KINESIOLOGY (KINE)

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)

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. (006697)
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 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 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  Bicycling  1 Unit
Typically Offered: Fall and spring
Techniques of bicycling. Knowledge and understanding of the methods related to repair and maintenance of either the racing and/or touring bikes combined with short touring trips. 2 hours field studies. (006663)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 2 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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Typically Offered</th>
<th>Prerequisite</th>
<th>Skills, Rules, Strategy</th>
<th>Grade Basis</th>
<th>Repeatability</th>
<th>General Course Attributes</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 118B</td>
<td>Intermediate Basketball</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>ABC/No Credit</td>
<td>You may take this course for a maximum of 4 units</td>
<td>Lower Division</td>
</tr>
<tr>
<td>KINE 119A</td>
<td>Beginning Scuba Diving</td>
<td>2 Units</td>
<td>Fall and spring</td>
<td>Recognized organization, instructor permission, CPR First Aid training.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 2 units</td>
<td>Lower Division</td>
</tr>
<tr>
<td>KINE 120A</td>
<td>Advanced Scuba Diving</td>
<td>2 Units</td>
<td>Fall and spring</td>
<td>Recognized organization, instructor permission, CPR First Aid training.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 2 units</td>
<td>Lower Division</td>
</tr>
<tr>
<td>KINE 121</td>
<td>Backpacking</td>
<td>2 Units</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 6 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 123</td>
<td>Indoor Rock Climbing</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 129</td>
<td>Flag Football</td>
<td>1 Unit</td>
<td>Fall only</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 4 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 130</td>
<td>Ultimate Disk</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 131</td>
<td>Intermediate Basketball</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 4 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 132</td>
<td>Intermediate Jujitsu and Self-Defense</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 2 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 133</td>
<td>Intermediate Disc Golf</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 3 units</td>
<td>Lower Division</td>
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<tr>
<td>KINE 134</td>
<td>Beginning Golf</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 2 units</td>
<td>Lower Division</td>
</tr>
<tr>
<td>KINE 135</td>
<td>Advanced Golf</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 2 units</td>
<td>Lower Division</td>
</tr>
<tr>
<td>KINE 136</td>
<td>Intermediate Golf</td>
<td>1 Unit</td>
<td>Fall and spring</td>
<td>Ability to swim in deep water.</td>
<td></td>
<td>Graded</td>
<td>You may take this course for a maximum of 4 units</td>
<td>Lower Division</td>
</tr>
</tbody>
</table>
### Kinesiology (KINE)

<table>
<thead>
<tr>
<th>Course Attributes:</th>
<th>Repeatability:</th>
<th>Grade Basis:</th>
<th>Typically Offered:</th>
<th>Course Attributes: Lower Division</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KINE 142 Aikido</strong></td>
<td>May take this course for a maximum of 6 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
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<tr>
<td><strong>KINE 144A TaeKwonDo</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 144B Intermediate TaeKwonDo</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 148A Beginning Soccer</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 148B Intermediate Soccer</strong></td>
<td>May take this course for a maximum of 4 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 149A Beginning Slow Pitch Softball</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 151 Tai-Chi Chuan</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 152 Introduction to Dance</strong></td>
<td>May take this course for a maximum of 3 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 153 Mixed Martial Arts</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
<tr>
<td><strong>KINE 154A Beginning Swimming</strong></td>
<td>May take this course for a maximum of 2 units</td>
<td>Graded</td>
<td>Fall and spring</td>
<td>Lower Division</td>
</tr>
</tbody>
</table>

**Typically Offered:**

- Fall and spring

**Grade Basis:**

- Graded

**Course Attributes:**

- Lower Division

**General Education:**

- Arts (C1)

-(006760) - (006761) - (021116) - (021188) - (0211229) - (006791)

**University Catalog 2022-2023**

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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 156V 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. (006847)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 4 units
Course Attributes: Lower Division

KINE 156A 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 2 units
Course Attributes: Lower Division

