

Degree Requirements – Undergraduate

Candidates for graduation must satisfy the regulations described in this section, and those outlined by the major department.

The Bachelor of Arts and the Bachelor of Science degrees are offered with majors in the several fields listed under Curricula Offered. In addition to the BA and the BS, the Bachelor of Music (BM), the Bachelor of Fine Arts (BFA), the Bachelor of Nursing (BN) and the Bachelor of Social Work (BSW) degrees are also offered. Specific requirements for degrees in each field are outlined in the departmental sections of this catalog. All candidates for graduation must satisfy the general regulations described on the following pages in this section, as well as those outlined by the major department.

Additional Graduation Requirements

All requirements listed here may be met either by passing waiver examinations, where available, or by coursework. Students should note that success in a waiver examination satisfies a requirement but does not yield unit credit. For information about the examinations, see the Testing Office in the Student Services Center, or call 408-924-5980. Courses which satisfy the requirements are listed under “General Education Requirements and Courses” in the schedule of classes, with the exception of Physical Education activity courses.

American Institutions Requirement

U.S. History, U.S. Constitution, California State and Local Government. State law requires all students graduating from a CSU campus to demonstrate knowledge of these three areas, also referred to as the American Institutions and Ideals, the Title 5, or the “state code” requirement. Students may complete waiver exams or coursework to satisfy the requirements. Consult the “General Education Requirements and Courses” section in the SJSU Schedule of Classes for approved courses or the Testing Office for information about the waiver examinations. Students should consult an advisor to determine which of the various course combinations are best for their degree objectives.

Continuous Attendance and Election of Graduation Requirements

Undergraduate students remaining in attendance in regular sessions at any California State University campus, at any California community college, or any combination of California community colleges and campuses of The California State University may, for purposes of meeting graduation requirements, elect to meet the requirements in effect at the campus from which they will graduate either:

1. at the time the student began such attendance,
– or –
2. at the time of entrance to the campus,
– or –
3. at the time of graduation.

Continuous attendance is defined as enrollment in at least one semester or two quarters in each calendar year. Absence related to an approved educational leave or for attendance at another accredited institution of higher learning is not considered an interruption, providing the absence does not exceed two years.

Campus authorities may authorize or require substitutions for discontinued courses and may also require students changing their major or any minor field of study to complete the major or minor requirements in effect at the time of the change. Students who do not maintain attendance will be held to any new requirements approved by the university at the time of their readmission.

Graduation Writing Assessment Requirement (GWAR)

All students must demonstrate competency in writing skills as a requirement for graduation.

SJSU students satisfy this requirement by completing a 100W Writing Workshop course. A satisfactory score on the Writing Skills Test (WST) is required either to waive or to enroll in the 100W course designated by the major. Majors which require the 100W as part of the major, however, do not accept the waiver. Information on currently available ways to meet this graduation requirement may be obtained from the Testing Office, the current *SJSU Schedule of Classes* (<http://info.sjsu.edu/home/schedules.html>) and the Student Services Center.

Graduate students should refer to the section on Competency in Written English.

Double Major

If a student has completed the requirements for two or more majors leading to the same baccalaureate degree for the same graduation application period, those majors shall be acknowledged on a single diploma and on their transcripts. If a student has completed the requirements for two or more majors leading to different baccalaureate degrees for the same graduation application period, both degrees and majors shall be acknowledged on a single diploma and on their transcripts. Each major or formal concentration, not including courses in preparation for or in support of the major, must consist of at least 36 units for Bachelor of Science degree majors, or at least 24 units for Bachelor of Arts degree majors, units that are completely separate and distinct from the other degree or formal concentration.

Minors

A minor may be required or recommended at the option of the major department. A student may also elect to complete a minor. The minimum criterion for **any** minor must be 12 units of course work completely distinct and separate from the course work in one's major. However, courses in preparation for or in support of the major may be included in the minor. Of the courses taken for a baccalaureate minor, 6 units must be upper division; for a teaching credential minor, 12 units must be upper division or graduate. If a minor is completed after a degree has been granted, the minor is not recorded on the student's permanent record.

