

# KINESIOLOGY (KINS)

## KINS 1 • INTRODUCTION TO KINESIOLOGY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PHED 1.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

## KINS 2 • SPORT IN SOCIETY

<b>Units:</b>	5
<b>Hours:</b>	5 lecture per week (60 total per quarter)
<b>Advisory:</b>	Maximum UC credit awarded for any or all of the following courses combined is 12 units: KINS 2, 3, 8A, 8B; not open to students with credit in H P 1B or PHED 2.

<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 4: Social & Behavioral Sciences
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Students examine the history of sports and its significance in economics and politics, and the role of race, ethnicity, culture, and gender in sport and society. Students also examine specific issues, such as the emergence of professional and collegiate sports in the United States, questions of ethics, commercialization, the relationship between sports and media, the internationalization of sports, and the Olympic movement. Students will also examine youth sport and the current status of youth sport in the United States.

## KINS 3 • THEORIES & TECHNIQUES OF COACHING SPORTS

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Maximum UC credit awarded for any or all of the following courses combined is 12 units: KINS 2, 3, 8A, 8B; not open to students with credit in H P 37 or PHED 3.

<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Instruction to the theories and techniques of coaching sport and its variables which contribute to team performance and success. Addresses developing a coaching philosophy, sport psychology, sport pedagogy, sport physiology, and sport management.

## KINS 4 • CONCEPTS OF PHYSICAL FITNESS & WELLNESS

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PHED 4.

<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Study of physical fitness, training principles, nutrition and body composition, stress management, appropriate exercise, and health practices, with application to lifelong fitness and wellness habits.

## KINS 5 • SPORTS & CINEMA

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Possible movie rental fee, as well as permission slip for those students under the age of 18.

<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 3: Arts & Humanities
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Examination of how the cultural, political, psychological and historical dimensions of sport and other forms of movement are illustrated and portrayed in feature films and documentaries. Representations of identity, power, performance, social justice, and the body are also analyzed within the art form.

## **KINS 8A • THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY I**

**Units:** 5  
**Hours:** 5 lecture per week (60 total per quarter)  
**Advisory:** Maximum UC credit awarded for any or all of the following courses combined is 12 units: KINS 2, 3, 8A, 8B; not open to students with credit in PHED 8.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Non-GE  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade Only  
**Repeatability:** Not Repeatable

Basic concepts and principles of exercise physiology and how the human body responds to the demands of physical activity. Emphasis on anatomy and physiology of human organ systems; cardiorespiratory function; neural and hormonal control; energy systems, expenditure, and fatigue; adaptations to resistance, aerobic, and anaerobic training; body composition and nutrition; and principles of training for sport.

## **KINS 8B • THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY II**

**Units:** 5  
**Hours:** 5 lecture per week (60 total per quarter)  
**Advisory:** Maximum UC credit awarded for any or all of the following courses combined is 12 units: KINS 2, 3, 8A, 8B.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Non-GE  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade Only  
**Repeatability:** Not Repeatable

Applied concepts and principles of exercise physiology and how the human body responds to the demands of physical activity. Emphasis on the impact of environmental influences, including physiological responses to exercise in the heat, cold, and at altitude; optimizing performance in sport, overtraining and detraining; body composition and nutrition; use of ergogenic aids; age and sex considerations in sport and exercise; and the implications of physical activity for health and fitness.

## **KINS 9 • BASIC NUTRITION FOR SPORTS & FITNESS**

**Units:** 5  
**Hours:** 5 lecture per week (60 total per quarter)  
**Advisory:** Not open to students with credit in PHED 9.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Non-GE  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Practical application of the basic principles of nutrition and how food choices affect health and fitness. This course will provide the student with a basic understanding of how nutrition can be optimized to enhance physical performance potential and sport. "Dietary Guidelines for Americans" will be utilized to inform selection of foods that would maximize individual health.

## **KINS 10 • WOMEN IN SPORTS**

**Units:** 5  
**Hours:** 5 lecture per week (60 total per quarter)

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Area 4: Social & Behavioral Sciences  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

This course provides students with a chronological history, analysis and interpretation of people, events, and issues that affect women in sport, in past and present day society. Physiological, sociological and psychological aspects of female athletes as related to sports, history, and education will be covered. Students will gain an understanding of the significant events of women in athletics from the past to the present and how their significance will determine the future of women in sports.

## **KINS 15 • FIRST AID & CPR/AED**

**Units:** 1  
**Hours:** 1 lecture, 1 laboratory per week (24 total per quarter)  
**Advisory:** UC transfer credit is limited for some KINS courses—please see assist.org for details; not open to students with credit in PHED 15 or 66.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Non-GE  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides the layperson with the knowledge and skills to respond to an emergency. Certification opportunity in First Aid and CPR/AED.

