

KINESIOLOGY (KINE)

undefined

KINE Courses

KINE 100. Physical Activity for Students with Disabilities. 1 unit

Term Typically Offered: TBD

CR/NC

Prerequisite: Consent of instructor.

Basic instruction in the development of skill, knowledge of rules, background and analysis of techniques, and desirable attitudes toward physical fitness and participation in physical activities. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 108. Basketball. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 109. Bowling. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 110. Cycling. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes while engaging in cycling in outdoor settings. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 112. Intermediate Bowling. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Prerequisite: KINE 109.

Basic instruction and the development of skill, knowledge of rules, background and analysis of techniques, and desirable attitudes toward physical fitness and participation in physical activities. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses nor more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 121. Golf. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 122. Golf, Int.-Adv.. 1 unit

Term Typically Offered: F, SP

CR/NC

Prerequisite: KINE 121.

Basic instruction and the development of skill, knowledge of rules, background and analysis of techniques, and desirable attitudes toward physical fitness and participation in physical activities. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses nor more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 125. Jogging. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 128. Yoga. 1 unit

Term Typically Offered: F,W,SP,SU
CR/NC

Practice of Yoga to improve fitness, mobility, flexibility, stability and endurance. Safe and effective training techniques are emphasized. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 129. Yoga/Pilates. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Practice of yoga/pilates to improve fitness, flexibility, core strength and endurance. Safe and effective training techniques are emphasized. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 130. Pilates. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Practice of Pilates to improve fitness, flexibility, core strength and endurance. Safe and effective training techniques are emphasized. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 131. Group Fitness Cardio/Strength. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Group fitness activities designed to improve all components of fitness. Concepts of aerobic endurance, muscular strength and agility are discussed to assist in the formulation of individual goals. Safe and effective training techniques are emphasized. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 132. Racquetball. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 134. Pickleball. 1 unit

Term Typically Offered: F, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Fundamental pickleball skills, knowledge, and strategy such that beginning to intermediate levels of play are attained. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 137. Self-Defense. 1 unit

Term Typically Offered: TBD
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 138. Karate. 1 unit

Term Typically Offered: TBD

CR/NC

Basic instruction and the development of skill, knowledge of rules, background and analysis of techniques, and desirable attitudes toward physical fitness and participation in physical activities. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses nor more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 3 units. Credit/No Credit grading only. 1 laboratory.

KINE 139. Soccer. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 140. Ultimate Disc. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Introduction to Ultimate Disc including fundamental skills, rules of the game and active participation. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 141. Flag Football. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Fundamental flag football skills, knowledge, and strategy such that beginning to intermediate levels of play are attained. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 143. Swimming for Non-Swimmers. 1 unit

Term Typically Offered: TBD

CR/NC

Introduction to aquatic environments for adults for the pursuit of swimming and other aquatic exercise. Developing positive attitudes, good swimming habits and safe practices in and around the water. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 144. Beginning Swimming. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Development of swimming strokes for adults to improve confidence and endurance as novice swimmers. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 145. Intermediate Swimming. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Continuation of stroke refinement for adult swimmers who have basic beginning level swimming skills. Practice of swimming strokes and swimming drills for the enhancement of confidence and improvement of swimming effectiveness and endurance. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 147. Advanced Swimming and Conditioning. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Lap swimming for advanced swimmers. Organized structured swim workouts with emphasis on increasing fitness. Participants should have ability to swim three of the four competitive strokes: freestyle, backstroke, breaststroke, butterfly. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 148. Tennis. 1 unit

Term Typically Offered: F, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 151. Volleyball. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 152. Beach Volleyball. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes while engaging in Beach Volleyball. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 154. Weight Training. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes in a weight room setting. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 176. Fitness Walking. 1 unit

Term Typically Offered: F, W, SP
CR/NC

Basic instruction in skill development, knowledge, and desirable attitudes toward physical activity. Enrollment is open to all students. Total limited to 12 units of credit earned in basic instructional KINE courses (KINE 100-176) for non-majors. The following restrictions apply to KINE 100-176: 1) no more than two different activity courses or more than one section of an individual activity course may be taken for credit in any one quarter, 2) a student may not enroll simultaneously in the same quarter for a beginning, intermediate and/or advanced activity course, and 3) any level of an activity course can be repeated only once for credit. Total credit limited to 2 units. Credit/No Credit grading only. 1 activity.