KINE 156B 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. (006852)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Lower Division

KINE 157 Beginning Volleyball 1 Unit
Typically Offered: Fall and spring
Cultural orientation, rules, 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 158 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 158B Core Strengthening 2 Units
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 160 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 161A Beginning Yoga 1 Unit
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 161B 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 162A 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 162B 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. (006846)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 2 units
Course Attributes: Lower Division

KINE 165A 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 165B 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. (006846)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 2 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 rhythmic 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 known 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 alongside 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. 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. 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 6 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 and spring
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: KINE 123 recommended.
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: KINE 121 recommended but not required.
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
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<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Typically Offered</th>
<th>Course Attributes</th>
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<tbody>
<tr>
<td>KINE 296</td>
<td>American Sports in Film</td>
<td>3</td>
<td>Fall and spring</td>
<td>Lower Division</td>
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<td></td>
<td>This course is designed to present a knowledge base of physical education</td>
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<td></td>
<td>that includes the analysis of movement skills and movement patterns,</td>
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<td>physical fitness, and how physical education is inherently linked to</td>
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<td>health and wellness. Also studied in this course will be children's</td>
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<td>motor development and how emotional, cognitive, and social growth</td>
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<td>characteristics influence motor development. 3 hours lecture.</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 302</td>
<td>Foundations of Childhood Physical Education</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td></td>
<td>This course is designed for Single Subject majors and prospective teachers</td>
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<td></td>
<td>using a reflective approach to school based physical education. The</td>
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<td>course focuses on seven primary content areas to include teacher</td>
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<td>socialization, teaching/coaching role conflict, reflective teaching and</td>
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<td>learning, lifespan model of physical education, diversity and equity, and</td>
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<td>curriculum models. 3 hours lecture.</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 305</td>
<td>Philosophy of School Based Teaching Physical Education</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td>This course is designed for future physical education teachers and focuses</td>
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<td>on analysis and performance of martial arts/self-defense and net sports</td>
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<td>(badminton, pickleball, and volleyball). Psychomotor, cognitive and</td>
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<td></td>
<td>affective aspects of these sports are emphasized. This course aligns with</td>
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<td>the physical education model content standards for California K-12 public</td>
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<td>schools and incorporates developmentally appropriate practices. 3 hours</td>
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<td>lecture. (020995)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<tr>
<td>KINE 306</td>
<td>Net Games &amp; Self-defense for Teachers</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<tr>
<td></td>
<td>This course is designed for physical education teachers and focuses on</td>
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<td></td>
<td>analysis and performance of martial arts/self-defense and net sports</td>
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<td></td>
<td>(badminton, pickleball, and volleyball). Psychomotor, cognitive and affective</td>
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<td></td>
<td>aspects of these sports are emphasized. This course aligns with the</td>
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<td></td>
<td>physical education model content standards for California K-12 public schools</td>
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<td></td>
<td>and incorporates developmentally appropriate practices. 3 hours lecture.</td>
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<td></td>
<td>(020995)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<tr>
<td>KINE 308</td>
<td>Rhythms and Dance for Teachers</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td></td>
<td>This course is designed to give students the tools and inspiration to</td>
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<td>become effective and reflective teachers of rhythms and dance in K-12</td>
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<td>physical education programs. Students learn to analyze, perform, and teach</td>
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<td>fundamental movement skills set to different rhythms, leading to</td>
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<td></td>
<td>a variety of dance forms including creative dance, folk, line, hip-hop,</td>
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<td>square dance, and ballroom/social dance. The focus of the course is to</td>
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<td>learn to teach these skills in a developmentally appropriate manner, using</td>
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<td>effective teaching techniques and motivational strategies. Students also</td>
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<td>learn how rhythms and dance are integral components of both the CA state</td>
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<td>and national (NASPE) standards for K-12 physical education. 2 hours</td>
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<td>activity, 2 hours lecture. (006890)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 309</td>