## **KINS 16A • PREVENTION OF ATHLETIC INJURIES**

**Units:** 3  
**Hours:** 2 lecture, 3 laboratory per week (60 total per quarter)  
**Advisory:** Internet access to complete quizzes, discussions, and assignments; not open to students with credit in H P 67A, PHED 16A or 67A.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Area 7: Lifelong Learning  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Athletic injury prevention is emphasized through pre-participation physical exams, exercise programs, preventative taping, proper fitting of equipment, and protective braces.

## **KINS 16B • EMERGENCY ATHLETIC INJURY CARE**

**Units:** 3  
**Hours:** 2 lecture, 3 laboratory per week (60 total per quarter)  
**Advisory:** Internet access to complete quizzes, discussions, and assignments; not open to students with credit in H P 67B, PHED 16B or 67B.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Area 7: Lifelong Learning  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

American Red Cross Standard First Aid/CPR certificates are available upon completion of the course. Basic injury recognition and emergency response of acute trauma. Practical hands-on skills are emphasized in laboratories.

## **KINS 16C • TREATMENT & REHABILITATION OF ATHLETIC INJURIES**

**Units:** 3  
**Hours:** 2 lecture, 3 laboratory per week (60 total per quarter)  
**Advisory:** Internet access to complete quizzes, discussions, and assignments; not open to students with credit in H P 67C, PHED 16C or 67C.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Area 7: Lifelong Learning  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Follow-up injury treatment, phases of tissue healing, and stages of rehabilitation, including therapeutic modalities.

## **KINS 48 • FITNESS ASSESSMENT TECHNIQUES FOR THE PERSONAL TRAINER**

**Units:** 4  
**Hours:** 4 lecture per week (48 total per quarter)  
**Advisory:** This is a Physical Education activity course, so UC transfer credit is limited—please visit a counselor for details; not open to students with credit in KINS 52.

**Degree and Credit Status:** Degree-Applicable Credit Course

**Foothill GE:** Non-GE  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

The mechanics of fitness training, including strength, endurance, and flexibility; provides students the necessary knowledge base to select appropriate fitness assessments. Discussion regarding training techniques, optimal workout environments, safety, contraindications, equipment, and existing certification programs will prepare the student to work in the fitness industry. Students will evaluate existing standardized assessment batteries for cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition, blood pressure, and cholesterol.

## **KINS 49 • MANAGING PHYSICAL STRESS**

**Units:** 3  
**Hours:** 3 lecture per week (36 total per quarter)  
**Degree and Credit Status:** Degree-Applicable Credit Course  
**Foothill GE:** Area 7: Lifelong Learning  
**Transferable:** CSU/UC  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

This course is an introduction to physical techniques that effectively relieve stress related physical problems through the lens of kinesiology. Students will be exposed to information on how lifestyle, environment and society affect physical stress and the ability to successfully manage it. Students will develop and implement a personal stress reduction program using physical activities, including but not limited to massage, meditation, breathing exercises, mindfulness, aerobic exercises and pain control techniques.

## **KINS 51 • PERFORMANCE ENHANCING SUBSTANCES IN SPORT & EXERCISE**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Not open to students with credit in PHED 51.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 4: Social & Behavioral Sciences
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Current and historical issues, as well as general social, biochemical, pharmacological, and behavioral information related to performance enhancing substances in sport and exercise. Areas to be addressed include, but are not limited to: theories of addiction, populations, social implications, anabolics, blood doping, diuretics, nutritional ergogenic aids, social and recreational drugs, stimulants, emerging science and technologies, and drug testing.

## **KINS 53 • CURRENT TOPICS IN PERSONAL TRAINING**

<b>Units:</b>	2
<b>Hours:</b>	2 lecture per week (24 total per quarter)
<b>Advisory:</b>	KINS 8A and 9.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Discussion of current issues in the fitness field, insurance, liability, standard business practices, and national certifications. Emphasis is placed on client assessment, program design, teaching strategies, and professional responsibility. Students apply knowledge of basic anatomy, exercise physiology, kinesiology, personal information gathering, and exercise testing.

## **KINS 62A • CLINICAL EXPERIENCES IN SPORTS MEDICINE I**

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Advisory:</b>	Not open to students with credit in H P 52A or PHED 62A.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Hands-on experience in athletic emergency care, athletic injury prevention, therapeutic treatment, and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Observation of orthopedic surgical procedures with the permission of the team physician is available.