Physical Education Requirement

It is important that all students, regardless of major, have an opportunity to expand their knowledge and skills in physical activities. To accommodate the needs and interests of SJSU students, the Department of Kinesiology offers a diverse selection of activity courses which have the following goals:

- To provide a fundamental understanding of the influence physical activity has on physical and mental well-being;
- To promote development of a repertoire of skills for constructive leisure activity and a physically active lifestyle important to maintaining health;
- To provide an understanding of the guidelines for developing and maintaining physical fitness throughout the lifespan;
- To provide exposure to a variety of lifetime fitness activities and sports; and
- To enhance the student's liberal arts education and develop a well-rounded individual.

All students must complete two units of physical education from two different Kinesiology/Dance activity courses. To challenge the requirement, students must consult the Department of Kinesiology at least one semester prior to graduation.

Kinesiology and Dance activity courses are not repeatable for credit. In addition, only one Intercollegiate Athletics course may be used to fulfill one unit of the physical education graduation requirement.

Residence Requirements

For all bachelor's degrees, including second baccalaureates, a minimum of 30 units shall be earned in residence after matriculation at the campus granting the degree. Twenty-four of these units shall be earned in upper division courses, 12 of the units shall be in the major and 9 units shall be in General Education. Extension credit or credit by evaluation shall not be used to fulfill any of the 30 units. Winter Session for previously matriculated students earns residence credit; Open University units are not applicable toward the residence requirement.

Graduate Program in Kinesiology

Graduate Coordinator: Dr. Craig J. Cisar

Requirements for Admission to Classified Standing

The Department of Kinesiology requires the following of all applicants seeking admission to classified standing in the MA - Kinesiology in addition to meeting requirements for admission to the Graduate Division:

1. A baccalaureate degree with a major or a minor in Kinesiology or completion of a maximum of 12 prescribed undergraduate units to clear deficiency.
2. A minimum grade point average of 3.0 in the last 60 semester units (or 90 quarter units) of work.

Requirements for Admission to Conditionally Classified Standing

The graduate coordinator may approve admission of a student who: meets requirements for admission to the Graduate Division who has neither a major nor a minor in Kinesiology; or has a grade point average of 2.75 to 2.99 in the last 60 semester units (or 90 quarter units) of work. The student may become eligible for admission to classified standing upon: satisfactory completion of prescribed undergraduate course deficiencies; and/or completion of six units of graduate course work with a minimum grade point average of 3.0 in each course.

Requirements for Admission to Candidacy for the MA Degree

General university requirements for admission to candidacy for the Master of Arts degree are outlined in detail in this catalog. The University requires that all graduate students demonstrate competency in written English as a condition for advancement to candidacy. Please refer to the SJSU catalog section titled "Competency in Written English" for details. For graduate courses that meet the competency in written English requirement, please refer to the Graduate Studies and Research website at www.sjsu.edu/gradstudies. Following are additional requirements of the Department of Kinesiology for the Master of Arts degree.

Upon admission to the Graduate Division and prior to registration, each student should meet with a graduate academic advisor in the student's emphasis area of interest. If there are any deficiencies in a student's undergraduate work, additional foundation courses may be required. Foundation courses will not be counted in the master's program.

A proposed program for the graduate objective selected should be developed as early as possible with the assistance of a graduate academic advisor in the student's emphasis area of interest.

The proposed program must be approved by the graduate advisor, the graduate coordinator, and by the Office of Graduate Studies before the student is considered a candidate for the Master of Arts degree.

Completing Requirements for the MA – Kinesiology

Option Areas

In consultation with a program advisor, the student identifies an area of study to meet his/her educational objectives. A program of study may be developed in any of the following areas:

- Adapted Physical Activity
- Athletic Training (NATA accredited program)
- Biomechanics
- Exercise Physiology
- Measurement
- Motor Development
- Motor Learning
- Sport History
- Sport Management
- Sport Philosophy
- Sport Psychology
- Sport Sociology

Plan A (with Thesis)

The purpose of this plan is to provide concentrated study in one aspect of Kinesiology. It is crucial that students electing Plan A identify the focus of their concentration early so that an appropriate focus and thesis topic may be developed.

