

# Kinesiology

College of Health  
and Human Services

## Department of Kinesiology

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<http://www.csufresno.edu/kines/programs/>

## B.S. in Kinesiology

Options:

- Athletic Training
- Exercise Science
- General Kinesiology
- Physical Education

## M.A. in Kinesiology

Options:

- Exercise Science
- Sport Psychology

## Coaching Minor

## Single Subject Teaching Credential in Physical Education

## Kinesiology

Kinesiology is a term which implies broad and inclusive study of human movement: art, science, historical evolution, roles in society, and impact upon personal lives and well-being. The academic discipline of kinesiology includes exercise physiology, biomechanics, athletic training, pedagogy and teaching, motor learning and control, sports psychology, sport sociology, sports philosophy, dance education, fitness and wellness, and coaching. Within the Department of Kinesiology at California State University, Fresno, there are four areas of curricular focus: pedagogy and teaching, exercise science, athletic training, and general kinesiology.

The **Physical Education Option** has a curricular emphasis in pedagogy designed for students with professional goals in teaching and coaching. Completion of this option provides access to teaching credential programs and teaching careers in grades K-12.

The **Exercise Science Option** is focused upon applications of exercise, fitness, and wellness



in clinical, preventive, rehabilitative, athletic performance, industrial, and laboratory settings. The option provides a broad and comprehensive background in the physical, biological, and technical sciences, and prepares the student for professional applications or advanced degree work and research in exercise science. Marketability and advancement within these professions can be enhanced by additional certification through such organizations as the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA). Individual faculty and specific coursework can help students prepare for these certifications.

The **Athletic Training Education Program Option** is designed for students with professional goals in athletic training who are seeking certification by the NATA-BOC. This is an accredited program by the Commission on Accreditation of Allied Health Education Programs (CAAHEP). The program has high academic and performance standards, which include completion of a three-year proficiency-based clinical education program. Transfer students will be advised on an individual basis (see ATEP curriculum director.) The clinical experience may be completed on campus where service is provided for all 19 intercollegiate sports, or in an affiliated off-campus setting. Students interested in this program must consult an athletic training adviser. The Athletic Training Education Program Option is on impacted status (the number of applications received is greater than the number of vacancies). Therefore, admission to the option is very competitive; there is no waiting list. Only the most quali-

fied applicants will be admitted. Applicants must reapply each time and compete with the entire applicant pool if not selected. All applicants must comply with the technical standards in athletic training for admission and retention in the program.

**Note:** California residents are given preference over out-of-state and international students as long as the option is on impacted status.

The **General Option** is designed for students interested in areas not served by the other three options in kinesiology. The General Option is not designed to prepare students for credential or certification programs. Rather, General Option students may find employment in a variety of health and business-related fields such as personal training, corporate fitness, medical equipment sales, or public safety.

A bachelor's degree in any of the four undergraduate options will effectively prepare students for graduate work within that specific area.

The **Master of Arts** program is designed to provide advanced study to extend competence in the areas of science, pedagogy, administration, and research techniques. The curriculum has the flexibility to promote professional applications, facilitate career advancement, or provide preparation for doctoral study. Class size and format promote experiential learning and quality interactions among students and faculty.

## Activity Classes

A broad variety of activity classes is offered for students interested in physical activity and kinesthetic learning. The program objective is to develop knowledge, skills, and fitness through practical experience in movement and exercise. Activity courses are offered in aquatics, recreational dance, individual activities and team sports. Unique experiences are provided in areas such as bicycling, fencing, martial arts, yoga, and massage. These courses are open to students across the entire spectrum of physical abilities.

## Facilities

The facilities for these programs include two gymnasiums, six racquetball/handball courts, a large matted area, two dance studios, a gymnastics apparatus area, a strength-training area, an all-weather track, multipurpose fields for softball, flag football, soccer, ultimate frisbee, and golf, an archery range, a swimming pool, a human performance lab, and an athletic training room.

**Faculty**

Catherine G.R. Jackson, *Chair*  
*Undergraduate Adviser*: Consult department chair.  
 Kenneth R. Aldrich, *Graduate Coordinator*  
 Timothy R. Anderson, *Coordinator of Exercise Science Option*  
 Scott Sailor, *Coordinator and Curriculum Director of Athletic Training Option*  
 Thomas C. Minniear, *Coordinator of Physical Education Option and Credential Adviser*  
 Kenneth A. Aldrich Felicia Greer  
 Tim R. Anderson Catherine  
 O. Duane Ballard Jr. G.R. Jackson  
 Virginia F. Chadwick Thomas C.  
 Michael G. Coles Minniear  
 Jenelle N. Gilbert Jacobo O. Morales  
 Wade Gilbert Scott Sailor

**Bachelor of Science Degree Requirements**

**Kinesiology Major** *Units*  
**Major requirements** ..... **41-80**

(Combined core and option requirements.)  
**Core Program** ..... (13)  
 (required of all options)  
 KINES 20, 33, 104, 116, 118

**Options (select one)** ..... (28-67)\*  
**Athletic Training**

**Option** ..... (54)  
 KINES 38, 43, 135, 137, 138, 139, 140, 141, 142 (4 units); NUTR 147; KINES 143 (8 units), 163 or 165; HS 48; PHYAN 64, 65; PHTH 119

**Exercise Science**  
**Option** ..... (57-61)\*  
 KINES 38, 119, 159 (or HS 92 or MATH 11), 163, 165, 167; NUTR 147; BIOSC 1A or BIOL 10; CHEM 1A or 3A; CHEM 3B or 8; PHYAN 64, 65; PHYS 2A

