

# KINESIOLOGY (KINS)

<p><b>KINS 4. Beginning Swimming.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of physical and mental adjustment to the water. Basic instruction in front crawl, back crawl, elementary backstroke, breast and side strokes and survival is stressed.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 15. Introduction to Fly Fishing.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>KINS 15 is a course designed for Sacramento State students of all experience levels to develop proficiency in the sport of fly fishing while promoting an appreciation of the sport as a socio-cultural and lifetime recreational pursuit. Instruction/participation will include, but is not limited to the following topics: conditioning, conservation techniques, equipment use/care/selection, fly casting, aquatic entomology, stream hydrology, interpretation of fly fishing opportunities, fly fishing tactics, basic knots, and field trips to local streams.  Field trip(s) may be required.</p>
<p><b>KINS 5. Intermediate Swimming.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of physical skills involving strokes, turns, safety and survival techniques.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 21. First Year Seminar: Becoming an Educated Person.</b> <b>3 Units</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Introduction to the nature and possible meanings of higher education, and the functions and resources of the University. Designed to help students develop and exercise fundamental academic success strategies and to improve their basic learning skills. Provides students with the opportunity to interact with fellow classmates and the seminar leader to build a community of academic and personal support.</p>
<p><b>KINS 9. Beginning Sailing.</b> <b>1 Unit</b>  <b>Prerequisite(s):</b> 50 yards swimming ability.  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Instruction in the fundamentals of sailing including safety and a discussion of terminology and technology of sailing. Additional charge for off-campus services.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 22. Creative Aerobic Fitness I.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Provides student with a wide range of flexibility, strength, muscular endurance and creative cardiovascular endurance (aerobic) exercises that promote physical fitness, positive changes in body composition and stress reduction when performed regularly.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 10. Intermediate Sailing.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Continuation of KINS 25, using our fleet of C-15s, Laser and Hobie Turbo 14s. Covers rigging, boating safety, sailing, theory and racing tactics.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 24. Aqua Aerobics.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Using the unique buoyancy and resistance properties of water, the course includes aquatic exercises for flexibility, strength, and cardiovascular endurance to promote general fitness, body conditioning, and stress reduction. As the course will take place in shallow water, swimming proficiency is not required.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 11. Basic Windsurfing.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Introduces the student to the basic fundamentals of windsurfing. Covers rigging, terminology, balance, stance, sail adjustment, safety, rescue skills, and tricks.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 26. Exercise For Fitness.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Designed to encourage self-improvement through posture evaluation, biomechanic analysis of exercises performed and through participation in varied exercise forms. Students will develop a personalized repertoire of strength, suppleness and stamina exercises calculated to improve possible deficiencies in posture or movement to optimize enjoyment of living.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 12. Water Skiing.</b> <b>1 Unit</b>  <b>Prerequisite(s):</b> 50 yards swimming ability.  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Basic water skiing, boat and boating safety and in the fundamental skills in water skiing. Additional charge for off-campus services.  <b>Note:</b> May be repeated for credit.</p>	
<p><b>KINS 14. Basic Olympic Rowing.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Teaches the novice rower oar control, basic commands, and correct style. Students will begin rowing on a modern eight-oared racing shell and be introduced to the one person rowing single.  <b>Note:</b> May be repeated for credit.</p>	

<p><b>KINS 28. Jogging.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Jogging will expose the student to the fundamentals of jogging/running, its potential physiological and sociological benefits as a lifetime activity, fitness testing and individualized conditioning programs.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 46. Beginning Judo.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Instruction in beginning judo tactics including throws and falls, conditioning, and protective devices for self-defense.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 30. Bicycling.</b> <b>2 Units</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Cycling as a lifetime sport; physiological benefits derived from bicycle riding; individual functional evaluation and conditioning, cycle touring. Lecture one hour; activity two hours.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 50. Uechi-Ryu Karate.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Examines the historical, philosophical, and physical aspects of Uechi-Ryu Karate. Students will be asked to learn the basic techniques and skills used in this Okinawan system as well as to develop and improve in body strength, flexibility and coordination.  <b>Note:</b> May be repeated for credit.</p> <p><b>KINS 56. Beginning Self-Defense for Women.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Prepares women to deal psychologically, sociologically and physically with rape and violent assault. The physical tactics taught are based on the use of hands and feet as weapons. They are simple yet an effective use of one's strength and mental attitude.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 33. Intermediate Weight Training.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Weight training as a lifetime fitness activity; emphasis on going beyond the beginning level through development of an individualized program designed to meet the needs of each individual.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 59. Self Defense and Conditioning.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Multifaceted conditioning course that utilizes self defense techniques to develop self discipline, confidence and respect for physical capabilities and limitations of others.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 36. Beginning Olympic Weight Lifting.</b> <b>1 Unit</b>  <b>Prerequisite(s):</b> KINS 33 or equivalent.  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Introduces the lifter to the sport of weight lifting which consists of the two lifts (two hands snatch and the two hands clean and jerk) used in Olympic competition. It includes the complete breakdown of the two lifts, the assistive lifts necessary to learn the parts of the two lifts, and the proper training sequence. The students will also be introduced to training cycles, proper diet, and the use of assistive equipment.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 63. Beginning Ballroom Dance.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of proficiency in ballroom dance, including history, vocabulary, ballroom dance etiquette and basic steps for foxtrot, waltz, hustle, cha cha, tango, rhumba, salsa, and merengue.  <b>Note:</b> May be taken for credit more than once for credit.</p>
<p><b>KINS 40. Tai Chi.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Examines the historical, philosophical, psychological and physiological aspects of Tai Chi. Students will be provided the opportunity to experience a wide range of movement patterns that focus on the integration of mind and body. The form and structure of technique as well as breathing exercises will be included.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 72. Beginning Basketball.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of fundamental skills and tactics of the game, knowledge of basic strategy and rules. Emphasis given to individual and team concepts as they relate to performance and competition.  <b>Note:</b> May be repeated for credit.</p> <p><b>KINS 73. Intermediate Basketball.</b> <b>1 Unit</b>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Advancement of basketball skills and strategy. Emphasis is given to individual and team concepts as they relate to performance competition and officiating basketball.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 43. Beginning Tae Kwon Do.</b> <b>1 Unit</b>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Primary emphasis on throwing, blocking, punching and kicking. The philosophy of Truism and Confucianism is explored.  <b>Note:</b> May be repeated for credit.</p>	

