

KINESIOLOGY - ACTIVITY (KPEA)

KPEA 100A BEGINNING PHYSICAL FITNESS LAB

Units: 1.00

UC:CSU 54.00 hours lab

Introduces beginning physical fitness principles and applications to develop and encourage positive habits in a personalized exercise program. Offered pass/no pass only.

KPEA 100B ADVANCED PHYSICAL FITNESS LAB

Units: 1.00

UC:CSU 54.00 hours lab

Presents advanced techniques in a laboratory physical fitness course designed to develop and encourage life long positive attitudes and habits in a personalized exercise program. Offered pass/no pass only.

KPEA 101A BEGINNING WEIGHT TRAINING

Units: 1.00

UC:CSU 54.00 hours lab

Presents beginning level instruction in weight training, emphasizing lifting and training techniques, basic nutrition, and wellness concepts.

KPEA 101B ADVANCED WEIGHT TRAINING

Units: 1.00

UC:CSU 54.00 hours lab

Recommended Preparation: KPEA-101A, KPEI-153 or equivalent physical preparation.

Advanced methods of physical conditioning and fitness program design, including principles of explosive training like Olympic lifts, plyometrics, balance training, speed development and functional flexibility training.

KPEA 102 RUNNING FOR FITNESS

Units: 1.00

UC:CSU 54.00 hours lab

Presents the principles and theories of aerobic, and cardiovascular training. Strength, flexibility, and jogging/running programs will be emphasized.

KPEA 103 CARDIO CROSS-TRAINING

Units: 1.00

UC:CSU 54.00 hours lab

A group exercise class focusing on improvement of cardiovascular and muscular fitness. Various training methods such as step aerobics, kick boxing, plyometrics, muscle sculpting, and core training are included. Proper form, exercise technique, and safety are addressed for all training modes. Basic anatomy and physiology of human conditioning will also be discussed.

KPEA 105 STEP AEROBICS

Units: 1.00

UC:CSU 54.00 hours lab

Provides group cardiovascular conditioning utilizing a step platform.

KPEA 107 STRETCHING FOR FLEXIBILITY AND RELAXATION

Units: 1.00

UC:CSU 54.00 hours lab

Introduces stretching exercises that enhance flexibility, reduce muscle tension, and promote relaxation; styles may include yoga, Pilates and others.

KPEA 125 WALKING FOR FITNESS

Units: 1.00

UC:CSU 54.00 hours lab

Focuses on improving cardio-respiratory endurance through a safe and effective walking exercise program.

KPEA 145A BEGINNING BASEBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the fundamentals of baseball, including the skills and mechanics of throwing, hitting, and catching, as well as overall gamesmanship.

KPEA 145B INTERMEDIATE BASEBALL

Units: 1.00

UC:CSU 54.00 hours lab

Designed to enable students to become proficient in the intermediate skills of baseball, emphasizing play and strategy.

KPEA 150A BEGINNING BASKETBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the basic fundamentals of basketball.

KPEA 150B INTERMEDIATE BASKETBALL

Units: 1.00

UC:CSU 54.00 hours lab

Provides the intermediate skills of basketball.

KPEA 150C ADVANCED BASKETBALL

Units: 1.00

UC:CSU 54.00 hours lab

Recommended preparation: KPEA-150B

Presents the advanced skills of basketball.

KPEA 160A BEGINNING FOOTBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the techniques of the sport of football, emphasizing recreational play, skills, and game strategy.

KPEA 160B INTERMEDIATE FOOTBALL

Units: 1.00

UC:CSU 54.00 hours lab

Develops intermediate level football skills, emphasizing competitive play and specific game-situation strategies.

KPEA 165A BEGINNING GOLF

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the fundamentals of golf including stance, grip, swing, putting, rules of golf, and overall gamesmanship.

KPEA 165B INTERMEDIATE GOLF

Units: 1.00

UC:CSU 54.00 hours lab

Recommended Preparation: KPEA-165A

Develops intermediate level golf skills emphasizing the techniques and tactics for long irons and woods.

KPEA 165C ADVANCED GOLF

Units: 1.00

UC:CSU 54.00 hours lab

Recommended Preparation: KPEA-165B

Develops advanced skills including course management, match and stroke play strategies, and club selection.