Select two from:  
 KAC 21, 24, 31, 39, 40, 42, 46, 54, 103, 120, 121; ATHL 100  
 Select 12 units from:  
 KINES 137, 138, 139, 140, 148, 199; HS 48, 109, 110, 111, 114, 141, 182; PSYCH 177; ACCT 3, BIOSC 1B, 140A, 140B;

CHEM 1B, 125, 128A, 128B, 150; CSCI 1, 10, 101; IE 95; MATH 70; MGT 104, 106; MICRO 20; NURS 124; PHTH 105, 119, 125, 126; PHYAN 130, 140, 151, 158, 163, 165, 172; PHYS 2B; RLS 125; any one of COMM 3, 103, 116, or 170

**General Kinesiology Option** ..... (28-50)\*

HS 48 (or equivalent); NUTR 53 or 147; KINES 35 or PHYAN 33 or 64/65; KINES 144 or 190 or 199

Select no less than 6 or more than 9 units from each of the following:

- KINES 30, 38, 134, 137, 138, 139, 148, 157, 163, 165
- KINES 32, 124, 125A, 125B, 125C, 125D, 126, 128, 130, 132
- KINES 109, 111, 113, 120, 122, 136, 140, 141, 152, 153, 159, 167

Select three KAC courses  
 Complete approved elective units. (See general option adviser.)

**Physical Education**

**Option** ..... (55-62)\*

KAC 31; KINES 30, 35 (or PHYAN 33), 109, 113, 120, 122, 124, 126, 128, 130, 132, 134, 144, 152, 153, 157, 159; NUTR 53 or 54 or 147; HS 48 (or equivalent)

Select one from:  
 KAC 40, 41, 51  
 Select one from: KAC 24, 60, approved 80T; DANCE 117A, 155A, 158A; CLS 107

Select one from:  
 KAC 17, 19, 20, 22, 27, 30, 46, 54

**General Education requirements** ..... **51**  
**Major requirements** ..... **41-80\***  
**Electives** ..... **1-28\***  
**Total** ..... **120\***

\*This total indicates that a maximum of 12 units in General Education also may be applied to the kinesiology major as follows: COMM 3 in GE A1; CSCI 1 in G.E. Foundation A3; 3 units of CHEM 1A or 3A or PHYS 2A in G.E. Breadth B1; 3 units of BIOSC 1A in G.E. Breadth B2;

and IE 95 in G.E. Breadth E1. Consult the department chair or faculty adviser for additional details.

**Advising Notes**

1. With the assistance of the department adviser, students may choose a sequence of courses that will prepare them for working with specific age groups or special populations, coaching, athletic training, teaching physical education, and professional applications in the exercise sciences and fitness-related industries.
2. Students majoring in kinesiology may count a maximum of 12 units of activity courses (ATHL, KAC, DANCE) toward the 120 units required for a bachelor's degree. Repeat credit towards the kinesiology major is not allowed in any of these activity courses.
3. **CR/NC** grading is not permitted in courses for the kinesiology major, except in those courses which are designated **CR/NC** grading only.
4. General Education and elective units may be used toward a minor (see *departmental minors*) or supplemental credential. Consult the appropriate department chair, program coordinator, or faculty adviser for further information.
5. Students interested in the athletic training option should consult the department regarding criteria for selection into this program.
6. A grade of **C** or higher in all required coursework is necessary for successful completion of the major. Any course required as a prerequisite must be completed with a grade of **C** or better before registration in the subsequent course.
7. Lower-division courses taken at other institutions may be accepted as being equivalent to lower-division requirements in the department. Petitions to have courses accepted should be completed during the first semester in the major.
8. No General Education Integration and Multicultural/International course offered by the Kinesiology Department may be used to satisfy the General Education requirements for majors in the department.

**Physical Education Teaching Credential Requirements**

*Units*

**Single Subject Credential in Physical Education**

B.S. degree with option in physical education ..... **128**  
 Professional preparation courses ..... **37**  
**Total** ..... **165**

## Advising Notes

1. Students interested in obtaining a teaching credential are strongly advised to confer with the department's credential adviser at the beginning of their junior year.
2. Students must apply and be admitted to the School of Education and Human Development to begin education requirements. For prerequisites and other admission requirements, see the *Single Subject Credential Programs* listed under the Curriculum, Teaching, and Educational Technology Department.
3. The required courses, or their approved equivalents, in the B.S. degree and credential programs must be completed by all single subject credential candidates.
4. Verification that the subject matter competency process has been completed and a recommendation for admission into the professional preparation program are the responsibility of the department credential adviser. These may be granted only after the prescribed B.S. degree waiver program has been completed.

## Coaching Minor Requirements

Units

KINES 20 and 134; KINES 38, 116 or 118, and 162; NUTR 147 or KINES 180T (Exercise Nutrition and Body Composition) .....	15
KINES 125A, or 125B, or 125C, or 125D .....	3
KAC 31 and KINES 124; or KINES 126, or 130, or 132 .....	3
Coaching Internship (KINES 199) approved by dept. chair .....	2
<b>Total</b> .....	<b>23</b>

*Note:* The Coaching Minor also requires a 2.0 GPA and 6 upper-division units in residence.

## Supplementary Authorization in Physical Education

(Formerly Physical Education Minor) — see Kinesiology Department's credential adviser.

## Advising Notes

1. Students must consult with an adviser.
2. Advanced First Aid and CPR must be current at the time of graduation.

## Master of Arts Degree Requirements

The Department of Kinesiology offers advanced study designed to enhance professional competencies in pedagogy (M.A. in Kinesiology), exercise science (Exercise Science Option), and sport psychology (Sport Psychology Option.) These offerings prepare students for more advanced degrees,

applied research, and/or careers in clinical settings, teaching, administration, coaching, or school or professional sport management.