Required courses are Kin 250, Kin 251, and Kin 299 (6 units). Electives (18 units) from a specialization based on student needs and interest as determined in consultation with a graduate academic advisor. A maximum of 9 units may be selected from outside the Department of Kinesiology.

Plan B (Non-Thesis)

This plan is for students interested in producing a creative work in Kinesiology. The plan requires a special project in place of a thesis.

Required courses are KIN 250, KIN 251, and KIN 298 (3 units). Electives (21 units) form a specialization based on student's needs and interest as determined in consultation with a graduate academic advisor. A maximum of 9 units may be selected from outside the Department of Kinesiology.

Note: Athletic Training has a specific course structure and a separate application process in order to meet NATA accreditation standards.

MA – Kinesiology

	Semester Units
Plan A (with thesis)	30
Required Courses	6
KIN 250 and KIN 251	
Electives	18
9 units maximum from outside Kinesiology	
Thesis or Project	6
KIN 299	
Plan B (non-thesis)	30
Required Courses	6
KIN 250 and KIN 251	
Electives	21
9 units maximum from outside Kinesiology	
Special Studies	3
KIN 298	
Total Units Required	30

A final oral defense and demonstrated competency in written English are required in both Plans A and B.

Courses

Human Performance

Lower Division

KIN 001. Adapted Physical Activities

Structured individualized physical activities to enhance physical/motor fitness and develop an active, health-oriented lifestyle for students unable to participate in the general activity program.

Repeatable for credit
1 unit

KIN 002A. Beginning Swimming

This course is designed for the non-swimmer and beginning swimmer. It is assumed that all students enrolled in the class have had little or no experience in learning the basic skills of swimming. The course is designed to instruct the student in the basic skills necessary to enable him/her to swim safely in deep water. There are no prerequisites for the course.

1 unit

KIN 002B. Intermediate Swimming

This course is designed to meet the needs of students who have satisfactorily completed the skills involved in beginning swimming.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 002C. Advanced Swimming

This course is designed to refine and extend the development of advanced skills in swimming.

Prerequisite: Intermediate level or its equivalent.
1 unit

KIN 003. Long Distance Swimming

An advanced level swimming course designed to have a positive effect on cardiovascular fitness and to increase the endurance and speed of each individual.

Prerequisite: Intermediate level or its equivalent.
1 unit

KIN 004. Aquatic Exercise

This course will present various and unique methods of training and conditioning in the aquatic environment.

1 unit

KIN 005. Lifeguard Training

This course is designed to teach the basic concepts involved in "nonsurf" lifeguard training in accordance with the American Red Cross and the criteria set forth by that organization.

1 unit

KIN 008. Skin and SCUBA Diving

Both skin and SCUBA diving skills for enjoyment and to understand dangers connected with the sport. Only one unit can be applied for the physical education graduation requirement.

Prerequisite: KIN 2C (or equivalent).
Misc/Lab: Lecture 1 hour/activity 3 hours.
2 units

KIN 009A. Beginning Sailing

Basic skills and safety knowledge in small boats for those with little or no sailing experience

Prerequisite: Student must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned dinghy. Students will be tested for this in the SPX pool.

1 unit

KIN 009B. Intermediate Sailing

Proficiency in jib and spinnaker sail handling, tuning, mooring/anchoring, marlinspike seamanship (rope and knot work), boat care and maintenance: understanding of sailboat racing; sailing in winds up to 15 knots (17 MPH); includes big boat classes on weekends.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 010A. Beginning Kayaking

Beginning skills and knowledge for those with little or no experience of flat water kayaking. The emphasis will be on safe operation at all times.

Prerequisite: Students must be able to swim 100 yards without stopping, tread water for 5 minutes, and exit from an overturned kayak. Students will be tested for this in the SPX pool.

1 unit

KIN 013A. Beginning Rugby

This course is designed to familiarize the student with the rules, skills and basic concepts of modern Rugby Union Football. The class will equip the student to be an informed rugby spectator and/or participant.

1 unit

KIN 014A. Beginning Volleyball

This course provides the student with the opportunity to learn and develop the basic rules and skills of volleyball, the 6-6 offense and the defense against the 6-6 offense.

