

A large gymnasium, mirrored dance studio, mirrored activity room, mirrored weight training room, exercise laboratory, swimming pool, athletic training room, tennis courts, activity field and track are available for instructional and recreational use.

Faculty curriculum planners carefully monitor the academic programs at comparable universities as well as examine state certification programs to align existing programs with current trends and requirements.

Additionally, they forecast future specializations. The faculty also makes every effort to facilitate the transfer of students from feeder colleges to CSU Dominguez Hills and from CSU Dominguez Hills to other universities.

Faculty keep regularly scheduled office hours and are available during those hours to talk with students in person, by telephone or online.

The multicultural campus community at CSU Dominguez Hills provides opportunities for a greater understanding of various cultural and ethnic groups. This unique social environment is invaluable for students preparing for people-oriented careers.

Academic Advisement

Academic Advisors

1. Pre-Physical Therapy Option- Scott Cheatham, Coordinator; Carolyn Oudiz
2. Physical Education: Teaching- Carole Casten, Coordinator; Lee Hancock
3. Fitness Director Option- George Wing, Coordinator; Gioella Chaparro

Undergraduate Students

1. New students need to download a University Catalog.
2. Students should initiate advisement by contacting their faculty advisor.
3. During their first advisement meeting, students will be given a copy of an advisement sheet for their academic program.
4. Transfer students should schedule an appointment with their faculty advisor and bring copies of their transcripts and course descriptions.
5. Each time students meet with their advisor they should bring a copy of their academic requirements printed from the MyCSUDH webpage.
6. Advisement must be sought each semester prior to registration.
7. Students' final advisement meetings should take place just before they file for graduation.

Preparation

High school students planning to seek a Bachelor of Arts in Physical Education should:

- enroll in a physical education class each semester and develop skills in many activities.
- participate in an interscholastic sport and/or dance production.
- work on oral communication skills by enrolling in a speech class.
- work on writing skills in English classes.
- work on math skills up to, and including, Algebra II.
- study biology and physiology. Physics is also recommended.
- take advantage of elective classes in graphic design and psychology.
- master computer skills including word processing and typing.
- seek part-time employment in physical activity programs (summer camps, youth sports programs, playgrounds, private fitness clubs, recreation centers, dance studios, etc.).
- volunteer to serve at athletics and dance events as an organizer, official, score keeper, fund raiser or assistant.
- earn certification from the American Red Cross in First Aid, CPR, Lifeguarding and Water Safety Instructor.

If students are planning to transfer to CSU Dominguez Hills from a community college, the Division suggests taking courses that are equivalent to its lower division physical education requirements. These courses include Anatomy; Physiology; First Aid and CPR; and a variety of activity classes in Physical Education and Dance.

Helpful Hints

1. Students should seek advisement regularly.
2. Students should keep the advisement sheet up-to-date and bring it with them whenever they meet with their advisor. Each semester students should enroll in a physical education activity class to broaden their knowledge and keep physically active.
3. Students should begin by taking lower division courses first.
4. Single Field Teaching Option majors should consider additional coursework in science, math, since teaching proficiency in these areas is still in demand. It also would benefit future teachers to gain speaking proficiency in Spanish and mastery level proficiency in technology use.
5. Majors and minors should maintain a model level of physical fitness and wellness.
6. Students should regularly check the bulletin boards located outside the Division office for job opportunities and important announcements related to their educational goals.

Student Organizations

The faculty encourages professional participation by sponsoring The Kinesiology Student Association (KSA). The faculty also participates actively in professional organizations and activities and encourages student involvement, which translates into a broad professional support system for faculty and students.

Graduation With Honors

An undergraduate student may be a candidate for graduation with Honors in Physical Education if he or she meets the following criteria:

1. A minimum of 36 units in residence at CSU Dominguez Hills;
2. A minimum grade point average of at least 3.5 in all courses used to satisfy the upper-division requirements in the Physical Education major.