**Specific requirements.** The Master of Arts degree requires 30 units of advanced coursework, of which there is a common core of 9 units. Dependent on the option, 9-18 units are selected from specified courses, and 3-12 units of electives plus a culminating experience are chosen.

Students who wish to pursue a specialization in sport administration should see the graduate coordinator in the Department of Kinesiology.

Under the direction of a graduate adviser, each student designs a coherent program within the following framework:

<i>M.A. in Kinesiology</i>	Units
<b>Core</b> .....	<b>9</b>
KINES 230, 231, and 261	
<b>Required coursework</b> .....	<b>9</b>
Select three from: KINES 241, 242, 244, 262, 263, and 285	
<b>Electives</b> .....	<b>12</b>
Any additional KINES 200-level courses or approved outside area courses	
<b>Culminating experience</b> .....	<b>0-6</b>
KINES 299, 298, or comprehensive exam	
<b>Total</b> .....	<b>30</b>

**Electives** .....

**Culminating experience**.....

**Total** .....

## Exercise Science Option

Units

<b>Core</b> .....	<b>9</b>
KINES 230, 231, and 261	
<b>Required coursework</b> .....	<b>12-18</b>
With advisement, select from: KINES 222, 233, 235, 237, 238, 265, and 285	
<b>Electives</b> .....	<b>3</b>
Any KINES 200-level course or approved outside area course	
<b>Culminating experience</b> .....	<b>0-6</b>
KINES 299 or comprehensive exam plus internship	
<b>Total</b> .....	<b>30</b>

**Electives** .....

Any KINES 200-level course or approved outside area course

**Culminating experience**.....

**Total** .....

## Sport Psychology Option

Units

<b>Core</b> .....	<b>9</b>
KINES 230, 231, and 261	
<b>Required coursework</b> .....	<b>9</b>
KINES 263, 265, and 266	
<b>Electives within program</b> .....	<b>6-12</b>
Any additional KINES 200-level course	
<b>Electives outside program</b> .....	<b>0-6</b>
COUN 200, MBA 270, PSYCH 166	

**Culminating experience**.....

**Total** .....

## Advising Notes

1. The Master of Arts degree program in Kinesiology assumes undergraduate preparation equivalent to a California State University, Fresno major in kinesiology. Students may be required to take 12-15 prerequisite units.
2. All students must pass a written qualifying exam before advancement to candidacy. The university graduate-level writing skills requirement is met by successful completion of this step. See the graduate coordinator for more information.
3. See also the general graduate requirements listed under the *Division of Graduate Studies*.

## COURSES

*Note:* Activity courses may be repeated for credit. Students may apply a maximum of eight units for the total degree requirements.

## Aquatics (KAC)

### KAC 4. Swimming for Beginners (1)

An introduction to aquatic safety, swim lore, self rescue, and the following strokes: freestyle, back crawl, breast stroke, butterfly, and side stroke. (Course fee, \$4)

### KAC 6. Water Aerobics (1)

Water exercises which will be the vehicle to develop improved physical fitness or a therapeutic role with pool activities ranging from walking and jogging to resistance activities and hydrotherapy. (Course fee, \$4)

### KAC 101. Advanced Lifesaving (2)

Prerequisite: 500-yard swim in 10 minutes or less. (Course fee, \$4)

### KAC 103. Swim for Fitness (1)

Prerequisite: intermediate swim ability. Development of aerobic, cardiovascular fitness through swimming. Exposure to various swim programs and practice of a variety of swimming strokes. (Course fee, \$4)

## Recreational Dance (KAC)

### KAC 11. Partners Club Dancing (1)

Teaches dancing with a variety of partners in club settings. Covers analysis of rhythms associated with modern music and application of these rhythms to partner dance. (Course fee, \$4) (Formerly KAC 80T)

**KAC 12. Elementary Social Dance (1)**  
An introduction to a variety of dances. Includes the basic step and variations for the cha-cha, waltz, fox trot, swing, tango, and rumba. (Course fee, \$4)

**KAC 13. Swing Dance (1)**  
Exploration of the many facets of swing dance for couples, including step patterns, rhythms, and configurations. (Course fee, \$4) (Formerly KAC 80T)

**KAC 14. Country Western (1)**  
Introduction to a variety of country western line, contra, circle, and partner dances. (Course fee, \$4)

**KAC 112. Intermediate Social Dance (1)**  
Prerequisite: KAC 12 or equivalent. Refinement and added variations of dances learned in Elementary Social Dance as well as additional dances. (Course fee, \$4)

### ***Individual Activities (KAC)***

**KAC 15. Basic Massage (1)**  
Fundamental massage techniques; types of massage and their usage; physiological and psychological effects of massage, classical Swedish massage strokes and their sequence. (Course fee, \$4)

**KAC 16. Adapted Physical Activity (1)**  
Individually designed activity for disabled students. (Course fee, \$4)

**KAC 17. Elementary Archery (1)**  
Instruction in archery skills, including care and construction of tackle. Emphasis on fundamental skills and shooting form. (Course fee, \$4)

**KAC 18. Backpacking (2)**  
Limited to novice backpackers. (Estimated cost to student approximately \$50 for supplies, transportation.)