1 unit

KIN 014B. Intermediate Volleyball

This course provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions when using the 6-2 offense and the defense against the offense.

Prerequisite: Beginning level or its equivalent.

Repeatable for credit

1 unit

KIN 014C. Advanced Volleyball

This course is designed to teach advanced skills, principles and techniques necessary and fundamental to understanding and playing volleyball.

Prerequisite: Intermediate level or its equivalent.

Repeatable for credit

1 unit

KIN 015A. Beginning Basketball

This course is designed to assist students in the development of fundamental skills necessary for effective involvement in playing the game of basketball.

1 unit

KIN 015B. Intermediate Basketball

This course provides the intermediate student with the opportunity to refine and perfect basic basketball skills.

Prerequisite: Beginning level or its equivalent.

Repeatable for credit

1 unit

KIN 018A. Beginning Handball

Designed to develop beginning level handball skills, tactics/strategies, rules, court etiquette, sportsmanship, and game play that will lead to a positive attitude toward handball as a lifetime activity.

1 unit

KIN 019A. Beginning Soccer

This course is designed to introduce students to the game of soccer, and to provide students with the fundamental ability and knowledge needed to enjoy this game as players and as spectators.

1 unit

KIN 019B. Intermediate Soccer

Students will learn intermediate level soccer skills and conditioning, offensive and defensive tactics/strategies, and various soccer playing philosophies from around the world that will lead to developing a positive attitude toward soccer as a lifetime of activity.

Prerequisite: Beginning level or its equivalent.

2 units

KIN 020A. Beginning Badminton

The purpose of this course is to give the student basic understanding of the game of badminton. Students will be given a chance to learn and practice all aspects of the game, which will include strokes, strategy and rules.

1 unit

KIN 020B. Intermediate Badminton

Emphasis on improving basic badminton skills and tactics; learning intermediate skills, tactics and strategies; and playing more effective games.

Prerequisite: Beginning level or its equivalent.

Repeatable for credit

1 unit

KIN 020C. Advanced Badminton

Emphasis on the development of advanced skills, drills, tactics and strategies through practice and games. The class focuses on drills and game play applying a variety of professional rules and etiquette, advanced skills and strategies.

Prerequisite: Intermediate level or its equivalent.

Repeatable for credit

1 unit

KIN 021A. Beginning Tennis

This course is designed to give students a basic understanding of the game of tennis. Students will be given a chance to learn through lecture, demonstration, drilling and match play.

1 unit

KIN 021B. Intermediate Tennis

This course is designed to review the students' understanding of the game of tennis. Students will be given a chance to review and practice all aspects of the game, which will include strokes, strategy and rules.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 021C. Advanced Tennis

This course deals with the maximizing of tennis skills techniques and high levels of strategy in order to compete successfully in a competitive game situation.

Prerequisite: Intermediate level or its equivalent.

1 unit

KIN 022A. Beginning Racquetball

This course is designed to acquaint the student with the game of racquetball. Content area in this course will include rules, safety, appreciation of the game and introductory skills.

1 unit

KIN 022B. Intermediate Racquetball

This course is designed to assist students in the enhancement of their skill level in the game of racquetball, through involvement in a variety of skills, drills, lead-up games and play situations.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 023A. Beginning Archery

This course is designed to introduce the student to the basic skills and concepts, provides the opportunity to learn, practice and analyze correct shooting form and to participate in a variety of archery tournaments.

1 unit

KIN 023B. Intermediate Archery

This course builds upon beginning level skills and knowledge and provides the opportunity to shoot a variety of different archery rounds.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 024A. Beginning Bowling

This course is designed to give students an understanding of the sport of bowling and develop fundamental bowling skills.

1 unit

KIN 024B. Intermediate Bowling

This course is designed to meet the needs of students who have satisfactorily completed the skills in beginning bowling. The course will add more advanced theory and techniques.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 024C. Advanced Bowling

Designed for students who are skilled bowlers. A brief review of bowling fundamentals and principles will be followed by in depth lectures on application of principles. Drills will be used to improve skills.