<td>Developmentally Appropriate Physical Education for Children</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td></td>
<td>The philosophies and objectives, curriculum content (movement concepts and</td>
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<td>motor skills), and evaluative techniques for developmentally appropriate</td>
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<td>children's physical education are emphasized. 3 hours lecture.</td>
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<td>(006892)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 312</td>
<td>Outdoor Education for Teachers</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td></td>
<td>This course gives students a foundation in theory, philosophy, and methods</td>
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<td>used to teach developmentally appropriate outdoor and adventure education.</td>
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<td>Students explore imitative games, problem solving, low and high ropes</td>
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<td>course activities, rock climbing, orienteering, and legal liability and</td>
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<td>safety issues associated with developing programs. Although the course is</td>
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<td>designed for physical education majors, it is also appropriate for anyone</td>
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<td>wishing to incorporate adventure education into their curriculum. Field trips</td>
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<td>are required. 2 hours activity, 2 hours lecture. (006895)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 314</td>
<td>Psychology of Coaching</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td>This course provides prospective coaches with knowledge about the</td>
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<td>psychological factors and principles used in coaching, team dynamics, and</td>
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<td>the enhancement of athletic performance. 3 hours lecture.</td>
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<td>(006990)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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<td>KINE 315</td>
<td>Introduction to Adapted Physical Activity</td>
<td>3</td>
<td>Fall and spring</td>
<td>Upper Division</td>
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<td>A study of common disabilities found across the lifespan. Discussions are</td>
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<td>held about the historical and philosophical basis for adapted physical</td>
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<td>activity, and the impact of state and federal legislation. Analysis of the</td>
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<td>roles and responsibilities of the adapted physical education specialist and</td>
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<td>the inclusive educational environment also are examined. This course is</td>
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<td>applicable to all disciplines dealing with the disabled. 3 hours seminar.</td>
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<td>(015911)</td>
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<td>Grade Basis: Graded</td>
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<td>Repeatability: You may take this course for a maximum of 3 units</td>
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</table>
KINE 316  Principles of Sports Injury Management  4 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. 2 hours activity, 3
hours clinical. (006902)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 4 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 311  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  Physiology of Exercise  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
will be placed on energy metabolism during exercise and its relationship
to the circulatory, pulmonary, and neuro-endocrine systems. Practical
application will be 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 will be 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 Physiology: 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
Prerequisite: Basic computer literacy skills.
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  
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  
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  
Typically Offered: Inquire at department  
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  
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  Sports Epidemiology  
Prerequisite: Basic computer skills or faculty permission.  
Typically Offered: Fall and spring  
Methods of epidemiology are now being applied to sports performance, injury prevention and recovery, and exercise-related disease prevention. This course will cover observational study design and analysis, including elementary probability theory using Bayes rule, sampling, relative risk, odds ratio, data adjustment via elementary analysis covariance, and data extrapolation and prediction. 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  
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  
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  
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
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<tr>
<th>Course Code</th>
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<th>Units</th>
<th>Typically Offered</th>
<th>Prerequisite(s)</th>
<th>Course Attributes</th>
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<tr>
<td>KINE 399</td>
<td>Special Problems</td>
<td>1-3</td>
<td>Fall and spring</td>
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<td>Upper Division</td>
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<tr>
<td>KINE 410</td>
<td>Developmentally Appropriate Physical Education</td>
<td>3</td>
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<td>KINE 305, KINE 309</td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 411</td>
<td>Assessment in Physical Education</td>
<td>3</td>
<td></td>
<td>KINE 305, KINE 309, faculty permission.</td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 430</td>
<td>Administration and Management of Sport and Fitness Programs</td>
<td>3</td>
<td></td>
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<td>Upper Division</td>
</tr>
<tr>
<td>KINE 460</td>
<td>Foundations of Outdoor Education</td>
<td>3</td>
<td></td>
<td></td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 461</td>
<td>Theory of Outdoor Leadership</td>
<td>3</td>
<td></td>
<td>KINE 460.</td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 470</td>
<td>Outdoor Education Immersion Semester</td>
<td>15</td>
<td></td>
<td></td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 480</td>
<td>Exercise Testing and Prescription</td>
<td>3</td>
<td></td>
<td>KINE 323.</td>
<td>Upper Division</td>
</tr>
<tr>
<td>KINE 482</td>
<td>Exercise Pathophysiology</td>
<td>3</td>
<td></td>
<td>Bachelor's Degree in any discipline or KINE 323 or faculty permission.</td>
<td>Upper Division</td>
</tr>
</tbody>
</table>

