

Definition

Kinesiology is the academic discipline which involves the art and science of physical activity, human movement and its impact on health, society and the quality of life. Exercise, activity, and athletics are an important component in the development of well-rounded individuals interested in physical well-being and the productive use of leisure time.

Staff

To access faculty and staff, dial (661) 722-6300, then the 4-digit extension.

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Program Description

Kinesiology and athletics has three primary goals:

1. To provide a program of professional preparation courses for those students who are majoring in kinesiology, physical therapy, nursing science, athletic training, athletic management, recreation and leisure studies, and physical education.
2. To provide a service program designed to accommodate all students through health education, intercollegiate athletics,

recreation and physical activity courses.

3. To provide concepts and techniques that create a foundation for lifelong patterns of physical activity and impart its value to the student's health and well-being.

Kinesiology activity courses are numbered 101 through 180 and provide concepts and techniques to provide a base for lifelong patterns of healthful physical activity. Kinesiology professional courses are numbered 190 through 197. Intercollegiate athletic courses are numbered 200 through 265.

Students must receive a minimum grade of "C" or better in all required core courses and the specific courses listed as program electives in order to qualify for the degree or certificate.

Distinctive Features

Each semester, kinesiology classes enroll students from high school age to active senior citizens. Classes are offered in both the day and evening programs and offer the challenge of increasing skill and fitness levels under supervision of dedicated and capable instructors.

Career Options

Athletic Administrator

Athletic Trainer

Athletic Equipment Manager

Athletic Facilities Manager

Camp Counselor

Choreographer

Coach

Dance Therapist

Educator

Health and Safety Director

Health Educator

Lifeguard

Nurse

Playground Director

Personal Trainer

Physical Therapist

Recreation Facilities Manager

Recreation Leader

Recreation Specialist

Referee

Resort Sports Coordinator

Water Safety Instructor

(Some of these careers may require education beyond the two-year college level.)

Program Learning Outcomes

Yoga Instructor

1. Fulfill the training requirements of the Yoga Alliance Organization for the 200 hour teacher training.
2. Demonstrate and apply the ability to safely and effectively teach yoga to individuals and groups.

Associate in Arts in Kinesiology for Transfer

1. Demonstrate, apply and incorporate the physiological aspects of human movement required for understanding the Kinesiology and Exercise Science disciplines.
2. Understand and apply life time skills employed by those in physical fitness, personal fitness, and coaching careers.
3. Recognize and apply an understanding of the diversity of backgrounds, body types and physical needs relative to Kinesiology.

Certificate Program**Yoga Instructor**

The Yoga Instructor certificate program prepares individuals to safely and effectively teach yoga to individuals and in group settings. This coursework includes training and teaching methodology for asana (physical poses), pranayama (breath work), and meditation. Included in the curriculum is study in the physical and subtle anatomy, yogic philosophy and lifestyle, teaching methods and ethics, and English and Sanskrit terminology. Completion of this program prepares students for employment in yoga studios, health and fitness clubs, health care facilities, as well as for self-employment as yoga instructors. It is also designed for those who want to add yoga techniques to their existing professional portfolios, as in the case for personal trainers, body workers, caregivers, therapists and teachers in other disciplines. Upon completion of the program the successful student will be able to register with Yoga Alliance at the 200-Hour Yoga Teacher Training level.

| Required Courses: | units |
|--|--------------|
| KINT 240, Yoga Teacher Training 1-Yogic Lifestyle & Yoga as a Healing Practice | 3 |
| KINT 241, Yoga Teacher Training 2-Gross and Subtle Anatomy | 3 |
| KINT 242, Yoga Teacher Training 3-Pedagogy: The Art and Science of Teaching | 3 |
| KINT 243, Yoga Teacher Training 4—Social Applications of Yoga | 3 |
| Total | 12 |

Associate Degree**Associate in Arts in Kinesiology for Transfer**

The Associate in Arts in Kinesiology for Transfer (AA-T) degree offers students a fundamental knowledge of human movement and physical activity. Students will enhance their own understanding of lifetime patterns of physical activity and enhance problem solving and critical thinking by studying concepts and techniques to apply and impart them to the diversity of backgrounds, body types and physical needs.