KPEA 170A BEGINNING SOCCER

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the techniques of the sport of soccer for the beginning level player, emphasizing recreation play, strategy and rules.

KPEA 170B INTERMEDIATE SOCCER

Units: 1.00

UC:CSU 54.00 hours lab

Develops intermediate-level soccer skills, emphasizing intermediate/advanced play, strategy and rules.

KPEA 175A BEGINNING SOFTBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the fundamentals of softball, including the rules and mechanics of throwing, hitting, and catching, and overall gamesmanship.

KPEA 175B INTERMEDIATE SOFTBALL

Units: 2.00

UC:CSU 108.00 hours lab

Designed to enable students to become proficient in the intermediate skills of softball with emphasis on play and strategy. Progressive instruction includes hitting, fielding, throwing and catching, including weight training and conditioning. A lead up class for intercollegiate softball.

KPEA 180A BEGINNING SWIMMING

Units: 1.00

UC:CSU 54.00 hours lab

Introduces beginning swimming skills, emphasizing water safety.

KPEA 180B INTERMEDIATE SWIMMING

Units: 1.00

UC:CSU 54.00 hours lab

Develops intermediate swim skills, emphasizing the four competitive swim strokes. Speed and endurance will be emphasized in a training environment.

KPEA 180C ADVANCED SWIMMING

Units: 1.00

UC:CSU 54.00 hours lab

Develops advanced swim skills emphasizing four competitive swim strokes, as well as advanced speed and endurance training.

KPEA 185A BEGINNING TENNIS

Units: 1.00

UC:CSU 54.00 hours lab

Introduces rules, methods, techniques and basic fundamentals for the beginning tennis player.

KPEA 185B INTERMEDIATE TENNIS

Units: 1.00

UC:CSU 54.00 hours lab

Develops intermediate tennis skills emphasizing play and strategy.

KPEA 185C ADVANCED TENNIS

Units: 1.00

UC:CSU 54.00 hours lab

Presents advanced tennis skills with highly competitive game playing, including attacking ground strokes, quick volleys, offensive overheads, serves, service returns and power ground strokes.

KPEA 195A BEGINNING VOLLEYBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces the fundamentals of volleyball, including rules, serving, setting, passing, attacking, blocking, digging and overall gamesmanship.

KPEA 195B INTERMEDIATE VOLLEYBALL

Units: 1.00

UC:CSU 54.00 hours lab

Introduces intermediate volleyball skills and strategies, including jump-serving, the quick attack, 6-2 and 5-1 offensive systems, and rotational defense.

KPEA 195C ADVANCED VOLLEYBALL

Units: 1.00

UC:CSU 54.00 hours lab

Recommended Preparation: KPEA-195B

Introduces advanced skills including the quick attack, jump serving, and strategies associated with the game of volleyball at an advanced/competitive level.

KINESIOLOGY – INTERCOLLEGIATE (KPEI)**KPEI 153 OFF-SEASON CONDITIONING FOR INTERCOLLEGIATE SPORTS**

Units: 1.00-2.00

UC:CSU 54.00-108.00 hours lab

May be taken four times for credit

Specific physical fitness related to off-season intercollegiate athletic participation. An understanding of and participation in advanced exercise programs contributing to the advancement of athletic performance. Emphasis is placed on individual and group activities that contribute to specific sport advancement.

KPEI 245A INTERCOLLEGIATE BASEBALL

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of baseball. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 245B OFF-SEASON BASEBALL TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of baseball. Appropriate for members of the intercollegiate baseball team and individuals interested in baseball training at an advanced level.

KPEI 250A INTERCOLLEGIATE BASKETBALL I

Units: 1.50

UC:CSU 81.00 hours lab

May be taken four times for credit

Fall intercollegiate competition in the sport of basketball. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 250B INTERCOLLEGIATE BASKETBALL II

Units: 1.50

UC:CSU 81.00 hours lab

May be taken four times for credit

Spring intercollegiate competition in the sport of basketball. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 255A INTERCOLLEGIATE CROSS-COUNTRY

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of cross country. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 255B OFF-SEASON CROSS-COUNTRY TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of cross country. Appropriate for members of the intercollegiate cross country team and individuals interested in cross country training at an advanced level.