Career Opportunities

A B.A. in Physical Education offers four options in the major. The Pre-Physical Therapy Option provides some of the prerequisites for Physical Therapy schools and can serve as a pre-medical preparation program. The Fitness Director Option enables students to assume leadership positions in fitness establishments in both public and private sectors. The Physical Education Teaching Option is designed for students seeking a teaching career in elementary or secondary physical education, or planning to enter graduate programs in preparation for teaching careers at the college or university levels.

Within the Physical Education Minor, two options are offered. The Coaching minor is for students planning to work as coaches in chosen areas of sports specialization. The Teaching minor qualifies credentialed teachers in other subject areas to teach Physical Education in grades K-9.

A Fitness Instructor Certificate is offered to meet the needs of individuals who are either presently employed or intend to seek employment as fitness instructors in health clubs, recreation centers, YM/WCAs or corporate fitness programs. Requirements for the certificate are based on guidelines established by the American College of Sports Medicine and the Association of Fitness in Business and Industry. The certificate can be completed independent of a bachelor's degree.

Undergraduate Programs

Bachelor

- Physical Education, Bachelor of Arts (https://catalog.csudh.edu/academics/kinesiology/physical-education-ba/)

Minor

- Coaching, Minor (https://catalog.csudh.edu/academics/kinesiology/coaching-minor/)
- Teaching, Minor (https://catalog.csudh.edu/academics/kinesiology/teaching-minor/)

Certificate

- Fitness Instructor, Certificate (https://catalog.csudh.edu/academics/kinesiology/fitness-instructor-certificate/)

Graduate Programs

Subject Matter Preparation

- Physical Education, Subject Matter Preparation (https://catalog.csudh.edu/academics/kinesiology/physical-education-subject-matter-preparation/)

Faculty

Michael Ernst, Division Chair
Mary Lou Cappel, Carole M. Casten, Gioella Chaparro, Scott Cheatham, Michael Ernst, Lee Hancock, Carolyn Oudiz, Gary Sayed, George Wing, Ben Zhou
Department Office: SAC 2145, (310) 243-3761

Emeriti Faculty

Boice Bowman, John L. Johnson, Robert Pestolesi, James Poole

Courses

KIN 100. Adapt Phys Fit. (1 Units)
Physical fitness evaluation, exercise prescription and individualized programs designed for disabled students and any student with a temporary or permanent fitness need. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 111. Aerobics. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 112. Aerobics: Step. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 113. Social and Folk Dance Activity. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 114. Badminton. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 116. Baseball. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 118. Basketball. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 125. Bicycling/All Levels/Velo. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 130. Golf. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 132. Gymnastics. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 134. Jogging. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 140. Lifeguard Training. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 141. Martial Arts. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 142. Physical Conditioning. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 145. Relaxation Techniques. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 148. Soccer/Indoor. (1 Units)
The following courses are designed to promote active lifestyles and are open to all university students. Prerequisites for intermediate level classes are beginning level or equivalent. Prerequisites for advanced level classes are intermediate level or equivalent. Students assume responsibility for satisfactory health status appropriate for activity classes. The courses are repeatable. Two hours of activity per week. Fee required for KIN 116-180.
Offered As needed

KIN 150. Soccer/Outdoor. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 152. Softball. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 154. Stretch & Flex. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 156. Swimming/All Levels. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 158. Swimming/Conditioning. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 162. Tennis. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 164. Volleyball. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 168. Walking For Health. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered As needed

KIN 170. Weight Training. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 171. Yoga. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 180. Intramurals. (1 Units)
Participation in competitive intramural activities. Tournaments conducted in sports such as basketball, badminton, tennis, volleyball and additional activities based upon student interest. Repeatable course. Two hours of activity per week.
Offered Fall, Spring

KIN 190. Intercollegiate Athletics - Sports Men. (1 Units)
Instruction and participation in selected major team sports such as basketball, baseball, golf, and soccer that comprise the intercollegiate athletic program. Repeatable course.
Offered Fall, Spring

KIN 191. Intercollegiate Athletics - Sports Women. (1 Units)
Instruction and participation in selected major team sports such as basketball, softball, volleyball, cheerleading, soccer, and cross country that comprise the intercollegiate athletic program. Repeatable course.
Offered Fall, Spring