<p><b>KINS 75. Beginning Volleyball.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Develop basic skills, basic offensive and defensive systems of team play, basic strategies and rules. Emphasis on team work and developing supportive attitudes and behavior which encourages continued involvement in volleyball as a physical activity.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 87. Intermediate Tennis.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development and refinement of skills at the intermediate level in all strokes. Development and refinement of playing techniques and strategies. Learning how to enjoy competitive situations and to relate well to others in competition. Adjustment to stressful competitive conditions and improvement of personal responses under stress.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 77. Beginning Pickleball.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p>This course will provide students with the fundamental skills and strategies associated with pickleball, including beginning court skills, knowledge, and strategies. The development of enjoyable and appropriate cooperative and competitive behaviors, including etiquette and self-awareness will be addressed. Course outcomes will also address the nature, history, and purpose of pickleball. Various rules, regulations and etiquette associated with self-officiating game play will also be included. Students will also evaluate pickleball and its impact on one's own health and skill-related fitness.</p>	<p><b>KINS 89. Beginning Badminton.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of fundamentals in badminton including beginning skills, offensive and defensive tactics and strategy; singles, doubles and mixed doubles tournament play.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 78. Intermediate Pickleball.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring, Summer</p> <p>This course focuses on improving and refining the physical and mental skills and techniques of pickleball. This course will review fundamentals, techniques, rules and social etiquette of pickleball. Particular attention is given to strategic development of the player, while refining the paddles skills that set up and finish points. Developing patterns, dink placement, and tactical court positioning are further developed. This course emphasizes skill development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.</p>	<p><b>KINS 90. Intermediate Badminton.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of movement skills, strokes, tactics in singles and doubles at a more advanced level. Emphasis on "cut" or deceptive strokes, rotation or diagonal system of doubles play, increased ability to move on the court, application of laws to move difficult playing situations. Singles, doubles and mixed doubles play in tournaments.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 79. Beginning Soccer.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of basic skills of ball handling, passing, dribbling, trapping, tackling, individual and team tactics and strategies; rules interpretation and officiating; promotion of bio-psychosocial well being.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 91. Alpine Skiing and Snowboarding.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Designed to develop proficiency at all skill levels of alpine skiing, beginner through expert, while promoting appreciation of the sport as socio cultural phenomena and lifetime pursuits. Sessions will take place at a scheduled Sierra ski area as well as on campus. Additional fee.  <b>Note:</b> May be repeated for credit.</p>
<p><b>KINS 83. Beginning Golf.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of sufficient basic proficiency in golf to recognize and enjoy it as a lifetime activity; including U.S.G.A. rules, etiquette and the fundamental mechanics involved in the use of irons and woods.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 92. Beginning Racquetball.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Fundamental theory and practice of the game of racquetball including service, receiving the service, back wall play, basic shots, variations, court positioning and general tactics; history rules, and safety precautions.</p>
<p><b>KINS 86. Beginning Tennis.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>General Education Area/Graduation Requirement:</b> Understanding Personal Development (E)  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development toward proficiency in tennis, including basic court skills, knowledge, and elementary strategies. Development of enjoyable and appropriate cooperative and competitive modes of behavior, including etiquette and self-awareness. Attention is given to healthful approaches to vigorous lifetime physical activity.  <b>Note:</b> May be repeated for credit.</p>	<p><b>KINS 93. Intermediate Racquetball.</b> <span style="float: right;"><b>1 Unit</b></span>  <b>Term Typically Offered:</b> Fall, Spring</p> <p>Development of proficiency at the intermediate level. Includes service and return, backwall play, offensive and defensive shots with emphasis on techniques, strategy and tactics of competition.  <b>Note:</b> May be repeated for credit.</p>

- KINS 99. Exercise for Healthy Living. 2 Units**  
**Corequisite(s):** One unit skill or fitness class; may be taken concurrently.  
**General Education Area/Graduation Requirement:** Understanding Personal Development (E)  
**Term Typically Offered:** Fall, Spring
- Exposes students to a broad range of information related to the understanding and development of personal fitness and health, including psycho-social well-being. Examines the elements of exercise, nutrition, and stress management as they relate to healthful living. Students will explore a variety of personal choices and the options for developing and maintaining lifetime wellness.
- KINS 101. Kinesiology: Research and Practice. 2 Units**  
**Term Typically Offered:** Fall, Spring
- KINS 101 is an introduction to the study of human movement, including its role in daily life and its place in higher education. Career opportunities related to sport, movement, exercise, and fitness will be examined. Students in this course will explore various educational pathways, requirements, and professional opportunities in the sub-disciplines of Kinesiology.
- KINS 106C. Advanced Weight Training. 1 Unit**  
**Term Typically Offered:** Fall, Spring
- Advanced instruction in weight lifting including Olympic weight lifting, power lifting, body building, lifting for athletic competition and lifting for physical fitness.
- KINS 110. Women and Sport. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Role of women in sport; an inquiry into traditional and contemporary attitudes and practices regarding the woman's role in the sporting world.
- KINS 118A. Martial Arts: Karate. 3 Units**  
**General Education Area/Graduation Requirement:** Humanities (Area C2), Race & Ethnicity Graduation Requirement (RE)  
**Term Typically Offered:** Fall, Spring
- Explores the ancient tradition of the Asian martial arts in conjunction with actual participation in a selected martial arts course. Asks the student to critically examine the cultural contributions of specific Asian communities such as Japan, China, and Korea, to the Martial Arts as practiced in the U.S.
- KINS 118B. Martial Arts: Tae Kwon Do. 3 Units**  
**General Education Area/Graduation Requirement:** Race & Ethnicity Graduation Requirement (RE), Humanities (Area C2)  
**Term Typically Offered:** Fall, Spring
- KINS 118C. Martial Arts: Tai Chi. 3 Units**  
**General Education Area/Graduation Requirement:** Race & Ethnicity Graduation Requirement (RE), Humanities (Area C2)  
**Term Typically Offered:** Fall, Spring
- KINS 120. Strength and Conditioning. 3 Units**  
**Prerequisite(s):** Restricted to Kinesiology, Pre-Exercise Science, or instructor approval.  
**Term Typically Offered:** Fall, Spring
- The course is designed to introduce students, persons interested in the personal training field, strength & conditioning and/or prospective coaches at the high school, college, or professional level, public, private settings to what are commonly referred to as training units. These training units are part of the total training program an individual/student/athlete would use to prepare for participation in fitness activity or sport. Included are practical hands-on participatory experiences, program design strategy and practical field tests.
- KINS 121. Peak Performance Through Psychological Skills. 3 Units**  
**Term Typically Offered:** Fall only
- Examination of, and practical experience in, techniques for maximizing sport and creative performance through the development of mental skills and strategies for stress control, imagery, goal setting, and concentration.
- KINS 122B. Cardiopulmonary Resuscitation. 1 Unit**  
**Term Typically Offered:** Fall, Spring
- Designed to meet American Red Cross or American Heart Association Certification in CPR.  
**Note:** May be repeated for credit.
- Credit/No Credit
- KINS 126. Sleep, Health and Athletic Performance. 3 Units**  
**Term Typically Offered:** Fall, Spring
- This course is designed to introduce concepts related to sleep, circadian rhythm, human physiology, and behavior as they impact physical function, health and athletic performance. Concepts related to sleep, sleep deprivation, cognitive function, and learning outcomes in college students will be investigated. Students will have an opportunity to learn about devices used to collect data and analyze individual sleep patterns.
- KINS 130. Elementary Physical Education Curriculum and Content. 3 Units**  
**Prerequisite(s):** KINS 138; Restricted to junior or senior Kinesiology majors-Physical Education concentration.  
**Term Typically Offered:** Spring only
- Overview of the total elementary physical education curriculum. Designed specifically for physical education concentration students. The primary focus will be placed on cooperative activities, movement education, development of locomotor, non-locomotor, manipulative skills, perceptual motor activities, fitness, games, and the correlation of classroom subjects with physical education. Introduces students to developmentally and instructionally appropriate physical education for children. Students will be able to develop a scope and sequence for an elementary physical education curriculum.