KINE 180. Orientation to Kinesiology. 2 units

Term Typically Offered: F, W
CR/NC

Prerequisite: Kinesiology majors only.

Disciplinary and professional perspectives in Kinesiology and the Kinesiology program at Cal Poly. Credit/No Credit grading only. 2 lectures.

KINE 181. Responding to Emergencies: Comprehensive First Aid, CPR, AED. 2 units

Term Typically Offered: F, W, SP
CR/NC

An American Red Cross certification course designed to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Skills and knowledge necessary in the treatment of life-threatening emergencies, other injuries, and sudden illnesses. Red Cross First Aid/CPR/AED certifications issued upon successful completion of certification requirements. Credit/No Credit grading only. Course offered in hybrid format with classroom-based and online learning. 1 lecture, 1 activity.

KINE 201. Introductory Undergraduate Research. 1-2 units

Term Typically Offered: F, W, SP

Introduction to individual research, studies, or surveys of selected problems. Intended for students in Kinesiology and in Public Health. Total major credit limited to 4 units. Total credit limited to 6 units. Crosslisted as HLTH/KINE 201.

KINE 240. Introductory Principles of Exercise Science and Sport. 4 units

Term Typically Offered: SP

Prerequisite: Completion of GE Area B2; completion of GE Area B4 with a grade of C- or better in one course (GE Area B1 for students on the 2019-20 or earlier catalogs); and completion of GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs). Recommended: MATH 119; and PHYS 121 or PHYS 141.

Introduction to scientific bases of exercise and sport including concepts associated with health-related components of fitness. 3 lectures, 1 laboratory.

KINE 266. Sport and Exercise Psychology. 4 units

Term Typically Offered: F, W, SP

Prerequisite: Completion of GE Area A with grades of C- or better.

Recommended: PSY 201 or PSY 202.

An introduction to the field of sport and exercise psychology. Psychological theories and research related to topics such as motivation to participate in sport and exercise, exercise and psychological well-being, teamwork and leadership, aggression, anxiety, psychological response to athletic injuries and exercise addiction. Course may be offered in classroom-based or online format. 4 lectures.

KINE 278. Introduction to Perspectives in Physical Activity. 4 units

Term Typically Offered: W

Prerequisite: Completion of GE Area A with grades of C- or better; and GE Area C2. Recommended: PHIL 230 or PHIL 231.

Current and historical trends in human movement from philosophical perspectives including Western and Eastern intellectual traditions; exploration of the effects of culture on the view of the human body and the understanding of the role of physical activity and sport in people's lives. 4 lectures.

KINE 280. Assessment Team for Health Promotion Activities. 1 unit

Term Typically Offered: TBD

CR/NC

Prerequisite: HLTH/KINE 250, HLTH/KINE 255, or HLTH/KINE 260.

Recommended: KINE 319 and STAT 218.

Introduction to multiple health and fitness assessment protocols through participation in community-based activities and/or as assistants on faculty-led research projects. Experiential and service learning. Total credit limited to 3 units. Credit/ No Credit grading only. 1 activity. Crosslisted as HLTH/KINE 280.

KINE 281. Health Ambassadors. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Recommended: HLTH/KINE 250, HLTH/KINE 255, or HLTH/KINE 260.

Introduction to health education and promotion strategies through participation in community-based activities and/or as assistants on faculty-led projects. Experiential and service learning. Field trip required. Total credit limited to 3 units. Credit/No Credit grading only. Course may be offered in classroom-based, online, or hybrid format. 1 activity. Crosslisted as HLTH/KINE 281.

KINE 290. Selected Topics. 1-4 units

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of selected topics. The Class Schedule will list topic selected. Total credit limited to 8 units. 1 to 4 lectures. Crosslisted as HLTH/KINE 290.

KINE 301. Functional Anatomy. 3 units

Term Typically Offered: F, W, SP

Prerequisite: PHYS 121; and BIO 231 or BIO 409.

Functional organization of the human musculoskeletal system and articulations. Emphasis on the roles of muscles during activities of daily living, human performance settings, and the structure of freely movable joints. 3 lectures.

