

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.

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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 students' 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
KIN 108A, Yoga Teacher Training 1-Yogic Lifestyle & Yoga as a Healing Practice	3
KIN 108B, Yoga Teacher Training 2-Gross and Subtle Anatomy	3
KIN 108C, Yoga Teacher Training 3-Pedagogy: The Art and Science of Teaching	3
KIN 108D, Yoga Teacher Training 4—Social Applications of Yoga	3
Total	12

Associate Degree

Kinesiology

The requirements for an associate degree in Kinesiology may be satisfied by completing 20 units as outlined below. A minimum of 13 units must be selected from the required courses, 7 units may be selected from the list of program electives or required courses, and sufficient elective credits to total 60 units. Students who intend to transfer are strongly encouraged to complete either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth (CSU GE) requirements. (See Graduation/Associate Degree Requirements and Transfer Information.)

Recipients of this degree are prepared to pursue a major in kinesiology, health education, physical therapy, nursing science, athletic training, athletic management, recreation and leisure studies, dance, and physical education at a four-year institution (see a counselor for specific transfer details). Additionally, the associate degree will provide students with the opportunity to gain entry level employment often times leading to careers in the physical fitness field. The associate degree will also enlighten the student with a broad range of knowledge promoting healthy lifestyles and habits to have a better quality of life.

Required Courses:	units
Select at least 13 units from the following:	
ATH 100, Introduction to Athletic Training	3
BIOL 101, General Biology	4
BIOL 201, General Human Anatomy	4
BIOL 202, General Human Physiology	4
CHEM 101, Introductory Chemistry <i>or</i>	
CHEM 110, General Chemistry	5
KIN 190, Introduction to Kinesiology	3
PHYS 101, Introductory Physics	4

Program Electives:	units
May select 7 units with no more than 3 units of KIN or DA or units from Required Courses to reach 20 units:	
CHEM 102, Introductory Chemistry <i>or</i>	
CHEM 120, General Chemistry	4-5
DA 102, Beg. Ballet	1-4
DA 103, Beg. Mod. Dance	1-4
DA 104, Beg. Jazz Dance	1-4
DA 105, Beg. Tap Dance	1-4
DA 106, Ballroom Dance	1-4
DA 111, Choreography	1-4
DA 122, Interm. Ballet	1-4
DA 123, Interm. Mod. Dance	1-4
HE 101, Health Education	3
KIN 101, Adaptive Physical Ed.	1-4
KIN 102, Water Aerobics	1-4
KIN 103, Aerobic Conditioning	1-4
KIN 106, Hatha Yoga	0.5-1
KIN 107, Int/Adv Hatha Yoga	1-4
KIN 110, Adv. Baseball Techniques	1-4
KIN 111, Adv. Tennis Techniques	1-4

KIN 113, Adv. Soccer Techniques	1-4
KIN 115, Adv. Basketball Techniques	1-4
KIN 120, Adv. Football Techniques	1-4
KIN 128, Beginning Golf	1-4
KIN 129, Advanced Golf	1-4
KIN 135, Physical Conditioning	1-4
KIN 139, Team Sports Fundamentals	1-4
KIN 140, Pre-Season Sport Cond.	1-4
KIN 145, Women's Fast-Pitch Softball Techniques	1-4
KIN 150, Swimming	1-4
KIN 151, Intermediate Swimming	1-4
KIN 152, Fitness Swimming	1-4
KIN 155, Beginning Volleyball	1-4
KIN 156, Intermediate Volleyball	1-4
KIN 157, Advanced Volleyball	1-4
KIN 160, Beginning Tennis	1-4
KIN 161, Intermediate Tennis	1-4
KIN 162, Advanced Tennis	1-4
KIN 165, Adv. Track Techniques	1-4
KIN 170, Beginning Weight Lifting	1-4
KIN 173, Intermediate Weight Lifting	1-4
KIN 175, Adv. Weight Training for Athletes	2-8
KIN 180, Adv. Volleyball Techniques	1-4
KIN 200–265, Intercollegiate Sports	1-4
PHYS 102, Introductory Physics	4