KIN 218. First Aid And Cpr. (3 Units)
Provides opportunity to qualify for American Red Cross certification in Standard First Aid and CPR. Students study and practice administering first aid techniques; examine accident and injury prevention measures; and train to master cardiopulmonary resuscitation techniques. Fee required.
Offered As needed

KIN 223. Intro To Pe. (3 Units)
Examination of bodies of knowledge that make up the fields of Physical Education and Dance Education. Analysis of how disciplinary theories translate into workable practices in a diverse culture. Course includes career guidance and overview of career options. (Students entering the Physical Education major are required to enroll in this course their first semester of study.)
Offered Fall, Spring

KIN 233. Prac.in Phys.Act.Instruction. (3 Units)
Designed to provide initial instruction in a variety of pedagogical knowledge related to teaching physical education for grades K-12. Students will be provided with opportunities to learn and demonstrate current best teaching practices. Emphasis is placed on learning and practicing effective planning, teaching, and reflective behaviors.
Offered Fall, Spring

KIN 235. Lifetime Fitness. (3 Units)
Examination of components of fitness; training principles, energy sources; nutrition and weight control research; stress reduction techniques; and fitness programs. Fitness assessment and development of personalized fitness program. Meets General Education requirement for Whole Person.
Offered Fall, Spring

KIN 250. Analysis of Aquatics. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to swimming, diving, synchronized swimming, aqua aerobics, water games and water safety. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 251. Analysis of World Dance. (0 Units)
Analysis and refinement of skill requirements; examination of concepts, movement theories, history, culture and appreciations; and adaptations for special populations related to modern dance, jazz, ballet, social dance, folk dance, ethnic dance and dance-exercise. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 252. Anlysis Artistic & Rhyth Gym. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, movement theories, judging, history and appreciations; and adaptations for special populations related to stunts, tumbling, floor exercise; apparatus work and object manipulation required of artistic and rhythmic gymnastics. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 253. Anlysis Archery Bowling & Golf. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to the individual sports of archery, bowling and golf. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 254. Analysis Cond & Martial Arts. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, underlying principles, history, culture and appreciations; and adaptations for special populations related to all components of physical conditioning, weight training and martial arts. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 255. Anlys Tennis Pad Ten & Racball. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to tennis, paddle tennis, racquetball and non-traditional racquet games. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 256. Anly Badminton & Team Handball. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to individual and dual sports of badminton and team handball. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 257. Anly Softball & Track & Field. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to softball, track and field, and non-competitive diamond games. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 258. Anlys Basketball & Volleyball. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to team sports of basketball and volleyball. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 259. Anlysis Flag Football & Soccer. (2 Units)
Analysis and refinement of skill requirements; examination of concepts, rules, strategies, history and appreciations; and adaptations for special populations related to the field sports of flag football and soccer and non-traditional field activities. One hour of lecture and two hours of activity per week. Fee required.
Offered As needed

KIN 260. Sports Officiating. (2 Units)
Rules, mechanics and officiating procedures for men's and women's sports at the interscholastic and intercollegiate levels.
Offered As needed

KIN 290. Human Anatomy & Physiology I. (4 Units)
Introduction to human anatomy and physiology I. Structure and function of the body systems are covered, with special emphasis on body orientation and anatomic position, basic physio-chemistry, musculoskeletal, and nervous systems. Tailored majors in kinesiology and pre-allied health professions.
Offered Fall, Spring, Summer

KIN 291. Human Anatomy & Physiology II. (4 Units)
A continuation of Human Anatomy & Physiology I. Body systems covered in this part are the cardiopulmonary, digestive, renal and reproductive systems. Tailored majors in kinesiology and other health professions.
Offered Fall, Spring, Summer

KIN 295. Special Topics in Kinesiology. (4 Units)
Intensive study of a physical education topic of current interest. Repeatable course. Three hours lecture and three hours lab. Consent required.
Offered Fall, Spring

KIN 300. Tests and Measurements in Physical Education. (3 Units)
Analysis, evaluation, interpretation, and use of tests and other assessment methods in physical education. Application of statistical procedures. Fee required.
Offered Fall, Spring, Summer