## **KINS 62B • CLINICAL EXPERIENCES IN SPORTS MEDICINE II**

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Prerequisite:</b>	KINS 62A.
<b>Advisory:</b>	Not open to students with credit in H P 52A or PHED 62B.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Hands-on experience in athletic emergency care, athletic injury prevention, therapeutic treatment, and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Observation of orthopedic surgical procedures with the permission of the team physician is available.

## **KINS 62C • CLINICAL EXPERIENCES IN SPORTS MEDICINE III**

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Prerequisite:</b>	KINS 62B.
<b>Advisory:</b>	Not open to students with credit in H P 52B or PHED 62C.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Hands-on experience in emergency care, injury prevention, treatment, and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Off-campus athletic training facilities and outpatient physical therapy clinics may also be utilized for the internship. Observation of orthopedic surgical procedures with the permission of the team physician is available.

## **KINS 62D • CLINICAL EXPERIENCES IN SPORTS MEDICINE IV**

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Prerequisite:</b>	KINS 62C.
<b>Advisory:</b>	Not open to students with credit in PHED 62D.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Hands-on experience in emergency care, injury prevention, treatment, and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Off-campus athletic training facilities and outpatient physical therapy clinics may be utilized for the internship. Observation of orthopedic surgical procedures with the permission of the team physician is available.

## **KINS 62E • CLINICAL EXPERIENCES IN SPORTS MEDICINE V**

<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Prerequisite:</b>	KINS 62D.
<b>Advisory:</b>	Not open to students with credit in PHED 62E.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Advanced experience in athletic emergency care, athletic injury prevention, therapeutic treatment, and rehabilitation of athletic injuries. Observation of orthopedic surgeries, assisting in physical therapy clinics or other related allied health settings complement the on-campus Athletic Treatment Center.

## **KINS 70R • INDEPENDENT STUDY IN KINESIOLOGY**

<b>Units:</b>	1
<b>Hours:</b>	3 laboratory per week (36 total per quarter)
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

Provides an opportunity for the student to expand their studies in Kinesiology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **KINS 71R • INDEPENDENT STUDY IN KINESIOLOGY**

**Units:** 2  
**Hours:** 6 laboratory per week (72 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Kinesiology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **KINS 72R • INDEPENDENT STUDY IN KINESIOLOGY**

**Units:** 3  
**Hours:** 9 laboratory per week (108 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Kinesiology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **KINS 73R • INDEPENDENT STUDY IN KINESIOLOGY**

**Units:** 4  
**Hours:** 12 laboratory per week (144 total per quarter)  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade (Request for Pass/No Pass)  
**Repeatability:** Not Repeatable

Provides an opportunity for the student to expand their studies in Kinesiology beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

## **KINS 81 • INTRODUCTION TO ADAPTIVE FITNESS**

**Units:** 4  
**Hours:** 4 lecture per week (48 total per quarter)  
**Advisory:** Not open to students with credit in SPED 50.  
**Degree and Credit** Degree-Applicable Credit Course  
**Status:**  
**Foothill GE:** Non-GE  
**Transferable:** CSU  
**Grade Type:** Letter Grade Only  
**Repeatability:** Not Repeatable

Introduces fitness professionals to the information and skills necessary to work with the disabled and/or older adult client in an adaptive fitness setting. Provides history and overview of adaptive fitness. Includes overview of specific disabilities. Addresses fundamentals and benefits of adaptive fitness, basic anatomy, muscles and movement, contraindicated exercises, and assessment techniques. Will also include exercise program design.

## **KINS 82 • APPLIED PRINCIPLES OF ADAPTIVE FITNESS**

<b>Units:</b>	4
<b>Hours:</b>	4 lecture per week (48 total per quarter)
<b>Advisory:</b>	Not open to students with credit in SPED 54.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

Focuses on skills necessary for adaptive fitness professionals to implement an adaptive exercise program for persons with disabilities and chronic medical conditions. This course covers a full range of chronic conditions seen in the adult population from orthopedic conditions to neurological. Addresses assessment of physical dysfunctions and appropriate corrective exercises as well as contraindicated movements.

## **KINS 84 • FUNCTIONAL FITNESS & ADAPTIVE MOVEMENT**

<b>Units:</b>	3
<b>Hours:</b>	3 lecture per week (36 total per quarter)
<b>Advisory:</b>	Not open to students with credit in SPED 56.
<b>Degree and Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Non-GE
<b>Transferable:</b>	CSU
<b>Grade Type:</b>	Letter Grade Only
<b>Repeatability:</b>	Not Repeatable

Explores the theories of functional fitness. Assists students to identify chronic conditions and then assess and formulate a functional exercise program. Role that functional exercise plays in improving daily living skills. Explanation of the different types of equipment used for functional exercise.