- KINS 131. Secondary Physical Education Curriculum. 2 Units**  
**Prerequisite(s):** KINS 138; Kinesiology major - Physical Education concentration students only.  
**Term Typically Offered:** Fall only
- Designed for senior level students in the Kinesiology major, Physical Education Option, Credential Concentration who wish to deliver an effective, meaningful physical education curriculum to diverse students. Covers curriculum components that include content, content organization, distinctive curriculum models and aspects of curriculum application. Students will learn how to sustain a positive learning experience, conceive and plan meaningful curricula for school based instruction, and to link the school program to opportunities for adolescents outside of school.
- KINS 132. Planning, Designing and Managing a Fitness Center. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Designed to provide students with the basic guidelines for starting and managing multiple health and fitness centers in the private setting; focus on initial start-up of a health and fitness center and operating procedures with emphasis on equipment selection and arrangement, employee training, program planning for safe and optimally beneficial health and fitness results.
- KINS 133. Integration of Concepts. 3 Units**  
**Prerequisite(s):** KINS major; Junior standing; a WPJ Portfolio score OR ENGL 109M or ENGL 109W  
**General Education Area/Graduation Requirement:** Writing Intensive Graduation Requirement (WI)  
**Term Typically Offered:** Fall, Spring
- Critical perspective of how theoretical concepts and integrated knowledge can be applied to various aspects of physical education, sport, and physical activity. Emphasis is on a coherent understanding of the interrelationships that exist in the subdisciplines of kinesiology and other related subject areas. Capstone experience for students in the Physical Education Concentration; must be taken during the final semester of the student's plan of study.
- KINS 134. History and Philosophy of Physical Education and Sport. 3 Units**  
**Prerequisite(s):** KINS 101. KINS 101 may be taken concurrently.  
**Term Typically Offered:** Fall, Spring
- Examination of historical events in physical education and sport; examination of how these historical events have influenced the varying philosophies of physical education, sport, and physical activity, past and present; identification of societal forces in cultures which lead to philosophical beliefs and concepts relative to the structure of the disciplines of physical education, sport, and physical activity.
- KINS 135. Assessment Strategies in Physical Education. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Selection, analysis, construction and administration of norm-referenced and criterion-referenced tests used for formative and summative evaluation in the physical education public school setting. Includes both traditional and alternative assessment strategies. Computers are used for data collection, development of assessment instruments, development of grading programs, and for descriptive statistical analysis.
- KINS 136. Sport And Aging. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Considers the positive and negative aspects of vigorous exercise and/or sport activity throughout the aging process. Included will be inquiry into the opportunities for activity among adults over the age of thirty, through the active career years, and beyond.
- KINS 137. Sociology Of Sport. 3 Units**  
**Prerequisite(s):** KINS 101. KINS 101 may be taken concurrently.  
**Term Typically Offered:** Fall, Spring
- Analyzes sport as a social institution and the interrelations between sport and societal subsystems. Consideration of the attitudes, values, and behaviors associated with sport. Analyzes contemporary problems associated with sport: race relations, the traditional and emergent role of women, leisure behavior, aggression and violence, and political and economic concerns. Analyzes a sociological problem within the context of sport.
- KINS 138. Sport Pedagogy. 3 Units**  
**Prerequisite(s):** Kinesiology Majors, Minors and Liberal Studies PE Concentration.  
**Term Typically Offered:** Fall, Spring
- Sport pedagogy examines learning, teaching and instruction in sport, physical education and related areas of physical activity. Content is focused on differentiated instructional strategies, effective teaching and learning skills, designing instructional plans, managerial behaviors, organizational arrangements, communication skills, and professionalism.
- KINS 139. Leadership and Communication. 3 Units**  
**Term Typically Offered:** Fall, Spring
- Social actions and behavioral patterns as influenced by the communication process; experiential approaches to techniques of interpersonal and small group relationships and leadership; the constantly evolving communication media as instruments of behavioral change.
- KINS 141. PRO ACT I - Dual Sports. 3 Units**  
**Prerequisite(s):** KINS 138  
**Corequisite(s):** KINS 138  
**Term Typically Offered:** Fall only
- Designed to prepare physical education students to analyze and teach developmentally appropriate activities designed for dual participation in the public school setting. Student will be given opportunity to learn and apply the basic techniques of tennis, badminton and pickleball as well as the offensive and defensive net strategies for game play. Emphasis will be given to skill acquisition analysis.
- KINS 142. Professional Activities II - Creative Movement and Dance. 3 Units**  
**Prerequisite(s):** KINS 138  
**Term Typically Offered:** Spring only
- Students will develop an understanding of the content specific to the design and delivery of educational gymnastics and rhythm/dance activities in a K-12 setting. Gymnastics components include: skills, appropriate progressions, spotting techniques, safety and methods of organization. Rhythm and dance will include basic locomotive skill development; basic rhythm activities; and contemporary, line, square, round, contra, folk, country and Western and social/ballroom dance. Historical and multicultural concepts related to dance are also included.

**KINS 144. Analysis of Weight Training & Muscular Fitness. 2 Units**

**Prerequisite(s):** Restricted to Kinesiology, Pre-Exercise Science, Coaching Minor or instructor approval

**Term Typically Offered:** Fall, Spring

The course is designed to prepare students to teach, design, and implement strength/conditioning for various fitness/athletic populations. Included are skill techniques, skill analysis, class/group organization, equipment analysis, muscular fitness related to athletics, fitness, rehabilitation, and other factors related to effective teaching of muscular fitness in high school, college, private, public and corporate settings. Emphasis is on kinesiology/biomechanics principles, human anatomy, and physiological adaptations to the various strength/conditioning for fitness/athletic training covered in the course.

