

Kinesiology

Sports Medicine/Fitness Science

Program Description

The Department of Kinesiology at Solano Community College offers a Sports Medicine Program. We are proud of our program and its students. The program is very strong academically with a core of science courses and hands-on laboratories. The intent of the program is to increase the students' breadth and depth of knowledge relative to the discipline of Kinesiology and Health Science; to provide the opportunity for students to engage in scholarly activity that includes creative, critical, and analytical thinking; and to provide a focus of study that will enhance career commitment and allow for experiences that will lead to continued self-development and growth..

Associate in Science Degree

The Associate in Science Degree can be obtained upon completion of a total 60 units, including the 35-unit major, the general education requirements, and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a Pass/No Pass basis.

Program Outcomes

Students who complete the Sports Medicine/Fitness Science Associate Degree will be able to:

1. Understand the psychological, physiological, and social benefits of physical activity
2. Demonstrate an understanding of the R.I.C.E. principle
3. Develop and apply strategies to prevent the incidence and/or severity of injury and illnesses
4. Demonstrate the clinical skills needed to appropriately diagnose patients for treatment and referral
5. Think critically and be a productive member of society
6. Complete athletic training competency skills required in first 2 years of ATEP Athletic Training programs.
7. Apply clinical and decision making skills to respond to acute injury and illness; including emergencies
8. Assess patient status and develop treatment and rehabilitation that are consistent with contemporary disablement models

REQUIRED COURSES Units

KINE 020A Foundations of Physical Education	3
KINE 020H Care and Prevention of Athletic Injuries	3
KINE 020S Advanced First Aid and Emergency Care	3
KINE 055A Sports Medicine-Athletic Training Practicum Fall Sports	3
KINE 055B Sports Medicine-Athletic Training Practicum Spring Sports	3
KINE 057 Introduction to Sports Psychology	3
BIO 004 Human Anatomy	5
BIO 005 Introductory Physiology	5
CHEM 010 Intermediate Chemistry	4
NUTR 010 Nutrition	3
Total Units	35

Recommended Electives

CHEM 011 Basic Organic Chemistry and Biochemistry
 HED 002 Health Education
 KINE 020V Introduction to Sports Science
 MATH 011 Elementary Statistics
 NURS 052 Pharmacology for Nursing
 NURS 111 Medical Terminology

Kinesiology / Athletics Activity Courses:

Aquatics:	KINE 001A, 002A, 002B	Racquet Sports:	KINE 008A, 008B
Team Sports:	KINE 009A, 009B, 009C, 009E, 009F, 009G, 009H	Fitness:	KINE 005C, 005G, 005J, 005K, 005M, 005N, 005P, 005Q, 006A, 006C, 006E, 006F

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Associate in Arts in Kinesiology for Transfer (ADT: A.A.-T)

Program Description

The Associate in Arts in Kinesiology for Transfer degree is designed to provide a seamless transfer pathway for students interested in pursuing at least one Kinesiology degree option in the CSU system.

Associate in Arts in Kinesiology for Transfer

Successful completion of the Associate in Arts in Kinesiology for Transfer degree prepares students to transfer into the CSU system and work in the sub-fields of Kinesiology. Students will learn about human functioning during sport and exercise, how exercise science and biomechanics is integrated into exercise program development, and observation and assessment of human performance. The Associate in Arts in Kinesiology for Transfer degree can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Students are encouraged to meet with a counselor to develop their educational plans as degree options and general education requirements vary for each university.

To earn the Associate in Arts in Kinesiology for Transfer degree, students must:

1. Complete 60 semester units that are eligible for transfer to the California State University, including both of the following:
 - a. The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements
 - b. A minimum of 18 semester units in a major or area of emphasis, as determined by the community college district.
2. Obtain a minimum grade point average of 2.0.

Program Outcomes

Students who complete the Associate in Arts in Kinesiology for Transfer degree will be able to:

1. Use the fundamentals of biomechanics and exercise physiology and apply them to sport and fitness pedagogy.
2. Assess and measure the five components of fitness through improvements in fitness levels by comprehensive analysis of aerobic capacity, body composition, muscular strength and endurance, and flexibility.
3. Define and utilize the varieties of fitness and training principles as they pertain to each of the body systems in promoting homeostasis and how such body systems adapt to the demands of fitness and sports training.
4. Discuss how sociological, psychological, historical, and philosophical factors influence the discipline of Kinesiology and sports.

