# KINESIOLOGY

Kinesiology Department (http://www.csuchico.edu/kine/)
Yolo Hall 243
530-898-6373
530-898-4932 (fax)
Email: kinestudent@csuchico.edu
Chair: Melissa Mache

## Insight

Kinesiology is an integrative discipline that promotes lifelong learning and participation in human movement to enhance quality for all through sport, exercise, and physical activity. The Department of Kinesiology offers innovative and engaging instruction, scholarship, and professional service through its three degree programs: a BS in exercise physiology, a BA in kinesiology, and an MA in kinesiology.

These programs are especially fulfilling for students who have a passion for helping others and who are interested in promoting physical activity and its impact on health, wellness, society, and quality of life. Students study human movement and how the body can function efficiently in a wide variety of settings—everywhere from athletic fields, school, hospitals, rehabilitation centers, or research labs.

Coursework focus on several areas of emphasis such as exercise physiology, sport and exercise psychology, physical education teacher education, adapted physical education, coaching, strength and conditioning, biomechanics, and pre-professional training for allied health (e.g., physical therapy, occupational therapy, physician assistant, nursing, and medicine).

## Experience

Aside from access to the Northern California outdoors, dedicated on-campus space inside Yolo Hall includes laboratories for adapted physical education, athletic training, biomechanics, exercise physiology, strength and conditioning, motor behavior, and pedagogy. Other instructional facilities include dance studios, a climbing wall, a ropes course, two gymnasiums, tennis courts, outdoor track, weight training/fitness rooms, golf, soccer, and multipurpose fields.

Students participate in service learning and internship experiences to prepare them for future work in a variety of movement related professions. Many of our students engage with the Adapted Physical Education Program which serves over 150 community members through two service learning programs, BE:WEL and the Autism Clinic. These programs, particularly the Autism Clinic, continue to broaden students' community and campus impact through neurodiversity initiatives, expanding existing student support services, and grant and research work.

Connections with peers and professionals happen through a variety of student clubs including: Exercise Physiology Club, Physical Education/Adapted Physical Education Teacher Education Club, and Strength and Conditioning Club. These clubs assist students in building connections, honing leadership skills, engaging with health care and fitness professionals, and acquiring the expertise needed to excel in future careers or graduate school.

## Outlook

The BA in kinesiology prepares students to become professionals in the fields of physical education, sports coaching, personal training, fitness and wellness, and adapted physical activity. California State University, Chico physical education and adapted physical education teachers are in high demand and get jobs!

One of the primary goals of the BS in exercise physiology program is to prepare students for graduate education in a variety of allied health professions (e.g., physical therapy, occupational therapy, physician assistant, respiratory therapist, corporate fitness nursing, etc.).

Graduates of the master's program fill the need for teachers, coaches, health professionals, and community recreation leaders. Recent graduates have gone on to medical schools, physician assistant programs, physical therapy programs, occupational health programs, and prestigious PhD granting universities.

## Programs

### Undergraduate

#### Bachelor's

- Exercise Physiology BS (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/exercise-physiology-bs/)
- Kinesiology BA (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/kinesiology-ba/)

#### Minors

- Adapted Physical Activity Minor (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/adapted-physical-activity-minor/)
- Coaching Minor (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/coaching-minor/)
- Physical Education Minor (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/physical-education-minor/)
- Sport Performance Minor (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/sport-performance-minor/)

#### Certificates

- Outdoor Education Certificate (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/outdoor-education-certificate/)

#### Credentials

- Physical Education Single Subject Matter Preparation Program (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/physical-education-single-subject-matter-preparation-program/)

### Graduate

#### Master's

- Kinesiology MA (https://catalog.csuchico.edu/colleges-departments/college-communication-education/kinesiology-exercise-physiology/kinesiology-ma/)

See Course Description Symbols and Terms (https://catalog.csuchico.edu/academic-standards-policies/course-description-symbols-terms/) for an explanation of course description terminology and symbols, the course numbering system, and course credit units.

The following letter coding is used to differentiate activity courses.

- Beginning: A (co-ed), L (lead), F (follow)
- Intermediate: B (co-ed), L (lead), F (follow)
- Advanced: C (co-ed), K (men only), X (women only)

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**KINE 101 Safety Instruction in Physical Education** **1 Unit**
**Typically Offered:** Fall and spring
Red Cross multimedia certification and accident procedures for school settings. 1 hour clinical. (006641)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 105 Introduction to Kinesiology** **1 Unit**
**Typically Offered:** Fall and spring
Introduction to the academic landscape and career options for Kinesiology and Exercise Physiology majors, with an emphasis on advising and skill development for academic and professional success. 2 hours field studies. (021730)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 1 unit
**Course Attributes:** Lower Division