**KINS 145. Pro Act III - Team Sports. 3 Units**

**Prerequisite(s):** KINS 138

**Corequisite(s):** KINS 138

**Term Typically Offered:** Fall only

This is an introductory course designed for students within the Kinesiology Major Physical Education Concentration to analyze the teaching of field sports in secondary school settings. This course provides the student the opportunity to learn basic techniques, strategies, and rules of flag football, volleyball, softball, soccer and basketball. Emphasis will be given to skill performance, skill development, teaching methodology, skill analysis, lead-up activities, and sport participation.

**KINS 146. PRO ACT IV Individual Sports. 3 Units**

**Prerequisite(s):** KINS 138

**Corequisite(s):** KINS 138

**Term Typically Offered:** Spring only

Designed to prepare physical education students to analyze and teach developmentally appropriate activities designed for individual participation in the public school setting. Student will be given the opportunity to learn and apply the basic techniques of golf, track and field and aquatics as well as the strategies necessary for effective participation. Emphasis will be given to skill acquisition and analysis.

**KINS 148. ProAct V - Nontraditional Games and Sports. 3 Units**

**Prerequisite(s):** KINS 138

**Corequisite(s):** KINS 138

**Term Typically Offered:** Fall only

Students will develop an understanding of the content specific to the design and delivery of non-traditional games and sports. Instruction will focus on performance, skill analysis, methods of teaching, strategies for instruction, and evaluation of skills in K-12 settings. The students will be introduced to a variety of nontraditional games and outdoor activities, as well non-traditional team sports including Lacrosse, Ultimate Frisbee, Speedball, Team Handball, and Field Hockey.

**KINS 149. Professional Activities of Health and Skill Related Fitness. 3 Units**

**Prerequisite(s):** KINS 138

**Corequisite(s):** KINS 138

**Term Typically Offered:** Spring only

Students will develop an understanding of the content specific to the design/delivery of a variety of innovative fitness/wellness learning experiences for individuals in K-12 settings. Emphasis will be placed on movement and its relationship to the components of health fitness when pursuing and promoting a physically active lifestyle. Students will develop skills in assessing fitness levels and implementing strategies for supporting positive behaviors and attitudes toward fitness/wellness for individuals from diverse populations.

**KINS 150. Exercise and Sport Physiology. 3 Units**

**Prerequisite(s):** BIO 26 or equivalent, with grade of C or better

**General Education Area/Graduation Requirement:** Laboratory (B3), Further Studies in Area B (B5), Upper Division Further Studies in Area B5  
**Term Typically Offered:** Fall, Spring

Sports physiology with special emphasis on studying the various systems in the body that are involved in work, exercise and sport. Training programs to improve these systems and their responses will be discussed in a wide variety of settings including exercise for health, fitness, recreation, and sports competition. Lecture two hours; laboratory 2.5 hours.

**Note:** Does not satisfy exercise physiology requirement for Exercise Science majors.

**KINS 151. Kinesiology. 3 Units**

**Prerequisite(s):** BIO 22 or equivalent.

**Term Typically Offered:** Fall, Spring

Anatomical concepts and physical laws as applied to human movement emphasizing the effects of individual and environmental variables. Includes analysis of normal and pathological gait. Lecture two hours; laboratory three hours.

**KINS 151A. Biomechanics. 3 Units**

**Prerequisite(s):** KINS 151.

**Term Typically Offered:** Fall, Spring

Introduction to fundamental mechanical concepts as they apply to human movement. A broad range of human movement will be explored including activities from sport, industrial settings, normal and pathological locomotory skills, and movements involved in manipulating the environment in which we live. Laws of physics, mechanical principles and mathematical concepts will be integrated in studying man as a biological entity. Lecture two hours; laboratory three hours.

**KINS 151B. Biomechanics II. 3 Units**

**Prerequisite(s):** BIO 10, BIO 22, KINS 151, and KINS 151A

**Term Typically Offered:** Fall, Spring

The study of biomechanical theory in regards to quantifying and analyzing human movement. Human movement will be examined from an advanced perspective, including tissue mechanics, the pathomechanics of chronic disease, and exercise and sport performance.

- KINS 151C. Dance Kinesiology.** 3 Units  
**Prerequisite(s):** BIO 22 or equivalent.  
**Term Typically Offered:** Fall, Spring
- Human musculoskeletal and neurological systems, energy production, and biomechanical interrelationships of human motion applied to dance. Emphasis on the nervous, muscular and tendinous structures and the mechanical function of levers and force application and injury prevention for the dancer.
- KINS 151D. Applied Kinesiology and Biomechanics.** 3 Units  
**Prerequisite(s):** BIO 26 with a grade of C or better.  
**Term Typically Offered:** Fall, Spring
- Fundamentals of human movement patterns with an emphasis on applied anatomy, movement principles, movement sequences, applied biomechanics, developmental motor stages and basic movement analysis.  
**Note:** Does not satisfy kinesiology or biomechanics requirements for Exercise Science majors.
- KINS 152. Physiology Of Exercise.** 3 Units  
**Prerequisite(s):** CHEM 1B or CHEM 6B and BIO 131  
**Term Typically Offered:** Fall, Spring
- Study of circulatory, respiratory and metabolic response to exercise in humans under various physiological and ambient conditions. Lecture 2 hours; laboratory 2.5 hours.
- KINS 152A. Fundamentals of Exercise Programs.** 3 Units  
**Prerequisite(s):** KINS 152.  
**Term Typically Offered:** Fall, Spring
- Study of current training programs used in different types of activity. Emphasis will be placed on specific training techniques, nutritional needs, methods of testing/evaluating, and special considerations needed for various populations.
- KINS 152B. Exercise Physiology of Women.** 3 Units  
**Prerequisite(s):** BIO 22 or 26  
**Term Typically Offered:** Fall, Spring
- Examines the general physiology of women, how physical activity affects women's physiological functions, and how physiological functions affect women in sport and exercise performance. A comprehensive review of scientific literature is included.
- KINS 152C. Prolonged Exercise.** 2 Units  
**Prerequisite(s):** An introductory college biology or zoology course.  
**Term Typically Offered:** Fall, Spring
- Extensive review of the energy metabolism, cardiovascular and pulmonary function, endocrine response, nutritional need, training effect, and biochemical response to prolonged exercise of 1-6 hours in duration.
- KINS 152D. Blood Lactate and Exercise.** 2 Units  
**Prerequisite(s):** KINS 152.  
**Term Typically Offered:** Fall, Spring
- Reviews the basic aspects of lactate formation, release, and uptake by skeletal muscle and blood during exercise and training. Presents recent clinical and research findings related to physical performance.
- KINS 152S. Energy Production & Sports Performance.** 3 Units  
**Prerequisite(s):** KINS 152 and co-enrollment in KINS 153 or Instructor Permission Recommended: FACS 10 & FACS 113  
**Term Typically Offered:** Fall, Spring
- Study of ergogenic aids, exercise nutrition and exercise performance enhancing drugs/supplements and their physiological effects on energy production and exercise performance. Lecture: 3 hours
- KINS 153. Cardiovascular Testing and Exercise Prescription.** 3 Units  
**Prerequisite(s):** KINS 152 or instructor permission.  
**Term Typically Offered:** Fall, Spring
- Designed to train exercise leaders, exercise test technologists, and exercise program directors. Focus is upon development of basic skills, both administrative and technical, needed to develop a program of graded exercise testing and exercise prescription for asymptomatic and symptomatic populations. Lecture two hours; laboratory three hours.
- KINS 153C. Cardiac Rehabilitation & Exercise Electrocardiography.** 3 Units  
**Prerequisite(s):** KINS 153 or Instructor Permission  
**Term Typically Offered:** Fall, Spring
- Study of cardiac rehabilitation and exercise electrocardiography, reviews clinical pathophysiology and ECG abnormalities during rest, exercise stress testing and cardiac rehabilitation. Lecture 3 hours.
- KINS 154A. Principles and Techniques in a Clinical Setting.** 3 Units  
**Prerequisite(s):** Athletic Training or Kinesiology majors only; instructor permission  
**Term Typically Offered:** Fall, Spring
- Introduction to professional ethics and attire, the allied health care system, patient transfers, wheelchair and ambulation aids, medical terminology and record keeping. Fundamental principles and concepts underlying the therapeutic application of modalities, including methods of administering heat, cold, electricity, sound, light and water are covered.
- KINS 154B. Management and Health Care Administration in Athletic Training.** 3 Units  
**Prerequisite(s):** Instructor permission only  
**Term Typically Offered:** Fall, Spring
- Organization, management and health care administration of athletic training programs. Includes communication skills, budget, facility design and management, legal aspects, drug testing, education, computer use, insurance and record keeping, personnel development (job search, CEUs, licensure), professional and governing organizations, athletic training reporting systems, emergency action plans, blood borne pathogen procedures, preparticipation exam management, health care issues and fundraising.
- KINS 154C. Therapeutic Modalities Laboratory.** 1 Unit  
**Prerequisite(s):** BIO 22 or BIO 26, and KINS 154A, and KINS 156, and instructor permission.  
**Term Typically Offered:** Fall, Spring
- Techniques and clinical skills in the treatment of injuries using therapeutic modalities. Hands-on experience in the clinical application of contemporary therapeutic modalities (electrotherapeutic modalities, hydrotherapeutic modalities, cryotherapy, radiant energy, paraffin, intermittent compression units, traction units, massage) including patient preparation, set-up, dosage determination and operational procedures. Lab two hours.