KPEI 260A INTERCOLLEGIATE FOOTBALL

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of football. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 260B OFF-SEASON FOOTBALL TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of football. Appropriate for members of the intercollegiate football team and individuals interested in football training at an advanced level.

KPEI 265 INTERCOLLEGIATE GOLF

Units: 2.00

UC:CSU 180.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of golf. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 270A INTERCOLLEGIATE SOCCER

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of soccer. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 270B OFF-SEASON SOCCER TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of soccer. Appropriate for members of the intercollegiate soccer team and individuals interested in soccer training at an advanced competitive level.

KPEI 275A INTERCOLLEGIATE SOFTBALL

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of softball. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 275B OFF-SEASON SOFTBALL TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of softball. Appropriate for members of the intercollegiate softball team and individuals interested in softball training at an advanced level.

KPEI 280A INTERCOLLEGIATE SWIMMING

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of swimming. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 280B OFF-SEASON SWIMMING TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of swimming. Appropriate for members of the intercollegiate swim team and individuals interested in swimming training at an advanced level.

KPEI 290A INTERCOLLEGIATE TRACK AND FIELD

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of track and field. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 290B OFF-SEASON TRACK AND FIELD TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of track and field. Appropriate for members of the intercollegiate track and field team and individuals interested in track and field training at an advanced level.

KPEI 295A INTERCOLLEGIATE VOLLEYBALL

Units: 3.00

UC:CSU 162.00 hours lab

May be taken four times for credit

Intercollegiate competition in the sport of volleyball. Students must meet California Community College eligibility requirements as established by the California Community College Athletic Association.

KPEI 295B OFF-SEASON VOLLEYBALL TRAINING

Units: 2.00

UC:CSU 108.00 hours lab

May be taken four times for credit

Provides off-season training in the sport of volleyball. Appropriate for members of the intercollegiate volleyball team and individuals interested in volleyball training at an advanced level.

KINESIOLOGY - THEORY (KPET)

KPET 104 THEORY AND ANALYSIS OF FOOTBALL

Units: 3.00

UC:CSU 54.00 hours lecture

Presents advanced football fundamentals, including the theory and philosophy of offensive and defensive strategy, principles of the kicking game and special teams, and coaching organization and implementation. Does not meet the physical education activity requirement for the associate degree.

KPET 107 THEORY AND ANALYSIS OF BASKETBALL

Units: 3.00

UC:CSU 54.00 hours lecture

Presents the history, rules, styles, game strategy, and current developments of basketball while preparing teams for games and practices. Does not meet PE activity requirement. UC credit limitations, consult a counselor.

KPET 108 THEORY AND ANALYSIS OF SOCCER

Units: 3.00

UC:CSU 54.00 hours lecture

Examines the history, rules, styles, game strategy, current developments, preparations of teams for games and weekly practice schedules, of soccer. Does not meet PE activity requirement. UC credit limitations, consult a counselor.

KPET 120 EMERGENCY PROCEDURES

Units: 2.00

UC:CSU 18.00 hours lecture, 54.00 hours lab

Introduces procedures to maintain health in emergency first aid situations. Successful course completion qualifies a student for the American Red Cross Community First Aid and Safety, CPR for the Professional Rescuer and Automated External Defibrillation cards. Does not meet the Physical Education requirement for the Associate Degree.

KPET 200 INTRODUCTION TO KINESIOLOGY

Units: 3.00

UC:CSU 54.00 hours lecture

C-ID KIN 100

Introduces the field of kinesiology as a profession and an academic discipline. Focuses on the following sub-disciplines: exercise physiology, sports nutrition, biomechanics, motor control and learning, sports medicine/athletic training, rehabilitative medicine, teaching and coaching, and sports psychology. This course does not satisfy the physical education activity requirement for the associate degree. UC credit limitation: KPET-200 and 201 combined, maximum credit one course.

