

## 2018–19 Catalog Addendum Summary/Table of Contents

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This catalog addendum should be used by students and staff along with the existing 2018–2019 Catalog.

Students are strongly encouraged to seek advice from the Counseling Center. Additional information and publications will be made available to students throughout the year as appropriate.

## CS Athletic Coaching

A Certificate in Sports Coaching will provide students with fundamental principles to enhance their coaching knowledge and abilities. The program is designed for all coaches at any level. The certificate can serve to make a coaching candidate more qualified for a position, or if already coaching, enhance one's coaching abilities. The program will serve to expose students to Principles of Coaching, Sports Psychology, First Aid/CPR, and some basic movement activities. The entire certificate can be done online.

### Career Opportunities

Sports coaching at the grammar school, recreational, or high school level.

### Program Learning Outcomes

Students completing this program will be able to:

1. Select a coaching philosophy that is compatible with one's values and beliefs.
2. Apply the learned theories and techniques of optimal performance.
3. Earn the American Red Cross certification in Adult/Child/Infant CPR, Adult & Child AED, and Standard first aid.

### Requirements

#### Required Core Courses: 9 units Units

KINE 102	Introduction to Coaching Principles	3 units
KINE 119	First Aid/Adult & Pediatric CPR	3 units
KINE 103	Social Issues in Sport	3 units

#### Required Selective Courses: .5-2 units, one course from the following: Units

FITN 112.1	Cross Training I	0.5 or 1 units
FITN 112.2	Cross Training II	0.5 or 1 units
FITN 112.3	Cross Training III	0.5 or 1 units
FITN 112.4	Cross Training IV	0.5 or 1 units
FITN 116.1	Body Conditioning I	0.5 or 1 units
FITN 116.2	Body Conditioning II	0.5 or 1 units

FITN 116.3	Body Conditioning III	0.5 or 1 units
FITN 116.4	Body Conditioning IV	0.5 or 1 units
FITN 201.1	Weight Training I	0.5 or 1 units
FITN 201.2	Weight Training II	0.5 or 1 units
FITN 201.3	Weight Training III	0.5 or 1 units
FITN 201.4	Weight Training IV	0.5 or 1 units
FITN 235.1	Boot Camp I	0.5 or 1 units
FITN 235.2	Boot Camp II	0.5 or 1 units
FITN 235.3	Boot Camp III	0.5 or 1 units
FITN 235.4	Boot Camp IV	0.5 or 1 units
FITN 332.1	Stretching and Flexibility I	0.5 or 1 units
FITN 332.2	Stretching and Flexibility II	0.5 or 1 units
FITN 332.3	Stretching and Flexibility III	0.5 or 1 units
FITN 332.4	Stretching and Flexibility IV	0.5 or 1 units
FITN 334.1	Yoga I	0.5 or 1 units
FITN 334.2	Yoga II	0.5 or 1 units
FITN 334.3	Yoga III	0.5 or 1 units
FITN 334.4	Yoga IV	0.5 or 1 units
FITN 335.1	Pilates I	0.5 or 1 units
FITN 335.2	Pilates II	0.5 or 1 units
FITN 335.3	Pilates III	0.5 or 1 units
FITN 335.4	Pilates IV	0.5 or 1 units
TEAM 111.1	Basketball I	0.5 or 1 units



TEAM 111.2	Basketball II	0.5 or 1 units
TEAM 111.3	Basketball III	0.5 or 1 units
TEAM 111.4	Basketball IV	0.5 or 1 units
TEAM 116	Basketball: Individual Skill Development	0.5 or 1 units
TEAM 118	Advanced Basketball: Women	0.5 - 3 units
TEAM 119	Tournament Basketball for Women	0.5 or 1 units
TEAM 171.1	Volleyball I	0.5 or 1 units
TEAM 171.2	Volleyball II	0.5 or 1 units
TEAM 171.3	Volleyball III	0.5 or 1 units
TEAM 171.4	Volleyball IV	0.5 or 1 units
TEAM 186	Men's Basketball: Individual Skill Development	2 units



## AA Kinesiology

Careers in the discipline of Kinesiology are broad and include such areas as teaching, coaching, Sports Management/Marketing, Sports Journalism, Exercise Science, Occupational Therapy, Athletic Training, Physicians Assistant, and various careers in the Fitness Industry. Students intending to earn a Bachelor's Degree in Kinesiology should consult early with a counselor and the current catalogue of the college/university in which they plan to transfer. Specific requirements vary; however four-year institutions usually require that students complete a core of basic sciences and Kinesiology courses as well as general education requirements prior to transfer.

### Career Opportunities

Athletic Trainer, Coach, Teacher, Occupational Therapist, Registered Nurse, Sports Information Director, Sports journalist, Sports Marketing, Strength and Conditioning Coach, Physician Assistant, Massage Therapist, Exercise Physiologist, Nutritionist, Respiration Therapist, Fitness Instructor, Epidemiologist, Biomechanist, Athletic Administrator, Aquatics Director, Adapted Physical Activity, Recreational Therapist, Sports Director, Cardiac Rehabilitation Specialist.