<p><b>KINS 155A. Clinical Evaluation of the Upper Extremity.</b> 2 Units  <b>Prerequisite(s):</b> BIO 22 or BIO 26 or Equivalent and KINS 156.  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 160. Sport and Exercise Psychology.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>Analyzes and performance of evaluation procedures of the upper extremity, head and spine. Includes the development of skills in a patient interviewing, palpation methods, manual muscle testing, neurological and orthopedic assessments and special tests.</p>	<p>Application of research findings as they apply to psychological performance factors in sport, physical education and exercise settings, such as motivation/adherence, stress management, personality and psychological skills training.</p>
<p><b>KINS 155B. Clinical Evaluation of the Lower Extremity.</b> 2 Units  <b>Prerequisite(s):</b> BIO 22, BIO 26, or equivalent and KINS 156.  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 161. Theory of Sport and Fitness Management.</b> 3 Units  <b>Term Typically Offered:</b> Fall only</p>
<p>Analyzes and performance of evaluation procedures of the lower extremity, trunk and low back. Includes the development of skills in patient interviewing, palpation methods, manual muscle testing, neurological and orthopedic assessments and special tests.</p>	<p>This course is designed to introduce students to the basic theory underlying the multiple components of the sport and fitness industry. Fundamental concepts and theories of sports and fitness management will be applied to various segments of the sports industry: professional sports, collegiate sports, community sports and recreation, intramural sports and corporate fitness.</p>
<p><b>KINS 156. Care Of Athletic Injuries.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 165. Theory of Coaching.</b> 3 Units  <b>Term Typically Offered:</b> Spring only</p>
<p>Application and methods of caring for and preventing athletic injuries through strapping, padding, conditioning, etc.; practical application of first aid and a basic introduction to treatment and rehabilitation of common athletic injuries.</p>	<p>Students will be introduced to coaching theory as it relates to developing leadership skills to work with athletes, and teams in the context of organized sport. Topics will include motivation, self-esteem, leadership, communication, competition and cooperation, team management, and optimal performance skills (goal setting, concentration, composure, recovery from mistakes/loss, consistency, and stress management).</p>
<p><b>KINS 156A. Emergency Response.</b> 2 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 166. Ethics, Inclusion and Equity in Coaching.</b> 3 Units  <b>Term Typically Offered:</b> Fall only</p>
<p>Underlying principles and applied techniques of first aid. Meets the requirements for the Emergency Response and CPR for the Professional Rescuer certificates of the American Red Cross. Lecture one hour, laboratory two hours.</p>	<p>This course educates future coaches on the moral and ethical dilemmas typically encountered in competitive athletics. Students will also develop strategies to address various forms of exclusion and inequity in sports and athletics.</p>
<p><b>KINS 157. Therapeutic Exercise.</b> 3 Units  <b>Prerequisite(s):</b> BIO 22 or BIO 26, KINS 155A or KINS 155B, and KINS 156. KINS 155A or KINS 155B can be taken concurrently with KINS 157  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 167. The African American Sport Experience.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>Biomechanical principles in the prescription of musculoskeletal rehabilitation exercises. Topics include passive, active and resistive range of motion, manual muscle testing, and exercises for strength, stamina and suppleness for every part of the body.</p>	<p>Examination of the experiences of the African American athlete in sport and society, from the period of enslavement to the contemporary era. Topics include gender experiences, intercollegiate experiences, professional sport, and the Olympic games, as well as the interconnections between African American communities and the role of sport. The experiences of African Americans will be compared to those of other ethnic and cultural groups.</p>
<p><b>KINS 157B. Therapeutic Exercise for Chronic Conditions.</b> 3 Units  <b>Prerequisite(s):</b> BIO 22 &amp; BIO 131, or BIO 26, or instructor permission  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 168. Sport and Film.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>This course is designed to develop knowledge of fundamental disease processes in common chronic conditions and related exercise management. The general concepts of common chronic disease, including etiology, basic pathogenesis, co-morbidities and basic exercise prescription will be investigated. Evidence will be investigated and presented about the role of exercise in the prevention and management of disease, disability and lifestyle.</p>	<p>This course uses sport films to examine relationships of power in society and the way those relationships are contested and often reinforced. Particular attention will be paid to cultural tensions and negotiations around issues related to race, gender, class, and sexuality. This course utilizes films, with accompanying readings, to understand the institution of sport in American culture, as well to understand how sport is setting where issues of race, class, gender, religion, ability/disability, and sexuality are contested and reinforced.</p>
<p><b>KINS 158. Motor Learning and Control.</b> 3 Units  <b>Prerequisite(s):</b> BIO 26 or BIO 131 or equivalent  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 169. The Modern Olympic Games.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>Study of the motor and cognitive characteristics of individuals involved in learning and controlling motion skills and the conditions that can influence that learning and control. Lecture two hours; laboratory three hours.</p>	<p>A study of the historical development of the modern Olympic Games. Areas covered include politics, nationalism, commercialism, marketing and amateurism. The contribution of athletes and administrators who have help shape the Olympic tradition will be assessed.</p>