KIN 301. Kinesiology. (3 Units)
Prerequisites: BIO 250 and BIO 251 and either high school or college physics. Examination of anatomical structure, function, and mechanical principles relating to human motion, including analytical and practical application of concepts. Two hours of lecture and three hours of laboratory per week. Fee required.
Offered Fall, Spring

KIN 302. Technology Methods in Physical Education and Recreation. (3 Units)
Provides students with information on, training in, and experience with various technology methods and applications related to the Physical Education and Recreation professions. One hour of lecture and two hours of laboratory activity per week.
Offered As needed

KIN 303. Exercise Physiology. (4 Units)
Prerequisites: KIN 300; BIO 250 and BIO 251 and either high school or college chemistry. Study of human function under the stress of muscular activity per week. Investigation of acute and chronic effects of exercise on the muscular, pulmonary, cardiovascular, nervous and energy systems. Examination of principles of training and nutrition. Three hours of lecture and three hours of laboratory per week. Fee required.
Offered Fall, Spring, Summer

KIN 304. Introduction to Adapted Physical Education. (3 Units)
Prerequisite: KIN 301. Study of prevalent disabilities with implications for adapted physical education program development, implementation and evaluation at the elementary and secondary levels.
Offered Fall, Spring

KIN 305. Motor Learning. (3 Units)
Prerequisite: KIN 300. Study of human development and learning in the motor domain. Examination of factors such as growth and maturation, instructional procedures, sensory and perceptual systems, motor control, and assessment of motor development.
Offered Fall, Spring

KIN 306. Biometric of Human Movement. (3 Units)
Prerequisites: Bio120/120L, KIN291, CHE 110, PHY 120, KIN 223, Degree 300's:KIN 300, 301. This course provides students with the knowledge of movements as it relates to physics. Students will learn biomedical principles and concepts as they relate to human movement, exercise, and sports.

KIN 310. Nutrition for Peak Performance. (3 Units)
Prerequisite: KIN 303 Presents principles of nutrition as they apply to sport, exercise, and peak performance. Topics presented include: energy release, metabolism, and substrate utilization during exercise, ergogenic aids, fluid intake, pre-game meals, and health issues related to nutrition.
Offered Fall, Spring, Summer

KIN 320. History and Philosophy of Physical Education. (3 Units)
Prerequisite: KIN 223. Study of historical roots and evolution of physical education, changing value systems that shape physical education philosophies, and administrative practices which lead to making informed program decisions.
Offered Fall, Spring

KIN 330. Sport and Exercise Psychology. (3 Units)
Prerequisite: PSY 101 is required. Through writing, this course examines psychological theories and research and their application to the sport/physical activity-related affect, behaviors, and cognitions of individuals. This course explores how the use of disciplinary knowledge assists individuals to better communicate within a healthcare framework. Restricted to majors.A grade of C or better in this course fulfills the GWAR requirement for all Physical Education and Exercise Science majors.
Offered Fall, Spring, Summer

KIN 360. Prev & Treat Ath Injuries. (3 Units)
Prerequisites: BIO 250, BIO 251 and KIN 301. Prevention, examination, and treatment of athletic injuries. Includes methods of taping, bandaging, therapeutic exercises, training room equipment, protective devices and supplies. Two hours of lecture and three hours of laboratory per week. Fee required
Offered Fall, Spring

KIN 362. Principles of Athletic Training. (3 Units)
Prerequisites: BIO 250 and BIO 251, KIN 301. The scientific and clinical foundation of the filed of athletic training. Emphasis placed on athletic trainer's role and responsibilities. In depth study of risk management, prevention, evaluation, recognition, treatment, and rehabilitation of athletic injuries.
Offered Fall, Spring

KIN 363. Principles of Athletic Training Laboratory. (1 Units)
Prerequisites: BIO 250 and BIO 251. Corequisite: KIN 362. Emphasis on knowledge, skills, and taping techniques for common athletic injuries and related evaluation procedures.
Offered Fall, Spring