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) degree meets the requirements of SB 1440 for Associate Degrees for Transfer (ADT). These degrees are

intended to make it easier for students to transfer to California State University campuses, but do not exclude admittance to other colleges or universities.

To earn an Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) degree a student must complete the following:

- (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
 - (2) Obtainment of a minimum grade point average of 2.0.
- ADTs also require that students must earn a “C” or better in all courses required for the major or area of emphasis.

| Required Courses | units |
|---------------------------------------|--------------|
| KINT 100, Introduction to Kinesiology | 3 |
| *BIOL 201, General Human Anatomy | 4 |
| *BIOL 202, General Human Physiology | 4 |

Movement-based Courses

Select a maximum of one course from any three of the following areas for a total of 3 units:

| Aquatics: | units |
|---|--------------|
| KINF 193, Beginning Water Aerobics | 1 |
| KINF 190, Beginning Swimming for Non-swimmers | 1 |
| KINF 191, Beginning Fitness Swimming | 1 |
| KINF 194, Intermediate Water Aerobics | 1 |
| KINF 195, Beginning Fitness Swimming | 1 |
| KINF 196, Intermediate Fitness Swimming | 1 |
| KINF 293, Advanced Water Aerobics | 1 |
| KINF 295, Advanced Fitness Swimming | 1 |
| Dance: | units |
| DA 103, Beginning Modern Dance | 1 |
| DA 106, Ballroom Dance | 1 |
| Fitness: | units |
| KINF 130, Physical Conditioning | 1 |
| KINF 107, Beginning Weight Lifting | 1 |
| KINF 108, Intermediate Weight Lifting | 1 |
| Individual Sports: | units |
| KINF 160, Beginning Tennis | 1 |
| KINF 161, Intermediate Tennis | 1 |
| KINF 162, Advanced Tennis | 1 |
| Team Sports: | units |
| KINF 115, Beginning Fastpitch Softball | 1 |
| KINF 150, Beginning Soccer | 1 |
| KINF 151, Intermediate Soccer | 1 |
| KINF 220, Advanced Basketball | 1 |
| KINF 140, Beginning Golf | 1 |
| KINF 180, Beginning Volleyball | 1 |
| KINF 181, Intermediate Volleyball | 1 |
| KINF 280, Advanced Volleyball | 1 |

Required Electives A

Select 6 units from the below list of courses.

| | |
|--------------------------------------|---|
| *MATH 115, Statistics | 4 |
| *CHEM 110, General Chemistry | 5 |
| *PHYS 101, General Physics | 4 |
| HE 100, First Aid and Emergency Care | 3 |

*Courses denoted with an asterisk will fulfill the completion requirements for both the major and general education.

Except in cases of prerequisite requirement, it is not required that courses be taken in exactly this sequence; they are recommended in this order to facilitate success.

Recommended Plan of Study**First Semester**

| | units |
|--|-------|
| BIOL 101 (Prerequisite to BIOL 201) | 4 |
| MATH 115, Statistics (Required Elective A) (CSU GE B4) | 4 |
| CSU GE requirement Area A1 | 3 |
| CSU GE requirement Area A2 | 3 |
| CSU GE requirement Area E | 3 |
| Total 17 | |

Second Semester

| | units |
|---|-------|
| Required Movement-Based Course | 1 |
| PHYS 101, General Physics (Required Elective A) (CSU GE B1/B3) | 4 |
| CSU GE requirement Area A3 | 3 |
| CSU GE requirement Area C | 3 |
| CSU GE requirement Area C1 | 3 |
| Total 14 | |