**KINS 171. Adapted Physical Education: Basic Skill/Fitness Activities and Assessment. 3 Units****Prerequisite(s):** KINS 177.**Term Typically Offered:** Fall, Spring

Development of competencies for planning, developing, and evaluating effective skill and fitness activities for students with disabilities. Emphasis will be placed on basic skill development, fitness and traditional and alternative assessment strategies and postures assessment and programming for students with disabilities. Information regarding the application of specific standardized assessment instruments for placement decisions will be examined. Students will be required to participate in 15 hours of service learning. Class meets for 2 hours lecture and 2 hours activity.

**KINS 172. Movement Education. 3 Units****Prerequisite(s):** Liberal Studies or Child Development majors only, or instructor permission**Term Typically Offered:** Fall, Spring

Examination of activities and theoretical concepts that relate to the physical, social, emotional and intellectual development of the individual. Content includes: health-related physical fitness, movement concepts, stability, locomotor and manipulative skills, rhythms and dance, gymnastics, games and sport activities.

**KINS 176. Perceptual Motor Development. 3 Units****Term Typically Offered:** Fall, Spring

Study of the genetic, prenatal, perinatal and postnatal factors affecting the sequential perceptual motor development of children. Inquiry is made into reflexes, sensory motor testing and stimulation, perceptual motor testing and remedial activities in motor development.

**KINS 177. Introduction to Adapted Physical Education. 3 Units****Term Typically Offered:** Spring only

Historical and philosophical bases for adapted physical education, including the development and management of programs with emphasis on the psychomotor, affective and cognitive domains. The impact of federal and state legislation, legal liability and special health and safety problems will be studied in relationship to the role of the adapted physical education teacher, the interdisciplinary team, the parent and the pupil.

**KINS 179. Adapted Physical Education: Program Planning. 3 Units****Prerequisite(s):** KINS 171 and KINS 177.**Term Typically Offered:** Fall, Spring

Study of the variables in physical education curriculum and program planning - assessment, goals and objectives, development of program content, and evaluation - as related to individuals with disabilities.

**KINS 188. The Effects of Physical Activity on the Brain and Neurological Disorders. 3 Units****Prerequisite(s):** KINS 158 or instructor permission**Term Typically Offered:** Fall, Spring, Summer

This course will provide an in-depth evaluation of the molecular and systems-level neurophysiological changes as well as behavioral (movement, cognitive, affective/emotional) changes that manifest from physical activity and exercise. The changes resulting from acute vs. chronic exercise as well as different exercise modalities, intensities, frequencies, and durations will be explored. Pathophysiology of common neurological disorders, such as Parkinson's disease, Stroke, Multiple Sclerosis and dementia, and the role of physical activity/exercise in the development and treatment will be examined.

**KINS 194A. Assigned Field Experience in Kinesiology. 1 - 2 Units****Term Typically Offered:** Fall, Spring

Assigned experience in Kinesiology. Students keep records of daily experiences and prepare periodic progress reports. Students receive one unit of credit for three hours per week for one semester of field experience.

**Note:** Registration requires prior approval of the department coordinator. May be repeated for a total of five units.

Credit/No Credit

**KINS 194B. Assigned Internship in Exercise Science. 1 - 3 Units****Prerequisite(s):** KINS 151 and/or KINS 152; or instructor permission.**Term Typically Offered:** Fall, Spring

Assigned internship other than in the Human Performance Lab. The student will assist in laboratory experiments and other special procedures; will learn the operation of equipment and sequentially will be expected to administer tests and interpret the results. Interns will be expected to attend monthly conferences.

**Note:** May be repeated for a total of 3 units.

Credit/No Credit

**KINS 194C. Assigned Field Experiences in Pre-Physical Therapy. 1 - 2 Units****Term Typically Offered:** Fall, Spring

Assigned experience under the direction of a physical therapist. Students keep records of their experiences. Registration requires prior approval of the pre-physical therapy coordinator.

**Note:** May be repeated up to a total of 6 units. Open to Physical Education majors in the pre-physical therapy option.

Credit/No Credit

**KINS 194D. Assigned Field Experience in Coaching. 1 - 2 Units****Term Typically Offered:** Fall, Spring

Assigned experience in coaching (two hours daily for the full schedule of the sport for two units of credit). Students keep records of daily experiences and prepare periodic progress reports. Succeeding enrollments should be in different sports.

**Note:** May be repeated for a total of 6 units.

Credit/No Credit

**KINS 194E. Assigned Internship in Adapted Physical Education. 1 - 3 Units****Prerequisite(s):** Any two of the following: KINS 171, KINS 176, KINS 177, or KINS 179; permission of adapted credential advisor.**Term Typically Offered:** Fall, Spring

Assigned experience in the conduct of Adapted Physical Education Programs. Students will keep records of their experiences. Three clock hours per week per unit of credit. Credential candidates may not use in lieu of Phase III requirements.

**Note:** May be repeated up to six times for credit for a maximum of 6 units.

Credit/No Credit

**KINS 194F. Assigned Field Experience in Allied Health. 1 - 3 Units**  
**Term Typically Offered:** Fall, Spring

Practical experience in Occupational Therapy, Chiropractic or other allied health professions. Students keep records of their experiences while working under the direct supervision of a licensed clinician. Registration requires prior approval of a Pre-Physical Therapy advisor.

**Note:** May be repeated up to a total of 6 units.

Credit/No Credit

**KINS 194G. Assigned Professional Experience. 1 - 2 Units**  
**Term Typically Offered:** Fall, Spring

Assigned professional experience in organization and evaluation of physical education, athletic training, exercise or pre-therapy. Students work closely with a Sacramento State faculty member and receive one unit of credit for three hours of work per week for one semester.

**Note:** May be repeated for a total of 3 units toward graduation. These units may not be applied to the major.

Credit/No Credit

**KINS 194H. Assigned Field Experience in Athletic Training. 1 - 3 Units**  
**Prerequisite(s):** Instructor's permission only  
**Term Typically Offered:** Fall, Spring

Practical experience in athletic training under the direct supervision of an NATA Certified Athletic Trainer in one of the following settings: professional athletics, high school, clinic, industrial or private business.