KIN 375. Clin Exp I. (1 Units)
Prerequisites: BIO 250, BIO 251, and KIN 218. Corequisites: KIN 362, KIN 363. Introduction to clinical experience in athletic training settings. Basic understanding of clinical aspect of the training profession. Students in this class are required a minimum 50 hours of observation and 150 hours of clinical experience (a minimum of 10 per week) in athletic training settings.
Offered As needed

KIN 376. Clinical Experience II. (1 Units)
Prerequisites: KIN 362, KIN 363, KIN 375. Application of taping, wrapping, bracing, and padding skills; risk management; assessment and evaluation; pharmacology and nutrition; therapeutic modalities; therapeutic exercise; specific injury management. Requires a minimum of 250 clinical experience hours (a minimum of 16 hours a week) in an athletic training setting.
Offered As needed

KIN 377. Clinical Experience III. (1 Units)
Prerequisites: KIN 376, KIN 461, and KIN 463. Corequisites: KIN 462 and KIN 464.The application of therapeutic exercise; surgery observation; specific injury management; clinical experience in various sports teams. Requires a minimum of 250 clinical experience hours (a minimum of 16 hours a week) in an athletic training setting.
Offered As needed

KIN 425. Pe In The Elementary Sch. (3 Units)
Prerequisite: In order to begin the hours for fieldwork in this course, you will need a valid Certificate of Clearance (fingerprints) and proof of a negative TB (within 4 months of the fieldwork course beginning. For information on submitting these documents, contact the Center for Teaching Careers.Overview of bodies of knowledge in the field of physical education and their application to elementary physical education. Analysis of educational theories and practices as they relate to effectively teaching physical education to elementary school children. Course includes peer teaching lessons. Two hours of lecture and two hours of activity per week. Fee required.
Offered Fall, Spring

KIN 426. Directed Teaching in Elementary Physical Education. (2 Units)
Prerequisites: KIN 425. In order to begin the hours for fieldwork in this course, you will need a valid Certificate of Clearance (fingerprints) and proof of a negative TB (within 4 months of the fieldwork course beginning. For information on submitting these documents, contact the Center for Teaching Careers. Planned directed teaching in elementary physical education at a cooperating elementary school under professional supervision. Repeatable course.
Offered Fall, Spring

KIN 447. Dan Educ in the Elem School. (3 Units)
Prerequisite: In order to begin the hours for fieldwork in this course, you will need a valid Certificate of Clearance (fingerprints) and proof of a negative TB (within 4 months of the fieldwork course beginning. For information on submitting these documents, contact the Center for Teaching Careers. Study of developmentally appropriate dance education activities for children. Examination of and practice in blending pedagogical content knowledge with subject matter knowledge to optimize teaching and learning. Course culminates in peer teaching lessons, reflections and self-assessment.
Offered Fall, Spring

KIN 448. Tchg Effect Sec PE. (3 Units)
Prerequisite: See lower division requirements for major. In order to begin the hours for fieldwork in this course, you will need a valid Certificate of Clearance (fingerprints) and proof of a negative TB (within 4 months of the fieldwork course beginning. For information on submitting these documents, contact the Center for Teaching Careers. Analysis and application of recent advances in teaching methodology, observation techniques, organization and management strategies, and skill and knowledge acquisition as they relate to effectively teaching secondary physical education. Course includes peer teaching lessons. Two hours of lecture and two hours of activity per week.
Offered Fall, Spring

KIN 449. Dir Tchg In Sec PE. (2 Units)
Prerequisites: KIN 448. In order to begin the hours for fieldwork in this course, you will need a valid Certificate of Clearance (fingerprints) and proof of a negative TB (within 4 months of the fieldwork course beginning. For information on submitting these documents, contact the Center for Teaching Careers. Planned directed teaching in secondary physical education at a cooperating secondary school under professional supervision. Repeatable course.
Offered Fall, Spring

KIN 450. Teaching Dance. (1 Units)
Prerequisite: Intermediate level technique class. Analysis and application of recent advances in teaching methodology, observation techniques, organization and management strategies, and skill and knowledge acquisition as they relate to effectively teaching elementary, secondary and college dance. Course includes peer teaching experience.
Offered As needed