Third Semester

| | units |
|--|-------|
| BIOL 201, 201L, General Human Anatomy (CSU GE B2/B3) | 4 |
| KINT 100, Introduction to Kinesiology | 3 |
| Required Movement-Based Course | 1 |
| CSU GE requirement Area C2 | 3 |
| CSU GE requirement Area D | 3 |
| *CSU Transferable Elective | 1 |
| Total 15 | |

Fourth Semester

| | units |
|--|-------|
| BIOL 202, 202L, General Human Physiology | 4 |
| HE 100, First Aid and Emergency Care (Required Elective A) | 3 |
| Required Movement-Based Course | 1 |
| CSU GE requirement Area D | 3 |
| CSU GE requirement Area D | 3 |
| Total 14 | |

CSU GE or IGETC Pattern 55-58
CSU Transferable Elective Units to
reach Degree Total 60

*Electives should be taken from other courses within the discipline.

Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible. Additional information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: www.assist.org

Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P". Classes in which the Pass/No Pass option is available are indicated with an asterisk (*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

Kinesiology–Fitness Courses**KINF 100 *ADAPTIVE PHYSICAL EDUCATION**

(formerly KIN 101)

*1 unit**3 hours weekly*

The course is designed for the student who may be confined in type and amount of activity because of a physical limitation. The student's program is individually tailored to meet the student's need. The student develops the program in consultation with the instructor and the student's physician or therapist. (CSU, UC, AVC) (R3)

KINF 107 *BEGINNING WEIGHT LIFTING

(formerly KIN 170)

*1 unit**3 hours weekly*

This course is designed for the student who wishes to learn the basic skills and techniques of weight lifting. The student will be required to learn how to design and implement a weight lifting program. The course will also cover the proper warm-up and safety techniques that are necessary when in the weight room. (CSU, UC, AVC)

KINF 108 *INTERMEDIATE WEIGHT LIFTING

(formerly KIN 173)

*1 unit**3 hours weekly*

This course is designed for the student who wishes to learn advanced skills on intermediate lifts in the weight room. The student will be required to learn how to develop a program with the variety of intermediate lifts which put more focus on specific body areas. The course will also cover the proper warm-up and safety techniques that are necessary in the weight room. (CSU, UC, AVC)

**KINF 115 *BEGINING FAST-PITCH
SOFTBALL***1 unit**3 hours weekly*

Designed for the beginning level player with emphasis on recreational play, strategy, and rules. Course Content will emphasize beginning softball skills and techniques. The beginning level of instruction will require a minimum level of physical condition on the part of the student. (CSU, AVC)

**KINF 116 *INTERMEDIATE FAST-PITCH
SOFTBALL***1 unit**3 hours weekly*

This course emphasizes the development of cardiovascular endurance, muscular strength, and muscular endurance by utilizing both weight training and cardiovascular training. Students will participate in activities both as a class and individually to achieve the goals that they set for themselves utilizing all equipment available. Intensity levels can be modified to accommodate all levels of fitness. (CSU, AVC)

KINF 130 *PHYSICAL CONDITIONING*(formerly KIN 135)**.5 unit, 1.5 hours weekly**1 unit, 3 hours weekly*

This course emphasizes the development of cardiovascular endurance, muscular strength, and muscular endurance by utilizing both weight training and cardiovascular training. Students will participate in activities both as a class and individually to achieve the goals that they set for themselves utilizing all equipment available. Intensity levels can be modified to accommodate all levels of fitness. (CSU, UC, AVC)

KINF 132 *AEROBIC CONDITIONING*(formerly KIN 103)**1 unit**3 hours weekly*

The fundamentals of running, breathing, and timing. The emphasis of the program will be aerobic conditioning through walking, jogging, and running. The student will be introduced to various types of wearing apparel and shoes. Students will experience running on various surfaces with varying degrees of stress. The prevention, care, and treatment of injuries indigenous to running will be presented. Advanced runners will learn about race strategies. Lastly, safety factors related to running will be taught. **BEFORE ENROLLING**, student must be in fair physical condition without severe medical disabilities. (CSU, UC, AVC)