REQUIRED CORE..... Units

KINE 020A Introduction to Kinesiology..... 3

BIO 004 Human Anatomy 5

BIO 005 Introductory Physiology 5

A minimum of three (3) units from Movement-based courses (maximum of one course from any group).... 3 - 4

Two courses from List A..... 7 -10

Movement-based Courses

Aquatics: (maximum of one course)..... Units

KINE 002A Beginning Swimming 1 -1.5

KINE 002B Intermediate Swimming 1 -1.5

KINE 002D Swim for Fitness 1.5 -2

Combatives: (maximum of one course) Units

KINE 003D Beginning Judo 1 -1.5

KINE 003E Intermediate Judo 1 -1.5

Dance: (maximum of one course)..... Units

KINE 004J Beginning Ballroom Dance..... 1.5 -2

Fitness: (maximum of one course)..... Units

KINE 005J Beginning Body Conditioning 1 -1.5

KINE 005K Intermediate Body Conditioning 1 -1.5

KINE 005M Beginning Weight Training 1 -1.5

KINE 005N Intermediate Weight Training 1 -1.5

KINE 006E Fundamentals of Yoga..... 1.5 -2

Individual Sports: (maximum of one course)..... Units

KINE 007F Beginning Archery 1 -1.5

KINE 008A Beginning Tennis 1 -1.5

KINE 008B Intermediate Tennis..... 1 -1.5

KINE 008E Beginning Badminton 1 -1.5

KINE 008F Intermediate Badminton..... 1 -1.5

Team Sports: (maximum of one course)..... Units

KINE 009A Beginning Basketball 1 -1.5

KINE 009B Indoor/Outdoor Soccer 1 -1.5

KINE 009C Intermediate Soccer..... 1 -1.5

KINE 009F Beginning Baseball..... 1 -1.5

KINE 009G Softball 1 -1.5

KINE 009H Beginning Volleyball 1 -1.5

KINE 009P Intermediate Volleyball..... 1 -1.5

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List A (select two courses).....	Units
BIO 016 Introduction to Human Biology.....	3
MATH 011 Elementary Statistics	4
KINE 020S Advanced First Aid and Emergency Care.....	3
PHYS 002 General Physics (Non-calculus).....	5
or	
PHYS 006 Physics for Science and Engineering	5
Required Major Total Units	22 - 26
CSU General Education or IGETC Pattern Units	37 - 39
CSU Transferable Electives (as needed to reach	
60 transferable units)*	6 - 8
Total Degree Units	60

** 9 units may be double counted toward both the major area of emphasis and CSU General Education or IGETC Pattern. Consult with a counselor for more information on completing this degree*

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Fitness Professional Job-Direct Certificate

The required courses must be completed with a grade of "C" or better.

REQUIRED COURSES	Units
KINE 005J Beginning Body Conditioning	1
or	
KINE 005K Intermediate Body Conditioning	1
 KINE 020S Advanced First Aid and Emergency Care	 2
KINE 020W Principles of Fitness & Sports Training	3
KINE 020V Introduction to Sports Science	3
NUTR 010 Nutrition	3
5 units from the following list: *	5
Total Units	17

* At least one activity course selected from four of the seven listed categories:

Aquatics:	KINE 002A, 002B, 002D	Combatives:	KINE 003A, 003D, 003E
Dance:	KINE 004A, 004B, 004C, 004D 004F, 004H, 004J 004K, 004N	Fitness:	KINE 005C, 005G, 005J, 005K, 005M, 005N, 005P, 006A, 006C, 006E, 006F, 078
Individual Sports:	007F	Racquet Sports:	KINE 008A, 008B, 008C, 008E, 008F
Team Sports:	KINE 009A, 009B, 009C, 009E, 009F, 009G, 009H, 009P		

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Athletics

ATHL 001 2.0 Units
Women's Intercollegiate Volleyball (Fall)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. *Repeatable 3 times. Ten hours lab.*

ATHL 001A 2.0 Units
Off-season Intercollegiate Volleyball

Course Advisory: High School and competitive experience.
A comprehensive course designed for the student athlete covering intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for non-traditional competition. Student-athletes interested in trying out for the Intercollegiate team in the fall should be enrolled in this course. *Repeatable 3 times. Six hours lab.*

ATHL 002A 1.0 Units
Women's Intercollegiate Basketball (Fall)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. *Repeatable 3 times. Ten hours lab (12-week course).*

ATHL 002B 1.0 Units
Women's Intercollegiate Basketball (Spring)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. *Repeatable three times. Ten hours lab (9-week course).*

ATHL 003 2.0 Units
Women's Intercollegiate Softball

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced softball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. *Repeatable three times. Ten hours lab.*

ATHL 003A 2.0 Units
Pre-season Intercollegiate Softball

A comprehensive course designed to develop the pre-season student athlete covering beginning softball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. *Repeatable three times. Seven hours lab.*

ATHL 004 2.0 Units
Women's Intercollegiate Soccer (Fall)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student-athlete covering advanced intercollegiate soccer skills. The course includes the theories and analysis of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparations for competition. *Repeatable 3 times. Ten hours lab.*

ATHL 010 1.0 or 2.0 Units
Men's and Women's Intercollegiate Swimming and Diving (Spring)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate swimming and diving skills. The course includes theories and analyses of skill acquisition, development of fitness skills and mental preparation for competition. *Repeatable 3 times. Ten hours lab.*

ATHL 010A 2.0 Units
Pre-season Swimming & Diving

A comprehensive course designed for the student athlete covering intercollegiate swimming and diving skills. The course includes the theories and analyses of stroke technique and racing and diving strategies, skill acquisition, development of fitness and conditioning and mental preparation for non-traditional competition. Student-athletes interested in trying out for the Intercollegiate team in the fall should be enrolled in this course. *Repeatable 3 times. Six hours lab.*