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
KIN 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
KIN 102, Water Aerobics	1
KIN 150, Beginning Swimming	1
KIN 151, Intermediate Swimming	1
KIN 152, Advanced Swimming	1

Dance:	units
DA 103, Beginning Modern Dance	1
DA 106, Ballroom Dance	1

Fitness:	units
KIN 135, Physical Conditioning	1
KIN 170, Beginning Weight Lifting	1
KIN 173, Intermediate Weight Lifting	1

Individual Sports:	units
KIN 111, Advanced Tennis Techniques	1
KIN 160, Beginning Tennis	1
KIN 165, Advanced Track Techniques	1

Team Sports:	units
KIN 112A, Beginning Soccer	1
KIN 112B, Intermediate Soccer	1
KIN 113, Advanced Soccer Techniques	1
KIN 115, Advanced Basketball Techniques	1
KIN 128, Beginning Golf	1
KIN 155, Beginning Volleyball	1
KIN 156, Intermediate Volleyball	1
KIN 157, Advanced Volleyball	1

Required Electives A	units
Select 6 units from the below list of courses.	
*MATH 115, Statistics	4
*CHEM 110, General Chemistry	5
*PHYS 101, General Physics	4
KIN 191, 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	14

Third Semester	units
BIOL 201, 201L, General Human Anatomy (CSU GE B2/B3)	4
KIN 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	15

Fourth Semester	units
BIOL 202, 202L, General Human Physiology	4
KIN 191, 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	14

**CSU GE or IGETC Pattern 37-39
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–Adaptive Physical Education Course

KIN 101 *ADAPTIVE PHYSICAL EDUCATION

*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)

Kinesiology–Activity Courses

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)

KIN 103 *AEROBIC CONDITIONING

*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)

KIN 106 *HATHA YOGA

*.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly*

Hatha Yoga develops awareness and consciousness in the physical body to unite the mind/body unit. "Asanas" or "postures" are experienced with attention given to exactness and detail of the postural alignment of the body. Strength, endurance, flexibility and balance are achieved through a mental attitude which explores, coaxes, and plays at the edge of stress to create openings in the body. (CSU, AVC)

KIN 107 *INTERMEDIATE/ADVANCED HATHA YOGA*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, AVC)

KIN 110 *ADVANCED BASEBALL TECHNIQUES*1 unit**3 hours weekly*

Advanced skills and techniques of baseball 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 baseball. (CSU, UC, AVC)

KIN 111 *ADVANCED TENNIS TECHNIQUES*1 unit**3 hours weekly*

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

KIN 112A *BEGINNING SOCCER*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)

KIN 112B *INTERMEDIATE SOCCER*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)

KIN 113 *ADVANCED SOCCER TECHNIQUES*1 unit**3 hours weekly*

Advanced skills, techniques, and tactics of soccer will be taught in the course. An emphasis will be placed upon learning advanced strategy, formations, positional role, and teamwork

at the collegiate level. The student will demonstrate and apply rules, theory, problem solving skills, and philosophy of intercollegiate soccer. (CSU, UC, AVC)

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)

KIN 120 *ADVANCED FOOTBALL TECHNIQUES*.5 unit, 1.5 hours weekly**1 unit, 3 hours weekly*

The course is designed for the student who wishes to learn advanced skills, techniques, and teamwork, as it pertains to the sport of football. The student will learn the rules, theory, and philosophy of intercollegiate football. (CSU, UC, AVC)

KIN 128 *BEGINNING GOLF*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)

KIN 129 *ADVANCED GOLF*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)

KIN 135 *PHYSICAL CONDITIONING*.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)

KIN 139 *TEAM SPORT FUNDAMENTALS*.5 unit, 1.5 hours weekly**2 unit, 6 hours weekly*

This course is designed for the student who wishes to compete in athletics at the intercollegiate level. Course content will emphasize appropriate tactics, strategy, and techniques to successfully compete in one of the following sports: baseball, basketball, football, soccer, softball, track, or volleyball. It is

a comprehensive program based upon gaining knowledge of techniques, rules, game strategy and tactics, player positioning, and response to opponent's actions. Students should have previous organized athletic experience and will enroll in the course that corresponds to their sport participation. (CSU, AVC)

KIN 145 *ADVANCED WOMEN'S FAST-PITCH SOFTBALL TECHNIQUES

1 unit

3 hours weekly

Advisory: Student should have at least three years high school fast-pitch experience or equivalent.