KIN 461. Therapeutic Modalities. (3 Units)
Prerequisites: BIO 250, KIN 362, KIN 363, and KIN 375. A theoretical clinical basis for using therapeutic modalities, providing knowledge regarding the scientific basis and physiological effects of modalities in the treatment and rehabilitation of athletic injuries. Fee required.
Offered Fall, Spring

KIN 462. Therapeutic Exercise. (3 Units)
Prerequisites: BIO 250, KIN 362, KIN 363, KIN 375. A theoretical and clinical basis for implementation and intervention of therapeutic exercise; understanding the basic principles and effects of the variety of therapeutic exercise techniques; and designing therapeutic exercise programs.
Offered Fall, Spring, Summer

KIN 463. Lower Extremity Assessment. (3 Units)
Prerequisites: KIN 375. Recommended corequisite: KIN 461. Recognition and evaluation of orthopedic and athletic injuries; identifying signs, symptoms and mechanisms of injuries; performing special tests for specific orthopedic pathologies related to the lower extremity.
Offered Fall, Spring

KIN 464. Upper Extremity Assessment. (3 Units)
Prerequisites: KIN 376. Recommended corequisite: KIN 462. Recognition and evaluation of orthopedic and athletic injuries; identifying signs, symptoms and mechanisms of injuries; performing special tests for specific orthopedic pathologies related to the upper extremity.
Offered Fall, Spring

KIN 465. Administration of Athletic Training Programs. (3 Units)
Prerequisites: KIN 461, KIN 462, KIN 463, and KIN 464. Administration and management strategies of the field of athletic training and sports medicine. Organization planning ideas including principles and knowledge of program, human, financial, and information management: facility design and planning; legal aspects and ethical issues.
Offered As needed

KIN 470. Coaching Techniques for Selected Sports. (2 Units)
Prerequisites: KIN 253, KIN 256, KIN 257, KIN 258 and KIN 259; three out of five are recommended. Analysis and practical application of techniques for coaching selected sports. Emphasis on organization and conduct of athletic programs, including program development, coaching strategies, practice sessions, academic advisement, recruiting and scouting.
Offered As needed

KIN 471. Fitness Assessment and Exercise Prescription. (3 Units)
Prerequisites: Lower division requirements: Bio 120/120L, KIN 290, KIN 291, CHE 110, PHY 120, KIN 223, Degree 300s: KIN 300, 301,303,305,306,310,330,360. This course provides student with the knowledge to conduct physical fitness tests and develop an exercise prescription for different populations. Emphasis will be placed on testing and prescription for the major component of physical fitness.

KIN 473. Principles of Sport Performance Training. (3 Units)
Prerequisites: Lower division requirements: BIO 120/120L, KIN 290,291, CHE 110, PHY120,KIN 223. Degree300s: KIN 300, 301, 305, 306, 310, 330,360. This course provides student with the knowledge of sports performance assessments and program design for different athletic populations. Emphasis will be placed sports specific testing, periodizing programming, and training techniques for specific sports and athletes.

KIN 475. Complementary and Integrated Healthcare. (3 Units)
Lower division requirements: Bio 120/120L, KIN 290, KIN 291, CHE 110, PHY 120, KIN 223 Degree 300s: KIN 300, 301,302,305,310,330,360. This course will provide student with the knowledge regarding complimentary and alternative healthcare. Student will learn about different eastern and western therapeutic treatment such as acuouncture, cupping, energy medicine, yoga and more.

KIN 476. Clinical Experience IV. (1 Units)
Prerequisites: KIN 377, KIN 462, KIN 463, and KIN 464. Corequisite: KIN 465. The application of specific injury management; clinical experience in various sports teams. A minimum of 250 clinical experience hours (a minimum of 16 hours a week) in an athletic training setting are required.
Offered As needed

KIN 477. Clinical Experience V. (1 Units)
Prerequisites: KIN 476. The application of specific injury management; clinical experience in various sports teams; peer teaching and supervision. A minimum of 250 clinical experience hours (a minimum of 16 hours a week) in an athletic training setting are required.
Offered As needed