ATHL 015 2.0 Units
Men's Intercollegiate Baseball

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate baseball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. *Repeatable three times. Ten hours lab.*

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ATHL 016A 1.0 Units
Mens Intercollegiate Basketball (Fall)

Course Advisory: SCC minimum English and Math Standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. *Repeatable three times. Ten hours lab. (12-week course).*

ATHL 016B 1.0 Units
Men's Intercollegiate Basketball (Spring)

Course Advisory: SCC minimum English and Math standards.
A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. *Repeatable three times. Ten hours lab (9-week course).*

ATHL 022 2.5 Units
Intercollegiate Tennis

Advisory: SCC minimum English and Math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate tennis skills. The course includes the four pillars of the game: mental, physical, tactical, and technical facets. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of physical training, nutrition, and biomechanics underlying the development of force, power and accuracy. *Day and/or overnight travel will be required. Nine and one half hours lab.*

Health Education

HED 002 3.0 Units
Health Education

Course Advisory: SCC minimum English and Math standards.
A survey course with a multifaceted view of health with physical, mental, and social dimensions. The course extends beyond the structure and function of one's body to include feelings, values, and reasoning. Examinations and a project are required. Satisfies one-half of the Health, Physical Education graduation requirement. *Three hours lecture.*

HED 003 3.0 Units
Women's Health Issues

Course Advisory: SCC minimum English and Math standards.
A study of health issues that are unique to women with a focus on women's health maintenance and care, and the development of skills and acquisitions of knowledge necessary to make informed choices in health matters of concern to women. Open to all students. Satisfies one-half of the Health, Physical Education graduation requirement. *Three hours lecture.*

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KINE 002A 1.0 or 1.5 Units
Beginning Swimming

Course Advisory: SCC minimum English and Math standards.
Covers the fundamental techniques of swimming, terminology, water adjustment, fluid mechanics, and water safety. Swimming strokes include freestyle and backstroke. Skills and written exams are used to evaluate student achievement. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

KINE 002B 1.0 or 1.5 Units
Intermediate Swimming

Prerequisite: KINE 002A Course Advisory: SCC minimum English and Math standards. Covers the intermediate techniques of swimming, terminology, and fluid mechanics. Swimming strokes include freestyle, backstroke, breaststroke, and butterfly. Racing starts, flip turns, and touch turns are taught on a beginning level. Interval training concepts are introduced. Skills and written exams are used to evaluate student achievement. *One-half hour lecture, one and one-half hours or two and one-half hours of activity.*

KINE 002D 1.5 or 2.0 Units
Swim for Fitness

Course Advisory: SCC minimum English and Math standards. Designed to provide life-long fitness through cardiovascular endurance training and skill development in basic aquatics skills. The major components which make up a swimming workout and the concepts of interval training and sprint and distance training are included. Skills exams and written exams serve to evaluate student achievement. *One hour lecture, one or two hours activity.*

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KINE 003A 1.0 or 1.5 Units
Beginning Self Defense

Course Advisory: SCC minimum English and Math standards. Designed to equip the student with basic skills and knowledge for protection against physical assault. Includes basic fighting techniques, falls and recoveries, and disengagements with counter-attacks. Also included are developing a self-defense consciousness and knowledge about self-defense and the law. Skills exam is used to evaluate student achievement. *One-half hour lecture, one and one-half hours or two and one-half hours activity.*

KINE 003D 1.0 or 1.5 Units
Beginning Judo

Course Advisory: SCC minimum English and Math standards. A basic judo course including techniques such as falls, holds, chokes, grips, grip breaks, balance breaks, and application of reverse locks. Strategies for the judo contest are included such as defenses, counters, break-up throws, take-downs, and general mat work. A historical overview of the martial arts is offered with an emphasis on the evolution of modern-day judo. Written and skills exams are used to measure student achievement. Required field trip. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 003E 1.0 to 1.5 Units
Intermediate Judo

Prerequisite: KINE 003D. Course Advisory: SCC minimum English and Math standards. An intermediate judo course that covers advanced throwing and grappling techniques. Combinations, transitions, and strategies will also be covered. Competition at the local level tournaments will be an option for interested students. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 004A 1.5 or 2.0 Units
Beginning Contemporary Modern Dance

Course Advisory: SCC minimum English and Math standards. An introduction to basic contemporary modern dance techniques. This class will focus on proper contemporary modern dance alignment, terminology, center work, movement across the floor, composition and self expression through movement. Students will study posture and alignment for dance, alignment reference points and basic postural muscles. Students will develop physical strength, flexibility, coordination, and an increase in movement memory. Students will explore a variety of common accompaniments for contemporary modern dance. Basic music notation will be presented in preparation for future dance composition. The history of Modern Dance is included. Interval skills exams and written exams serve to measure student achievement. *One hour lecture, one or two hours activity.*

KINE 004B 1.5 to 2.0 Units
Beginning Tap Dance

Course Advisory: SCC minimum English and Math standards. An introductory course that includes body placement, body balance, rhythm, coordination, musicality, and a repertoire of the traditional tap (foot) techniques. This course presents lecture information on music, music analysis, understanding basic components of fitness as related to dance, nutrition and basic first aid and injury prevention. This history of tap dance as an indigenous American dance form is included. Skills exams and written exams are used to evaluate student achievement. *One hour lecture, one or two hours activity.*