Advanced skills and techniques of women's fast-pitch softball 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 women's fast-pitch softball. (CSU, UC, AVC)

KIN 150 *BEGINNING SWIMMING

1 unit

3 hours weekly

Instructional materials fee required for this course and must be paid at registration.

An introduction to the basic skills of swimming, 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 a plain dive will be covered. The student will be eligible to qualify for the Red Cross Levels 1, 2 or 3 swim card. This course is open for nonswimmers. (CSU, UC, AVC)

KIN 151 *INTERMEDIATE SWIMMING

1 unit

3 hours weekly

Limitation on Enrollment: Complete a 100 yard swim test or have completed KIN 150.

Instructional materials fee required for this course and must be paid at registration.

The intermediate class will review all beginning swimming strokes: freestyle, elementary backstroke, backstroke, breaststroke, sidestroke and inverted breaststroke. Then the class will focus on development of intermediate swimming strokes: overarm sidestroke, survival stroke, single trudgen right and left, double trudgen and butterfly. Intermediate instruction will take place about spring-board diving, complex water turns, and building aqua fitness and stamina. Students will be eligible to qualify for the Red Cross Level 4 swim card. (CSU, UC, AVC)

KIN 152 *FITNESS SWIMMING

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)

KIN 155 *BEGINNING VOLLEYBALL

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)

KIN 156 *INTERMEDIATE VOLLEYBALL

1 unit

3 hours weekly

Advisory: Eligibility for KIN 155 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)

KIN 157 *ADVANCED VOLLEYBALL

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)

KIN 160 *BEGINNING TENNIS

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)

KIN 161 *INTERMEDIATE TENNIS

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)

KIN 162 *ADVANCED TENNIS

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)

KIN 165 *ADVANCED TRACK TECHNIQUES

1 unit

3 hours weekly

Advanced skills and techniques of track and field 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 track and field. (CSU, UC, AVC)

KIN 170 *BEGINNING WEIGHT LIFTING

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)

KIN 173 *INTERMEDIATE WEIGHT LIFTING

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)

KIN 180 *ADVANCED VOLLEYBALL TECHNIQUES

1 unit

3 hours weekly

Advisory: Completion of KIN 156 and/or experience of playing competitive volleyball, i.e. high school varsity team, club team volleyball, and/or college team volleyball.

Advanced skills and techniques of volleyball will be taught. An emphasis will be placed upon physical conditioning and plyometric training for team competitive volleyball. The student will learn the rules, theory, and philosophy of intercollegiate volleyball. (CSU, UC, AVC)

Kinesiology–Professional Preparation Courses

KIN 100 *INTRODUCTION TO KINESIOLOGY

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)

KIN 108A *YOGA TEACHER TRAINING 1 - YOGIC LIFESTYLE AND YOGA AS A HEALING PRACTICE

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice.

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 Patanjalis Yoga Sutras. (CSU, AVC)

KIN 108B *YOGA TEACHER TRAINING 2 - GROSS AND SUBTLE ANATOMY

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice.

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)

KIN 108C *YOGA TEACHER TRAINING 3 - PEDAGOGY: THE ART AND SCIENCE OF TEACHING

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice.

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)

KIN 108D *YOGA TEACHER TRAINING 4 - SOCIAL APPLICATIONS OF YOGA

3 units

3 hours weekly

Advisory: Students are advised to have at least 2 years of regular yoga practice.