**KAC 19. Elementary Badminton (1)**  
Instruction in basic skills and techniques of badminton for singles, doubles, and mixed doubles play. Emphasis on basic skill development, rules, and strategy. (Course fee, \$4)

**KAC 20. Elementary Bicycling (2)**  
Introduction to bicycling as a lifetime sport. Bicycle selection, care, and maintenance. Traffic laws and bicycle safety. Student must provide own 10-speed bicycle. Two all-day rides on Saturday. Medical clearance required. (Course fee, \$16)

**KAC 21. Elementary Strength Training (1)**  
Basic knowledge and concepts of use of resistive exercises to increase muscular strength and endurance. The course stresses the physiological considerations of weight training, selecting exercises for basic pro-

grams, charting workouts, nutritional considerations, and the safety of weight training. (Course fee, \$4)

**KAC 22. Elementary Bowling (1)**  
An introductory course which stresses fundamentals of the stance, approach and delivery, scoring, bowling terminology, etiquette, and league play. (Course fee, \$25)

**KAC 24. Elementary Conditioning Exercises and Aerobics (1)**  
A variety of floor and step activities to develop and improve strength, flexibility, and cardiovascular endurance. (Course fee, \$4)

**KAC 27. Elementary Fencing (1)**  
Instruction in the on-guard position, footwork, basic defensive and offensive skills, and judging a foil fencing bout. Emphasis on foil fencing. (Course fee, \$4)

**KAC 28. Beginning Billiards (1)**  
Basic concepts, techniques, skills, and strategies associated with billiards, pool, and similar games. (Course fee, \$4) (Formerly KAC 80T)

**KAC 30. Elementary Golf (1)**  
Beginning instruction on the techniques for putting, chipping, pitching, iron, and wood shots. Also includes rules and etiquette for golf. (Course fee, \$4)

**KAC 31. Elementary Gymnastics (1)**  
Basic skills for balancing, stunts, tumbling, trampolining and apparatus work. (Course fee, \$4)

**KAC 33. Fitness Walking (1)**  
Designed to improve physical and emotional health through walking for pre-set duration and intensity. Includes benefits, walking technique, weight loss plan, and pre- and post-fitness levels. (Course fee, \$4)

**KAC 39. Jogging (1)**  
Instruction in the basic principles of fitness as they apply to a jogging program. Emphasis on learning how to train/workout, cardiorespiratory endurance, and proper walking/jogging techniques and flexibility. (Course fee, \$4)

**KAC 40. Elementary Karate (1)**  
Japanese style of Shotokan Karate. (Course fee, \$4)

**KAC 41. Judo (1)**  
Basic instruction in techniques for throwing, grappling skills, and limited self-defense. Students should achieve technical level of yellow belt. (Course fee, \$4)

**KAC 42. Physical Training (2)**  
Unique overall fitness program emphasizing strength and endurance training. Designed to tone muscles, promote weight loss and increase stamina. Course is tailored to indi-

vidual student needs. Program includes running, weight lifting, aerobics, stadium stair runs, sprints, push ups, and sit ups. (Course fee, \$4)

**KAC 43. Taekwondo (1)**  
Korean martial art and Olympic event; emphasizes self-control, balance and coordination, flexibility, speed, self-defense, and Olympic-style sparring. (Course fee, \$4) (Formerly KAC 80T)

**KAC 44. Kendo (1)**  
The art of Japanese fencing; emphasizes self-discipline, physical training, competition, and swordsmanship. (Course fee, \$4) (Formerly KAC 80T)

**KAC 45. Basic Aikido (1)**  
Basic Aikido techniques, terminology, and Dojo etiquette. Facilitates the understanding and application of basic Aikido self-defense techniques, and prepares the student with basic skills necessary to comfortably train in any Aikido Dojo. (Course fee, \$4) (Formerly KAC 80T)

**KAC 46. Elementary Racquetball (1)**  
Introduction to rules, etiquette, basic strategy, and a variety of shots, including the forehand and backhand drive, lob, pinch, kill, and back-wall. Also includes a variety of serves. (Course fee, \$4)

**KAC 47. Tai Chi (1)**  
Fundamentals of history, philosophy, and practice of Tai Chi. (Course fee, \$4) (Formerly KAC 80T)

**KAC 48. Cardiovascular Boot Camp (1)**  
An advanced physical conditioning course that provides students with a military style cardio-respiratory and strength training program which will promote lifetime fitness. (Course fee, \$4) (Formerly KAC 80T)

**KAC 50. Assault Avoidance Techniques (1)**  
Physical training and practice to facilitate the understanding and application of basic self-defense techniques and to raise awareness for personal safety and empowerment. Explores many creative self-defense strategies. (Course fee, \$4) (Formerly KAC 80T)

**KAC 51. Self-defense for Women (1)**  
Instruction in the basics of personal defense and safety. Emphasis will be on awareness and prevention as well as techniques for dealing with an assailant. (Course fee, \$4) (Formerly PE AC 51)

**KAC 53. Beginning Table Tennis (1)**  
Instruction in basic skills and techniques of table tennis for singles and doubles play. Emphasis upon footwork, strokes, different spins, and strategies. (Course fee, \$4) (Formerly KAC 80T)

## **KAC 54. Elementary Tennis (1)**

Designed for players with little or no experience or for players with experience who want to review the basics. Topics to be covered include: tennis terminology, stroke fundamentals, game rules, basic positioning for singles and doubles play, footwork, and tennis etiquette. (Course fee, \$4)

## **KAC 60. Yoga (1)**

Instruction and practice in the basics of Hatha Yoga. Includes beginning breathing patterns, relaxation techniques, physical postures, and concentration exercises. (Course fee, \$4)

## **KAC 117. Intermediate Archery (1)**

Prerequisite: KAC 17 or equivalent. Refinements of basic shooting skills and shooting events at intermediate skill level. (Course fee, \$4)

## **KAC 119. Intermediate Badminton (1)**

Prerequisite: KAC 19 or equivalent. Review of beginning level skills and introduction of intermediate level skills and strategies. Emphasis on technique and execution of skills. (Course fee, \$4)

## **KAC 120. Cycling for Fitness (2)**

Prerequisite: KAC 20 or equivalent. (Course fee, \$16)