KINE 303. Physiology of Exercise. 4 units

Term Typically Offered: F, W, SP

Prerequisite: BIO 231; and BIO 232 or BIO 361. Recommended: CHEM 128.

Application of human physiology to exercise situations. 3 lectures, 1 laboratory.

KINE 304. Pathophysiology and Exercise. 3 units

Term Typically Offered: F, W, SP

Prerequisite: KINE 303.

Selected human diseases, their etiology, pathophysiology, symptoms, diagnosis, effects on health and physical performance, and as affected by preventive or therapeutic exercise. 3 lectures.

KINE 307. Adapted Physical Activity. 4 units

Term Typically Offered: W, SP

Prerequisite: Sophomore standing; completion of GE Area B2; and completion of GE Area B1 (GE Area B3 for students on the 2019-20 or earlier catalogs).

Major categories of disabling conditions with implications for the development of physical activity programs for specific disabilities. 3 lectures, 1 laboratory. Formerly KINE 407.

KINE 308. Motor Development. 3 units

Term Typically Offered: W, SP

Prerequisite: GE D4.

Motor development of individuals from birth to maturity. Emphasis on interrelationship between motor and cognitive characteristics and affective needs and interests. Course may be offered in classroom-based or online format. 3 lectures.

KINE 310. Concepts and Applications in Elementary Physical Education. 3 units

Term Typically Offered: F, W, SP

Prerequisite: Junior standing.

Movement as it relates to physical motor skill development, fitness, wellness, social development, cross-cultural understanding, and self-image. 2 lectures, 1 activity.

KINE 312. Motor Learning and Control. 4 units

Term Typically Offered: F, W

Prerequisite: STAT 217 or STAT 218.

Variables which control sensory-motor integration. Analysis of factors which affect the acquisition of motor skills as related to the learning process and the learning environment. 3 lectures, 1 activity. Formerly KINE 402.

KINE 319. Introduction to Research Methods in Kinesiology. 4 units

Term Typically Offered: F, W

Prerequisite: STAT 217 or STAT 218.

Principles of reading and conducting research including contemporary research perspectives in kinesiology. Basic and applied research. Quantitative, qualitative, and mixed methods. 3 lectures, 1 laboratory.

KINE 323. Sport and Gender. 4 units

Term Typically Offered: F, W, SP
 2020-21 or later: Upper-Div GE Area D
 2019-20 or earlier catalog: GE Area D5
 USCP

Prerequisite: Junior standing; completion of GE Area A with grades of C- or better; one course in GE Area B4 with a grade of C- or better (GE Area B1 for students on the 2019-20 or earlier catalogs); and one lower-division course in GE Area D.

Intersections between sport and gender in American society. Identification and discussion of the historical, sociological and psychological issues that affect the sport experiences of people of different genders, especially as they relate to class, race/ethnicity, sexuality, and political movements. Course may be offered in classroom-based, online, or hybrid format. 4 lectures. Fulfills GE Upper-Division D (GE Area D5 for students on the 2019-20 or earlier catalogs); and USCP.

KINE 324. Sports, Media and American Popular Culture. 4 units

Term Typically Offered: F, W, SP
 2020-21 or later: Upper-Div GE Area D
 2019-20 or earlier catalog: GE Area D5
 USCP

Prerequisite: Junior standing; completion of GE Area A with grades of C- or better; one course in GE Area B4 with a grade of C- or better (GE Area B1 for students on the 2019-20 or earlier catalogs); and one lower-division course in GE Area D.

Issues of class, race/ethnicity, gender, various forms of deviance, and other aspects of social life. Exploration of sociological manifestations and implications of how the aforementioned social issues are embedded in mediated forms of sports. Course may be offered in classroom-based, online, or hybrid format. 3 lectures, 1 activity. Fulfills GE Upper-Division D (GE Area D5 for students on the 2019-20 or earlier catalogs); and USCP.

KINE 330. Group Fitness Instruction. 2 units

Term Typically Offered: TBD
 Prerequisite: KINE 301.

Overview of basic components of group fitness classes in school, corporate and commercial fitness settings. Development of instructional competencies in the primary components of a group fitness class. Instructional techniques, professionalism, leadership styles conducive to promoting exercise adherence. Application of basic theory related to human anatomy, biomechanics, exercise physiology, training principles and use of relevant ACSM guidelines. 2 activities.