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)

KIN 190 *INTRODUCTION TO HUMAN MOVEMENT

3 units

3 hours weekly

Limitation on Enrollment: TB skin test clearance within past year. Fingerprints are required by the State of California.

Advisory: Eligibility for ENGL 099 and READ 099.

Students will be introduced to the Human Movement fields of Kinesiology and the related fields of Physical Education, Health Education, Recreation and Sport. Specifically, the psychological, philosophical, pedagogical, sociological, historical and career preparation areas of Physical Education and related careers will be studied. Current trends, issues and developments in Human Movement will be explored. Each student will participate in field experience of teaching a lesson in Physical Education. The course is designed for students who are majoring or minoring in Kinesiology, Physical Education or have related career goals. (CSU, UC, AVC)

KIN 191 *FIRST AID AND EMERGENCY CARE

3 units

3 hours weekly

Advisory: Eligibility for ENGL 099 and READ 099.

Instructional materials fee required for this course and must be paid at registration.

A study of first aid and CPR skills required by the American Red Cross. Course will result in an American Red Cross First Aid and CPR card being issued. (C-ID: KIN 101) (CSU, UC, AVC) (**R unlimited***)

* Course repeatability allowed for mandated training as stated in Title 5, Sections 55763(c) and 58161(c).

KIN 193 *OFFICIATING–FALL SPORTS

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)

KIN 194 *OFFICIATING–SPRING SPORTS

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)

KIN 195 *SPORTS APPRECIATION

3 units

3 hours weekly

Advisory: Eligibility for ENGL 099 and READ 099.

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

KIN 199 *OCCUPATIONAL WORK EXPERIENCE

1–8 units

hours vary

Prerequisite: To participate in work experience, students must have a job or internship which is either paid or voluntary and have the approval of the supervisor and instructor supervising work experience in the specific subject area. **PRIOR TO ENROLLING**, students must attend a scheduled orientation or meet individually with the supervising instructor for an individual orientation.

Occupational Work Experience Education is supervised employment designed to provide students a realistic learning experience through work. The ultimate goal is to teach students those skills and attitudes that will equip them to function and adapt as an employee in a variety of situations and jobs. Occupational Work Experience Education is supervised employment extending classroom-based occupational learning at an on-the-job learning station related to the students' educational major or occupational goal. Credit may be accrued at the rate of one to eight units per semester. For the satisfactory completion of all types of Cooperative Work Experience Education (WE 197 and WE 199), students may earn up to a total of sixteen semester credit hours. (CSU, AVC) (**R3**)

Kinesiology–Athletic Program 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.

KIN 140 *PRE-SEASON SPORT CONDITIONING

.5-2 units

1.5-6 hours weekly

Limitation on Enrollment: *Must be a potential 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)

KIN 175 *ADVANCED WEIGHT TRAINING FOR ATHLETES

.5-2 units

1.5-6 hours weekly

Limitation on Enrollment: *Must be a potential 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)

KIN 200 INTERCOLLEGIATE BASEBALL

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)

KIN 205 INTERCOLLEGIATE MEN'S BASKETBALL

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)

KIN 210 INTERCOLLEGIATE WOMEN'S BASKETBALL

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)

KIN 215 INTERCOLLEGIATE CROSS COUNTRY

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)

KIN 220 INTERCOLLEGIATE FOOTBALL

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)

KIN 225 INTERCOLLEGIATE WOMEN'S TENNIS

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)

KIN 230 INTERCOLLEGIATE WOMEN'S SOCCER

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)

KIN 235 INTERCOLLEGIATE WOMEN'S GOLF

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)

KIN 237 INTERCOLLEGIATE MEN'S GOLF

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)

KIN 240 INTERCOLLEGIATE WOMEN'S SOFTBALL

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)

KIN 245 INTERCOLLEGIATE MEN'S SOCCER

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)

KIN 255 INTERCOLLEGIATE TRACK

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)

KIN 265 INTERCOLLEGIATE WOMEN'S VOLLEYBALL

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)

KIN 270 INTERCOLLEGIATE MEN'S VOLLEYBALL

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)