### Program Learning Outcomes

Students completing this program will be able to:

1. Identify career opportunities offered in Kinesiology and distinguish the basic educational requirements for various fields.
2. Demonstrate an understanding of various scientific principles in the academic study of Kinesiology.
3. Identify and demonstrate the skills or strategies utilized in various movement-based activity courses.

### Major Requirements

#### Required Core Courses: 13 units

#### Units

BIOL 130	Human Biology	3 units
BIOL 250	Human Anatomy	4 units
KINE 101	Introduction to Kinesiology	3 units
KINE 119	First Aid/Adult & Pediatric CPR	3 units

#### Required Selective Courses: Select 2 courses from the following - 6 units

#### Units

KINE 102	Introduction to Coaching Principles	3 units
KINE 103	Social Issues in Sport	3 units
KINE 104	Sports Psychology	3 units

KINE 106	Introduction to Sports Management	3 units
KINE 110	Care and Prevention of Athletic Injuries	3 units
KINE 300	Anatomy of Motion	3 units
DANC 100	Dance Appreciation	3 units

#### Required Selective Courses: Movement Based Courses: Select 3 units from the following with a maximum of one unit from any one area

#### Units

ADAP 100	Adapted Aquatics	0.5 or 1 units
ADAP 110	Adapted General Conditioning	0.5 or 1 units
ADAP 140	Adapted Weight Training	0.5 or 1 units
ADAP 155	Adapted Back Care	0.5 or 1 units
AQUA 109.1	Water Polo I	0.5 or 1 units
AQUA 109.2	Water Polo II	0.5 or 1 units
AQUA 109.3	Water Polo III	0.5 or 1 units
AQUA 109.4	Water Polo IV	0.5 or 1 units
AQUA 127.1	Swim Stroke Development I	0.5 or 1 units
AQUA 127.2	Swim Stroke Development II	0.5 or 1 units
AQUA 127.3	Swim Stroke Development III	0.5 or 1 units
AQUA 127.4	Swim Stroke Development IV	0.5 or 1 units
AQUA 133.1	Individual Swim Conditioning I	0.5 or 1 units
AQUA 133.2	Individual Swim Conditioning II	0.5 or 1 units
AQUA 133.3	Individual Swim Conditioning III	0.5 or 1 units
AQUA 133.4	Individual Swim Conditioning IV	0.5 or 1 units
DANC 117.1	Tap Dance I	0.5 or 1 units



DANC 117.2	Tap Dance II	0.5 or 1 units
DANC 117.3	Tap Dance III	0.5 or 1 units
DANC 117.4	Tap Dance IV	0.5 or 1 units
DANC 121.1	Modern Dance I	0.5 or 1 units
DANC 121.2	Modern Dance II	0.5 or 1 units
DANC 121.3	Modern Dance III	0.5 or 1 units
DANC 121.4	Modern Dance IV	0.5 or 1 units
DANC 130.1	Jazz Dance I	0.5 or 1 units
DANC 130.2	Jazz Dance II	0.5 or 1 units
DANC 130.3	Jazz Dance III	0.5 or 1 units
DANC 130.4	Jazz Dance IV	0.5 or 1 units
DANC 140.1	Ballet I	0.5 or 1 units
DANC 140.2	Ballet II	0.5 or 1 units
DANC 140.3	Ballet III	0.5 or 1 units
DANC 140.4	Ballet IV	0.5 or 1 units
DANC 330.1	Creative Dance I	0.5 or 1 units
DANC 330.2	Creative Dance II	0.5 or 1 units
DANC 330.3	Creative Dance III	0.5 or 1 units
DANC 330.4	Creative Dance IV	0.5 or 1 units
FITN 112.1	Cross Training I	0.5 or 1 units
FITN 112.2	Cross Training II	0.5 or 1 units
FITN 112.3	Cross Training III	0.5 or 1 units
FITN 112.4	Cross Training IV	0.5 or 1 units

FITN 116.1	Body Conditioning I	0.5 or 1 units
FITN 116.2	Body Conditioning II	0.5 or 1 units
FITN 116.3	Body Conditioning III	0.5 or 1 units
FITN 116.4	Body Conditioning IV	0.5 or 1 units
FITN 134	Track and Trail Aerobics	0.5 or 1 units
FITN 201.1	Weight Training I	0.5 or 1 units
FITN 201.2	Weight Training II	0.5 or 1 units
FITN 201.3	Weight Training III	0.5 or 1 units
FITN 201.4	Weight Training IV	0.5 or 1 units
FITN 226	Plyometric Conditioning	0.5 or 1 units
FITN 235.1	Boot Camp I	0.5 or 1 units
FITN 235.2	Boot Camp II	0.5 or 1 units
FITN 235.3	Boot Camp III	0.5 or 1 units
FITN 235.4	Boot Camp IV	0.5 or 1 units
FITN 237	Total Core Training	0.5 or 1 units
FITN 301.1	Indoor Cycling I	0.5 or 1 units
FITN 301.2	Indoor Cycling II	0.5 or 1 units
FITN 301.3	Indoor Cycling III	0.5 or 1 units
FITN 301.4	Indoor Cycling IV	0.5 or 1 units
FITN 334.1	Yoga I	0.5 or 1 units
FITN 334.2	Yoga II	0.5 or 1 units
FITN 334.3	Yoga III	0.5 or 1 units
FITN 334.4	Yoga IV	0.5 or 1 units