**KINE 110 Physical Activity and Wellness: A Way of Life** **3 Units GE**
**Typically Offered:** Fall and spring
This course provides the fundamental theories, applications and personal experiences necessary for a comprehensive understanding of the relationship of fitness and physical activity to overall health and well being throughout the lifespan. Topics include the effects of exercise on the body, how to initiate and maintain an exercise program, the benefits of regular exercise, basic nutrition, exercise prescription and programming and fitness assessments. This course is designed to equip human beings for lifelong understanding and development of themselves as integrated physiological, psychological, and sociological entities. 3 hours lecture. (006967)
**General Education:** Lifelong Learning and Self-Development (E)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 113F Beginning Ballroom** **1 Unit**
**Typically Offered:** Fall and spring
Beginning ballroom introduces the basic techniques for several ballroom dances such as Waltz, Foxtrot, Jitterbug, and Tango. In addition, social dances such as Bachata, Salsa, Country, Cha-Cha, Night Club Two-Step, Merengue, and others may be added. Traditionally, the follow role has been danced by women. Any student wishing to learn the follow dance role should enroll in this course. 2 hours field studies. (002468)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 113L Beginning Ballroom** **1 Unit**
**Typically Offered:** Fall and spring
Beginning ballroom introduces the basic techniques for several ballroom dances such as Waltz, Foxtrot, Jitterbug, and Tango. In addition, social dances such as Bachata, Salsa, Country, Cha-Cha, Night Club Two-Step, Merengue, and others may be added. Traditionally, the lead role has been danced by men. Any student wishing to learn the lead dance role should enroll in this course. 2 hours field studies. (002467)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 114F Intermediate Ballroom** **1 Unit**
**Prerequisite:** KINE 113F.
**Typically Offered:** Fall and spring
Intermediate ballroom builds upon the foundation of Beginning Ballroom. More sophisticated and complicated techniques and dances are studied and mastered in a practical setting. Traditionally, the follow role has been danced by women. Any student wishing to learn the follow dance role should enroll in this course. 2 hours field studies. (002470)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 114L Intermediate Ballroom** **1 Unit**
**Prerequisite:** KINE 113L.
**Typically Offered:** Fall and spring
Intermediate ballroom builds upon the foundation of Beginning Ballroom. More sophisticated and complicated techniques and dances are studied and mastered in a practical setting. Traditionally, the lead role has been danced by men. Any student wishing to learn the lead dance role should enroll in this course. 2 hours field studies. (002469)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 116A Cardio Conditioning Mix** **1 Unit**
**Typically Offered:** Fall and spring
The goal of this course is to improve cardiovascular fitness through choreographed routines to popular music. A variety of exercise modalities may be learned, including, cardio dance, step, kickboxing, and sculpting with light dumbbells and resistance bands. Guidelines for safe exercise participation, programming, and progression included. This course is designed for individuals of all levels and abilities. 2 hours field studies. (006658)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 117A Cycling** **1 Unit**
**Typically Offered:** Fall and spring
Techniques of cycling with a group. Students learn basic maintenance and repair for road bicycles. Focus on bike friendly roads, group riding safety, and rules of the road. Students must have a helmet and a bicycle that can pass a safety check. 2 hours field studies. (006663)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 118A Beginning Basketball** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006668)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 118B Intermediate Basketball** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006666)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 121 Backpacking** **2 Units**
**Typically Offered:** Fall and spring
The wilderness experience is a special retreat into a different way of living; a journey away from the paved-over world that brings us new perceptions of ourselves. The backpacking course is a random collection of information, news, and sources about the wilderness. Tips on hiking gear, eating for the trail, and other wilderness details, plus actual wilderness experiences will be offered. 4 hours field studies. (006677)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 123 Indoor Rock Climbing** **1 Unit**
**Typically Offered:** Fall and spring
This course introduces students to indoor rock climbing and gives students basic skills, techniques, and safety elements necessary to climb efficiently and safely indoors. The class is taught in the Climbing Gym only and has no field trips. 2 hours field studies. (006683)
**Grade Basis:** ABC/No Credit
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 125A Beginning Scuba Diving** **2 Units**
**Prerequisite:** Ability to swim in deep water.
**Typically Offered:** Fall and spring
This course is designed for students who have no previous experience scuba diving. Students will develop safe scuba diving practices through lecture, video, reading, and pool sessions. Upon successful completion of the course, the student will be able to participate in Open Water Certification. 4 hours field studies. (006691)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 125B Advanced Scuba Diving** **2 Units**
**Prerequisite:** KINE 125A or proof of entry level diving course from recognized organization, instructor permission, CPR and First Aid training.
**Typically Offered:** Fall and spring
This course is designed for students who are already certified in scuba diving. Students develop safe scuba diving practices through lecture, video, reading, practical and scuba diving sessions. Upon successful completion of the course, the student will be eligible to earn the PADI Advanced Open Water Diver and PADI Enriched Air (Nitrox) Diver certifications. 4 hours field studies. (022110)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 129 Flag Football** **1 Unit**
**Typically Offered:** Fall only
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006714)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 134A Beginning Golf** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, etiquette, strategy, participation. 2 hours field studies. (006721)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 134B Intermediate Golf** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, etiquette, strategy, participation. 2 hours field studies. (006722)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 141A Jujitsu and Self-Defense** **1 Unit**
**Typically Offered:** Fall and spring
Covers the basic history and philosophy of Japanese jujitsu as well as its application to self-defense. Students acquire self-defense theory and skills, including escapes from grabs and holds, how and where to strike an assailant, how to roll and fall safely, and theories of attack and defense such as throwing, grappling, and submission techniques. 2 hours field studies. (006749)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 141B Intermediate Jujitsu and Self-Defense** **1 Unit**
**Typically Offered:** Fall and spring
Covers the basic history and philosophy of Japanese jujitsu as well as its application to self-defense. Students will acquire self-defense theory and skills, including escapes from grabs and holds, how and where to strike an assailant, how to roll and fall safely, and theories of attack and defense such as throwing, grappling, and submission techniques. 2 hours field studies. (006750)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 142 Aikido** **1 Unit**
**Typically Offered:** Fall and spring
Introductory instruction in the non-aggressive martial art of Aikido. Students will acquire skills in controlled breathing, energy development, mind-body coordination, and self-defense. Exposure to traditional Japanese culture, discipline, and learning techniques are emphasized. 2 hours field studies. (006752)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 148A Beginning Soccer** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006777)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 148B Intermediate Soccer** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006775)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 151 Tai-Chi Chuan** **1 Unit**
**Typically Offered:** Fall and spring
This is an introductory course in the study of Tai-Chi Chuan. Tai-Chi is a passive style of martial arts with gentle and fluid movements with emphasis on moving meditation, stress release and development of inner peace, strengthening the internal organs and increasing health and vitality. There are many styles of Tai-Chi. The style students learn is directly related to the Shao-Lin Chuan, which is an external form of martial arts referring to Shao-Lin Kung Fu. 2 hours field studies. (021116)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 152 Introduction to Dance** **3 Units GE**
**Typically Offered:** Fall and spring
This is an introductory survey course that reviews dance as an art form in both Western and Eastern cultures, to include ballet, modern, ethnic, social dance, jazz and musical theatre. Course content covers the roots of dance in world cultures to include social customs, religious beliefs, social structure, the community and dance theory that influence the dance aesthetic. Course employs lecture, film, and discussion. 3 hours lecture. (021229)
**General Education:** Arts (C1)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 153 Mixed Martial Arts** **1 Unit**
**Typically Offered:** Fall and spring
This is an introductory course in the study of various forms of martial arts. Students learn the basics of self defense strategies of schools of martial arts such as Muay Thai, Shuai Chiao, Judo, Hapkido, Yudo, Brazilian Jujitsu, kickboxing, and the dynamic movements of boxing and other forms of traditional martial arts. Course material is shared in three different modules during the course of the semester. Students are able to perform the basics of martial arts in a safe and friendly class. Students are exposed to the philosophy and culture of martial arts systems. 2 hours field studies. (021188)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 154A Beginning Swimming** **1 Unit**
**Typically Offered:** Fall and spring
For non-swimmers and those knowing only one or two elementary strokes. 2 hours field studies. (006791)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 155 Lifeguard Training** **3 Units**
**Prerequisite:** Must pass a swimming skills test during the first two meetings.
**Typically Offered:** Fall and spring
Lifeguard Training is designed to develop an awareness of common hazards associated with aquatic facilities and develop knowledge to minimize such hazards. Students develop the skills needed to: recognize persons in distress or drowning situations and rescue them effectively; understand the lifeguard/employer and lifeguard/patron relationships; and establish an appreciation for the responsibilities of a lifeguard. Successful students receive the following American Red Cross course completion certificates: Lifeguard Training First Aid, CPR for the Professional Rescuer Automated External Defibrillation, and First Aid for Public Safety Personnel (Title 22). 2 hours field studies, 2 hours lecture. (006910)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 156A Beginning Tennis** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006800)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 156B Intermediate Tennis** **1 Unit**
**Typically Offered:** Fall and spring
Skills, rules, and strategy, with primary emphasis on the application of skills and strategy in game play. 2 hours field studies. (006801)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 162A Beginning Volleyball** **1 Unit**
**Typically Offered:** Fall and spring
Cultural orientation, rules, skills, and strategies, with primary application through game play. 2 hours field studies. (006828)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 162B Intermediate Volleyball** **1 Unit**
**Typically Offered:** Fall and spring
Rules, strategies, and skills for the intermediate player, with primary application through game play. 2 hours field studies. (006829)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 166A Beginning Weight Training** **1 Unit**
**Typically Offered:** Fall and spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2 hours field studies. (006846)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 166B Intermediate Weight Training** **1 Unit**
**Typically Offered:** Fall and spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2 hours field studies. (006847)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 166V Beginning Weight Training: Women** **1 Unit**
**Typically Offered:** Fall and spring
Instruction in the techniques of weight training. Individually adapted exercise programs, and the basic development of strength, endurance, speed, and agility through specific weight training programs. 2 hours field studies. (006852)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 168 Core Strengthening** **1 Unit**
**Typically Offered:** Fall and spring
This course focuses on muscle strengthening and conditioning through a wide variety of techniques and modalities. Focus includes overall major muscle groups, core strengthening, trunk stabilization involving "traditional" strength training techniques in addition to work with stability balls, balance equipment, and strength training equipment including free weights, machines, body weight, weighted balls and mat work. 2 hours activity. (020202)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 169 Yoga** **1 Unit**
**Typically Offered:** Fall and spring
Introduction to basic yoga postures. Study and practice of exercises for self-awareness, breathing, relaxation, visualization, and meditation. 2 hours field studies. (006860)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 169B Intermediate Yoga** **2 Units**
**Typically Offered:** Fall and spring
In this course students explore the ancient system of Yoga. The focus is on the eight-limbs of Yoga emphasizing Asana (physical postures), Pranayam (breathing) and Dhyana (meditation). The emphasis is on practice as opposed to theory. 4 hours field studies. (020692)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 170 African and Afro-Caribbean Dance** **2 Units**
**Typically Offered:** Fall and spring
Though this is primarily a dance class, students also study the music linked to the dance and its cultural context as they follow the movement evolution of the dance from its roots in Africa to the New World.
The class begins with a thorough and vigorous technical warm up designed to familiarize students with the isolations of the hip, shoulder, and torso, spinal waves and rhythemic foot patterns of this dance form. Students progress to learning the dances and their companion rhythms from Africa, Cuba, Haiti, and Brazil, expressing grace, abandon, humor, flirtation, athleticism, and martial art. Coursework includes a research project and performance in campus cultural events. 4 hours activity. (020468)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 171 Mat Pilates** **1 Unit**
**Typically Offered:** Fall and spring
This course is designed to introduce students to the fitness program of Pilates, also know as 'Contrology'. Students are exposed to a system of exercise that can be done at home or in a fitness studio to help develop the body in a way that emphasizes breathing deeply, moving correctly, and connecting the mind, body, and spirit. Theory and application are emphasized through Pilates practice and self-reflection. 2 hours field studies. (021558)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 2 units
**Course Attributes:** Lower Division