KINF 140 *BEGINNING GOLF*(formerly KIN 128)**1 unit**3 hours weekly*

The course will emphasize the fundamentals and techniques of leisure golf. It will stress rules, regulations and vocabulary as well as etiquette. (CSU, UC, AVC)

KINF 144 *HATHA YOGA*(formerly KIN 106)**.5 unit, 1.5 hours weekly**1 unit, 3 hours weekly*

Hatha Yoga practice builds physical and mental awareness and offers a platform to achieve stress relief. Asanas (postures), pranayama (breath work) and meditation are performed with attention given to individual alignment needs and building mind/body connectivity in an effort to bring wellness to the practitioner. Strength, endurance, flexibility and balance are also achieved through regular practice. (UC, CSU, AVC)

KINF 150 *BEGINNING SOCCER*(formerly KIN 112A)**1 unit**3 hours weekly*

Designed for the beginning level player with emphasis on recreational play, strategy, and rules. Course content will emphasize beginning soccer skills and techniques. The beginning level of instruction will require a minimal level of physical condition on the part of the student. (CSU, UC, AVC)

KINF 151 *INTERMEDIATE SOCCER*(formerly KIN 112B)**1 unit**3 hours weekly*

Designed for the intermediate level player with emphasis on competitive play, skills, and tactics. Course content will emphasize soccer tactics, scrimmages, and soccer specific activities while refining intermediate technical skills. The intermediate level of instruction will require a moderate / high level of physical condition on the part of the student. (CSU, UC, AVC)

KINF 160 *BEGINNING TENNIS*(formerly KIN 160)**1 unit**3 hours weekly*

Introduction to the basic skills and rules of tennis. Includes forehand, backhand, serve and volley. Also includes strategy, etiquette, selection of equipment and general rules for playing singles and doubles. (CSU, UC, AVC)

KINF 161 *INTERMEDIATE TENNIS*(formerly KIN 161)**1 unit**3 hours weekly*

Refinement of tennis skills for the developing player. Includes forehand drive, backhand drive, service, volley, drop shot, overheads, strategies and analysis of opponent's game. (CSU, UC, AVC)

KINF 180 *BEGINNING VOLLEYBALL*(formerly KIN 155)**1 unit**3 hours weekly*

A beginning course that introduces the student to the basic vocabulary, performance, fundamental skills and playing techniques of power volleyball. (CSU, UC, AVC)

KINF 181 *INTERMEDIATE VOLLEYBALL

(formerly KIN 156)

1 unit

3 hours weekly

Advisory: Eligibility for KINF 180 and/or at least one year of high school volleyball experience.

This is a course designed and developed for the intermediate level volleyball player. It is a continuation of beginning volleyball with an emphasis in executing the fundamental skills and techniques of power volleyball at a higher level. This course differs from beginning volleyball in that set patterns and systems of offense and defense are used in a team strategy. **BEFORE ENROLLING**, student should have proficiency in the skills of passing and setting. (CSU, UC, AVC)

KINF 190 *BEGINNING SWIMMING FOR NON-SWIMMERS

(formerly KIN 150, Beginning Swimming)

1 unit

3 hours weekly

An introduction to the basic skills of swimming for those who have no or very little skill in the water, including lack of comfort in the water, including deep water. The course will focus on the American Red Cross Swimming Levels one through four including the six beginning swimming strokes: freestyle; backstroke; elementary backstroke; breaststroke; sidestroke; and inverted breaststroke. Safety skills such as floating, gliding, changing direction, treading, and an entries dive will be covered. (CSU, UC, AVC)

KINF 191 *BEGINNING SWIMMING

1 unit

3 hours weekly

A re-introduction to the basic skills of swimming for the student who is completely comfortable in the water, including deep water, but has little or no formal training in swimming. The course will focus on the American Red Cross Swimming Levels two through five including the six beginning swimming strokes: freestyle; backstroke; elementary backstroke; breaststroke; sidestroke; and inverted breaststroke. Safety skills such as floating, gliding, changing direction, treading, and entries will be covered. (CSU, AVC)

KINF 192 *INTERMEDIATE SWIMMING

(formerly KIN 151)

1 unit

3 hours weekly

Limitation on Enrollment: Complete a 100 yard swim test or have completed KINF 190.