KINE 004C 1.5 to 2.0 Units
Intermediate Tap Dance

Prerequisite: KINE 004B. Course Advisory: SCC minimum English and Math standards. This course explores intermediate tap dance step, patterns, combinations, and choreography. Music theory concepts as they apply to the syncopated rhythms of tap dance are included. The history of tap dance as an indigenous American dance form is discussed. Interval performance exams are used to evaluate student achievement. Written exams are used to evaluate the student's knowledge of technique, music theory, rhythmic patterns, and the historical and cultural significance of tap dance in America. Students will learn to appreciate this dance form via attendance at a dance concert or musical theater performance. *One hour lecture, one hour or two hours activity.*

KINE 004D 1.5 to 2.0 Units
Jazz Dance Technique

Prerequisite: PE 004H. Course Advisory: SCC minimum English and Math standards. Designed for students who have vocational or avocational interests in dance. Course emphasis is on the skill development and analysis of intermediate-level and advanced-level techniques and patterns. Selected technique syllabi of various dance artists will be presented and studied. Jazz idioms, styles, and the historical and cultural development are included. Participation in the annual dance concert is encouraged. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts majors. *One hour lecture, one to two hours activity.*

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KINE 004E 3.0 Units
Dance Production

Course Advisory: SCC minimum English and Math standards. Designed for dance students interested in public performance. Experiences in student choreography are included in addition to participation in the annual college dance concert. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts Majors. *One hour lecture, seven hours lab, one hour by arrangement.*

KINE 004F 1.5 to 2.0 Units
Beginning Hip-Hop Dance

Course Advisory: SCC minimum English and Math Standards. Introduces students to the fundamentals of beginning hip-hop dance style. Students will learn general patterns as well as the basics of creating their own style and routines. Information describing the history and cultural development of hip-hop as a dance form will be presented. *One hour lecture, one to two hours activity.*

KINE 004G 2.0 Units
Dance Choreography

Course Advisory: SCC minimum English and Math standards. A performance dance ensemble class for the experienced dance student. It is advised that the student have some training in hip-hop, ballet, jazz, ballroom, ethnic or other styles of dance experience. There is an opportunity for student choreography. This class gives an opportunity for public performance. Recommended for Dance/Theatre or related arts majors. *One hour lecture, three hours activity.*

KINE 004H 1.5 to 2.0 Units
Beginning Jazz Dance

Course Advisory: SCC minimum English standard. Covers basic jazz techniques, styles, terminology, and history. This course presents lecture information on posture for the dancer, music analysis, understanding basic components of fitness as related to dance, nutrition and injury prevention, and choreography dance notation. The course focuses on sequential development of basic jazz patterns in preparation for future dance composition. Interval skills exams and written exams serve to evaluate student achievement. *One hour of lecture, one or two hours of activity.*

KINE 004J 1.5 to 2.0 Units
Beginning Ballroom Dance

Course Advisory: SCC minimum English and Math standards. In this course students will gain a solid foundation and knowledge of the basic skills and techniques of ballroom dance. This class will also be an introduction, short history, demonstration, and instruction of popular ballroom dances. Following good practice of exercise in dance execution, the students benefit from the activity and the cultural experiences. Dances selected from the following: Cha-Cha, Rumba, Nightclub Two-Step, East & West Coast Swing, Lindy-Hop, Salsa, Tango, Waltz, Samba, and Fox Trot. Attention on proper techniques in both lead and follow dance positions including, proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. No prior experience in dance required; partner not required. *One hour lecture, one or two hours activity.*

KINE 004K 1.5 to 2.0 Units
Beginning Ballet

Course Advisory: SCC minimum English and Math standards. An introduction to beginning classical ballet dance forms, positions, body alignment, patterns, and barre work. The lesson is conducted with the associated French terminology for all movements and steps. The history of ballet is presented and significant choreographers and ballets are discussed. Students will study proper dance posture, the muscular system as it relates to ballet movement and proper nutritional guidelines for the dancer. Basic first aid and injury prevention and treatment for self-care injuries will also be included in lectures. Performance exams and written exams are given to evaluate student achievement. Students will be required to submit a term project on the history of Ballet. *One hour lecture, one or two hours activity.*

KINE 004M 1.5 or 2.0 Units
Intermediate Ballet

Prerequisite: KINE 004K with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. The student will be exposed to second derivative skills and will expand technical development for artistic growth. Emphasis is on style and the aspects of interpretation of movement needed for development of the classical dancer. Skills exams and written exams are given to evaluate student achievement leading to studio recital or performance. Text required. *One-half hour lecture, two and one-half to three hours activity.*

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KINE 004N 1.5 to 2.0 Units
Beginning Swing Dance

