

Kinesiology

Kinesiology is the study of human anatomy, physiology, and the mechanics of body movement. Students take courses to prepare for entry-level positions in health and fitness clubs, wellness centers, and individualized personal training as well as for university transfer.

Career options include personal trainer, exercise instructor, and various positions at fitness and recreational centers or in school or recreational programs. With a bachelor's degree in kinesiology, students can apply to physical therapy programs or pursue careers in athletic training, fitness, nutrition, physical education, or other health-related fields.

Academic and Career Pathway

Health Sciences (<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/>)

Contact Information

Chair: Robert Fulbright

Dean: Danielle Lauria
<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/kinesiology/index.html> (<https://www.miracosta.edu/academics/degree-and-certificate-programs/health-sciences/kinesiology/>)

Department: Kinesiology, Health and Nutrition

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Full-Time Faculty

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Associate Degree

Students interested in the field of kinesiology can earn an Associate in Arts in Liberal Arts: Applied Health, Nutrition, and Kinesiology (<http://catalog.miracosta.edu/disciplines/addendumhealthnutritionkinesiology/>).

Certificates

Certificate of Achievement

Personal Fitness Trainer

This certificate is designed for individuals interested in entering the field of fitness training and/or instruction. Students completing the certificate should be prepared for entry-level positions in the health and fitness industry, such as health and fitness clubs, wellness centers, schools, and YMCAs, and for training individual clients. Upon completion of the certificate program, students may consider sitting for the National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), American Council on Exercise (ACE), National Strength & Conditioning Association (NSCA), and National Council Strength & Fitness (NCSF) national certification exams.

Program Student Learning Outcome

Upon completion of this program, a student will be able to describe how to implement fitness assessments and proper protocols for cardio-respiratory, muscular strength, muscular endurance, flexibility, and body composition.

Course Requirements

Required courses:		
HEAL 200	First Aid and Safety	1
HEAL 201	CPR and AED	1
KINE 190	Introduction to Kinesiology	3
KINE 203	Techniques in Athletic Training	3
KINE 204	Techniques and Analysis of Fitness and Weight Training	3
KINE 210	Exercise Programs for Special Populations	3
KINE 292	Internship Studies *	1-3
NUTR 105	Human Performance and Sports Nutrition	3
Select a minimum of three units from the courses below:		3
HEAL 101	Principles of Health	
HEAL 180	Introduction to Public Health	
HEAL 205	Integrative Health and Wellness	
HEAL 222	Stress Management	
KINE 100	Beginning Weight Training	
KINE 101	Intermediate Weight Training	
KINE 102	Advanced Weight Training	
KINE 110	Walking for Fitness	
KINE 112	Beginning Cardio Training	
KINE 113	Intermediate Cardio Training	
KINE 114	Advanced Cardio Training	
KINE 145	Yoga Teacher Training Foundation	
KINE 147	Yoga Teacher Training Development	
KINE 149	Yoga Teacher Training Integration	
KINE 150	Beginning Yoga	
KINE 154	Intermediate Yoga	
KINE 155	Advanced Yoga	
KINE 156	Beginning Flexibility Training	
KINE 157	Intermediate Flexibility Training	
KINE 158	Advanced Flexibility Training	
KINE 159	Yoga Teacher Training Implementation	
KINE 161	Beginning Martial Arts	
KINE 162	Intermediate Martial Arts	
KINE 163	Advanced Martial Arts	
NUTR 100	Nutrition Today	
NUTR 120	Principles of Food Science with Lab	
NUTR 125	Nutrition and Aging	
Total Units		21-23

* For KINE 292, a minimum of 1 unit or a maximum of 3 units may be applied to this certificate.

Certificate of Achievement

Yoga Instructor (300 Hours)

The Yoga Instructor 300-hour certificate prepares students to become a 500-hour certified yoga teacher. This comprehensive and wisdom-based program uses anatomy and physiology as well as English and Sanskrit terminology to provide students with both a broad background and practical experience in the essential elements of yoga. Completion of the program prepares students for employment in health clubs, spas, yoga studios, hospitals, and the health industry as well as for self-employment as yoga instructors.

Program Student Learning Outcome

Upon completion of this program, a student will be able to demonstrate intelligent and safe sequences and themes for a wide population.