KPET 201 PRINCIPLES OF PHYSICAL FITNESS AND CONDITIONING

Units: 3.00

UC:CSU 54.00 hours lecture

Fitness and conditioning concepts and their relationship to the human body. Focus is on physiological principles and the conditioning process. This course does not satisfy the physical education activity requirement for the associate degree. UC credit limitation: KPET-200 and 201 combined, maximum credit one course.

KPET 205 PERSONAL TRAINER CERTIFICATION PREPARATION

Units: 2.00

CSU 36.00 hours lecture

Preparation for taking the CPT, Certified Personal Trainer, exam through the National Strength and Conditioning Association, NCSA. Covers methods of client assessment, measurement, and evaluation. Highlights include resistance training program design, nutrition, body composition, and cardio-respiratory fitness. Instruction in proper weight training exercise fundamentals and spotting techniques. Does not meet the Physical Education requirement for the Associate Degree

KPET 209 AMERICAN SPORTS IN FILM

Units: 3.00

CSU 54.00 hours lecture

Examines American sports history, the portrayal of sport, and the contributions made by members representing various gender, ethnic and socio-economic backgrounds as depicted through sports related films.

KPET 210 PREVENTION AND CARE OF ATHLETIC INJURIES

Units: 3.00

UC:CSU 54.00 hours lecture

Introduces the field of athletic training, including the role of the athletic trainer in relation to the physician, coach and athlete, emphasizing the prevention, recognition, and treatment of common sports injuries. Does not meet the Physical Education activity requirement for the Associate Degree.

KPET 210L PREVENTION AND CARE OF ATHLETIC INJURIES LAB

Units: 1.00

UC:CSU 54.00 hours lab

Covers the principles and techniques for application of protective taping, padding, wrapping and bracing, emphasizing the prevention of sport and exercise injuries. Does not meet the Physical Education activity requirement for the Associate Degree.

KPET 212 SPORTS MEDICINE CLINICAL EXPERIENCE

Units: 3.00

CSU 36.00 hours lecture, 54.00 hours lab

Recommended Preparation: KPET-120 & KPET-210L

Provides instruction and clinical experience for students interested in sports-related injury care and rehabilitation. Includes injury assessment and diagnosis, therapeutic modality usage and selection, and rehabilitation of sports injuries. Does not meet the physical education activity requirement for the associate degree.

KPET 213A PRACTICUM IN SPORTS MEDICINE – LOWER EXTREMITY

Units: 2.00

UC:CSU 18.00 hours lecture, 54.00 hours lab

Prerequisite: KPET-210, KPET-210L & KPET-212. Recommended Preparation: KPET-120

Focuses on practical experience in sports medicine, emphasizing lower extremity athletic injuries. Includes immediate recognition, diagnosis, treatment, rehabilitation and taping technique to enable athletes to return safely to competition. Does not meet the physical education activity requirement for the associate degree.

KPET 213B PRACTICUM IN SPORTS MEDICINE – UPPER EXTREMITY

Units: 2.00

UC:CSU 18.00 hours lecture, 54.00 hours lab

Prerequisite: KPET-210, KPET-210L & KPET-212. Recommended Preparation: KPET-120

Focuses on practical experience in sports medicine, emphasizing upper extremity athletic injuries. Includes immediate recognition, diagnosis, treatment, rehabilitation and taping technique to enable athletes to return safely to competition. Does not meet the physical education activity requirement for the associate degree.

KPET 213C PRACTICUM IN SPORTS MEDICINE – GENERAL MEDICAL CONDITIONS

Units: 2.00

UC:CSU 18.00 hours lecture, 54.00 hours lab

Prerequisite: KPET-210, KPET-210L & KPET-212. Recommended Preparation: KPET-120

Focuses on a practical experience in sports medicine with a specific focus on traumatic injuries and general medical conditions as they pertain to the athletic population. Includes immediate recognition, diagnosis and treatment of traumatic injuries and general medical conditions to enable athletes to safely compete. Does not meet the physical education activity requirement for the associate degree.

KPET 217 SPORTS MANAGEMENT

Units: 3.00

CSU 54.00 hours lecture

Introduces organization, management, planning, staffing, directing, and controlling a sports program, including such areas as budget, facilities, scheduling, officials, transportation, public relations, parent and booster clubs, purchase and care of athletic equipment, fundraising and marketing.