Course Advisory: SCC minimum English and Math standards. An introductory experience of the popular American social dances known as 'Swing' and an exploration of the cultural scene that created them. The course surveys historical dance varieties and East Coast/West Coast regional differences as well as the latest trends and styles. Instruction, history, and open dancing will be included in class. Attention is paid to proper technique in both lead and follow dance positions; footwork alignment and posture. *One hour lecture, one or two hours activity.*

KINE 004P 1.5 to 2.0 Units
Intermediate Jazz Dance

Prerequisite: KINE 004H with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Covers intermediate-level jazz techniques, styles, and terminology. Students will gain increased knowledge of dance posture and of the muscular functions of the major muscles that effect basic dance movements. Intermediate musical analysis will include 6 count phrasing. The course focuses on sequential development of intermediate jazz dance patterns in preparation for dance composition. Interval skills exams and written exams serve to evaluate student achievement. *One hour lecture, one to two hours activity.*

KINE 004S 2.0 Units
Intermediate Swing Dance

Prerequisite: KINE 004N with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. This is an Intermediate course in swing dance. Students will gain a higher level of understanding and improved techniques, terminology, steps, lifts, patterns, rhythms, music and history of the various types of swing dances. A partner is not required. *One hour lecture, three hours activity.*

KINE 004T 2.0 Units
Intermediate Ballroom Dance

Prerequisite: KINE 004J with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. This course will cover intermediate techniques and styles of ballroom dance. Students will gain improved rhythm, skills, and an increased knowledge of patterns and variations of popular ballroom dances: American Style Waltz, Tango, Cha-Cha, Nightclub Two-Step, Rumba, East Coast Swing, West Coast Swing, Salsa and Foxtrot. Increased attention on proper techniques in both lead and follow dance positions including proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. Beginning ballroom dance class is required; partner not required. *One hour lecture, three hours activity.*

KINE 005C 1.5 or 2.0 Units
Fitness for Life

Course Advisory: SCC minimum English and Math standards. Offers an individualized approach to fitness with a focus on the individual's personal responsibility for his/her fitness and health throughout life. The study of the physiological changes one undergoes as a result of the physical conditioning forms the basis for the development of a lifetime fitness plan. Fitness exams and written exams serve to evaluate student achievement. *One hour lecture, one and one-half to two hours activity.*

KINE 005D 1.0 or 1.5 Units
Circuit Training

Course Advisory: SCC minimum English and Math standards. This is an individualized program for achieving muscle tone while increasing strength and endurance. This course employs resistive exercises, which will improve lifetime fitness and overall body fitness. *One-half hour lecture, one and one-half or two and one-half hour activity.*

KINE 005E 1.0 or 1.5 Units
Cardio Conditioning

Course Advisory: SCC minimum English and Math standards. Designed for students who desire a cardiovascular workout using a combination of equipment such as stationary bikes, ellipticals, steppers, treadmills, stairmills and rowing machines. *One-half hour lecture, one and one-half to two and one-half hours activity.*

KINE 005G 1.0 or 1.5 Units
Off Season Athletic Conditioning

Course Advisory: SCC minimum English and Math standards. This is a comprehensive course designed for the intercollegiate student/athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of each student/athlete's respective sport. The course will focus on learning and execution of fitness/conditioning parameters as well as pre and post-tests on sport specific abilities applicable to each student/athlete's sport or activity. Repeatable 3 times. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005J 1.0 or 1.5 Units
Beginning Body Conditioning

Course Advisory: SCC minimum English and Math standards. A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

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KINE 005K 1.0 or 1.5 Units
Intermediate Body Conditioning

Prerequisite: KINE 005J. Course Advisory: SCC minimum English and Math standards. A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. Post-test standards are higher than they are in the beginning-level course. Nutrition, as it relates to fitness and weight control, is included. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005M 1.0 or 1.5 Units
Beginning Weight Training

Course Advisory: SCC minimum English and Math standards. A comprehensive weight training course for men and women with a focus on strength development and muscle hypertrophy. Resistive exercises via free weights and fixed weights are used for the development of every major muscle group. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005N 1.0 or 1.5 Units
Intermediate Weight Training

Prerequisite: KINE 005M with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Intermediate weight training courses for men and women that will help individuals define and concentrate on personalized goals. Special emphasis will be directed at determining students' needs and helping them write and follow an exercise program designed to meet those needs. Pre-tests, post-tests and fitness measurements will be used to assess progress. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005P 1.0 or 1.5 Units
Step Aerobics

Course Advisory: SCC minimum English and Math standards. An aerobic exercise program utilizing four inch, six inch, and eight inch step platforms. Class format includes warm-up, pre-aerobics, peak aerobics, aerobic cool down as determined by musical beats per minute (BPM). Body toning, strength building and flexibility components of the workout will be included to provide the student with a well-rounded fitness program. Fitness exams, written, exams, written assignments, and/or participation serve to measure student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005Q 1.0 to 1.5 Units
Elite Fitness Training

Course Advisory: SCC minimum English and Math standards. Kokoro is "unbeatable spirit" in Japanese. This is the ultimate goal of Elite Fitness Training for the serious person who wants to find the warrior within; it includes training the mind, body, emotions, senses and spirit. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 005R 1.0 to 1.5 Units
Core Conditioning Training