FITN 335.1	Pilates I	0.5 or 1 units
FITN 335.2	Pilates II	0.5 or 1 units
FITN 335.3	Pilates III	0.5 or 1 units
FITN 335.4	Pilates IV	0.5 or 1 units
FITN 336	Restorative Yoga	0.5 or 1 units
INDV 121.1	Badminton I	0.5 or 1 units
INDV 121.2	Badminton II	0.5 or 1 units
INDV 121.3	Badminton III	0.5 or 1 units
INDV 121.4	Badminton IV	0.5 or 1 units
INDV 251.1	Tennis I	0.5 or 1 units
INDV 251.2	Tennis II	0.5 or 1 units
INDV 251.3	Tennis III	0.5 or 1 units
INDV 251.4	Tennis IV	0.5 or 1 units
TEAM 111.1	Basketball I	0.5 or 1 units
TEAM 111.2	Basketball II	0.5 or 1 units
TEAM 111.3	Basketball III	0.5 or 1 units
TEAM 111.4	Basketball IV	0.5 or 1 units
TEAM 148.1	Indoor Soccer I	0.5 or 1 units
TEAM 148.2	Indoor Soccer II	0.5 or 1 units
TEAM 148.3	Indoor Soccer III	0.5 or 1 units
TEAM 148.4	Indoor Soccer IV	0.5 or 1 units
TEAM 150	Softball	0.5 or 1 units
TEAM 171.1	Volleyball I	0.5 or 1 units

TEAM 171.2	Volleyball II	0.5 or 1 units
TEAM 171.3	Volleyball III	0.5 or 1 units
TEAM 171.4	Volleyball IV	0.5 or 1 units
TEAM 180	Volleyball - Applications in Team Tactics	0.5 or 1 units
TEAM 182	Individual Volleyball Training	0.5 or 1 units

*Note: Summer courses are only offered for .5 units.*

**And required General Education coursework and electives as needed to meet the minimum 60 units required for the Associate degree.**



## NEWLY APPROVED COURSES FOR UC TRANSFERABILITY AS OF FALL 2018

Course	Course Title	Units
ACTG 100	Accounting Procedures	3
ADAP 155	Adapted Back Care	.5 of 1
ART 124	Old Masters' Aesthetics and Techniques	3
ART 253	Plein Air Painting II	3
ART 254	Plein Air Painting III	3
ART 255	Plein Air Painting IV	3
CIS 129	Frameworks/Server-Side JavaScript	3
CIS 138	Internet of Things	3
COMM 115	Survey of Human Communication	3
ETHN 107	Introduction to Native American Studies	3
ETHN 108	Rethinking Race, Gender, and Nation	3
ETHN 109	Borders and Crossings	3
ETHN 122	Black Leadership Theory	3
FILM 123	Documentary Film: Studies and Practice	4
LIT. 154	Introduction to LGBT Literature	3
LIT. 221	World Literature from 1600	3
MUS. 124	Jazz Improvisation I	2
MUS. 125	Jazz Improvisation II	2
MUS. 210	From Blues to Hip Hop: A History of American Popular Music	3
MUS. 296	Electronic Music Composition Portfolio I	1.5
MUS. 297	Electronic Music Composition Portfolio II	1.5
MUS. 429	Wind Ensemble	1
MUS. 454	Jazz Workshop Big Band	1
PSYC 106	Psychology of Prejudice and Discrimination	3
PSYC 230	Introduction to Cross-Cultural Psychology	3
PSYC 301	Psychology of Human Relationships and Adjustment	3
PSYC 310	Positive Psychology	3
PSYC 320	Psychology of Wellness: The Mind-Body Connection	3
PSYC 330	Sports Psychology	3
VARS 110	Varsity Men's Basketball	1.5

## CSU GE APPROVAL BEGINNING FALL 2018 – AREA E1

Course	Course Title	Units
BIOL 310	Nutrition	3

## COURSES RECENTLY APPROVED FOR C-ID:

Course	C-ID
CIS 254	C-ID COMP 112
DGME 122	C-ID CMUS 120X
ENGR 215	C-ID ENGR 220
ENGR 230	C-ID ENGR 130
ENGR 260	C-ID ENGR 260L (lab only)
ETHN 108	C-ID SJS 110
LIT. 220	C-ID ENGL 140 and ENGL-LIT 180
LIT. 221	C-ID ENGL 145 and ENGL-LIT 185
SPAN 110	C-ID SPAN 100
SPAN 120	C-ID SPAN 110

## COURSES WITH CONDITIONAL C-ID APPROVAL:

Course	C-ID
ART 104	CONDITIONAL ARTH 150 expires 2/1/2020
DGME 211	CONDITIONAL ARTS 250 expires 9/1/2019
HSCI 100	CONDITIONAL PHS 100 expires 9/1/2019