KINE 337. Early Fieldwork Experience. 1-3 units

Term Typically Offered: F, W, SP
 CR/NC
 Prerequisite: Junior standing.

Practical work experience in related activities of kinesiology under qualified supervision. Total credit limited to 9 units. Credit/No Credit grading only. Minimum of 2 laboratory hours per week per unit. Crosslisted as HLTH/KINE 337. Formerly KINE 437.

KINE 349. Exercise Testing and Prescription for Healthy Populations. 4 units

Term Typically Offered: F, W, SP
 Prerequisite: KINE 303. Recommended: KINE 301.

Selected areas of health/fitness screening and evaluation. Application of components relevant to the development and administration of exercise programs for healthy persons regardless of sex, age, or functional capacity. 3 lectures, 1 laboratory. Formerly KINE 452.

KINE 366. Applied Sport Psychology. 3 units

Term Typically Offered: SP
 Prerequisite: one of the following: PSY 201, PSY 202, or KINE 266.

Psychological considerations of the coach-athlete relationship and mental preparation of teams and individuals for competition and practice. Application of sport psychology principles to develop a psychological skills training program appropriate to enhance performance and well-being in sport or exercise contexts. Course offered in hybrid format with classroom-based and online learning. 3 lectures.

KINE 382. Psychological Aspects of Injury in Sport and Physical Activity. 4 units

Term Typically Offered: F, W, SP
 2020-21 or later: Upper-Div GE Area D
 2019-20 or earlier catalog: GE Area D5
 Prerequisite: Junior standing; completion of GE Area A with grades of C- or better; one course in GE Area B4 with a grade of C- or better (GE Area B1 for students on the 2019-20 or earlier catalogs); one lower-division course in GE Area D; and completion of GE Area E. Recommended: KINE 266.

Psychosocial antecedents to injury in sport/exercise, factors in psychological experience and treatment of the injured individual. Psychological theories and applied considerations related to injury and rehabilitation. 4 lectures. Fulfills GE Upper-Division D (GE Area D5 for students on the 2019-20 or earlier catalogs).

KINE 400. Special Problems for Advanced Undergraduates. 1-3 units

Term Typically Offered: F, W, SP
 Prerequisite: Junior standing.

Individual investigation, research, studies, or surveys of selected problems. Total major credit limited to 4 units. Total credit limited to 6 units. Crosslisted as HLTH/KINE 400.

KINE 401. Managing Exercise, Health, and Sport Programs. 3 units

Term Typically Offered: F, SP
 Prerequisite: One course in GE Area D2 (or in GE Area D3 for students on the 2019-20 or earlier catalogs); and completion of GE Area E (GE Area D4 for students on the 2017-19 or earlier catalogs).

Planning, organizing and controlling programs in public, commercial, private and clinical exercise, health and sport program settings. Emphasis on legal, ethical and budgetary considerations. 3 lectures.

KINE 403. Biomechanics. 4 units

Term Typically Offered: F, W, SP
 Prerequisite: KINE 301.

Fundamental biomechanical concepts and their application to human systems including examination of activities of daily living and performance settings. Examination of the effects of chronic and acute loading on the body. 3 lectures, 1 laboratory.

KINE 406. Neuroanatomy. 4 units

Term Typically Offered: TBD

Prerequisite: BIO 231 and BIO 232; or ZOO 331 and ZOO 332, or BIO 361.

Structure and function of the human nervous system. Afferent and efferent pathways involved in perception and action. Behavioral aspects of motor control and related neurological dysfunction and pathologies. Designed for allied health professions students. 4 lectures.

KINE 408. Exercise and Health Gerontology. 3 units

Term Typically Offered: F, W, SP

Prerequisite: One of the following: KINE 250, KINE 255, or KINE 260; and KINE 304.

Special fitness, exercise, and health needs of elder adults. Theories of aging and age-related changes. Health and physical activity programs for elder adults. Course may be offered in classroom-based, online, or hybrid format. 3 lectures.

KINE 409. Interdisciplinary Study in Biomechanics. 4 units

Term Typically Offered: SP

Prerequisite: BMED 410 and CE 207 or CE 208; or KINE 403; or ME 326.

