

KINESIOLOGY (KINE)

KINE 001 Introduction to Kinesiology 3unit(s)

Hours: 3 Lecture/Discussion

This course introduces students to an 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. This course includes history, philosophy, concepts, programs, as well as addressing the future of the discipline. (C-ID KIN100)

KINE 082 Introduction to the Theory of Coaching 2unit(s)

Hours: 2 Lecture/Discussion

Designed for the student wishing to gain knowledge of coaching individual and team sports. An array of challenges will be discussed along with common problems that one faces in the coaching profession.

KINE 084 Theory of Football 2unit(s)

Hours: 2 Lecture/Discussion

This course is designed for the student with an interest in coaching football. Philosophy fundamentals, strategies and rules will be emphasized.

KINE 088 Sport and Exercise Psychology 3unit(s)

Hours: 3 Lecture/Discussion

This course is a scientific study of the psychological, physiological, and behavioral factors associated with participation and performance in both team and individual sport activities. Students will acquire the ability to utilize principles in human anatomy, physiology, and behavioral process in a variety of exercise and sport applications. Emphasis will be placed on how psychological principles affect physiology thus performance in current research.

KINE 093 Women's Health 3unit(s)

Hours: 3 Lecture/Discussion

This course focuses on physiological, psychological, social, cultural and political influences on women's health. Emphasis is on diversity of women's health experiences and factors involved with both population level health outcomes and individual decision making. Focus on empowerment for primary prevention.