**KINE 180 Cardiac Rehabilitation Leadership** **1 Unit**
**Typically Offered:** Fall and spring
This course provides opportunities for students to work with cardiac rehabilitation patients. Students work under the direction of cardiac rehabilitation staff, performing duties, and encouraging patients to become physically active at an appropriate level. Students are active along side the patients. 2 hours activity. (006863)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 1 unit
**Course Attributes:** Lower Division

**KINE 196 Service Learning in Movement Studies in Disability** **1 Unit**
**Typically Offered:** Fall and spring
This course provides students with a service learning experience in the area of movement studies in disability. University students are placed with a child with a disability to assist the child with selected individualized activity programs. Programs are designed in conjunction with parents to meet the individual child's physical, social, emotional, and motivational needs. 2 hours field studies. (006869)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 197 Adapted Physical Activity** **1 Unit**
**Typically Offered:** Fall and spring
This course provides individualized activity programs for adults with disabilities from the community or enrolled students with a disability documented from the Accessibility Resources Center. Individuals participate in weight training, stretching and relaxation, lap swimming, water jogging, or walking programs to meet their personal wellness goals. Programs are designed to meet individual physical and motivational needs. This course is part of the service-learning experience for students in the Kinesiology Department. In addition, students who become injured and cannot complete an activity class may enter to complete their hours for credit through an individualized program. 2 hours activity. (006872)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 8 units
**Course Attributes:** Lower Division

**KINE 198 Special Topics** **1-3 Units**
**Typically Offered:** Fall and spring
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 0 hours lecture. (020360)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 99 units
**Course Attributes:** Lower Division

**KINE 199 Special Problems** **1-3 Units**
**Typically Offered:** Fall and spring
This course is an independent study of special problems. You must register directly with a supervising faculty member. 0 hours supervision. (021993)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 201 Medical Terminology** **1 Unit**
**Typically Offered:** Fall and spring
This course includes a detailed study of the origin and structure through the introduction of prefixes, suffixes, root word plurals, abbreviations and symbols, surgical procedures, medical specialties, and diagnostic procedures. 1 hour lecture. (021667)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 1 unit
**Course Attributes:** Lower Division

**KINE 202 Structural and Anatomical Kinesiology** **4 Units**
**Typically Offered:** Fall only
This course is designed to introduce anatomy concepts as they apply to physical activity, exercise, and sport. Students are introduced to the structure and function of the skeletal, muscular, cardiovascular, and nervous systems. An emphasis is placed on how these body systems relate to human movement. The terminology and anatomical location of other systems not specifically described are briefly introduced. 2 hours activity, 3 hours lecture. (021986)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division

**KINE 207 Analysis of Kinesiology Theory** **1-2 Units**
**Prerequisite:** Special permission required. Register directly with a supervising faculty member.
**Typically Offered:** Fall and spring
Supervised on-campus leadership course in kinesiology. Critical analyses of kinesiology leadership, teaching, and research techniques. 0 hours independent study. (006885)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Lower Division

**KINE 222 Challenge Quest** **3 Units**
**Typically Offered:** Fall and spring
This course provides the students an opportunity to participate in a series of challenge course activities involving mental, physical, and emotional risk-taking in a safe, supportive, positive learning environment. This course focuses on transferable knowledge from challenge course experiences to college, work, home, and life. The course concentrates on leadership principles; life long learning, physical movement, mental challenges, emotional risk-taking; decision making and problem solving; interpersonal and intrapersonal relationship skills, collaboration, and reflection. 2 hours field studies, 2 hours lecture. (020716)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 224 Methods of Teaching Rock Climbing** **3 Units**
**Prerequisite:** Recommended: KINE 123.
**Typically Offered:** Fall only
This course is for outdoor education and recreation leaders and is an introduction to the skills and safety systems associated with beginning rock climbing (e.g., top rope climbing, rappelling, bouldering) and the management of rock climbing in outdoor programs. Additionally, teaching methods appropriate for rock climbing are discussed, demonstrated, and evaluated. This course requires additional field time taught on weekends. 6 hours laboratory, 1 hour lecture. (006686)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division; Sustainable Course

**KINE 226 Methods of Teaching Wilderness Living** **4 Units**
**Prerequisite:** Recommended: KINE 121.
**Typically Offered:** Fall and spring
Introduction to basic summer backpacking skills, including equipment, nutrition, fitness, minimum impact camping, safety, beginning map and compass skills, leadership issues, and environmental ethics. Emphasis on technical applications and the implementation of these skills in adventure programs. Successful completion of this course meets the requirements for two national certifications: 1) The Wilderness Education Association's Wilderness Steward Certification; 2) Leave No Trace Trainer Certification. This course requires a ten-day field session taught over Thanksgiving break. 6 hours laboratory, 2 hours lecture. (006700)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division; Sustainable Course

**KINE 227 Winter and the Mountain** **4 Units**
**Prerequisite:** KINE 226 or equivalent.
**Typically Offered:** Spring only
Introduction to winter wilderness living skills including nutrition, minimum impact camping, snow physics, avalanche, safety, medical issues, back country skiing techniques, snow shelters, leadership issues, and environmental ethics. Emphasis is on technical applications and the implementations of these skills in adventure programs. Successful completion of this class earns the student an American Institute of Avalanche Research and Education Level I certification. This is a physically demanding course requiring 10 continuous days of camping in winter conditions. It is not for the novice. 9 hours laboratory, 1 hour lecture. (006685)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Lower Division; Sustainable Course

**KINE 228 Methods of Teaching Canoeing and Kayaking** **3 Units**
**Prerequisite:** KINE 226 (may be taken concurrently).
**Typically Offered:** Fall and spring
This course gives students an introduction to whitewater canoeing and kayaking skills. Students gain an understanding of the equipment, techniques, and procedures to conduct canoeing and kayaking activities in flat water, moving water, and whitewater environments. Emphasis is on the development of individual paddling skills, safe and conscientious paddling, and group management while on moving water. This course requires additional field time taught on weekends. 6 hours laboratory, 1 hour lecture. (006707)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division; Sustainable Course

**KINE 247 World Sports and Games** **3 Units GC, GE**
**Typically Offered:** Fall and spring
Student learning focuses on how sports and games are part of an integrated physiological, psychological, and social being in societies around the world. Students develop appreciation, understanding, and respect of various cultural contexts and how sport, games, and play behaviors are part of physical expression and cross-cultural interaction. Student learning in this area shall include consideration of how sport and games are related to human sociality, psychological, well-being, health, and wellness. Students also engage in physical activity participation in global games with emphasis on social relationships. 3 hours lecture. (021258)
**General Education:** Lifelong Learning and Self-Development (E)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division; Global Cultures