Course Requirements

Required courses:		
KINE 149	Yoga Teacher Training Integration	3
KINE 154	Intermediate Yoga	1
KINE 159	Yoga Teacher Training Implementation	3
HEAL 205	Integrative Health and Wellness	3
Elective Courses: Select a minimum of two units from below.		2-3
HEAL 108	Meditation	
HEAL 222	Stress Management	
KINE 155	Advanced Yoga	
KINE 292	Internship Studies	
	or KINE 299 Occupational Work Experience Education	
Total Units		12-13

Certificate of Proficiency

Yoga Instructor (200 Hours)

The Yoga Instructor 200-hour certificate prepares students to become a 200-hour certified yoga teacher. This comprehensive and wisdom-based program uses anatomy and physiology as well as English and Sanskrit terminology to provide students with both a broad background and practical experience in the essential elements of yoga. Completion of the program prepares students for employment in health clubs, spas, yoga studios, hospitals, and the health industry as well as for self-employment as yoga instructors.

Program Student Learning Outcome

Upon completion of this program, the student will be able to demonstrate proper technique in movement and body placement.

Course Requirements

Required courses:		
KINE 145	Yoga Teacher Training Foundation	3
KINE 147	Yoga Teacher Training Development	3
KINE 150	Beginning Yoga	1
Total Units		7

Courses Related in Content (CRC)

Active participatory kinesiology courses that are related in content are grouped together. Students are allowed four enrollments within each CRC group, but each course may be taken only once unless its catalog description indicates it is repeatable. Enrollments include any combination of course completions (with an evaluative or nonevaluative symbol recorded on the student's transcript), withdrawals, and repetition.

Cardiorespiratory Training CRC

KINE 112	Beginning Cardio Training
KINE 113	Intermediate Cardio Training
KINE 114	Advanced Cardio Training

Flexibility Training CRC

KINE 156	Beginning Flexibility Training
KINE 157	Intermediate Flexibility Training
KINE 158	Advanced Flexibility Training

Martial Arts CRC

KINE 161	Beginning Martial Arts
KINE 162	Intermediate Martial Arts
KINE 163	Advanced Martial Arts

Weight Training CRC

KINE 100	Beginning Weight Training
KINE 101	Intermediate Weight Training
KINE 102	Advanced Weight Training

Yoga CRC

KINE 150	Beginning Yoga
KINE 154	Intermediate Yoga
KINE 155	Advanced Yoga

Courses

KINE 100: Beginning Weight Training

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Maximum of four enrollments among KINE 100, KINE 101, KINE 102, and KINE 144.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course implements the latest scientific functional training methodologies to enhance activities of daily living, weight loss, body appearance, bone density, stress reduction, core strength, balance, and coordination while decreasing the risk of orthopedic injury and low back pain through functional resistance training. It is designed for students interested in increasing muscular strength, muscular endurance, body composition, and movement performance. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 101: Intermediate Weight Training

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Maximum of four enrollments among KINE 100, KINE 101, KINE 102, and KINE 144.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This stabilization training course addresses physical structural imbalances and emphasizes stabilization endurance training. Students perform stabilization training exercises in a proprioceptively enriched environment to improve alignment of the kinetic chain. They focus on increasing their ability to stabilize their joints, improve posture, and enhance neuromuscular efficiency. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units. (Formerly KINE 141)

KINE 102: Advanced Weight Training

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Maximum of four enrollments among KINE 100, KINE 101, KINE 102, and KINE 144.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This strength endurance course improves stabilization endurance and increases prime mover strength. Students perform exercises in strength endurance, hypertrophy, and maximal strength phases to improve overall work capacity, enhance joint stabilization, and increase lean body mass. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units. (Formerly KINE 143)

KINE 110: Walking for Fitness

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

Students enhance their individual health and well-being and develop positive attitudes toward life-long fitness and wellness through fitness walking. The course focuses on improving an individual's cardiopulmonary functioning, body composition, goal setting, nutritional awareness, and weight management through behavior management. Students must provide their own activity-tracking device or application. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 112: Beginning Cardio Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This cardiorespiratory stabilization training course is designed to improve cardiorespiratory fitness in students through a variety of low-level intensity cardiovascular conditioning activities. Students learn how to develop cardiorespiratory stabilization training programs. Topics include the benefits of cardiorespiratory stabilization training, the cardiovascular system, and cardiorespiratory stabilization acute training variables, modalities, guidelines, and methods. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 113: Intermediate Cardio Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This cardiorespiratory strength training course is designed to improve cardiorespiratory fitness in students through a variety of moderate-to-high level intensity cardiovascular conditioning activities. Students learn how to develop cardiorespiratory strength training programs. Topics include the benefits of cardiorespiratory strength training, the cardiovascular system, and cardiorespiratory strength acute training variables, modalities, guidelines, and methods. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 114: Advanced Cardio Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This cardiorespiratory power training course is designed to improve cardiorespiratory fitness in students through a variety of high-level intensity cardiovascular conditioning activities. Students learn how to develop cardiorespiratory power training programs. Topics include the benefits of cardiorespiratory power training, the cardiovascular system, and cardiorespiratory power acute training variables, modalities, guidelines, and methods. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 145: Yoga Teacher Training Foundation