Prerequisites: KIN 24B and a bowling average of 150 or better; alternative would be "scratch" league or a low handicap league plus instructor consent.

1 unit

KIN 025A. Beginning Golf

This course is designed for those who have never played golf or who have played very little and have had no basic formal instruction. This course will provide the student with a sound set of fundamentals to prepare for further instruction, if desired.

1 unit

KIN 025B. Intermediate Golf

This course is designed for those who have played some golf but have had little or no formal instruction. The student should finish the class knowing enough golf fundamentals, terminology and rules to play the game and/or proceed on with private, advanced instruction.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 025C. Advanced Golf

This course is designed for people who might score from the high seventies to the high eighties on a regular basis.

Prerequisite: Intermediate level or its equivalent.

1 unit

KIN 026A. Beginning Table Tennis

Emphasis on learning fundamental table tennis skills, basic tactics, strategies, etiquette, rules, and application to game situations.

1 unit

KIN 028A. Beginning Gymnastics

This course is designed to develop the student's awareness and performance of basic skills in gymnastics.

1 unit

KIN 029. Cardio Kickboxing

Cardio Kickboxing is a noncontact aerobic conditioning activity combining punches, kicks, and traditional aerobic skills. This activity is designed to enhance cardiovascular endurance, muscular strength, and muscular endurance.

1 unit

KIN 030. Pilates

Pilates develops core strength and enhances range of motion in the major joints of the body. This course teaches the fundamentals of the Pilates workout: breathing, relaxation, neutral spine position, key bony landmarks used in alignment cueing, and limb control.

1 unit

KIN 031. Body Sculpting

Increases muscular endurance and improves muscle tone by performing a higher number of repetitions using light to moderate weights. Taught in a group setting with music. Equipment includes: dumbbells, tubing, light weight barbells, and steps.

Repeatable for credit

1 unit

KIN 032. Aerobics

This course is designed to teach the key components of fitness, using aerobics as the mode of exercise. Aerobics can be defined as group exercise to music, using large, continuous, rhythmic movements to elevate the heart rate and produce a training effect, enhancing cardiorespiratory endurance.

Repeatable for credit

1 unit

KIN 033. Advanced Aerobic Activities

A combination of intense activities designed to enhance cardiorespiratory endurance and muscular strength and endurance. Activities include: power aerobics, power step, interval training, resistance/step (aerobelt), jump rope, and boxaerobics.

Prerequisite: KIN 032 or KIN 034 or instructor consent.

Repeatable for credit

1 unit

KIN 034. Step Training

Step training is a low-impact aerobic conditioning activity designed to enhance cardiorespiratory endurance and muscular strength and endurance.

Repeatable for credit

1 unit

KIN 035A. Beginning Weight Training

This course is designed to teach the basic concepts of weight training for muscular strength and endurance. Its goal is to provide students with knowledge about the principles involved in weight training and the health-related components of fitness through a variety of exercises.

1 unit

KIN 035B. Intermediate Weight Training

This course is designed for individuals with prior training experience and involves higher level exercises. Students will be exposed to a wide variety of machine as well as free weight exercises and will then design a program based on individual needs.

Prerequisite: Beginning level or its equivalent.

Repeatable for credit

1 unit

KIN 035C. Advanced Weight Training

This course is designed for students who have had prior class experience in resistive exercise training. Students who have not taken these classes must demonstrate adequate knowledge of lifting technique, terminology and weight room etiquette.

Prerequisite: Intermediate level or its equivalent.

Repeatable for credit

1 unit

KIN 037. Fitness Walking

This course is designed to develop cardiovascular endurance at a low intensity level. Walking at a brisk pace with full arm movement.

Repeatable for credit

1 unit

KIN 038. Beginning Jogging

The purpose of this class is to assist the student in the improvement of his or her cardiovascular fitness through running. This course also seeks to increase the student's knowledge of training methods so that they may develop their own training programs.

1 unit

KIN 040A. Modern Dance I

See DANC 040A.

Repeatable for credit

2 units

KIN 040B. Modern Dance II

See DANC 040B.

Repeatable for credit

2 units

KIN 041A. Ballet I

See DANC 041A.