**KINE 295 Disability and Physical Activity in the Media** **3 Units GE**
**Typically Offered:** Fall and spring
This course provides students with an opportunity to learn about disability in film and physical activity. Moreover, the experience provides students an in-depth look into the portrayal of individuals with disabilities in film and media and how this does or does not coincide with societal views and values, education, physical education, politics, individual and group behavior. Perceptions and personal views regarding individuals with disability and their inclusion/segregation in society are explored through visual arts. 3 hours lecture. (020448)
**General Education:** Lifelong Learning and Self-Development (E)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 296 American Sports in Film** **3 Units**
**Typically Offered:** Fall and spring
The study of American sport history, the language of sport, and the contributions made by individuals from a variety of ethnic backgrounds. The principal mode of study is a group of selected sport films. Special note is made concerning humor, legend, and herosim. 3 hours lecture. (006986)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Lower Division

**KINE 302 Foundations of Childhood Physical Education** **3 Units**
**Typically Offered:** Fall and spring
This course is designed to present a knowledge base of physical education that includes the analysis of movement skills and movement patterns, physical fitness, and how physical education is inherently linked to health and wellness. Also studied in this course will be children's motor development and how emotional, cognitive, and social growth characteristics influence motor development. 3 hours lecture. (006877)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 305 Philosophy of School Based Teaching Physical Education** **3 Units**
**Typically Offered:** Fall and spring
This course is designed for Single Subject majors and prospective teachers using a reflective approach to school based physical education. The course focuses on seven primary content areas to include teacher socialization, teaching/coaching role conflict, reflective teaching and learning, lifespan model of physical education, diversity and equity, and curriculum models. 3 hours lecture. (006933)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 306 Net Games & Self-defense for Teachers** **3 Units**
**Typically Offered:** Fall only
This course is designed for future physical education teachers and focuses on analysis and performance of martial arts/self-defense and net sports (badminton, pickleball, and volleyball). Psychomotor, cognitive and affective aspects of these sports are emphasized. This course aligns with the physical education model content standards for California K-12 public schools and incorporates developmentally appropriate practices. 3 hours lecture. (020995)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 308 Rhythms and Dance for Teachers** **3 Units**
**Typically Offered:** Spring only
This course is designed to give students the tools and inspiration to become effective and reflective teachers of rhythms and dance in K-12 physical education programs. Students learn to analyze, perform, and teach fundamental movement skills set to different rhythms, leading to a variety of dance forms including creative dance, folk, line, hip-hop, square dance, and ballroom/social dance. The focus of the course is to learn to teach these skills in a developmentally appropriate manner, using effective teaching techniques and motivational strategies. Students also learn how rhythms and dance are integral components of both the CA state and national (NASPE) standards for K-12 physical education. 2 hours activity, 2 hours lecture. (006890)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 309 Developmentally Appropriate Physical Education for Children** **3 Units**
**Typically Offered:** Fall and spring
The philosophies and objectives, curriculum content (movement concepts and motor skills), and evaluative techniques for developmentally appropriate children's physical education are emphasized. 3 hours lecture. (006892)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 312 Outdoor Education for Teachers** **3 Units**
**Typically Offered:** Spring only
This course gives students a foundation in theory, philosophy, and methods used to teach developmentally appropriate outdoor and adventure education. Students explore imitative games, problem solving, low and high ropes course activities, rock climbing, orienteering, and legal liability and safety issues associated with developing programs. Although the course is designed for physical education majors, it is also appropriate for anyone wishing to incorporate adventure education into their curriculum. Field trips are required. 2 hours activity, 2 hours lecture. (006895)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 314 Psychology of Coaching** **3 Units**
**Typically Offered:** Spring only
This course provides prospective coaches with knowledge about the psychological factors and principles used in coaching, team dynamics, and the enhancement of athletic performance. 3 hours lecture. (006990)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 315 Introduction to Adapted Physical Activity** **3 Units**
**Typically Offered:** Fall and spring
A study of common disabilities found across the lifespan. Discussions are held about the historical and philosophical basis for adapted physical activity, and the impact of state and federal legislation. Analysis of the roles and responsibilities of the adapted physical education specialist and the inclusive educational environment also are examined. This course is applicable to all disciplines dealing with the disabled. 3 hours seminar. (015911)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 316 Principles of Sports Injury Management** **3 Units**
**Prerequisite:** BIOL 103 or KINE 202.
**Typically Offered:** Fall and spring
Theory and practice in the prevention, care, and rehabilitation of injuries commonly encountered in sport and competitive athletics. Concepts of injury recognition and management will be covered. 3 hours clinical. (006902)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 320W Foundations of Exercise and Sport Psychology (W)** **3 Units W, GW**
**Prerequisite:** GE Written Communication (A2) requirement; KINE majors and minors only.
**Typically Offered:** Fall and spring
This course examines the foundations of psycho-social principles, theories, and research related to sport and exercise behavior. Select topics include motivation, goal-setting, stress, anxiety, group dynamics, leadership, injury, and exercise adherence. Students learn how to integrate this knowledge into their given discipline. 3 hours lecture. (006898)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division; Writing Course; Graduation Writing Assessment

**KINE 321 Motor Development and Behavior** **3 Units**
**Typically Offered:** Fall and spring
Theories of motor development, acquisition, and refinement of skills as well as skill themes and movement concepts are studied. Physical, neurological, and physiological principles and qualitative changes in motor skills occurring from infancy to preadolescence and adolescence to older adulthood are analyzed. 3 hours lecture. (006935)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 322 Biomechanics** **4 Units**
**Prerequisite:** BIOL 103 or KINE 202 with a grade of C- or higher or faculty permission for non-majors.
**Typically Offered:** Fall and spring
Anatomical and mechanical bases of human movement with application to more skillful and safe performance. Qualitative and quantitative methods of analysis are introduced. 2 hours activity, 3 hours lecture. (006973)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Upper Division

**KINE 323 Exercise Physiology** **4 Units**
**Prerequisite:** BIOL 104 with a grade of C- or higher or faculty permission for non-majors, basic computer literacy skills.
**Typically Offered:** Fall and spring
This course is an in-depth study of the physiology of exercise. Emphasis placed on energy metabolism during exercise and its relationship to the circulatory, pulmonary, and neuro-endocrine systems. Practical application stressed through discussions of clinical exercise physiology, exercise prescription, environmental exercise physiology, exercise and disease, special populations, biological adaptation, and the biology of peak performance. Concepts reinforced through laboratory exercises. 2 hours activity, 3 hours clinical. (006968)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Upper Division