Continuation of skills of swimming for those at an intermediate level. The course will focus on the American Red Cross Swimming Levels four through six with the introduction to

the butterfly and breast strokes, along with intermediate water entries and safety skills. (CSU, UC, AVC)

KINF 193 *BEGINNING WATER AEROBICS

(formerly KIN 102, Water Aerobics)

.5 unit, 1.5 hours weekly

1 unit, 3 hours weekly

This is an entry level course in low-impact water aerobics. The instruction and class activity leads to cardiovascular fitness, muscular strength, flexibility and increased physical endurance and will be executed in water. The exercise will be choreographed to music and demonstrated with voice instruction. There will be variation of movement and tempo in the exercises. The buoyancy and resistance of water will be considered in the design of the routines. (CSU, UC, AVC)

KINF 194 *INTERMEDIATE WATER AEROBICS

1 unit

3 hours weekly

This is an intermediate course in low-impact water aerobics. The instruction and class activity leads to increased cardiovascular fitness, muscular strength, flexibility and increased physical endurance and will be executed in water. (CSU, AVC)

KINF 195 *BEGINNING FITNESS SWIMMING

(formerly KIN 152)

1 unit

3 hours weekly

Limitation on Enrollment: Student should be able to successfully complete a 100 yard continuous swim.

Student will learn to set up a swimming program to build physical fitness. The student will be instructed on how to improve the swim strokes he/she possesses. The basis of the program will be aerobic conditioning. (CSU, UC, AVC)

KINF 196 *INTERMEDIATE FITNESS SWIMMING

1 unit

3 hours weekly

Students will learning to set up intermediate swimming programs to build physical fitness. Concentration will be on proper use of sprint and endurance training, as well as muscle use for building fitness. (CSU, AVC)

KINF 215 *ADVANCED FAST-PITCH SOFTBALL

1 unit

3 hours weekly

Advisory: Completion KINF 116

Advanced skills and techniques of fast-pitch softball will be taught in this course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of fast-pitch softball. (CSU, AVC)

KINF 220 *ADVANCED BASKETBALL

(formerly KIN 115, Advanced Basketball Techniques)

*1 unit**3 hours weekly*

Advanced skills and techniques of basketball will be taught in the course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate basketball. (CSU, UC, AVC)

KINF 240 *ADVANCED GOLF

(formerly KIN 129)

*1 unit**3 hours weekly*

This course is a continuation of Beginning Golf with achievement of a higher performance level in the basic techniques of golf. It differs from Beginning Golf in that actual competition and advanced levels of strategy are taught and developed. (CSU, UC, AVC)

KINF 244 *INTERMEDIATE/ADVANCED HATHA YOGA

(formerly KIN 107)

*1 unit**3 hours weekly*

Based on the strong vinyasa flow of Ashtanga Yoga, this Intermediate/Advanced Hatha Yoga class is a dynamic, strenuous yoga class which focuses on strength, balance, flexibility and inner focus. This class will include a flowing form of asana (poses) as well as regular practice in forward bends, twists, back bends, inversions and arm balances. This class is not recommended for beginners. Students are advised to have at least one year of regular yoga practice. Participants should be in good physical condition. (CSU, UC, AVC)

KINF 260 *ADVANCED TENNIS

(formerly KIN 162)