Course Advisory: SCC minimum English and Math standards. A fitness course focusing on core conditioning in which students in physically demanding sports, fitness activities and professions learn to balance their conditioning over the entire body. This course will help improve performance by developing utilizing the principles of power, agility, core strength, and speed. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 006A 1.0 or 1.5 Units
Cardio Kickboxing

Course Advisory: SCC minimum English and Math standards. An aerobic exercise program utilizing non-contact kickboxing techniques. Class format includes warm-up, pre-aerobics, peak aerobics and aerobic cool down as determined by musical beats per minutes (BPM). Hand weights, step boxes, and other equipment may be used for additional lower and upper body strength and conditioning. A flexibility cool-down will conclude the exercise session. *One-half hour lecture, one and one-half to two and one-half hours activity.*

KINE 006C 1.0 or 1.5 Units
Pilates For Fitness

Course Advisory: SCC minimum English and Math standards. A fitness course that utilizes Pilates techniques that can increase strength, flexibility and endurance. Pilates exercises can improve posture, alignment coordination and balance. This course is targeted to improve core strength and overall fitness. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 006E 1.5 or 2.0 Units
Fundamentals of Yoga

Course Advisory: SCC minimum English and Math standards. Development of basic yoga postures, breathing practices, stretching and relaxation techniques as method to improve flexibility, decrease stress and improve physical and mental well-being. *One hour lecture, one and one-half or three hours activity.*

Kinesiology

KINE 006F 1.5 or 2.0 Units
Intermediate Yoga

Prerequisite: KINE 006E with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. This course will expand upon the techniques and philosophies of beginning yoga. Students will be exposed to intermediate postures, various specific yoga systems and additional philosophies of yoga from the masters. *One hour lecture, one or two hours activity.*

KINE 007F 1.0 or 1.5 Units
Beginning Archery

Course Advisory: SCC minimum English and Math standards. Covers the fundamental techniques of archery, terminology, accessories, and history of the sport. Practice and class competitions are provided to enhance skill development. Written and skills exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 008A 1.0 or 1.5 Units
Beginning Tennis

Course Advisory: SCC minimum English and Math standards. Lectures and demonstrations cover the fundamental techniques of tennis: forehand, backhand, basic serve, and volley. Terminology, rules, and history are included. Practice, skill drills, and class competition in both singles and doubles are provided to enhance skill development and game strategy. Skills exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 008B 1.0 or 1.5 Units
Intermediate Tennis

Prerequisite: KINE 008A with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Lecture and demonstration cover the intermediate techniques of tennis: overhead smash, drop shot, chop volley, serves, and offensive and defensive lobs. Strategy for competitive play is emphasized. Skills exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half to two and one-half hours activity.*

KINE 008D 1.0 Units
Advanced Tennis

Course Advisory: SCC minimum English and Math standards; KINE 008B with a minimum grade of C; 1 year experience high school team tennis and/or club tennis tournament experience. This course will provide advanced instruction in the techniques, tactics and strategies associated with competitive tennis. Special emphasis placed on drills and competitive play situations. *Three hours activity.*

KINE 008E 1.0 or 1.5 Units
Beginning Badminton

Course Advisory: SCC minimum English and Math standards. Lecture and demonstrations on the basic skills: forehand, backhand, service, the clears and the smash. Also covered are singles and doubles strategy. History, terminology, rules and scoring, and care and selection of equipment are included. Skills exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 008F 1.0 to 1.5 Units
Intermediate Badminton

Prerequisite: KINE 008E. Course Advisory: SCC minimum English and Math standards. Lecture and demonstrations cover intermediate skills: clears-cross court, down the line and reverse cross-court; drops - at the net, from the backcourt and from the mid-court; service - forehand and backhand. Also covered are offensive and defensive techniques of the smash. Training drills, agility, endurance and court coverage for competitive play will be taught. Skill exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 009A 1.0 or 1.5 Units
Beginning Basketball

Course Advisory: SCC minimum English and Math standards. Lectures and demonstration cover the fundamental skills of basketball: shooting, passing, dribbling, rebounding, and footwork. Offensive and defensive drills are practiced in preparation for low-level competition in class. The history, rules, and terminology of the game are included. Skills exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 009B 1.0 or 1.5 Units
Indoor/Outdoor Soccer

Course Advisory: SCC minimum English and Math standards. Covers the fundamental techniques of soccer, terminology, rules, and history. Practice, skills drills, and class competitions are provided to enhance skill development and game strategy. A written final exam and skills exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

Kinesiology

KINE 009C 1.0 or 1.5 Units
Intermediate Soccer

Prerequisite: KINE 0098B with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Covers intermediate soccer skills. Through team competition, emphasis is placed upon offensive and defensive tactics and strategies. Develop knowledge and understanding of the current collegiate soccer rules and fitness. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 009E 1.0 or 1.5 Units
Intermediate Basketball

Prerequisite: KINE 009A with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Lecture and demonstration cover second derivative skills and philosophies of basketball: court leadership, team offenses and defenses, motivation, team strategies, court decorum and sportsmanship. Skill exams and written exams serve to evaluate student achievement. One half hour lecture, one and one-half or two and one-half hours activity..