Examination of human motion biomechanics. Experimental and analytical methods in motion analysis based on rigid body dynamics. Protocols for protection of human subjects in research. Hypothesis-driven research in interdisciplinary teams, including written proposal development and written/oral communication of results to a scientific audience. 1 lecture, 3 activities. Crosslisted as BMED/KINE/ME 409.

KINE 412. Physical Activity and Public Health. 3 units

Term Typically Offered: SP

Prerequisite: CRP 214, HLTH 298, or KINE 319. Recommended: KINE 303.

Evaluation of scientific evidence supporting current physical activity guidelines for physical and mental well-being. Application of evidence-based strategies to promote physical activity at the individual, community, and policy levels. 3 lectures.

KINE 438. Adapted Physical Activity Fieldwork. 1-3 units

Term Typically Offered: F, W, SP

CR/NC

Prerequisite: KINE 307.

Practical experience in adapted physical activity programming. Students plan and conduct physical activity programs for people who are disabled. Total credit limited to 6 units. Credit/No Credit grading only.

KINE 440. Kinesiology/Public Health Practicum. 1 unit

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Supervised experience involving organizational and instructional responsibilities in activity, lecture and/or laboratory classes. Total credit limited to 3 units. Crosslisted as HLTH/KINE 440.

KINE 445. Electrocardiography. 4 units

Term Typically Offered: F, W

Prerequisite: KINE 303.

Basic principles of electrocardiography, including practical skills of the ECG technician. Recognition of normal ECG patterns and abnormal changes related to rhythm disturbances, conduction defects, myocardial ischemia/infarction, and exercise. 3 lectures, 1 laboratory.

KINE 446. Echocardiography. 4 units

Term Typically Offered: TBD

Prerequisite: KINE 445.

Basic principles of echocardiography, including practical skills of the echocardiographer. Recognition of normal echocardiographic patterns and abnormalities, including those caused by pathology and exercise conditioning. 2 lectures, 2 laboratories.

KINE 449. Exercise Prescription for Diseased and Special Populations. 3 units

Term Typically Offered: W, SP

Prerequisite: KINE 304; KINE 349; and KINE 445. Recommended: KINE 459.

Use of medical history, physical examination, laboratory and exercise testing data for establishment of appropriate exercise programs for clinical and special populations. Course offered in hybrid format with classroom-based and online learning. 2 lectures, 1 laboratory.

KINE 454. Exercise Metabolism. 4 units

Term Typically Offered: F, W, SP

Prerequisite: KINE 303; KINE 319; and CHEM 216 or CHEM 312.

Recommended: CHEM 313 or CHEM 314.

Advanced understanding of metabolic and endocrine responses to exercise. How exercise impacts storage, delivery, and fuel use required for energy conversion. Course may be offered in classroom-based, online, or hybrid format. 4 lectures.

KINE 459. Personal and Group Fitness Instruction. 3 units

Term Typically Offered: F, W, SP

Prerequisite: KINE 301; KINE 303; KINE 312.

Instructional competencies in the primary components of a group fitness class and individually tailored personal fitness programs. Instructional techniques, professionalism, leadership styles conducive to promoting exercise adherence. Application of basic theory related to human anatomy, motor learning, exercise physiology, training principles and relevant ACSM guidelines. 1 lecture, 2 activities.

KINE 460. Experiential Senior Project. 1 unit

Term Typically Offered: F, W, SP

CR/NC

Prerequisite: HLTH 402 or KINE 319; completion of GE Area A with grades of C- or better; and senior standing.

A comprehensive applied capstone experience that integrates content from Kinesiology courses under faculty supervision. Projects must be approved by the supervising faculty member. Minimum 30 hours. Credit/No Credit grading only.

KINE 461. Senior Project Report. 1 unit

Term Typically Offered: F, W, SP

Prerequisite: HLTH 402 or KINE 319; and completion of GE Area A with grades of C- or better.

A comprehensive synthesis of professional literature that integrates content from kinesiology courses resulting in a report. Topic must be approved by the instructor. Course may be offered in classroom-based or online format. 1 seminar.

KINE 462. Research Honors Senior Project. 1-2 units

Term Typically Offered: F, W, SP

Prerequisite: HLTH 402 or KINE 319; completion of GE Area A with grades of C- or better; and consent of instructor.

