
Kinesiology (KINES)

KINES 001 Introduction to Kinesiology (3)

Class Hours: 54 Lecture

Advisory(s): HE 035, BIO 032

Transfers to: UC/CSU

C-ID: KIN 100

Introduction to Kinesiology

KINES 001 an introduction to the professional foundations of kinesiology: physical education, exercise, and sports medicine. Includes history, philosophy, concepts, programs, qualification, careers, issues, and future of the discipline.

KINES 046 Care & Prevention of Athl Inju (3)

Class Hours: 3 Lecture | 54 Laboratory

Advisory(s): ENG 051A

Transfers to: CSU

Care & Prevention of Athletics Injuries

KINES 046 is designed for prospective coaches, athletic trainers, and health and physical educators. The course aids in the recognition, evaluation, and care of athletic injuries, as well as techniques in taping, prevention and rehabilitation of injuries.

KINES 048 Community First Aid and Safety (3)

Class Hours: 54 Lecture

Transfers to: UC/CSU

C-ID: KIN 101

Community First Aid and Safety

KINES 048 demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements.

(3)

P/NP