KIN 480. Athletic Training Seminar. (2 Units)
Prerequisites: KIN 465 and KIN 476. Course is designed for senior students who are preparing for he NATA BOC examination. Students in this course are senior level students who have either completed all necessary NATA competencies or are in their last semester and currently completing the necessary competencies.
Offered As needed

KIN 490. Senior Seminar in Physical Education. (1 Units)
Prerequisite: Senior year. For Physical Education majors. Practice writing and presentation skills through self-reflection, evaluation, and connecting subject matter areas. Peer and faculty evaluation of student portfolios, resume writing, curriculum development, mock interviews and program assessment will be included in the curriculum. One hour of seminar per week.
Offered Fall, Spring

KIN 493. Clinical Experiences in PT/AT. (3 Units)
Planned internship in Pre-PT at a cooperative institution, agency or clinical setting under professional supervision. Application of the principles and skills acquired in the Pr-PT program. Repeatable Course
Offered Fall, Spring

KIN 494. Physical Education: Independent Study. (1-3 Units)
Prerequisites: Physical Education Major or Minor; upper division standing. Independent study in physical education, with each student participating in a special project mutually agreed upon by student and instructor. Repeatable course.
Offered Fall, Spring

KIN 495. Special Topics:. (1-3 Units)
Intensive study of a physical education topic of current interest. May be repeated for credit to a maximum of 6.0 units. Repeatable course. One to three hours of lecture per week.
Offered As needed

KIN 496. Internship. (1-3 Units)
Prerequisites: Physical Education Major or Minor and upper division standing are required. KIN 448 is recommended. Planned internship in physical education at a cooperating institution, agency or company under professional supervision. Repeatable course.
Offered Fall, Spring

KIN 498. Directed Research. (1-3 Units)
Prerequisite: Consent of instructor. The student develops and completes an individual study under faculty supervision. Repeatable course.
Offered As needed

KIN 500. Seminar in Contemporary Issues/Topics and Trends in Physical Education. (3 Units)
Analysis of current trends, issues, and problems in Physical Education academic and athletics programs; examination and analysis of literature and research findings. Three hours of seminar per week.
Offered As needed

KIN 504. Physical Fitness Evaluation and Exercise Prescription. (3 Units)
Prerequisites: KIN 303 is required; KIN 218 is recommended. Evaluation of cardiovascular fitness, respiratory capacity, body composition, strength, muscular endurance and flexibility. Exercise prescription based upon individual needs, interests and preliminary health and fitness evaluations. Overview of American Psychological Association's research methodology.
Offered As needed

KIN 514. Seminar in Curriculum Development in Physical Education. (3 Units)
Intensive study, evaluation, and application of current developments in curriculum theory and practice for Elementary-Secondary School Physical Education. Includes designing an innovative physical education/wellness curriculum project. Three hours of seminar per week.
Offered As needed

KIN 516. Public Relations and Development. (3 Units)
The study of public relations and development issues related to the fields of physical education and athletics in K-16 school settings. The student will develop news releases, design promotional public information, develop mediated presentations addressing programs and development Three hours of seminar per week.
Offered As needed

KIN 593. Fieldwork in Physical Ed Admin. (3 Units)
Prerequisites: GED 571 and KIN 500 are required; KIN 514 and KIN 516 are recommended. Supervised field experiences at the school level to include actual job performance in both supervision and administrative in Physical Education or Athletics. Students will demonstrate competencies required by the Educational Administration approved program. CR/NC grading.
Offered As needed

KIN 595. Special Topics in Kinesiology. (3 Units)
Prerequisite: Consent of instructor. Advanced course of special interest to graduate students. Topic and content will vary as announced.
Offered As needed

KIN 599. Thesis/Creative Project. (3 Units)
Prerequisites: KIN 500, KIN 514, KIN 516, KIN 593 are required. Student will execute an individually planned research effort or creative project. Students work under individual supervision with assigned faculty. May be repeated up to 6 units.
Offered As needed

KIN 600. KIN Grad Continuation Course. (1 Units)
Graduate students who have completed their course work but not their thesis, project, or comprehensive examination, or who have other requirements remaining for the completion of their degree, may maintain continuous attendance by enrolling in this course.
Offered Fall, Spring