Completion of an advanced research, or creative project. Intended for students taking a significant or leadership role in a professional area. Results may be submitted for poster presentation or other public/professional forum. Total credit limited to 4 units.

KINE 463. Exercise Science and Health Promotion Fieldwork. 1-3 units

Term Typically Offered: F, W, SP

CR/NC

Prerequisite: Junior or senior standing and minimum GPA of 2.0.

Practical experience at an approved agency that provides exercise/fitness/health promotion programs. Students participate in program administration under the direct supervision of an approved on-site coordinator. Credit/No Credit grading only. Total credit limited to 3 units.

KINE 470. Selected Advanced Topics. 1-4 units

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group study of selected topics for advanced students. The Class Schedule will list topic selected. Total credit limited to 8 units. 1 to 4 lectures. Crosslisted as HLTH/KINE 470.

KINE 471. Selected Advanced Laboratory. 1-4 units

Term Typically Offered: TBD

Prerequisite: Consent of instructor.

Directed group laboratory study of selected topics for advanced students. The Class Schedule will list topic selected. Total credit limited to 8 units. 1 to 4 laboratories. Crosslisted as HLTH/KINE 471.

KINE 485. Cooperative Education Experience. 6 units

Term Typically Offered: TBD

CR/NC

Prerequisite: Sophomore standing and consent of instructor.

Part-time work experience in business, industry, government, and other areas of student career interest. Positions are paid and usually require relocation and registration in course for two consecutive quarters. Formal report and evaluation by work supervisor required. Major credit limited to 6 units; total credit limited to 12 units. Credit/No Credit grading only.

KINE 495. Cooperative Education Experience. 12 units

Term Typically Offered: TBD

CR/NC

Prerequisite: Sophomore standing and consent of instructor.

Full-time work experience in business, industry, government, and other areas of student career interest. Positions are paid and usually require relocation and registration in course for two consecutive quarters. Formal report and evaluation by work supervisor required. Major credit limited to 12 units; total credit limited to 24 units. Credit/No Credit grading only.

KINE 500. Independent Study. 1-3 units

Term Typically Offered: F, W, SP

Prerequisite: KINE 517, graduate standing, and consent of instructor.

Advanced study planned and completed under the direction of a member of the department faculty. Open only to graduate students who have demonstrated ability to do independent work. Enrollment by petition. Only 6 units may be applied to degree requirements.

KINE 501. Evaluation of Literature and Current Trends in Kinesiology. 3 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Analysis and evaluation of published studies and current trends in kinesiology. 3 seminars.

KINE 503. Current Health Issues. 4 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Current issues and trends in health, disease prevention, and the healthcare system. Socioeconomic, biologic, environmental, institutional and policy factors that influence health status, disparities in health, and positive health outcomes. 4 seminars.

KINE 504. Advanced Pathophysiology and Exercise. 3 units

Term Typically Offered: TBD

Prerequisite: graduate standing. Recommended: KINE 303 or equivalent.

Selected human diseases, their etiology, pathophysiology, symptoms, diagnosis, effects on health and physical performance, and as affected by preventive or therapeutic exercise. 3 lectures.

KINE 505. Introduction to Issues, Ethics and Policies in Teaching Kinesiology. 2 units

Term Typically Offered: TBD

CR/NC

Prerequisite: Graduate standing.

Knowledge, skills, preparation and support for teaching Kinesiology activity and laboratory classes in the department. Prepares students to be supervisors and teachers in their current or future employment. Credit/No Credit grading only. 1 seminar, 1 activity.

KINE 510. Advanced Health Behavior Change Programs. 3 units

Term Typically Offered: TBD

Prerequisite: KINE 503 or KINE 504 and graduate standing.

Examination of contemporary research, theory and practice related to facilitating healthy behavior change. Analysis of health problems from biological, ecological, and psycho-social perspectives with emphasis on understanding the acquisition and maintenance of healthy behavior. 3 seminars.

KINE 511. Administration in Exercise and Health Settings. 4 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Principles and techniques of administration in health, physical activity, and academic settings including budget, personnel supervision, risk management, leadership techniques, and facility management. 4 seminars.

KINE 517. Research Methods in Kinesiology. 4 units

Term Typically Offered: TBD

Prerequisite: KINE 501. Recommended: STAT 512 or STAT 513.