KINE 009F 1.0 or 1.5 Units
Beginning Baseball

Course Advisory: SCC minimum English and Math standards. Using a lecture and lab format the class covers the fundamental skills of baseball: throwing, catching, fielding, catching fly balls, hitting, bunting, base running, sliding, and playing defensive positions. Offensive and defensive drills practiced in preparation for low-level competition in class. History, rules, and terminology are included. Skills exams and written exams serve to evaluate student achievement. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 009G 1.0 or 1.5 Units
Softball

Course Advisory: SCC minimum English and Math standards. Covers the fundamental techniques of softball, terminology, rules, and history. Practice, skill drills, and class competitions are provided to enhance skill development and game strategy. Skills exams and a written final exam serve to evaluate student achievement. Students must provide their own glove. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 009H 1.0 or 1.5 Units
Beginning Volleyball

Course Advisory: SCC minimum English and Math standards. Covers the basic skills: serve, pass, set attack, and block. Skill development is emphasized. This course presents lecture information on team play, rules, history, and basic game strategy. Physical conditioning is an integral part of the course. Skills exams and written exams serve to evaluate student achievement. One-half hour lecture, one and one-half or two and one-half hours activity.

KINE 009P 1.0 or 1.5 Units
Intermediate Volleyball

Prerequisite: KINE 009H with a minimum grade of C. Course Advisory: SCC minimum English and Math standards. Covers the intermediate skills: serve, pass, set, attack, and block. The course focuses on offensive and defensive tactics and strategies in preparation for high-level competitive play. A comprehensive physical conditioning program is included to prepare the player for the rigors of volleyball activity. One-half hour lab, one and one-half to two and one-half hours activity.

KINE 020A 3.0 Units
Introduction to Kinesiology

Course Advisory: SCC minimum English and Math standards. This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. Three hours lecture.

KINE 020D 2.0 Units
Baseball Theory and Practice I

Course Advisory: SCC minimum English and Math standards. A comprehensive baseball course designed for the athlete and coach. The course includes the theories and applications of offensive and defensive strategies, the game plan as it relates to the statistical performance of a particular team, and the use of scouting in assessing the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate athlete achievement. One hour lecture, two hours activity.

Kinesiology

KINE 020E 2.0 Units
Baseball Theory and Practice II
Course Advisory: SCC minimum English and Math standards. A continuation of Kinesiology 020D. A comprehensive baseball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, the evaluation of the game plan as it relates to the statistical information and skill performance of a team, and the use of assembling advanced scouting reports to assess the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate the student. *One hour lecture, two hours activity.*

KINE 020H 3.0 Units
Care and Prevention of Athletic Injuries
Course Advisory: SCC minimum English and Math standards. An introduction to the field of Athletic Training as a profession and as an academic discipline. Designed to train students in the recognition, rehabilitation, and prevention of athletic injuries. Emphasis is on learning and applying a variety of taping techniques and athletic training therapies. Written examinations and practical examinations serve to evaluate student achievement. Required of Physical Education majors and minors. *Three hours lecture.*

KINE 020J 2.0 Units
Softball Theory and Practice II
Course Advisory: SCC minimum English and Math standards. A continuation of Kinesiology 020P. An advanced softball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, evaluation of the game plan as it relates to statistical information and skill performance of a team. It also covers assembling advanced scouting reports to assess the opposition. Skill exams and written exams serve to evaluate the student. *One hour lecture, two hours lab*

KINE 020M 2.0 Units
Volleyball Theory And Practice I
Course Advisory: SCC minimum English standard. Study of the theories of offensive and defensive strategies of competitive volleyball. Athletes will study, analyze, and practice offensive and defensive skills and strategies in preparation for seasonal, intercollegiate competition. Skills exams and written exams serve to evaluate athlete achievement. *One hour lecture, two hours activity.*

KINE 020N 2.0 Units
Volleyball Theory and Practice II
Course Advisory: SCC minimum English standard. A continuation of PE 020M A study of advanced theories of offensive and defensive strategies of competitive volleyball. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skills exams and written exams serve to evaluate student achievement. *One hour lecture, two hours activity.*

KINE 020P 2.0 Units
Softball Theory And Practice I
Course Advisory: SCC minimum English and Math standards. Comprehensive course designed for the intercollegiate softball athlete and for the coach of fastpitch softball. The course focuses on the theories, analyses, and applications of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate athlete achievement. *One hour lecture, two hours activity.*

KINE 020Q 1.5 to 2.0 Units
Soccer Theory And Practice I
Course Advisory: SCC minimum English and Math standards. A comprehensive course designed for the intercollegiate soccer athlete and for the coach of soccer. The course focuses on the theories, analyses, and application of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate the student achievement. *One hour lecture, and one to two hours activity.*

KINE 020R 1.5 or 2.0 Units
Soccer Theory And Practice II
Course Advisory: SCC minimum English and Math standards; KINE 020Q or equivalent soccer experience. Continuation of Kinesiology 020Q. A study of advanced theories of offensive and defensive strategies of competitive soccer. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skill exams and written exams serve to evaluate student achievement. *One hour lecture, one to two hours activity.*