*Typically Offered*:
- Fall and spring
- Spring only odd years
- Fall and spring
- Fall and spring
- Upper Division
- Upper Division
- Upper Division
- Upper Division
- Upper Division

*Grade Basis*:
- Graded
- Graded
- ABC/No Credit
- Credit/No Credit

*Repeatability*:
- You may take this course for a maximum of 3 units
- You may take this course for a maximum of 3 units
- You may take this course for a maximum of 3 units
- You may take this course for a maximum of 6 units
- You may take this course for a maximum of 3 units
- You may take this course for a maximum of 3 units
- You may take this course for a maximum of 6 units
- You may take this course for a maximum of 3 units

*Course Attributes*:
- Upper Division
- Upper Division
- Upper Division
- Upper Division
- Upper Division
- Upper Division
- Upper Division
- Upper Division

*Prerequisite(s)*:
- KINE 460.
- KINE 226 and one of the following KINE 224, KINE 227, KINE 228 or equivalent.
- KINE 305, KINE 309.
- KINE 323.
- KINE 460.
- Bachelor's Degree in any discipline or KINE 323 or faculty permission.
- Fall and spring
- Fall and spring

*Course Description*:
- 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)
- 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)
- 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 laboratory, 2 hours lecture. (007006)
- 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)
- 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)
- This course covers 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)
- This course introduces 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)
- 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)
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: Fall and spring
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: Fall and spring
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 Interdis Autism Clinic 3 Units
Prerequisite: A survey course on disability, faculty permission.
Typically Offered: Fall and spring
This course is designed for students who are interested in working with individuals with autism spectrum disorder (ASD) and their families. Students examine evidence-based practices for ASD, as well as the organization, administration, planning, and evaluation of interdisciplinary programming. Students spend 2 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 524W Biomechanical Analysis (W) 3 Units W
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; Writing Course

KINE 530 Advanced Principles of Strength and Conditioning 3 Units
Prerequisite: KINE 322 (may be taken concurrently), KINE 323, KINE 390.
Typically Offered: Fall and spring
This class provides the fundamental theories, applications, and hands on experiences necessary for a comprehensive understanding of the applied principles of strength and conditioning for athletic populations. Requirement for certification as a Strength and Conditioning Specialist by the National Strength and Conditioning Association are addressed. Students learn to develop optimal training programs, using periodization training principles for a variety of sports, positions, and events. Students are assigned to CSUC athletic teams for hands on practical experience. 3 hours lecture. (021468)
Grade Basis: Graded
Repeatability: You may take this course for a maximum of 3 units
Course Attributes: Upper Division; Writing Course