Repeatable for credit

2 units

KIN 041B. Ballet II

See DANC 041B.

Repeatable for credit

2 units

KIN 042A. Jazz Dance I

See DANC 042A.

Repeatable for credit

2 units

KIN 042B. Jazz Dance II

See DANC 042B.

Repeatable for credit

2 units

KIN 044. Line/Country Western Dance

Basic skills, techniques, and rhythmic progressions of current line and country western dancing.

1 unit

KIN 045A. Beginning Lindy Hop and Night Club Swing

Covers steps, patterns, tricks, technique, and style in Lindy Hop, Jitterbug, Street Swing, Jive and Triple-Time Swing. Will work on "tricks" such as lifts, drops, and dips associated with the Swing era.

1 unit

KIN 046A. Beginning Social Dance

Designed to teach the basic skills and techniques of social dance through participation in selected dances.

Repeatable for credit

1 unit

KIN 046B. Intermediate Social Dance

This course is designed to build on students' current understanding of ballroom dancing and expand their repertoire of dance skills across a wide range of traditional and popular ballroom dances.

Repeatable for credit

1 unit

KIN 048A. Beginning Latin Dance

Designed to enhance students' understanding of Latin dancing and improve fundamental dance skills with a particular focus on the International Style Latin and American Rhythm Style dances such as Rumba and Cha Cha.

Repeatable for credit

1 unit

KIN 048B. Intermediate Latin Dance

Designed to advance students' current understanding of ballroom/social/Latin dancing, expand their repertoire of dance skills, and explore the Latin dances found in International Latin and American Rhythm style social/ballroom dancing.

Prerequisite: Beginning level or its equivalent.

Repeatable for credit

1 unit

KIN 049A. Tap Dance I

See DANC 049A.

Repeatable for credit

1 unit

KIN 049B. Tap Dance II

See DANC 049B.

Repeatable for credit

1 unit

KIN 050. Tai Chi (Non-Combative)

Emphasis on knowledge and skill, development of the standard Simplified Tai Chi Form and applications of Tai Chi for life. It is assumed that students enrolled in the class have had little or no experience in Tai Chi.

1 unit

KIN 051A. Beginning Aikido

An introduction to the philosophy, history and basic level training skills in the Japanese-derived martial art of Aikido.

1 unit

KIN 051B. Intermediate Aikido

Intermediate level training in the Japanese-derived martial art of Aikido.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 052A. Beginning Judo

Judo is a challenging martial art based on the philosophy of using maximum efficiency and maximum effort. This course is designed to teach the fundamental skills and techniques to the student as a recreational activity and/or on a competitive basis.

1 unit

KIN 052B. Intermediate Judo

This course is designed to continue the study of fundamental techniques of Judo from the Beginning Judo course. This course will introduce the student to more advanced judo techniques for the purpose of recreational activity and/or on a competitive basis.

Prerequisite: Beginning level or its equivalent.

1 unit

KIN 052C. Competitive Judo

Prepares students to use Judo techniques in competitive tournaments. The course will offer intermediate and advanced skills (standing, mat and falling techniques) and strategies to improve competitiveness.

Prerequisite: KIN 052A or KIN 052B, and/or instructor consent.

Repeatable for credit
1 unit

KIN 053A. Beginning Karate

This course is designed to teach the beginning concepts of Japanese Karate-do. Its goal is to provide the student with the skills and knowledge necessary for belt promotion and insights into the martial arts.

1 unit

KIN 053B. Intermediate Karate

This course is designed to reinforce basic level skill fundamentals and to introduce intermediate techniques required for higher levels of performance in the art of Karate-do.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 054A. Beginning Tae Kwon Do

Introduction to history, forms, techniques, practice and etiquette of the martial art of Tae Kwon Do. Techniques include basic prearranged patterns (poomse), basic kicking and combination of kicking, and basic prearranged one-step defenses.

1 unit

KIN 054B. Intermediate Tae Kwon Do

Continuation of beginning level pattern series and defenses. Introduction to tournament rules, regulations and techniques (competition, footwork, blocking, attacking, point scoring, and knowledge of free-sparing), leading to advancement in rank.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 055A. Beginning Self-Defense

Emphasis on the development of basic self-defense awareness, knowledge, mental strategies, physical skills, self-confidence and hands-on experience.