*1 unit**3 hours weekly*

Progressive skill instruction concerned with the development of the advanced tennis player. Emphasis will be on placement of shot, shot combination building from the baseline and net, and footwork. Students will learn to select appropriate tennis equipment and apparel. (CSU, UC, AVC)

KINF 280 *ADVANCED VOLLEYBALL

(formerly KIN 157)

*1 unit**3 hours weekly*

This is a course designed and developed for the advanced level volleyball player. It is a continuation of intermediate volleyball with an emphasis in achievement of a higher performance level in the basic techniques of power volleyball. It differs from intermediate volleyball in that set patterns and systems of offense and defense are used in the team strategy as well as the rules and regulations of the NCAA. **BEFORE ENROLLING**, student should have proficiency in the skills of passing and setting. (CSU, UC, AVC)

KINF 293 *ADVANCED WATER AEROBICS*1 unit**3 hours weekly***Advisory:** *Completion of KINF 293.*

This is an advanced course in water aerobics. The instruction and class activity are for high-intensity, advanced aerobic exercises. Additionally, advanced workout formulas and the FITT principle will be examined.

KINF 295 *ADVANCED FITNESS SWIMMING*1 unit**3 hours weekly***Advisory:** *Completion of KINF 196*

For students that are setting up advanced swimming programs to build and maintain physical fitness. Concentration will be on using proper training methods for open water and endurance competitions.

Kinesiology–Theory Courses

KINT 100 *INTRODUCTION TO KINESIOLOGY

(formerly KIN 100)

*3 units**3 hours weekly*

Students will be introduced to the interdisciplinary approach to human movement. An overview of the importance of the sub-disciplines in Kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness. (C-ID: KIN 100) (CSU, AVC)

KINT 102 *OFFICIATING–FALL SPORTS

(formerly KIN 193)

*2 units**2 hours weekly*

Students will analyze and interpret the rules and regulations for the sports of football and basketball at the high school level. Discussions will also include the mechanics of officiating these sports. Trends, techniques of officiating, and issues of the games will also be discussed. (CSU, UC, AVC)

KINT 103 *OFFICIATING–SPRING SPORTS

(formerly KIN 194)

*2 units**2 hours weekly*

Students will analyze and interpret the rules and regulations for the sports of baseball and track and field at the high school level. Discussions will also include the mechanics of officiating these sports. Trends, techniques of officiating, and issues of the games will also be discussed. (CSU, UC, AVC)

KINT 104 *SPORTS APPRECIATION

(formerly KIN 195)

3 units

3 hours weekly

Selected learning experiences leading to an understanding and appreciation of athletics and recreational sports and how they relate to our society. (CSU, UC, AVC)

KINT 240 *YOGA TEACHER TRAINING 1 - YOGIC LIFESTYLE AND YOGA AS A HEALING PRACTICE

(formerly KIN 108A)

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice as well as to have successful completion or concurrent enrollment of KINF 244.

This course is one of four class modules designed to prepare the student to teach yoga. Upon successful completion of all 4 classes the student will be able to register with Yoga Alliance as a Registered Yoga Teacher at the 200 hour level. This teacher training will focus on yogic lifestyle and yoga as a healing practice. Pranayama (breathing exercises), meditation practice, deep relaxation, and yogic diet will be highlighted. Asana emphasis will include the practice, analysis, and general alignment principals of all levels of standing and seated extended and forward bending poses. Philosophical study will include the 8 limbs of yoga from Patanjali's Yoga Sutras. (CSU, AVC)

KINT 241 *YOGA TEACHER TRAINING 2 - GROSS AND SUBTLE ANATOMY

(formerly KIN 108B)

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice as well as to have successful completion or concurrent enrollment of KINF 244.