KINE 554 Facilitating the Adventure Experience 3 Units
Prerequisite: KINE 222 recommended.
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  
Typically Offered: Spring only  
The formation of research problems, evaluation of research, and research report styles in kinesiology. The interrelation of theory and research and the variety of research methods (e.g., descriptive, experimental, qualitative) are examined. This is a required course in the MA program. 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 Physical Education  3 Units  
Typically Offered: Inquire at department  
An in-depth study of the theories of the origin of physical education; evaluation and assessment of findings as they relate to today's discipline. 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: Fall and spring  
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: Fall only  
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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Prerequisite(s)</th>
<th>Typically Offered</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 622</td>
<td>Adapted Program Implementation</td>
<td>3</td>
<td>Faculty permission.</td>
<td>Fall only</td>
<td>The organization, administration, planning, and evaluation of adapted physical activity programs across the lifespan. This course is designed for students who are interested in working with individuals with disabilities in a variety of settings. Programming placements may be selected from preschool programs, public school settings, community-based programs, or programs for older adults. 3 hours seminar. (007046)</td>
</tr>
<tr>
<td>KINE 624</td>
<td>Biomechanical Analysis</td>
<td>3</td>
<td>KINE 322 and basic computer literacy, faculty permission.</td>
<td>Fall only</td>
<td>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)</td>
</tr>
<tr>
<td>KINE 661</td>
<td>Current Trends and Problems in Physical Education</td>
<td>3</td>
<td>Inquire at department</td>
<td>Fall only</td>
<td>Trends in physical education, instructional practices, and administration of physical education. Review of current literature in physical education. 3 hours lecture. (007053)</td>
</tr>
<tr>
<td>KINE 678</td>
<td>Exercise and Aging</td>
<td>3</td>
<td>KINE 602, faculty permission.</td>
<td>Fall only</td>
<td>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 &quot;normal&quot; 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 seminar. (007055)</td>
</tr>
<tr>
<td>KINE 679</td>
<td>Advanced Exercise Physiology</td>
<td>3</td>
<td>KINE 602, faculty permission.</td>
<td>Fall only</td>
<td>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)</td>
</tr>
<tr>
<td>KINE 681</td>
<td>Exercise Management - Chronic Disease and Disabilities</td>
<td>3</td>
<td>KINE 322, KINE 323, KINE 480, and faculty permission.</td>
<td>Inquire at department</td>
<td>This seminar is for students and health professionals who desire an in-depth discussion of the role of physical exercise as a medically recognized modality in conjunction with chronic disease and disabilities. This class is designed for all people who are currently working within the medical profession and those students who are preparing for future careers in paramedical vocational fields. This course will present the most recent research and publications available for the exercise physiology working with individuals who suffer from chronic disease and existing physical disabilities. 3 hours seminar. (007057)</td>
</tr>
<tr>
<td>KINE 682</td>
<td>Exercise Cardiology</td>
<td>3</td>
<td>Inquire at department</td>
<td>Inquire at department</td>
<td>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)</td>
</tr>
<tr>
<td>KINE 683</td>
<td>Bioenergetics</td>
<td>3</td>
<td>Inquire at department</td>
<td>Inquire at department</td>
<td>This seminar is for students and health professionals who desire an in-depth discussion of the role of physical exercise as a medically recognized modality in conjunction with chronic disease and disabilities. This class is designed for all people who are currently working within the medical profession and those students who are preparing for future careers in paramedical vocational fields. This course will present the most recent research and publications available for exercise physiologists in working with individuals who suffer from chronic disease and existing physical disabilities. 3 hours seminar. (007057)</td>
</tr>
<tr>
<td>KINE 689</td>
<td>Practicum in Athletic Training Education</td>
<td>3</td>
<td>Admission to the Athletic Training Education Option or faculty permission.</td>
<td>Fall and spring</td>
<td>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)</td>
</tr>
<tr>
<td>KINE 690</td>
<td>Practicum in Athletic Training Education (practicum)</td>
<td>3</td>
<td>Inquire at department</td>
<td>Inquire at department</td>
<td>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)</td>
</tr>
</tbody>
</table>

**Course Attributes:**
- **Repeatability:** You may take this course for a maximum of 3 units
- **Grade Basis:** Graduate Graded
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. 9 hours supervision.  (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  3 Units
Prerequisite: Department Permission.
Typically Offered: Fall and spring
You must register directly with a supervising faculty member. The project is the culminating graduate experience in which you can enroll in lieu of the thesis where the end result is a tangible product. Examples might include facilities planning, compilation of data, construction of a course of study, construction of teaching aids, publication of manuals, or producing a dance production. In each example there will be a written component intended to describe the process, the end result, and the candidate's competence in descriptive writing. 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