## **KAC 121. Intermediate Strength Training (2)**

Prerequisite: KAC 21 or equivalent. Information and experience in intermediate strength training techniques for strength, power, muscular endurance, symmetry, and muscular hypertrophy (increase in size). (Course fee, \$4)

## **KAC 122. Intermediate Bowling (1)**

Prerequisite: KAC 22 or equivalent, an average score of 130 or more, or permission of instructor. Refinement of bowling skills. Group and individualized instruction along with concentrated practice. (Course fee, \$25)

## **KAC 123. Advanced Bowling (2)**

Development and refinement of bowling skills and strategies at a level equivalent to high-level competition. (Course fee, \$25) (Formerly KAC 80T)

## **KAC 124. Intermediate Conditioning Exercises and Aerobics (1)**

Prerequisite: KAC 24 or equivalent. Vigorous exercises for weight control, physical fitness, and total well-being. Designed for students with intermediate levels of fitness. (Course fee, \$4)

## **KAC 127. Intermediate Fencing (1)**

Prerequisite: KAC 27 or equivalent. (Course fee, \$4)

## **KAC 130. Intermediate Golf (2)**

Prerequisite: KAC 30 or equivalent. (Course fee, \$50)

## **KAC 131. Intermediate Gymnastics (1)**

Prerequisite: KAC 31 or equivalent. Develop, practice, and refine intermediate tumbling and gymnastic skills. (Course fee, \$4)

## **KAC 140. Intermediate Karate (1)**

Prerequisite: KAC 40 or equivalent. Japanese style of Shotokan Karate. (Course fee, \$4)

## **KAC 146. Intermediate Racquetball (1)**

Prerequisite: KAC 46 or equivalent. Review of beginning racquetball skills and knowledge; practice at intermediate skill level leading to club or tournament play. (Course fee, \$4)

## **KAC 154. Intermediate Tennis (1)**

Prerequisite: KAC 54 or equivalent. Review of beginning level skills and introduction of intermediate level tennis strokes and strategy. (Course fee, \$4)

## **KAC 156. Triathlon (2)**

Prerequisite: permission of instructor. Practice and development of swimming, cycling, and running skills to enhance performance in triathlon events. (Course fee, \$4)

## ***Team Activities (KAC)***

### **KAC 65. Basketball (1)**

Participation-based course emphasizing basketball fundamentals such as passing, dribbling, and shooting, as well as basic fast break and offensive and defensive principles. (Course fee, \$4)

### **KAC 68. Soccer (1)**

Instruction and practice in the basic fundamentals of soccer. Includes game rules, terminology, participation and competition drills, fundamental soccer skills, conditioning, principles of play, and appropriate sportsmanship. (Course fee, \$4)

### **KAC 71. Elementary Volleyball (1)**

Instruction and practice in basic fundamentals of volleyball. Includes setting, serving, passing, blocking, rules and strategies, and practical applications of knowledge in game situations. (Course fee, \$4)

### **KAC 73. Softball (1)**

Instruction and practice in playing skills, strategies, and rules of softball. Includes individual skill, offensive and defensive skills and concepts, modified game activities, and competitive opportunities. (Course fee, \$4)

### **KAC 80T. Topics in Kinesiology (1-2; max total 8 if no topic repeated)**

Participation in and investigation of selected physical activities not in current curriculum. (Course fee, \$4)

## **KAC 171. Intermediate Volleyball (1)**

Prerequisite: KAC 71 or equivalent. Review of basic skills and introduction of intermediate level skills and strategies. (Course fee, \$4) (Formerly PE AC 171A)

## ***Kinesiology (KINES)***

### **KINES 20. Fitness Development (1)**

Fundamental and basic principles of development of physical fitness; integration of theory and practice. Physical performance and written requirements included. Prerequisite for many other kinesiology courses. (2 lab hours)

### **KINES 30. Introduction to Kinesiology: Historical and Professional Foundations (3)**

Introduction to the professional foundations of kinesiology: physical education, exercise science, and sports medicine. Includes history, philosophy, concepts, programs, qualifications, careers, issues, and future of the discipline.

### **KINES 32. Lifetime Fitness and Wellness (2)**

Healthy lifestyle patterns, exercise, nutrition, and physiological hygiene. Prevention of chronic diseases. Long-term behavior modification. Includes physiological measurements, nutritional analysis, and principle of exercise. Requires concurrent enrollment in one of the following: KAC 6, 21, 24, 31, 33, 39, or 103. G.E. Breadth E1.

### **KINES 33. Foundations of Sport and Exercise Psychology (3)**

The study and application of psychological principles and foundations to sport and exercise across the lifespan and across activity contexts. (Formerly KINES 80T)

### **KINES 35. Human Structure and Function: Applications to Physical Education (3)**

An introductory study of principles, concepts, and interactions of human anatomy and physiology specifically related to physical activity and directed toward physical educators and/or coaches. Emphasis on the following systems: metabolic (bioenergetics), respiratory, cardiovascular, neuromuscular, and skeletal. (Formerly KINES 180T)

### **KINES 38. Introduction to Athletic Training (3)**

Designed for prospective coaches, athletic trainers, and health and physical educators. Aids in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries. (2 lecture, 2 lab hours)

**KINES 43. Preliminary Athletic Training Laboratory (1; max total 2)**  
Prerequisite: HS 48, KINES 20, KINES 38. Designed for prospective student athletic trainers. Practical clinical experience (200 hours per semester verified by on-site supervisor) at high schools sports medicine clinics and junior colleges, under supervision of an N.A.T.A. certified athletic trainer. *CR/NC* grading only.

**KINES 75T. Topics in Kinesiology (1-3; max total 8)**  
Introductory topics in kinesiology not available through current curricula offerings.