**Note:** Registration requires prior approval of the program director. May be repeated up to a total of 3 units.

Credit/No Credit

**KINS 195A. Directed Field Experience in Kinesiology. 1 - 2 Units**  
**Term Typically Offered:** Fall, Spring

Directed experience in the conduct of physical education. Students keep records of daily experiences and prepare periodic progress reports. Students receive one unit of credit three hours per week for one semester of field experience.

**Note:** Registration requires prior approval of the department coordinator. May be repeated for a total of 5 units.

Credit/No Credit

**KINS 195B. Directed Internship in Exercise Science. 1 - 3 Units**  
**Prerequisite(s):** KINS 151 and/or KINS 152; or instructor permission.  
**Term Typically Offered:** Fall, Spring

Directed internship in the Human Performance Laboratory under the supervision of one or more members of the faculty. The student will assist in laboratory experiments and other special procedures; will learn the operation of equipment and sequentially will be expected to administer tests and interpret the results. Interns will be expected to attend monthly conferences.

**Note:** May be repeated for a total of 3 units.

Credit/No Credit

**KINS 195C. Directed Observation in Athletic Training. 1 - 2 Units**  
**Prerequisite(s):** Requires prior approval of Program Director  
**Term Typically Offered:** Fall, Spring

Planned student observation of the health care practices of the Athletic Trainer and other sports medicine personnel in a clinical setting. Selected NATA competencies may be completed on site. 60 hours per unit. .

**Note:** May be repeated for up to 4 units total credit.

Credit/No Credit

**KINS 195D. Practicum in Athletic Training. 4 Units**  
**Prerequisite(s):** Instructor's permission only  
**Term Typically Offered:** Fall, Spring

Supervised athletic training experience in the athletic training room under the direct supervision of a Certified Athletic Trainer. Included are a series of guest lecturers from the medical and paramedical field presenting lectures and demonstrations on topics in sports medicine. 300 hours plus all lectures are 4 units.

**Note:** Can be taken a minimum of four times and maximum of five times for credit, with the total units not to exceed 20 units.

Credit/No Credit

**KINS 196. Experimental Offerings in Kinesiology. 2 - 3 Units**  
**Term Typically Offered:** Fall, Spring

Guided study and discussion of problems and topics in kinesiology. Supplemental readings, reports, and term projects are included. Proseminars dealing with specific topics or problems will be scheduled when the need exists.

**Note:** May be repeated for credit up to three times for credit.

**KINS 196G. Sleep, Health and Athletic Performance. 3 Units**  
**Term Typically Offered:** Fall, Spring

This course is designed to introduce concepts related to sleep, circadian rhythm, human physiology, and behavior as they impact physical function, health and athletic performance. Concepts related to sleep, sleep deprivation, cognitive function, and learning outcomes in college students will be investigated. Students will have an opportunity to learn about devices used to collect data and analyze individual sleep patterns.

**KINS 198A. Seminar in Physical Education - Elementary. 2 Units**  
**Prerequisite(s):** KINS 381 and EDTE 474A.

**Corequisite(s):** KINS 380 and EDTE 474B.

**Term Typically Offered:** Fall, Spring

Open to physical education single subject credential candidates this course accompanies an eight-week elementary student teaching experience. The focus is twofold: a) engage student teachers in the planning, instruction and assessment of an elementary physical education program aligned with state standards b) support student teachers with the Performance Assessment for California Teachers (PACT). Candidates will be expected to create a class environment that ensures the safe and productive participation in developmentally appropriate elementary physical education.

<p><b>KINS 198B. Seminar in Physical Education - Secondary.</b> 1 Unit  <b>Prerequisite(s):</b> KINS 198A.  <b>Corequisite(s):</b> EDTE 474B.  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 236. Sport and Society.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>Open to physical education single subject credential candidates this eight-week course accompanies an eight-week secondary student teaching experience. The focus is twofold: a) engage student teachers in the planning, instruction and assessment of a secondary physical education program aligned with state standards b) support student teachers with the Performance Assessment for California Teachers (PACT). Candidates will be expected to create a class environment that ensures the safe and productive participation in developmentally appropriate secondary physical education.</p>	<p>Society and the institution of sport interact in a variety of ways. Students are given the opportunity to investigate and discuss in-depth a wide range of topics linking sport and society. Among these topics are violence and aggression, politics, racism, sexism, counter-cultures, mass media and the future of sport. The application of research to the real world is an integral part of the course.</p>
<p><b>KINS 199. Directed Individual Study.</b> 1 - 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p><b>KINS 245. Administration of Physical Education and Athletics.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>
<p>Individual research, project or directed reading. Open only to majors who appear competent to carry on individual work. Approval of the faculty under whom the individual work is to be conducted, and approval of the Department Chair required. Formal written report required.  <b>Note:</b> May be repeated for credit.</p>	<p>The organization and administration of physical education and athletic programs and the functional considerations involved. Primary areas include: personnel, curriculum, budgeting, contract management, public relations, liability and safety, critical issues, and procedures essential to quality programs.</p>
<p>Credit/No Credit</p>	<p><b>KINS 250. Advanced Exercise Physiology Laboratory.</b> 3 Units  <b>Prerequisite(s):</b> KINS 152 or instructor permission.  <b>Term Typically Offered:</b> Fall, Spring</p>
<p><b>KINS 203. Specificity of Conditioning.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p>Describes, explains, and practices the application of selected measurement techniques in the laboratory as they relate to pertinent research in the areas of exercise physiology. Emphasis will be placed on the use and calibration of equipment as well as adaptation of equipment to different research settings. Lecture two hours; laboratory three hours.</p>
<p>Survey of current research in training regimen of conditioning programs designed to optimize physical conditioning in preparation for specific athletic competitions.</p>	<p><b>KINS 252. Advanced Exercise Physiology.</b> 3 Units  <b>Prerequisite(s):</b> 1 year of General Chemistry, BIO 131 or equivalent, KINS 152 or equivalent, and KINS 153 or equivalent.  <b>Term Typically Offered:</b> Fall, Spring</p>
<p><b>KINS 209. Graduate Studies in Kinesiology.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p>Human physiological responses, from the cellular level to organ system level, to both acute and chronic exercise will be studied in detail with an emphasis on integrative physiological responses to exercise. The course will emphasize a complex regulatory systems approach to the changes and adaptations that occur with exercise. Specifically, how the regulatory systems dictate these changes. The course will aid in the understanding of both theoretical and integrative concepts in the area of exercise physiology. The course will provide a solid foundation that is needed to review and understand complex research in exercise physiology.</p>
<p>An overview of the varied subdisciplines, such as sport pedagogy, motor learning, strength and conditioning, sport psychology, cultural studies of sport, exercise physiology, and biomechanics. Students will read research from each subdiscipline and be able to make interdisciplinary connections.</p>	<p><b>KINS 254. Advanced Biomechanics.</b> 3 Units  <b>Prerequisite(s):</b> KINS 151, KINS 210; or instructor permission.  <b>Term Typically Offered:</b> Fall, Spring</p>
<p><b>KINS 210. Research Methods in Kinesiology.</b> 3 Units  <b>Term Typically Offered:</b> Fall, Spring</p>	<p>Study human movement from a mechanical perspective utilizing laws of physics and relevant functional anatomical principles. Human movement will be looked at from a broad perspective, including basic movements to more complex skills. Students will use a variety of techniques to study the biomechanical principles of movement production including laboratory work, library research and examination of the appropriate theoretical constructs. Lecture two hours; laboratory three hours.</p>
<p>Various methods and techniques of educational research as they are commonly applied in the field of Kinesiology; study of examples of their use in published research; practice in applying them to problems of interest to the student; analyzing data and writing research reports.</p>	<p><b>KINS 258. Research in Motor Learning.</b> 3 Units  <b>Prerequisite(s):</b> KINS 158, KINS 210, or instructor permission.  <b>Term Typically Offered:</b> Fall, Spring</p>
<p><b>KINS 211. Research Seminar.</b> 1 Unit  <b>Term Typically Offered:</b> Fall, Spring</p>	<p>Designed to provide students with a solid foundation experience in motor learning; focus is on an intensive examination of a selected topic in motor learning; directed individual pilot study and the nature of original laboratory research.</p>
<p>Students develop and defend research proposals. Students registering for KINS 500 for the first time must register for KINS 211 concurrently.  <b>Note:</b> Student must re-enroll if proposal is not completed and accepted during the first registration</p>	
<p>Credit/No Credit</p>	