**KINE 324 Exercise Metabolism** **3 Units**
**Prerequisite:** KINE 323.
**Typically Offered:** Fall and spring
This course introduces students to the cellular aspects of exercise. Students become familiar with the mechanisms of exercise-induced adaptations and how exercise ameliorates metabolic disorders. Students gain insight into the hormonal and neural regulation of cellular processes, the various processes at the cellular level, the mechanisms responsible for increased enzyme content in trained skeletal muscle, and how exercise affects gene transcription. 3 hours lecture. (006969)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 331 Principles of Team Sports** **3 Units**
**Typically Offered:** Spring only
Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in a team sport environment. One major project will be designed by each student. 3 hours lecture. (007007)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 332 Principles of Individual Sports** **3 Units**
**Typically Offered:** Fall only
Course includes laboratory projects and written exams which cover the essential elements of coaching and performing in an individual sport environment. One major project will be designed by each student. 3 hours lecture. (007008)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 335 Youth Fitness** **3 Units**
**Typically Offered:** Inquire at department
This course is designed for pre-service physical educators as well as students who wish to learn about the physiology of children's movement and methods of enhancing and measuring youth fitness. Topics include the musculoskeletal, cardiovascular, and respiratory systems as they relate to aerobic and anaerobic exercise in children, adolescents, and young adults. This course also addresses the physiological basis of the five components of fitness as well as how to assess them in a physical education setting. Students learn youth fitness concepts and understand how to apply them to teaching K-12 physical education. Students work directly with children to apply concepts and practice assessment techniques. 3 hours lecture. (021467)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 345 Motor Learning and Human Performance** **3 Units**
**Prerequisite:** Basic computer skills or faculty permission.
**Typically Offered:** Fall and spring
This course explores the principles and concepts involved in learning motor skills and the conditions that can influence that learning. Topics may include open and closed loop systems, feedback, attentional focus, inverted u-theory, practice schedules, and many others. 3 hours lecture. (006939)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 346 Sport and Society** **3 Units**
**Typically Offered:** Fall and spring
This course examines the connections between sport and society, including socialization, values, education, deviance, the economy, and the media. Attention is given to the ways that gender, race, social class, sexuality, and the body influence sports, as well as recent controversial issues such as player and fan violence, and drug abuse among athletes. 3 hours lecture. (006942)
**Cross listing(s):** SOCI 346
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 351 Aquatics for the Adapted Instructor** **2 Units**
**Prerequisite:** First Aid and CPR or faculty permission; WSI recommended.
**Typically Offered:** Spring only
Specific instructor training in aquatics programs for individuals with disabilities. Inclusive and developmentally appropriate aquatic activities, sports, and games are included. Qualified students may earn Special Olympic coach's certification in aquatics. 2 hours clinical. (006784)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 4 units
**Course Attributes:** Upper Division

**KINE 386 Physical Activity Epidemiology** **3 Units**
**Prerequisite:** Basic computer skills or faculty permission.
**Typically Offered:** Fall and spring
Methods of epidemiology are applied to physical activity, sport, and exercise-related disease prevention. This course covers observational study design and analysis, including basic biostatistics. 3 hours lecture. (006974)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 388 Personal Training** **3 Units**
**Prerequisite:** KINE 323.
**Typically Offered:** Fall and spring
This class provides the basic principles, applications, and experiences necessary to design, instruct, and supervise individuals in safe and appropriate exercise activities. The course incorporates theories of communication, program design, equipment selection, legal/liability considerations, assessment and follow up, business and marketing concepts related to the fitness industry. In addition, various theories of individual and group motivation, such as goal setting and problem solving as well as social support and reward systems, are discussed. The course provides relevant knowledge, skills, and practical applications to individuals who will someday or are currently responsible for developing and administering individual and group exercise programs, including personal trainers, physical education teachers, physical therapists, and coaches. 3 hours lecture. (020200)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 390 Principles of Strength and Conditioning** **3 Units**
**Prerequisite:** KINE 323.
**Typically Offered:** Fall and spring
Course is designed to offer sound, systematic training programs for individuals who wish to apply strength and conditioning techniques to specific sports and/or physical activities. Various new and traditional weight training techniques and programs will be reviewed in light of desired outcomes for the individual participant in sports and physical activities. 3 hours lecture. (006959)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 398 Special Topics** **1-3 Units**
**Prerequisite:** Department permission.
**Typically Offered:** Fall and spring
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 1 hour lecture. (006987)
**Grade Basis:** Graded
**Repeatability:** You may take this course more than once
**Course Attributes:** Upper Division

**KINE 399 Special Problems** **1-3 Units**
**Typically Offered:** Fall and spring
This course is an independent study of special problems and is offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 9 hours supervision. (006988)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Upper Division

**KINE 410 Developmentally Appropriate Physical Education for Middle School Students** **3 Units**
**Prerequisite:** KINE 305, KINE 302 or KINE 309.
**Typically Offered:** Fall only
Students learn about developmentally appropriate physical education for youth in middle school (grades 6-8). Students also learn about the philosophies and goals/objectives, curriculum content, and evaluative techniques using sport activities such as lacrosse, team handball, ultimate frisbee, and disc golf. 2 hours activity, 2 hours clinical. (006893)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 411 Assessment in Physical Education** **3 Units**
**Prerequisite:** KINE 305, KINE 309, faculty permission.
**Typically Offered:** Fall only
The course is designed for the prospective physical education teacher. Application of tests and measurements in the evaluation process will be defined. Included will be the evaluation of sport skill, motor ability, physical performance, and cardiovascular fitness. 2 hours activity, 2 hours lecture. (006972)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 430 Administration and Management of Sport and Fitness Programs** **3 Units**
**Typically Offered:** Fall only
Course includes laboratory projects and written exams which cover the essential elements of administration/management of modern day physical education and athletic programs. Students will be systematically introduced to the meaning of management and the different styles of management in the conduct of specific programs such as intramurals, athletics, instructional programs, clubs, corporate fitness, etc. One major project will be designed by each student. 2 hours field studies, 2 hours lecture. (007006)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 431 Principles of Coaching** **3 Units**
**Typically Offered:** Inquire at department
This course is designed to provide the essential elements of coaching in the world today. Students complete ASEP/NFICEP and CIF Coaching Principles course, which upon passing of the state exam will earn them a certificate of coaching. The course provides many different opportunities to create and discuss coaching philosophies, objectives, strategies, sportsmanship, and legal issues involved with coaching. Students are also involved in designing and implementing a fundraising event for the community. 3 hours lecture. (022574)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 460 Foundations of Outdoor Education** **3 Units**
**Typically Offered:** Fall and spring
This course provides the historical and philosophical foundations for using the outdoors as a medium for learning. Basic teaching and leadership styles used in instruction are emphasized, including a detailed look at the ethics involved in using the outdoors and adventure programming in education. 3 hours lecture. (007019)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 461 Theory of Outdoor Leadership** **3 Units**
**Prerequisite:** KINE 460.
**Typically Offered:** Fall and spring
This course discusses the theoretical foundations of outdoor leadership. Instruction incorporates a focused investigation into the nature of outdoor leadership as a profession; including the theory and application of outdoor leadership and the core competencies of being an outdoor leader. The goal is to learn about the elements that comprise effective leadership in the outdoors. 3 hours lecture. (020981)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 470 Outdoor Education Immersion Semester** **15 Units**
**Prerequisite:** KINE 226 and one of the following KINE 224, KINE 227, KINE 228 or equivalent.
**Typically Offered:** Spring only odd years
Semester-long wilderness experience providing future teachers, counselors, and group leaders with a foundation to planning theory, goals, and safety practices of an extended wilderness expedition. The course is field-based, meaning that the classroom is remote wilderness settings. Key in this instruction is the participant's involvement in a group development experience while at the same time learning the skills, knowledge, and awareness necessary to conduct safe, ethical, and effective wilderness-based learning programs. Substitution with courses from the National Outdoor Leadership School, Outward Bound, the Wilderness Education Association, or other qualified programs is possible. 45 hours clinical. (007022)
**Grade Basis:** ABC/No Credit
**Repeatability:** You may take this course for a maximum of 15 units
**Course Attributes:** Upper Division