**KINES 100. Fundamental Skills and Concepts (2)**  
Prerequisites: KINES 20 (may be taken concurrently). Study and analysis of fundamental skills and movement patterns with applications in selected activities. Skills required for physical education major classes will be analyzed, evaluated, and practiced to improve performance level. (1 lecture, 2 lab hours)

**KINES 104. Information Systems and Technology in Kinesiology (3)**  
Prerequisite: KINES 20. Introduction to computers with an emphasis on document production, choosing and using appropriate software, and accessing CD-ROM-based and on-line kinesiology databases. Contemporary computer hardware and software applications for the kinesiologist. (2 lecture, 2 lab hours)

**KINES 109. Motor Learning (3)**  
Prerequisite: KINES 20. Principles of motor learning. The study of various theories. Application of theories and findings in presentations and planning of movement activities. (2 lecture, 2 lab hours)

**KINES 111. The Olympic Games (3)**  
Prerequisites: G.E. Foundation and Breadth Area D. History, development, and significance of the Olympic Games; Olympism as a microcosm of cross-cultural, political, economic, and gender relationships. G.E. Integration ID.

**KINES 112C. Officiating Track and Field (1)**  
Analysis and interpretation of rules for track; procedures, mechanics, and practice in officiating. (1-2 hour lecture/lab) (Spring only)

**KINES 113. Physical Growth and Development (3)**  
Prerequisite: KINES 20 (may be taken concurrently); PHYAN 33 (or PHYAN 64 and 65) (or PHYAN 64 and PHTH 119). Physical growth and development from prenatal period through old age with emphasis on motor development.

**KINES 116. Fundamentals of Biomechanics (3)**  
Prerequisites: KINES 20 (may be taken concurrently); PHYAN 33 (or PHYAN 64 and 65) (or PHYAN 64 and PHTH 119). Study of structural and mechanical properties of musculoskeletal system, associated movement function of human body, and applied physics. (2 lecture, 2 lab hours)

**KINES 118. Fundamentals of Exercise Physiology (3)**  
Prerequisites/concurrent: KINES 20; PHYAN 33 (or PHYAN 64 and 65) (or PHYAN 64 and PHTH 119). The study and application of physiological bases of movement, work, response, and adaptation to exercise. Environmental conditions, gender, and age considered.

**KINES 119. ECG and Clinical Exercise Physiology (3)**  
Prerequisites: PHYAN 64 and 65; KINES 118. Foundational principles and concepts of electrocardiography and clinical applications of principles and concepts of exercise physiology.

**KINES 120. Planning Strategies for Physical Education (3)**  
Prerequisites: KINES 20, 30. Corequisite: KINES 124, 126, 128, 130, or 132. Organization, presentation, and evaluation of in-class demonstrations. Philosophy of teacher preparation covered and developed through practice, observation, planning and presentations. (2 lecture, 2 lab hours)

**KINES 122. Nontraditional Games and Outdoor Education (3)**  
Prerequisites: KINES 20 (may be taken concurrently). Study of a variety of recreational, multicultural, and nontraditional games, as well as outdoor education for lifelong participation. (2 lecture, 2 lab hours)

**KINES 124. Analysis and Application: Tumbling and Gymnastics (2)**  
Prerequisites: KINES 20; KINES 120 concurrently; KAC 31. Study of biomechanical, physiological, and psychological principles underlying acquisition of skill in, and performance of, tumbling and gymnastics. Practical experience in learning, refinement, and analysis of skills, with focus upon appropriate teaching models and strategies. (4 lab hours)

**KINES 125A. Coaching Football (3)**  
Principles underlying participation in competitive football. (Spring only)

**KINES 125B. Coaching Basketball (3)**  
Principles underlying participation in competitive basketball. (Fall only)

**KINES 125C. Coaching Track and Field (3)**  
Principles underlying participation in competitive track and field.

**KINES 125D. Coaching Baseball (3)**  
Principles underlying participation in competitive baseball. (Fall only)

**KINES 126. Analysis and Application: Aquatics (3)**  
Prerequisites: KINES 20; KINES 120 concurrently; swimming skill test. Overview of aquatics: elementary through advanced skills (infant through adult). Emphasis on sequencing skills and water safety certification. Required to teach physical education in California public schools. (2 lecture, 2 lab hours)

**KINES 128. Analysis and Application: Dance Heritage Survey (3)**  
Prerequisites: KINES 20; KINES 120 concurrently; dance skill test. Observation, practice, and analysis of basic skills in ethnic and social dance forms. Understanding and appreciation of dance in diverse cultures. Study and practice of leadership skills in dance. (2 lecture, 2 lab hours)

**KINES 130. Analysis and Application: Individual/Dual Lifetime Activities (3)**  
Prerequisites: KINES 20; KINES 120 concurrently. Study, analysis, and practical experience in: teaching skills, concepts, strategies, and rules; presentation of techniques; skill evaluation; and organization of the instructional environment for archery, badminton, golf, racquetball, and tennis. (1 lecture, 4 lab hours)

**KINES 132. Analysis and Application: Team Sports (3)**  
Prerequisites: KINES 20; KINES 120 concurrently. Analysis and performance of basic skills. Strategies in a variety of team sports commonly taught in public schools. Skill progressions, class organization to maximize participation, planning for activities, micro-teaching, and self-analysis of skills. (1 lecture, 4 lab hours)

**KINES 134. Analysis and Application: Fitness (2)**  
Prerequisites: KINES 20; KINES 120 concurrently; KINES 116, 118. Basic principles, theory and practice of development, and maintenance of fitness for health and physical performance. Emphasis upon application for teachers and coaches. (4 lab hours)

**KINES 135. Professional Issues in Athletic Training (3)**  
Prerequisite: KINES 38. The study and application of various professional issues relevant to the profession of athletic training including pharmacology, medical documentation, and development and imple-

mentation of drug testing and education programs. (Spring only)

### **KINES 136. Psychology in Athletic Training and Rehabilitation (3)**

An examination of selected concepts in psychology as they relate to athletic training. Psychological applications are studied in the following domains of athletic training: prevention, recognition, immediate care, and rehabilitation.