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course focuses on the fundamentals of yoga that are essential for both practice and teaching. Students learn proper body mechanics, anatomy, alignment principles, and breathing techniques as they relate to the performance and instruction of beginning yoga poses. Topics include the history and philosophy of yoga, Sanskrit terminology, injury prevention, and vocational opportunities.

KINE 147: Yoga Teacher Training Development

Units: 3

Prerequisites: None

Advisory: KINE145

Acceptable for Credit: CSU

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course provides students with the tools to design and teach an intelligently sequenced 60-minute yoga class with verbal clarity. Topics include the history and philosophy of yoga, Sanskrit terminology, body mechanics and alignment, breathing styles, flow sequences, and principles of teaching yoga poses. Students learn about applying yogic principles as well as lifestyle choices and ethics for yoga teachers.

KINE 149: Yoga Teacher Training Integration

Units: 3

Prerequisites: None

Advisory: KINE 145, KINE 147, and KINE 150.

Acceptable for Credit: CSU

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course provides students with the tools to deepen their independent yoga practice in order to strengthen their teaching and develop a personal teaching style. Topics include designing, integrating, and implementing knowledge and teaching of asanas, pranayama techniques, meditation, and yogic history and philosophy. Students learn about Ayurveda, the subtle body, and yoga for special populations.

KINE 150: Beginning Yoga

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the beginning practice of yoga. Students learn the practice of gentle, restorative, and vinyasa flow to improve concentration, physical endurance, flexibility, balance, and posture. The course integrates basic breathing techniques to increase oxygen intake, enhance the mind-body connection, and reduce stress. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 154: Intermediate Yoga

Units: 0.5-1

Prerequisites: KINE 150.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the intermediate practice of yoga. Students learn the practice of gentle, restorative, and vinyasa flow to improve concentration, physical endurance, flexibility, balance, and posture. The course integrates intermediate breathing techniques to increase oxygen intake, enhance the mind-body connection, and reduce stress. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 155: Advanced Yoga

Units: 0.5-1

Prerequisites: KINE 150

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the advanced practice of yoga. Students learn the practice of restorative and vigorous vinyasa flow to improve concentration, physical endurance, flexibility, balance, and posture. The course integrates advanced breathing techniques to increase oxygen intake, enhance the mind-body connection, and reduce stress. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 156: Beginning Flexibility Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This corrective flexibility course is designed to increase joint range of motion, improve muscle imbalances, correct altered joint motion, and address posture distortions. Correct flexibility includes self-myofascial release and static stretching. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 157: Intermediate Flexibility Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This active stretching course is designed to use agonists and synergists to dynamically move the joint into a range of motion. This form of stretching increases motorneuron excitability, creating reciprocal inhibition of the muscle being stretched. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 158: Advanced Flexibility Training

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This functional flexibility course is designed to use force production of a muscle and the body's momentum to take a joint through the full available range of motion. Dynamic stretching uses the concept of reciprocal inhibition to improve soft tissue extensibility. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 159: Yoga Teacher Training Implementation

Units: 3

Prerequisites: KINE 145, KINE 147, and KINE 150.

Acceptable for Credit: CSU

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course provides students with the advanced knowledge and skills to design and implement all-level yoga classes and yoga-based educational workshops. It integrates in-depth study of yogic philosophy and Sanskrit terminology with injury management and the use of props for asana progressions and regressions as well as intelligent sequencing and theming to create purposeful class experiences.