**KINE 480 Exercise Testing and Prescription** **3 Units**
**Prerequisite:** KINE 323.
**Typically Offered:** Fall and spring
Introduction to the essential principles and skills of exercise testing and prescription. Students acquire knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription for low to moderate risk individuals and individuals with controlled diseases. Students demonstrate the ability to incorporate suitable and innovative activities that will improve an individual's functional capacity. In addition, advanced concepts of strength, flexibility and body composition are discussed. 2 hours activity, 2 hours lecture. (007023)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 482 Exercise Pathophysiology** **3 Units**
**Prerequisite:** Bachelor's Degree in any discipline or KINE 323 or faculty permission.
**Typically Offered:** Fall and spring
Exercise Pathophysiology, formerly known as Medical Topics in Exercise Physiology, focuses on how exercise ameliorates various chronic disorders. The course addresses obesity, metabolic, cardiovascular, muscular, skeletal, and auto-immune disorders. 3 hours seminar. (007027)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 484 Developmentally Appropriate Physical Education for High School Students** **3 Units**
**Prerequisite:** KINE 305, KINE 308, KINE 309, KINE 410, KINE 411.
**Typically Offered:** Spring only
This course is designed to provide students with the tools and inspiration needed to become effective and reflective teachers of physical education at the high school level. Students learn: how to use NASPE and CA State standards to develop quality lesson plans for instruction; concepts and techniques that promote developmentally appropriate physical education for youth in high school (grades 9-12); implications of research for teaching quality physical education focused on helping students become active for life; and the important role the physical educator plays in adolescents' physical activity participation. Students develop and improve their own knowledge and skills in health-related fitness activities such as cardio-kickboxing, yoga, and inline skating. They also learn how to use a variety of fitness equipment in ways that fosters enjoyable fitness development for high school students. 2 hours activity, 2 hours clinical. (006894)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 485 Seminar in Sports Medicine** **3 Units**
**Prerequisite:** BIOL 103 or KINE 202, KINE 323 (may be taken concurrently); or faculty permission.
**Typically Offered:** Fall and spring
This course is designed to explore the diseases and injuries typically encountered in sports and exercise. Topics include physiology of adaptations, prevention of athletic injuries, physiology of trauma and inflammation, musculoskeletal arthritic, and environmental distress. 3 hours seminar. (007028)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 489 Internship Seminar** **3 Units**
**Prerequisite:** At least junior standing and faculty permission.
**Typically Offered:** Fall and spring
Preparation and supervised practical work or leadership experience in various private and public agencies, organizations and services which may include: hospitals, recreation programs, community and professional organizations, health clubs, corporations, clinics, schools and athletic programs. Specific internship placements are required for given emphases and certifications. See your advisor. 3 hours seminar. (006980)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 15 units
**Course Attributes:** Upper Division

**KINE 489L Assistant Leadership Seminar** **1 Unit**
**Prerequisite:** KINE 470 or faculty permission.
**Typically Offered:** Fall and spring
Students who have demonstrated a high level of proficiency serve as assistant instructors in a selected Outdoor Education course. Students take active leadership roles; planning, sequencing and teaching adventure topics and skills; develop a comprehensive risk management plan. Students receive supervision and feedback on their leadership, instructional planning and teaching skills. The Teaching Assistant may need to be involved in field-based trips lasting 2 to 15 days and should, schedule accordingly. 1 hour seminar. (020982)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 505 Exercise Behavior and Adherence** **3 Units**
**Prerequisite:** KINE 320W or faculty permission.
**Typically Offered:** Fall and spring
This course is a study of the inter-relationships of behavioral, mental, and personal factors of exercise. Topics include exercise motivation, interventions and adherence; the impact of exercise on mood states; and the relationships between exercise, mental health and immune function. New skills such as interviewing are introduced. Focus is both theoretical and practical. 3 hours lecture. (020852)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 513 Programming in Disability Sport** **3 Units**
**Prerequisite:** KINE 315 or faculty permission.
**Typically Offered:** Fall only
A study of disability sport and programming for individuals with orthopedic, neurological, and sensory disabilities. Evaluation of the anatomical and physiological implications and their effect upon psychomotor functioning. 3 hours clinical. (006897)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 514 Programming for Intellectual, Neurological, and Learning Disabilities** **3 Units**
**Prerequisite:** KINE 315 or faculty permission.
**Typically Offered:** Spring only
A study of programming for individuals with disabilities, including intellectual, neurological, learning, and other health impairments. Instructional methods and intervention strategies will be explored in the psychomotor domain. 3 hours lecture. (020035)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 515 Collaboration in Adapted Physical Education** **3 Units**
**Prerequisite:** KINE 315 or faculty permission.
**Typically Offered:** Spring only
The development and interrelationships personal-social aspects of human movement, groups, and physical education, recreation, and sport experiences throughout the lifespan for individuals with disabilities. Focus includes social influences and interrelationships of peer relations, professional interactions, interdisciplinary team dynamics, and family systems. 3 hours lecture. (006998)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 516 Motor Assessment for Individuals with Disabilities** **3 Units**
**Prerequisite:** KINE 315 or faculty permission.
**Typically Offered:** Fall only
Assessment of physical growth, motor development and proficiency, nutrition, motor fitness, and perceptual motor characteristics of individuals with disabilities. Emphasis is placed on testing procedures, evaluation of screening devices, authentic assessment, and practical implementation. Specific assessment instruments will be those commonly used in an adapted physical education setting. 3 hours lecture. (006997)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 520 Interdisciplinary Autism Clinic** **3 Units**
**Typically Offered:** Fall and spring
This course is designed for students who are interested in or wanting to learn more about autistic individuals and their families. Students learn about and implement evidence-based practices for this population, understand the function of behaviors, and understand autism from the position of multiple stakeholders including educators, family members, and autistic individuals. Students also learn administration, planning, and evaluation of interdisciplinary programming in a motor clinic. Students spend two hours per week in the Autism Clinic observing interventions for promoting physical activity and healthy behaviors. 3 hours seminar. (020201)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Upper Division

**KINE 524 Biomechanical Analysis** **3 Units**
**Prerequisite:** KINE 322 and basic computer literacy.
**Typically Offered:** Fall and spring
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. 3 hours seminar. (007003)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 530 Advanced Principles of Strength and Conditioning** **3 Units**
**Prerequisite:** KINE 322, KINE 323, KINE 390 with a grade of C+ of higher.
**Typically Offered:** Fall and spring
This course provides the fundamental theories and hands on experiences necessary for a comprehensive understanding of the applied principles of strength and conditioning for athletic populations. Requirements for certification as a Strength and Conditioning Specialist by the National Strength and Conditioning Association are addressed. Students learn to develop optimal sport performance training programs, using physiological and periodization training principles. Rigorous participation in weight training activities is required. 3 hours lecture. (021468)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 564 Facilitating the Adventure Experience** **3 Units**
**Prerequisite:** Recommended: KINE 222.
**Typically Offered:** Fall and spring
This course focuses on the process of facilitation. Specific attention is paid to transfer of learning, outdoor education process/theory, use of metaphors, small group development, debriefing/processing, providing appropriate feedback, therapeutic approaches, framing experiences, and the various theories involved in the use of adventure experiences as a medium for education/therapy. Applications are generalized to specific populations (e.g., youth at risk, chemical dependency, businesses, university orientation programs, and public schools). This class focuses on advanced methods of facilitation and processing. 3 hours lecture. (007021)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division; Sustainable Course

**KINE 586 Anatomical and Pathomechanical Aspects of Sports Injuries** **3 Units**
**Prerequisite:** BIOL 103, BIOL 104, KINE 322.
**Typically Offered:** Fall and spring
The study of select human anatomy and specific pathomechanics related to sports and physical activity injuries. The course will focus on the role of anatomical structure and pathomechanical mechanisms of joint and tissue specific to injuries that occur to physically active populations. Previous study of human anatomy and kinesiology are required. 3 hours seminar. (007030)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 588 Seminar in Sport and Physical Activity Health Care** **3 Units**
**Typically Offered:** Fall and spring
Advanced study of sports and physical activity health care. Topics include concepts of pathological orthopedic radiography, pharmacology, surgical techniques and recovery, and current trends in human performance health care. Previous study of athletic injury evaluation and rehabilitation required. 3 hours seminar. (007032)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Upper Division