### **KINES 137. Structural Biomechanics (3)**

Prerequisites: KINES 20 (may be taken concurrently); PHYAN 64 or PHTH 119. Human movement: biological and mechanical bases, application of musculoskeletal considerations, and principles of mechanics to human movements. (Offered fall semester only.)

### **KINES 138. Evaluation in Athletic Training (3)**

Prerequisites: KINES 20, 38, 137. Advanced study in athletic training including injury recognition and evaluation procedures. (2 lecture, 2 lab hours)

### **KINES 139. Therapeutic Modalities in Athletic Training (3)**

Prerequisites: KINES 20, 38; PHYAN 64 or PHTH 119. The theory and application of various therapeutic modalities used in the treatment of athletic injuries. (2 lecture, 2 lab hours)

### **KINES 140. Rehabilitation in Athletic Training (3)**

Prerequisites: KINES 137, 138, 139. The development and application of rehabilitation and therapeutic exercise programs for the injured athlete. (2 lecture, 2 lab hours)

### **KINES 141. Organization and Administration in Athletic Training (3)**

Prerequisites: KINES 20, 38, and senior status. Current issues in athletic training, organization, administration, and professional preparation.

### **KINES 142. Seminar in Athletic Training (1; max total 4)**

Taken concurrently with KINES 143. A seminar course designed to focus on and review the N.A.T.A. competencies in athletic training. *CR/NC* grading only.

### **KINES 143 A-D. Practicum in Athletic Training (2; max total 8)**

Prerequisites: KINES 20, 43; PHYAN 64 or PHTH 119; admission into Athletic Training Option. Practical experience in athletic training, involving all domains of athletic training: prevention, recognition, rehabilitation, administration, and professional development. 300 hours required. *CR/NC* grading only.

### **KINES 144. Field Experience in Teaching (2)**

Prerequisites: KINES 120. Open only to kinesiology majors with options in physical education. Supervised placement in physical education instructional settings at the elementary, middle, and high school levels. Includes a variety of practical learning experiences and seminar discussions. *CR/NC* grading only. (4 hours education workshop)

### **KINES 148. Biophysical Aspects of Aging (3)**

(Same as GERON 148.) Theories of aging, biological mechanisms of the aging process, and the role of physical activity in those physiological functions influenced by age. (Spring only)

### **KINES 152. Physical Education for Children (3)**

Prerequisite: minimum of junior standing. Theory, analysis, and study of movement experiences, skills and materials, appropriate for elementary level school children. (2 lecture, 2 lab hours)

### **KINES 153. Principles of Physical Education: Philosophical, Psychological, and Sociological (3)**

Prerequisites: KINES 20, 30, senior status. Investigates philosophy, ethics, and psychosocial aspects in physical education. Reflects on the implications for today's society, the profession, curriculum development, and the individual.

### **157. Adapted and Inclusive KINES Physical Education (3)**

Prerequisites: KINES 134, Standard First Aid Certification, and CPR. The design, implementation, and evaluation of individually prescribed adapted physical education programs for the handicapped in school and special settings for students with disabling conditions. The philosophy and techniques of successful inclusion of individuals with disabilities in regular class settings. (2 lecture, 2 lab hours)

### **KINES 159. Measurement and Evaluation (3)**

Prerequisite: KINES 104 (may be taken concurrently). Selection, construction, evaluation, and administration of norm referenced/criterion referenced tests used in assessing performance and knowledge. Application of computer technology, basic statistical methodology, and interpretation of statistics. (2 lecture, 2 lab hours)

### **KINES 162. Coaching Concepts (3)**

Current problems of coaches in the school setting; techniques of motivation, organization, and public relations. (Fall only)

### **KINES 163. Fitness and Wellness (3)**

Prerequisite: KINES 118. Study, analysis, development, and practice of health related fitness and weight control programs for various populations. (2 lecture, 2 lab hours)

### **KINES 165. Performance Related Fitness (3)**

Prerequisites: KINES 116, or 137; KINES 118. Physiological and biomechanical principles related to implementation of conditioning programs for athletic performance. Practical applications. Discussion of skill and performance-related components of physical fitness. (2 lecture, 2 lab hours)

### **KINES 167. Integrative Exercise Science (3)**

Prerequisites: KINES 104, 116, 118. Integration of humanistic, physiological, and biomechanical aspects of exercise science through lectures, readings, discussions, and writing assignments. (Spring only)

### **KINES 180T. Topics in Kinesiology (1-3; max total 12)**

Topics relating to analysis, performance, theory, current trends, and research in kinesiology not available through current curricula offerings.

### **KINES 190. Independent Study (1-3; max total 6)**

See *Academic Placement — Independent Study*. Approved for *RP* grading.

### **KINES 199. Supervised Work Experience (1-2; max total 4)**

Prerequisites: upper-division status, GPA 2.5 last 30 units, permission of department chair and instructor. *CR/NC* grading only.

## **GRADUATE COURSES**

(See *Catalog Numbering System*.)

### ***Kinesiology (KINES)***

### **KINES 222. Biomechanics (3)**

Prerequisites: KINES 116 or 137. Study of physical and mechanical bases of human movement. Mechanical properties of structural and active tissues, relation of these properties to tissue function. Application of principles of physics and mechanics to human movement and sport. Kinematic analysis of sport performances.