KINE 161: Beginning Martial Arts

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course introduces students to the beginning skills of martial arts, which is a nonaggressive yet highly effective form of self-defense. Students learn about the history and philosophy of martial arts, safety procedures, standards of etiquette, body dynamics, and precise beginning-level movements in a setting of diligent, cooperative training. NOTE: A Gi uniform is required (approximately \$40); please attend the first class before purchasing. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 162: Intermediate Martial Arts

Units: 0.5-1

Prerequisites: KINE 161.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course introduces students to intermediate skills of martial arts, which is a nonaggressive yet highly effective form of self-defense. Students learn about intermediate movements and body dynamics, safety procedures, and standards of etiquette in a setting of diligent, cooperative training. NOTE: A Gi uniform is required (approximately \$40); please attend the first class before purchasing. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 163: Advanced Martial Arts

Units: 0.5-1

Prerequisites: KINE 162.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course introduces students to advanced skills of martial arts, which is a nonaggressive yet highly effective form of self-defense. Students learn about advanced movements and body dynamics, safety procedures, meditation techniques, and advanced defense strategies in a setting of diligent, cooperative training. NOTE: A Gi uniform is required (approximately \$40); please attend the first class before purchasing. UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

KINE 190: Introduction to Kinesiology

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the field of kinesiology and nutrition, including its history, scope, and sub-disciplines. Students explore principles of kinesiology and career opportunities within kinesiology and nutrition/dietetics as well as professional characteristics and ethical responsibilities of those who work in the field. Topics include nutrition, biomechanics, fitness/posture assessments, assessment tool use (body fat, flexibility, cardiorespiratory), exercise prescriptions, and behavior management. C-ID KIN-100.

KINE 200: Physical Education in the Elementary School

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course teaches students how to develop physical education curriculum to best meet the needs of elementary school children based on national and state physical and health education content standards for California public schools. The course emphasizes the role and significance of physical education, instructional methods, and motor skill, movement, and total wellness concepts, including nutrition, disease prevention, and the adverse effects of drug/narcotic, alcohol, and tobacco use.

KINE 203: Techniques in Athletic Training

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

This course explores the basic fundamentals of athletic injury health care. It emphasizes prevention, recognition, basic assessment, immediate care, treatment, and rehabilitation of common athletic injuries. Topics include theory and application of taping and wrapping, basic first aid, emergency field care, and anatomical landmark recognition. UC CREDIT LIMITATION: Any or all KINE theory courses, maximum credit, 8 units.

KINE 204: Techniques and Analysis of Fitness and Weight Training

Units: 3

Prerequisites: None

Acceptable for Credit: CSU, UC

Lecture 2 hours, laboratory 3 hours.

Course Typically Offered: Fall, Spring

In this introduction to personal fitness training, students design a comprehensive fitness program that includes muscular strength and endurance, flexibility, and cardiorespiratory and core training to meet individual client needs. The course emphasizes program design, fitness assessment, posture analysis, biomechanics, exercise physiology, muscle anatomy, professional development, nutrition, goal setting, and behavior modification. UC CREDIT LIMITATION: Any or all KINE theory courses, maximum credit, 8 units.

KINE 210: Exercise Programs for Special Populations

Units: 3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 3 hours.

Course Typically Offered: Spring

This course examines the exercise implications for special populations related to age, medical condition, and level of fitness. Topics include resistance, cardio, flexibility/yoga, and balance programs for heart conditions, stroke, diabetes, orthopedic problems, obesity, hyperlipidemia, pregnant, asthmatic, spinal cord injury, multiple sclerosis, epilepsy, cerebral palsy, older adult populations, and children. The course also covers the role of exercise in risk factor modification as well as contraindications to exercise for special populations.

KINE 292: Internship Studies

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Instructor, dept chair, and Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course provides students the opportunity to apply the theories and techniques of their discipline in an internship position in a professional setting under the instruction of a faculty-mentor and site supervisor. It introduces students to aspects of the roles and responsibilities of professionals employed in the field of study. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.

KINE 296: Topics in Kinesiology

Units: 1-3

Prerequisites: None

Acceptable for Credit: CSU

Lecture 1 hour.

Lecture 2 hours.

Lecture 3 hours.

Course Typically Offered: To be arranged

This course gives students an opportunity to study topics in Kinesiology that are not included in regular course offerings. Each Topics course is announced, described, and given its own title and 296 number designation in the class schedule.

KINE 299: Occupational Work Experience Education

Units: 0.5-14

Prerequisites: None

Corequisite: Complete 54 hours of work per unit, paid or unpaid.

Enrollment Limitation: Career Center approval. Fourteen unit maximum in any combination of work experience education and/or internship studies per semester.

Acceptable for Credit: CSU

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students who are employed in a job directly related to their major or career area of interest. It allows such students the opportunity to apply the theories and skills of their discipline to their position and to undertake new responsibilities and learn new skills at work. Topics include goal-setting, employability skills development, and examination of the world of work as it relates to the student's career plans. Students must develop new learning objectives and/or work/intern at a new site upon each enrollment.