**KINE 589 Internship in Kinesiology** **1-3 Units**
**Typically Offered:** Fall and spring
This course is an internship offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 9 hours supervision. (020921)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 15 units
**Course Attributes:** Upper Division

**KINE 598 Special Topics** **1-3 Units**
**Typically Offered:** Fall and spring
This course is for special topics offered for 1.0-3.0 units. Typically the topic is offered on a one-time-only basis and may vary from term to term and be different for different sections. See the Class Schedule for the specific topic being offered. 1 hour lecture. (007033)
**Grade Basis:** Graded
**Repeatability:** You may take this course more than once
**Course Attributes:** Upper Division

**KINE 599 Special Problems** **1-3 Units**
**Prerequisite:** Faculty permission.
**Typically Offered:** Fall and spring
This course is an independent study of special problems offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 3 hours supervision. (007035)
**Grade Basis:** Credit/No Credit
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Upper Division

**KINE 599H Physical Education Honors Senior Research** **3 Units**
**Prerequisite:** For Honors students only, who have completed 9 upper-division units in physical education courses. Permission of Honors advisor required, faculty permission.
**Typically Offered:** Inquire at department
An intensive senior year, two-semester culminating experience taken as two 3-unit classes in consecutive semesters. Project outline and research first semester. Honors paper or project is prepared during second semester. High level of academic excellence is required. The paper or project must be approved by the department's Honor Advisor, the Department Chair, and the University Honors Director. The paper or project must be publicly presented. 3 hours seminar. (007036)
**Grade Basis:** Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Upper Division

**KINE 600 Seminar in Kinesiology** **3 Units**
**Typically Offered:** Fall only
A course designed to investigate the relationship between the various facets of the discipline of kinesiology, including philosophy, history, psychology, sociology, exercise physiology, perceptual-motor learning, biomechanics, athletic training, and pedagogy. 3 hours seminar. (007037)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 601 Statistical Methods in Kinesiology Research** **3 Units**
**Typically Offered:** Fall only
Study of the descriptive and inferential statistics commonly used in kinesiology research. Emphasis is on learning concepts critical to reading research and using statistical computer programs with kinesiology data. 3 hours seminar. (007038)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 602 Research Design in Kinesiology** **3 Units**
**Prerequisite:** KINE 600.
**Typically Offered:** Spring only
Students learn to recognize the strengths and limitations of research approaches used in the field of Kinesiology and develop coherent alignments between research questions and methods. Students explore a variety of research methods, including descriptive, experimental, and qualitative methods. Students also learn to identify the strengths and weaknesses of sample selection and group assignment methods. 3 hours seminar. (015962)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 605 Sociological and Cultural Perspectives in Kinesiology 3 Units**
**Typically Offered:** Inquire at department
An in-depth study of the theories of the origin of Kinesiology; evaluation and assessment of findings as they relate to today's discipline. Pertinent sociological issues and theories will be examined in the scholarly pursuit of knowledge and understanding of the sociological and cultural influences in the field of performance, physical education, physical activity, sport, and exercise psychology. 3 hours seminar. (007040)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 606 Sport Psychology 3 Units**
**Typically Offered:** Inquire at department
Evaluation of research and practices in sport psychology relating to cognitive and behavioral aspects of individuals and groups related to sport and exercise. Topics include areas of motivation, personality, team dynamics, and mental and behavioral strategies used to enhance performance. 3 hours seminar. (015961)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 611 Administration of Sport and Exercise Programs 3 Units**
**Typically Offered:** Inquire at department
This course provides students with an understanding of the issues involved in being an administrator of a sport and/or exercise program. Topics include theories of management, legal issues (including liability), staffing, and budgeting. Students gain experience by managing an event during the semester. 3 hours seminar. (007043)
**Grade Basis:** ABC/No Credit
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 613 Research in Coaching Science 3 Units**
**Typically Offered:** Inquire at department
This course provides students with an overview of the research in coaching science, including psychological, mental, methodological, and educational aspects of sport coaching. This course considers the many facets of sport coaching from a scholarly perspective. However, student consider how the theoretical, scholarly, and practical aspects of coaching intersect. The course is designed for graduate students in kinesiology (e.g., biomechanics, exercise physiology, physical education, movement studies) who are interested in pursuing a coaching career or who may interact with coaches in any capacity. 3 hours seminar. (021970)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 617 Fieldwork in Adapted Physical Education 3 Units**
**Typically Offered:** Fall and spring
Fieldwork with children in an adapted physical education setting. Involves assessing, diagnosing, and implementing individualized educational programs to meet the needs of individuals with disabilities. May include either teaching or coaching experiences. 9 hours supervision. (006999)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 621 Research on Teaching and Learning in Physical Education 3 Units**
**Typically Offered:** Inquire at department
This course helps graduate students analyze, synthesize, and evaluate the research on teaching and learning in physical education. Content includes systematic observation, qualitative studies, curriculum theory/design, and the enhancement of student learning K-12. 3 hours seminar. (007045)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 624 Biomechanical Analysis 3 Units**
**Prerequisite:** KINE 322 and basic computer literacy, faculty permission.
**Typically Offered:** Inquire at department
Introduction to research in biomechanics. Emphasis is on quantitative videographic techniques of sport and exercise activities. Other technological and bibliographic research methods are covered. 3 hours seminar. (015556)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 625 Seminar in Biomechanics of Sports Techniques 3 Units**
**Typically Offered:** Inquire at department
An in-depth analysis of the literature concerning the biomechanical analysis of selected sports techniques. 3 hours seminar. (007047)
**Grade Basis:** ABC/No Credit
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Graduate Division

**KINE 661 Current Trends and Problems in Physical Education 3 Units**
**Typically Offered:** Inquire at department
Trends in physical education, instructional practices, and administration of physical education. Review of current literature in physical education. 3 hours lecture. (007053)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 678 Exercise and Aging 3 Units**
**Typically Offered:** Inquire at department
This course deals with the aging process and how exercise influences this process. Theories of aging will be presented from both a Western medicine point of view and an Eastern tradition point of view. The relevant physiology of aging will be considered from a "normal" aging perspective and from the perspective of degenerative disease development. Optimal exercise strategies will be discussed with respect to a healthy aging process. 3 hours lecture. (007055)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 679 Advanced Exercise Physiology 3 Units**
**Prerequisite:** KINE 602, faculty permission.
**Typically Offered:** Inquire at department
Immediate and long-range adaptations of the body to exercise. Physiological limits and work capacities in relation to age, sex, diet, environmental factors, and the nature of activity. 3 hours seminar. (007039)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 680 Seminar in Environmental Physiology** **3 Units**
**Prerequisite:** KINE 323.
**Typically Offered:** Inquire at department
Physiological function in special environments, such as high altitude, space, elevated pressure, extreme temperatures, and polluted environments will be presented. Special consideration will be given to exercising in these environments. 3 hours seminar. (007056)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 681 Exercise Management - Chronic Disease and Disabilities** **3 Units**
**Prerequisite:** Human Anatomy; Human Physiology; or faculty permission.
**Typically Offered:** Inquire at department
This seminar is designed for students and health professionals who desire an in-depth discussion and broadened understanding of the role of physical activity and exercise within the context of chronic disease and disabilities. This course prepares students to understand how chronic disease and disability can impact engagement in physical activity, exercise, and sport settings and to better serve those with disabilities and chronic conditions in their future careers. Specifically, in this course students learn about and discuss the most recent research within the field of disability. Students utilize multiple disability frameworks and first hand experiences in physical activity, exercise, and movement settings. 3 hours seminar. (007057)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 682 Exercise Cardiology** **3 Units**
**Typically Offered:** Inquire at department
This seminar course is for students and health professionals who desire an in-depth discussion of cardiology as it relates to exercise physiology. Exercise viewed both in terms of minimizing risk factors and as a cardiac stressor. The role of physical exercise in generating risk, such as excessive free radicals and potassium, and as a cardiac trigger, as in sudden death and heart attack, are explored. Cardiac rehabilitation will be related to exercise prescription. This course considers the most recent research and publications available for exercise physiologists in working with individuals who experience cardiac disease. 3 hours seminar. (007058)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 683 Bioenergetics** **3 Units**
**Typically Offered:** Inquire at department
Cellular and molecular adaptations of muscle to exercise and training. How cellular events effect whole body physiology during exercise. 3 hours seminar. (007026)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 689 Practicum in Athletic Training Education** **3 Units**
**Typically Offered:** Inquire at department
This seminar style course gives a platform on which to discuss the experiences at students' assigned clinic sites. Students are responsible for providing case studies each week from their clinical assignments and interact with peers in solving problems with difficult cases or situations. Students are presented with new or varying treatments and assess protocols or possible rehabilitation programs that may be applicable to the case studies. 3 hours seminar. (007059)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Graduate Division