### **KINES 230. Statistical Inference in Kinesiology (3)**

Theory and nature of statistical inference; study of statistical methodology relating to the selection of the most appropriate statistical technique, and the interpretation of findings. Required of all M.A. candidates. (Approximate course fee, \$15)

**KINES 231. Research Methods in Kinesiology (3)**

Seminar in research methods appropriate for physical education, exercise science, and related professions: use of information retrieval technology; critiquing, conducting and reporting research. Required of all M.A. candidates.

**KINES 233. Advanced Exercise Physiology (3)**

Prerequisites: KINES 118 or equivalent. Advanced concepts, mechanisms, and applications of exercise physiology. Systems physiology approach with emphasis on bio-physical principles. Applications to response and adaptation to exercise, health and wellness, growth and development, and aging.

**KINES 235. Exercise Physiology Instrumentation and Technology (3)**

Prerequisites: KINES 118. Detailed analysis of the theory of operation, application, and operation procedures of laboratory instrumentation and technology commonly found in exercise physiology laboratories. Requires course presentations supported by extensive practical experiences in equipment operation, calibration, maintenance, and laboratory data management.

**KINES 237. Design and Implementation of Resistance Training Programs (3)**

Study of research findings and established scientific principles of resistance training for development of muscular strength, power, and endurance. Practical applications to technique, program development, and competition.

**KINES 238. Exercise Testing, ECG, and Prescription (3)**

Prerequisite: KINES 118. Detailed study of the American College of Sports Medicine Guidelines for Exercise Testing and Prescription. Theoretical concepts of screening, exercise testing, and prescribing exercise for apparently healthy populations and populations with special needs supported by extensive practical laboratory testing experiences. (2 lecture, 3 lab hours)

**KINES 241. Administration in Physical Education and Sport (3)**

Study of environmental factors which influence management of human resources of sport organizations in public and private sectors. Analysis and application of administrative/leadership theory to strategic planning, organizing, implementing and controlling programs in sport and physical education contexts.

**KINES 242. Program Development in Physical Education (3)**

Study of the current education scene to provide students with an understanding of the role that school physical education plays in today's education. Identification of sound procedure and practice in organizing and conducting relevant programs of physical education.

**KINES 244. Legal Aspects in Sport and Physical Education (3)**

The study of legal principles and their implications for physical education and sport. Emphasis is on safety procedures, preventative measures, and legal responsibilities of teachers, coaches, and sport administrators.

**KINES 250T. Topics in Kinesiology (3; max total 6 if no topic repeated)**

Advanced studies in theoretical research in selected topics.

**KINES 261. Philosophical and Ethical Inquiry in Kinesiology (3)**

Philosophic/critical examination of current and classical literature in physical education, sport, and exercise science. Understanding systems of thought, their application; analysis of, as well as support for, points of view in verbal and written communication. Required of all M.A. candidates.

**KINES 262. Social Implications of Sport (3)**

Cultural and social factors related to play, games, and athletic contests; social parameters in the conduct and management of school athletic programs; emphasis on research studies.

**KINES 263. Psychology of Sport: Mental Training (3)**

An examination of the concepts in sport psychology including mental states, cognitive behavioral techniques and strategies; and issues in sports psychology.

**KINES 264. Psychology of Coaching: Talent Development (3)**

Examination of psychological components of coaching and talent development. Explores coaching development and coaching models, as well as strategies for dealing with athletes and different coaching contexts. Discussion of talent development theories including influence of genetic and environmental factors. (Formerly KINES 250T)

**KINES 265. Psychobiology of Sport and Exercise (3)**

Investigation of the relationship between sport, exercise, physical activity and anxiety, arousal, burnout, causal attributions, cognitive function, exercise adherence, group co-

hesion, mood states, motivation, negative behavior, personality, public health, quality of life, self-confidence, and youth development. (Formerly KINES 250T)

**KINES 266. Psychology of Injury in Sport and Physical Activity (3)**

An examination of psychological theories and applied considerations related to injuries and the subsequent rehabilitation of the physically active. (Formerly KINES 250T)

**KINES 285. Internship in Kinesiology (3-6; max total 6)**

Prerequisite: completion of core courses curriculum (KINES 230, 231, 261) and three required courses. Work experience within the physical education, health-fitness industry, or sport administration setting, directed and evaluated by a qualified faculty member with appropriate supervision by an on-site professional. *CR/NC* grading only.

**KINES 290. Independent Study (1-3; max total 6)**

See *Academic Placement — Independent Study*. Approved for *RP* grading.

**KINES 298. Project (3-6; max total 6)**

Prerequisite: See *Criteria for Thesis and Project*. Preparation, completion, submission, and/or demonstration of an original project. Creativity shall be a prime factor. Abstract required, e.g., choreograph gymnastic performance, organize square/folk dance program, compose audiovisual representation of sport forms. Approved for *RP* grading.

**KINES 299. Thesis (2-6; max total 6)**

Prerequisite: See *Criteria for Thesis and Project*. Preparation, completion, and submission of an acceptable thesis for the master's degree. Approved for *RP* grading.

**IN-SERVICE COURSES**

(See *Catalog Numbering System*.)

***Kinesiology (KINES)***

**KINES 310. Analysis of Team Activities (1-3; max total 12 if no area repeated)**

Prerequisite: teaching or coaching experience or by permission of instructor. An analysis of the techniques, methods, procedures, and theory of team sports. (Formerly PE 310)

**KINES 320. Analysis of Individual Activities (1-3; max total 12 if no area repeated)**

Prerequisite: teaching or coaching experience, or permission of instructor. An analysis of the techniques, methods, procedures, and theories of individual activities. (Formerly PE 320)