This course is one of four class modules designed to prepare the student to teach yoga. Upon successful completion of all 4 classes the student will be able to register with Yoga Alliance as a Registered Yoga Teacher at the 200 hour level. The focus of this teacher training class is anatomy. Basic understanding of the musculoskeletal system, fluid body, and organ system will be highlighted, together with yogic philosophy of the subtle anatomy or energy body. The anatomy of the breath will be studied. Practice, analysis and general alignment principles for all levels of twisting and back bending poses will be emphasized. (CSU, AVC)

KINT 242 *YOGA TEACHER TRAINING 3 - PEDAGOGY: THE ART AND SCIENCE OF TEACHING

(formerly KIN 108C)

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice as well as to have successful completion or concurrent enrollment of KINF 244.

This course is one of four class modules designed to prepare the student to teach yoga. Upon successful completion of all 4 classes the student will be able to register with Yoga Alliance as a Registered Yoga Teacher at the 200 hour level. The emphasis of this teacher training class is on becoming an effective teacher. Key principles of teaching will include the role of the instructor, student teacher relations and ethics, addressing different learning styles and skill levels, giving effective instructions, the art of sequencing a class, and basic anatomical adjustments. Practice teaching and Sanskrit terminology for the yoga teacher will be included. (CSU, AVC)

KINT 243 *YOGA TEACHER TRAINING 4 - SOCIAL APPLICATIONS OF YOGA

(formerly KIN 108D)

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice as well as to have successful completion or concurrent enrollment of KINF 244.

This course is one of four class modules designed to prepare the student to teach yoga. Upon successful completion of all 4 classes the student will be able to register with Yoga Alliance as a Registered Yoga Teacher at the 200 hour level. The focus of this teacher training course is the varied applications of yoga and yoga philosophy for individuals as well as for communities. Social applications including yoga for mindfulness, ecology and social change will be explored. The class will include a study of the different types of yoga, the business aspects of teaching yoga, and the creation, planning, and execution of a community service project. Practice, analysis, and general alignment principles for all levels of inverted poses will be emphasized. The benefits, types and applications of meditation will be included. (CSU, AVC)

Intercollegiate Athletic Courses

AVC is a member of the Foothill Conference. Competition is offered in baseball, basketball, football, track, cross country, softball, golf, tennis, soccer, and volleyball.

IATH 101 *WEIGHT TRAINING FOR ATHLETES

(formerly KIN 175, Advanced Weight Training for Athletes)

.5-2 units

1.5-6 hours weekly

Limitation on Enrollment: Must be a member of an intercollegiate athletic team.

This course is designed for the student who is a member of an athletic team. The course will improve strength, flexibility, and endurance of specific muscles groups that are indigenous to a specific sport. (CSU, UC, AVC) (R3)

**IATH 102 *PRE-SEASON SPORT
CONDITIONING**

(formerly KIN 140)

.5-2 units

1.5-6 hours weekly

Limitation on Enrollment: *Must be a member of an intercollegiate athletic team.*

Designed for the student who wishes to compete in athletics at the intercollegiate level. Course content will emphasize pre-season conditioning for one of the following sports: baseball, basketball, football, track, cross country, soccer, softball, tennis and volleyball. It is an intensive training program based upon improving basic skills, speed, flexibility, agility, reaction time, coordinated movement and cardiovascular endurance. Students should have previous organized athletic experience. Students will enroll in the appropriate conditioning class that corresponds to their sport participation. (CSU, UC, AVC) **(R3)**

IATH 205 INTERCOLLEGIATE FOOTBALL

(formerly KIN 220)

1-3 units

3-9 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in football. The course will emphasize advanced football skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) **(R2)**

IATH 210 INTERCOLLEGIATE BASEBALL

(formerly KIN 200)

1-3 units

3-9 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in baseball. The course will emphasize advanced baseball skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced offensive and defensive strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**

**IATH 215 INTERCOLLEGIATE WOMEN'S
SOFTBALL**

(formerly KIN 240)

1-3 units

3-9 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's softball. The course will emphasize advanced women's softball skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced offensive and defensive strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**