**KINE 695 Master's Professional Paper** **3 Units**
**Prerequisite:** Department Permission.
**Typically Offered:** Fall and spring
The professional paper is a culminating graduate experience where the end result is a manuscript prepared for submission to a peer-reviewed journal. Professional paper examples include original research studies, application papers, comprehensive reviews, and meta-analyses. Additional details can be found in the Kinesiology Graduate Student Handbook. Students must register directly with a supervising faculty member. 9 hours independent study. (022570)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 697 Independent Study** **1-3 Units**
**Typically Offered:** Fall and spring
This course is a graduate-level independent study offered for 1.0-3.0 units. You must register directly with a supervising faculty member. 0 hours independent study. (007062)
**Grade Basis:** Report in Progress: Graded
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Graduate Division

**KINE 697P Professional Paper** **3 Units**
**Prerequisite:** Approval of Advisor and graduate coordinator.
**Typically Offered:** Fall and spring
This course is a graduate-level independent study with the objective of submitting an article for publication. Students must register directly with a supervising faculty member. 9 hours independent study. (022221)
**Grade Basis:** Graduate Graded
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 699P Master's Project or Professional Paper** **3 Units**
**Prerequisite:** Department Permission.
**Typically Offered:** Fall and spring
The project or professional paper are culminating graduate experiences where the end results is a tangible product. Examples of projects include the compilation of data, construction of a course of study or teaching aides, or development of a manual. Professional paper examples are original research studies, application papers, comprehensive reviews, or meta-analyses. Both options include a written component that describes the process and product and demonstrates the candidate's competence in writing. Details of each can be found in the Kinesiology Graduate Student Handbook. Students must register directly with a supervising faculty member. 3 hours independent study. (007068)
**Grade Basis:** Report in Progress: CR/NC
**Repeatability:** You may take this course for a maximum of 3 units
**Course Attributes:** Graduate Division

**KINE 699T Master's Thesis** **1-6 Units**
**Prerequisite:** Department Permission.
**Typically Offered:** Fall and spring
You must register directly with a supervising faculty member. 0 hours independent study. (007066)
**Grade Basis:** Report in Progress: CR/NC
**Repeatability:** You may take this course for a maximum of 6 units
**Course Attributes:** Graduate Division

# Kinesiology Department

## The Faculty

**Farshad Azad** 2004
Lecturer
Master of Arts CSU-Chico

**John L Azevedo Jr** 1995
Professor
Doctor of Philosophy Univ Of Cal-Berkeley

**Dustin R Bakkie** 2011
Lecturer
Bachelor of Arts Western St College Colorado

**Jolene R Barry** 2004
Lecturer
Master of Arts CSU-Chico

**Dave A Berman** 2006
Lecturer
Master of Science CSU-Chico

**A. J Blagrave** 2004
Associate Professor
Bachelor of Arts CSU-Chico

**Layne K Case** 2022
Assistant Professor
Doctor of Physical Therapy Oregon St Univ

**Traci M Ciapponi** 1993
Assistant Professor
Doctor of Education Univ Of Virginia Main Campus

**Joc Clark** 2013
Lecturer
Doctor of Science Antioch Univ-Main Campus

**Barbara J Cross** 2002
Lecturer
Master of Arts Univ Of Northern Colorado

**Don R Cross** 2001
Professor
Doctor of Education Univ Of Northern Colorado

**Andrew C D'Lugos** 2022
Assistant Professor
Doctor of Philosophy Arizona St Univ

**Heidi Erickson** 2006
Lecturer
Doctor of Philosophy Walden University

**Feng He** 2015
Associate Professor
Doctor of Arts Purdue Univ Main Campus

**Cathrine Himberg** 1993
Professor
Doctor of Philosophy Virginia Polytechnic Institute

**ChengTu Hsieh** 2006
Professor
Doctor of Philosophy Univ Of Northern Colorado

**Marc C Jensen** 2021
Lecturer
Bachelor of Arts CSU-Humboldt

**Eleonor Jonasson-Brady** 2008
Lecturer
Master of Arts Central Washington Univ

**Deanna M Lowe** 2000
Lecturer
Master of Arts CSU-Chico

**Melissa A Mache** 2002
Chair
Doctor of Philosophy Oregon St Univ

**Wendy M Mckenzie** 2001
Lecturer
Master of Arts CSU-Chico

**Aubrey Newland** 2015
Associate Professor
Doctor of Arts Univ Of Utah

**Ryan K Perkins** 2020
Assistant Professor
Doctor of Philosophy Ball St Univ

**Marcia J Pope** 2001
Lecturer
Master of Arts CSU-Chico

**Brandon J Ricetti** 2006
Lecturer
Bachelor of Science CSU-Chico

**Carli B Ross** 2004
Lecturer
Master of Arts CSU-Chico

**Bradley N Smith** 2022
Lecturer
Bachelor of Science CSU-Chico

**Rex H Stromness** 2006
Lecturer
Bachelor of Arts CSU-Sonoma

**Devin R Tacla** 2004
Lecturer
Master of Science CSU-Chico

**Josh Trout** 2003
Professor

Doctor of Education Univ Of Illinois Urbana Campus

**Thomas A Ussery** 1999
Lecturer
Bachelor of Science CSU-Chico

**Lilita Wood** 2009
Lecturer
Master of Arts CSU-Chico

## Emeritus Faculty

**Don W Batie** 1967
Emeritus

**Harold A Bishop** 1952
Emeritus

**Roy Bohler** 1938
Emeritus

**Craig A Buschner**
Emeritus
Doctor of Education Oklahoma St Univ Main Campus

**William W Colvin** 1967
Emeritus

**Frances R Coslet** 1967
Emeritus

**Russell K Cutler** 1966
Emeritus

**Thomas D Fahey**
Emeritus
Doctor of Education Univ Of Cal-Berkeley

**Jackie L Hudson**
Emeritus
Doctor of Philosophy Temple Univ

**Gayle E Hutchinson**
Emeritus
Doctor of Education Univ Of Massachusetts At Amher

**Thomas R Little**
Emeritus
Master of Arts New Mexico St Univ Main Campus

**Donald E Lytle**
Emeritus
Doctor of Philosophy Alliant International Univ

**Rebecca K Lytle** 1992
Emeritus
Doctor of Philosophy Oregon St Univ

**Cheryl W Maglischo** 1965
Emeritus

**Sharon S Porter** 1968
Emeritus
Master of Science Univ Of Massachusetts At Amher

**Robert F Russ** 1969
Emeritus
Master of Arts New Mexico St Univ Main Campus

**Patricia C Smiley**
Emeritus
Doctor of Education Nova Univ

**Shirley A Smith** 1961
Emeritus

**J R Trimmer** 1968
Emeritus
Doctor of Philosophy Univ Of Utah