Quantitative, qualitative and mixed methods approaches to research in kinesiology. Selection of adequate problems for investigation; various sampling techniques and analyses; use of library facilities; manuscript requirements for the thesis. 4 seminars.

KINE 518. Research Prospectus and Proposal Writing. 2 units

Term Typically Offered: TBD

CR/NC

Prerequisite: KINE 517.

Strategies for identifying academically valid research topics. Planning considerations for qualitative and quantitative research including grant writing, human subjects review, personnel, equipment, and timelines. Design and composition of effective research proposals. Credit/No Credit grading only. 2 seminars.

KINE 522. Advanced Biomechanics. 4 units

Term Typically Offered: TBD

Prerequisite: KINE 403.

Advanced biomechanical concepts applied to human movement, examination of research, and biomechanical analyses of movement activities. Performance, occupational, and clinical settings. Laboratory techniques including motion analysis, force platform, and electromyography. 3 seminars, 1 laboratory.

KINE 525. Advanced Motor Learning and Control. 3 units

Term Typically Offered: TBD

Prerequisite: KINE 402 or equivalent.

Analysis of control theories, research principles and motor learning variables involved in the acquisition of skilled movement with an emphasis on the behavioral level of learning. 3 seminars.

KINE 526. Advanced Sport and Exercise Psychology. 3 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Theoretical and professional issues in the psychological foundations of sport and exercise. 3 seminars.

KINE 530. Advanced Physiology of Exercise. 4 units

Term Typically Offered: TBD

Prerequisite: KINE 303 and graduate standing.

Physiological determinants of physical work capacity and sports performance. 3 seminars, 1 laboratory.

KINE 536. Advanced Electrocardiography. 4 units

Term Typically Offered: TBD

Prerequisite: KINE 445.

Theory and application of electrocardiography and other techniques for cardiovascular assessment and treatment of cardiac disease and other abnormalities. 3 seminars, 1 laboratory.

KINE 537. Internship. 3-12 units

Term Typically Offered: TBD

CR/NC

Prerequisite: Graduate standing; consent of instructor.

Supervised work experience in an approved wellness/fitness clinical facility, school, or other faculty approved setting. Total credit limited to 12 units. Maximum of 6 units may be applied toward Master of Science in Kinesiology. Credit/No Credit grading only.

KINE 539. Effective Practice in Teaching and Coaching. 3 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Observation and analysis of teaching physical education and coaching sports with special emphasis in pedagogical systems. 2 seminars, 1 laboratory.

KINE 570. Selected Advanced Topics. 4 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Directed group study of selected topics for graduate students. Open to undergraduate and graduate students. The Class Schedule will list topic selected. Total credit limited to 8 units. 4 lectures.

KINE 581. Graduate Seminar in Kinesiology. 1-3 units

Term Typically Offered: TBD

Prerequisite: Graduate standing.

Directed group study of selected topics for advanced students. The Class Schedule will list topic selected. Total credit limited to 6 units. 1 to 3 seminars.

KINE 585. Cooperative Education Experience. 6 units

Term Typically Offered: TBD

CR/NC

Prerequisite: Graduate standing.

Advanced study analysis and part-time work experience in student's career field; current innovations, practices, and problems in administration, supervision, and organization of business, industry, and government. Must have demonstrated ability to do independent work and research in career field. Total credit limited to 9 units. Credit/No Credit grading only.

KINE 599. Thesis or Project. 1-6 units

Term Typically Offered: TBD

Prerequisite: KINE 517, KINE 518 and consent of instructor.

Completion of a thesis or project pertinent to the field of kinesiology. Independent research under the guidance of the faculty.

KINE 4451. Nutrition for Fitness and Sport. 4 units

Term Typically Offered: F, SP

Prerequisite: CHEM 124 or CHEM 1120; KINE 303 or KINE 3303; KINE 319 or KINE 3319; and one of the following: HLTH 250, HLTH 255, HLTH 260, HLTH 1150, HLTH 1155, or HLTH 1160.

Application of nutritional and metabolic concepts to selected aspects of physical training, diet manipulation, and modification in sport. Nutritional supplementation and special dietary considerations for athletes of all ages. Course may be offered in classroom-based or online format. 4 lectures. Formerly KINE 451.