Kinesiology

KINE 020S 3.0 Units
Advanced First Aid and Emergency Care

Course Advisory: SCC minimum English and Math standards.
A course designed to prepare individuals who may administer emergency care to the injured and ill. Upon successful completion of the course, students will be knowledgeable in Advanced First Aid and Emergency Care, cardiopulmonary resuscitation (CPR), and Automatic External Defibrillator (AED) for infants, children, and adults. Upon successful completion of the appropriate exam, the student will be eligible for certification in First Responder First Aid and CPR. Required of Physical Education/Kinesiology majors/minors and Transfer Model Curriculum. An additional fee may be required to receive an official American Red Cross CPR card. An American Heart Association certification is required for students pursuing EMT certification. C-ID KIN 101. *Three hours lecture.*

KINE 020V 3.0 Units
Introduction to Sports Science

Course Advisory: SCC minimum English and Math standards.
A course covering the basic elements of sport sciences including: kinesiology, motor learning, biomechanics, exercise physiology, sports medicine, sport psychology and training theory. *Three hours lecture.*

KINE 020W 3.0 Units
Principles of Fitness & Sports Training

Course Advisory: SCC minimum English and Math standards.
A comprehensive fitness course that includes the study of the human organism and its reactions to fitness and physical activity. The course focuses on the physiological adaptations, exercise training/prescriptions, nutrition, ergogenic aids, environmental factors, and the major medical and health conditions. Written exams and measurements of activity serve to evaluate student achievement. *Three hours lecture.*

KINE 020X 2.5 Units
Basketball Theory And Analyses I

Course Advisory: SCC minimum English and Math standards.
A comprehensive basketball theory course designed for coach and athlete. The course includes the theories and analyses of offensive and defensive strategies, the development of the offensive and defensive game plan as it relates to statistical data, and spontaneous adjustments in offense and defense. Written exams serve to evaluate student achievement. *Two hours lecture, one hour activity.*

KINE 020Y 2.5 Units
Basketball Theory And Analyses II

Course Advisory: SCC minimum English and Math standards.
A continuation of KINE 020X. A comprehensive basketball theory course designed for coach and athlete. The course includes the advanced theories and analyses of offensive and defensive strategies and the development of the game plan using statistical data and the scouting report. Written exams and skill exams serve to evaluate student achievement. *Two hours lecture, one hour activity.*

KINE 055A 3.0 Units
Sports Medicine - Athletic Training Practicum Fall Sports

Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of lower extremity sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. Fall sport experience includes, soccer, volleyball, rugby, and men's and women's basketball specific to these sports include most lower extremity injuries. *One and one-half hour lecture, four and one-half hours lab.*

KINE 055B 3.0 Units
Sports Medicine - Athletic Training Practicum Spring Sports

Course Advisory: SCC minimum English and Math standards.
Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of upper extremity sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. Spring sport experience includes, softball, baseball, mens and womens swimming and diving. Injuries specific to these sports include most upper extremity injuries. *One and one-half hours lecture, four and one-half hours lab.*

KINE 057 3.0 Units
Introduction to Sports Psychology

Course Advisory: SCC minimum English and Math standards.
Introduction to psychological concepts, strategies and skills designed to help individuals overcome the barriers to optimal athletic performance. Skills such as imagery, goal setting, cognitive restructuring, attentional focusing, arousal regulation, and coping will be presented. With this course students establish a goal(s) and work toward it while fostering a winning environment. *Three hours lecture.*

Kinesiology

KINE 071

0.5 to 1.5 Units

Back Care and Injury Management

Course Advisory: SCC minimum English and Math standards.
A course designed for students with interest in back care or managing a back injury. Individualized and group exercises will focus on functional motor control, balance, coordination, flexibility, developmental movement, individually developed exercises and strength and endurance for students with back injuries. There will be an emphasis on encouraging independence in personal health and teaching lifelong fitness knowledge and skills. *One-half hour lecture, one-half or two and one-half hours activity.*

KINE 078

1.0 or 1.5 Units

Fit Ball Training

Course Advisory: SCC minimum English and Math standards.
A fitness course that utilizes fitness ball techniques that can increase strength, flexibility, endurance and lean body composition. Fitness ball exercises can help to improve and develop functionality and agility through strengthening weak muscles as well as core muscles. Students will learn to safely and effectively execute strengthening exercises for all the major muscle groups with and without hand weights, flexibility exercises and balancing exercises. Skill exams and written exams serve to evaluate student achievement. *One-half hour lecture, one and one-half or two and one-half hours activity.*

KINE 083

2.0 Units

Tactical Fitness

Course Advisory: KINE 005Q with a minimum grade of C; SCC minimum English and Math standards. An advanced lifelong functional fitness training and educational course designed specifically for students currently in or planning on entering the tactical/operator profession. This course will prepare or increase a student's mission/job performance and knowledge by incorporating current research and advanced training methods to increase strength, stamina, and reduce injury risks. This course will challenge those students who want to attain the pinnacle of fitness and exercise knowledge. *One hour lecture, three hours activity.*