- KINS 259. Research in Exercise Physiology.** 3 Units  
**Prerequisite(s):** KINS 152, KINS 210, or instructor permission.  
**Term Typically Offered:** Fall, Spring
- Provides students with a solid foundation experience in human performance research. Primary focus is on intensive examination of selected advanced topics in exercise physiology.
- KINS 260. Psychology Of Sport.** 3 Units  
**Term Typically Offered:** Fall, Spring
- The in-depth study of parameters of human behavior as specifically related to sport including personality factors, motivational techniques, expectancy effects, group dynamics, leadership issues, aggression, arousal, concentration, and goal setting.
- KINS 262. Psychological Aspects of Peak Performance.** 3 Units  
**Term Typically Offered:** Fall, Spring
- In-depth examination of current research relating to theories of and techniques for performance enhancement in sport and dance through psychological skills strategies.
- KINS 270. Instructional Strategies for Physical Activity and Sport.** 3 Units  
**Term Typically Offered:** Fall, Spring
- Study of theoretical concepts, models and research that relates to organizational and instructional strategies for physical activity and sport. Along with developing problem solving and critical thinking skills, provides the student with the opportunity to partake in self-directed and cooperative learning experiences, and develops communications skills that will enhance staff development and teaching of individuals and groups in a variety of physical activity and sport environments.
- KINS 276. Teaching and Coaching Effectiveness.** 3 Units  
**Term Typically Offered:** Fall, Spring
- Study of the research methodology, systematic observation, and findings that relate to effective teaching and coaching in the school environment. Provides an analytical approach to the investigation of teaching and coaching behaviors by examining models and critical variables involved in describing, analyzing and interpreting the instructional process.
- KINS 294A. Contemporary Topics in Sport Performance.** 1 - 3 Units  
**Prerequisite(s):** KINS 210.  
**Term Typically Offered:** Fall, Spring
- Advanced research seminars on topics of contemporary interest. Specific topics will vary.  
**Note:** May be taken more than once for credit, provided topic is not repeated.
- KINS 294B. Contemporary Topics in Exercise Physiology.** 1 - 3 Units  
**Prerequisite(s):** KINS 210.  
**Term Typically Offered:** Fall, Spring
- Advanced research seminars on topics of contemporary interest. Specific topics will vary.  
**Note:** May be taken more than once for credit, provided topic is not repeated.
- KINS 294C. Special Topics in Biomechanics.** 1 - 3 Units  
**Prerequisite(s):** KINS 254.  
**Term Typically Offered:** Fall, Spring
- Advanced research seminars on varied topics of contemporary interest.  
**Note:** May be taken more than once for credit, provided topic is not repeated.
- KINS 295. Practicum.** 1 - 3 Units  
**Prerequisite(s):** Approval of graduate faculty advisor and graduate coordinator.  
**Term Typically Offered:** Fall, Spring
- Graduate experiences in a practical setting.  
**Note:** Open only to graduate students within the Physical Education Department.
- Credit/No Credit
- KINS 296A. Experimental Elementary Physical Education Workshop.** 1 Unit  
**Term Typically Offered:** Fall, Spring
- Overview of the total elementary physical education curriculum. Major focus will be on appropriate practices, national content standards, establishing a learning environment, movement concepts, skill themes, and health-related physical fitness. Designed to meet the physical education component for graduate students seeking a multiple subject credential.  
**Note:** Not open to undergraduate students, and it does not substitute for KINS 172.
- Credit/No Credit
- KINS 299. Directed Individual Study.** 1 - 3 Units  
**Term Typically Offered:** Fall, Spring
- Individual research, project, or directed reading.  
**Note:** Open only to majors who appear competent to carry on individual work. Admission to this course requires approval of the graduate advisor and the graduate coordinator. Formal written report required. May be repeated for credit.
- Credit/No Credit
- KINS 380. Methods of Teaching Elementary Physical Education.** 1.5 Units  
**Prerequisite(s):** KINS 130,  
**Corequisite(s):** KINS 198A  
**Term Typically Offered:** Fall, Spring
- KINS 380 is an 8 week course designed for the future physical educator who wishes to deliver an effective, meaningful elementary physical education curriculum to a diverse population of students. Emphasis is on physical education pedagogy - the skills and techniques that successful teachers use to ensure student learning.
- KINS 381. Methods of Teaching Secondary Physical Education.** 1.5 Units  
**Corequisite(s):** EDTE 366A  
**Term Typically Offered:** Fall, Spring
- An 8 week course, KINS 381 is designed for the future physical educator who wishes to deliver an effective meaningful physical education curriculum to a diverse population of students. Emphasis is on physical education pedagogy - the skills and techniques that successful teachers use to ensure student learning.

**KINS 500. Culminating Experience. 1 - 4 Units**

**Prerequisite(s):** Advanced to candidacy. Completion of KINS 211 or concurrent enrollment.

**Term Typically Offered:** Fall, Spring

Completion of a thesis or project under the direction of a department committee.