**IATH 220 INTERCOLLEGIATE MEN'S
BASKETBALL**

(formerly KIN 205)

1-3 units

54-162 hours total

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in men's basketball. The course will emphasize advanced men's basketball skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) **(R3)**

**IATH 225 INTERCOLLEGIATE WOMEN'S
BASKETBALL**

(formerly KIN 210)

1-3 units

54-162 hours total

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's basketball. The course will emphasize advanced women's basketball skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) **(R3)**

**IATH 230 INTERCOLLEGIATE CROSS
COUNTRY**

(formerly KIN 215)

1-3 units

3-9 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in cross country. The course will emphasize advanced cross country skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite

conditioning. All phases of advanced strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) (R2)

IATH 240 INTERCOLLEGIATE MEN'S GOLF

(formerly KIN 237)

1-3 units

3-9 hours weekly

Limitation on Enrollment: Physical examination and tryout required.

Designed for the male student-athlete who wishes to compete at the intercollegiate level in golf. Course content will emphasize advanced golf skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules of play and strategy. (CSU, UC, AVC) (R2)

IATH 245 INTERCOLLEGIATE WOMEN'S GOLF

(formerly KIN 235)

1-3 units

54-162 hours total

Limitation on Enrollment: Physical examination and tryout required.

This course is designed for the female student-athlete who wishes to compete at the intercollegiate level in golf. Course content will emphasize advanced golf skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules of play and strategy. (CSU, UC, AVC) (R2)

IATH 250 INTERCOLLEGIATE MEN'S SOCCER

(formerly KIN 245)

1-3 units

54-162 hours total

Limitation on Enrollment: Physical examination and tryout required.

Designed for the student-athlete who wishes to compete at the intercollegiate level in soccer. Course content will emphasize advanced soccer skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for the intercollegiate competition will include rules, history, and strategy. (CSU, UC, AVC) (R2)

IATH 255 INTERCOLLEGIATE WOMEN'S SOCCER

(formerly KIN 230)

1-3 units

3-9 hours weekly

Limitation on Enrollment: Physical examination and tryout required.

The course is designed for the student-athlete who wishes to

compete at the intercollegiate level in soccer. Course content will emphasize advanced soccer skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules, history, and strategy. (CSU, UC, AVC) (R2)

IATH 265 INTERCOLLEGIATE WOMEN'S TENNIS

(formerly KIN 225)

1-3 units

3-9 hours weekly

Limitation on Enrollment: Physical examination and tryout required.

Designed for the student athlete who wishes to compete at the intercollegiate level in tennis. Course content will emphasize advanced tennis skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules and strategy. (CSU, UC, AVC) (R2)

IATH 270 INTERCOLLEGIATE TRACK

(formerly KIN 255)

1-3 units

3-9 hours weekly

Limitation on Enrollment: Physical examination and tryout required.

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in track. The course will emphasize advanced track skills and techniques. An advanced level of track competition requires the athlete to possess an adequate physical condition. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) (R2)

IATH 280 INTERCOLLEGIATE MEN'S VOLLEYBALL

(formerly KIN 270)

1-3 units

54-162 hours total

Limitation on Enrollment: Physical examination and tryout required.

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in men's volleyball. Advanced men's volleyball skills and techniques will be emphasized. The course is designed to assist the athlete in acquiring the necessary conditioning needed for competition. All phases of advanced offensive and defensive strategies will be presented. The course will teach the athletes the playing rules and code of conduct. (CSU, UC, AVC) (R2)

IATH 285 INTERCOLLEGIATE WOMEN'S VOLLEYBALL

(formerly KIN 265)

1-3 units

3-9 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's volleyball. Advanced women's volleyball skills and techniques will be emphasized. The course is designed to assist the athlete in acquiring the necessary conditioning needed for competition. All phases of advanced offensive and defensive strategies will be presented. The course will teach the athletes the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**