1 unit

KIN 061A. Beginning Hatha Yoga

In this course the student will learn the correct movements, postures and sequence used in traditional Hatha Yoga.

1 unit

KIN 061B. Intermediate Hatha Yoga

Further exploration of the theories and practices of Hatha Yoga encompassing the second level series of traditional intermediate Hatha Yoga postures, breathing exercises, and relaxation techniques.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 062A. Beginning Ice Skating

A beginning ice skating course that covers the skills identified by the International Ice Skating Association (IISA).

1 unit

KIN 062B. Intermediate Ice Skating

Extends the basic skills and techniques of beginning ice skating. An introduction to choreography and ice dancing is included.

Prerequisite: Beginning level or its equivalent.
1 unit

KIN 064A. Beginning Mountaineering

Fundamental mountain climbing techniques for a beginning level climber which includes face climbing, chimney climbing, traversing and rappelling.

1 unit

KIN 065A. Beginning Ice Hockey

Basic skills, techniques, strategies and rules of ice hockey. No previous skating is required but the ability to skate is highly recommended.

1 unit

KIN 067. Development of Human Potential

See CHAD 067.

GE: E
3 units

KIN 069. Stress Management: A Multidisciplinary Perspective

The stress process and its relation to health, disease, lifestyle, and the sociocultural environment. Physiological, psychological, sociological, and environmental parameters of stress across the lifespan, emphasizing university resources and stress management strategies to enhance academic, personal, and social development.

GE: E
3 units

KIN 070. Introduction to Kinesiology

Explores the broad spectrum of kinesiology as an academic discipline, fundamental concepts and meaning of movement/physical activity, diversity of humans as moving beings, professional/career options, current issues, personal characteristics/professional responsibilities, Kinesiology at SJSU; initiates professional portfolio.

Misc/Lab: Lecture 2 hours/activity 2 hours.

Notes: Required for KIN majors and minors only.
3 units

KIN 080. Individual Movement Studies

Individual work related to motor performance and activity made by special arrangement.

Misc/Lab: Activity 2 hours.

Repeatable for credit
CNC
1 unit

Upper Division**KIN 100W. Writing Workshop**

Advanced skills in writing. Development of writing style and creation of organized, persuasive and analytical prose. Generalized and specialized forms of writing.

Prerequisite: Engl 1B (with a grade of C or better); Completion of core GE, satisfaction of Writing Skills Test and upper division standing; KIN 70 for major/minors only or instructor consent.

ABC/NC
GE: Z
3 units

KIN 101. Sport in America

The role of sport (recreational and professional) as a social, political and economic institution in American society. Critical examination of contemporary issues affecting sport and sport involvement by diverse cultural groups within American society.

Prerequisite: Completion of core GE, satisfaction of Writing Skills Test and upper division standing. For students who begin continuous enrollment at a CCC or a CSU in Fall 2005 or later, completion of, or corequisite in a 100W course is required.

Notes: Not open to KIN majors for major/minor credit.
GE: S
3 units

KIN 105. Water Safety Instructor's Course

Designed to teach the basic concepts, skills and knowledge for successful teaching in the American Red Cross aquatics program. The content and requirements are in accordance with the American Red Cross and the criterion set forth by the organization.

Prerequisite: Minimum age of 18.

Misc/Lab: Lecture 1 hour/activity 2 hours.
2 units

KIN 106. Advanced SCUBA and Aquatic Technology

Underwater navigation, light salvage, searches, biological sampling, communications, weightless simulations, construction problem solving and lighting.

Prerequisite: NAUI SCUBA certification (or equivalent).
Misc/Lab: Lecture 1 hour/activity 4 hours.
3 units

KIN 107. Adapted Aquatics

Theories, techniques and practices in the instruction of persons with disabilities as they function in the aquatic environment.

Prerequisite: KIN 70 for majors/minors only or instructor consent.

Misc/Lab: Activity 2 hours.
1 unit

KIN 149. Child Health and Physical Activity

See CHAD 149.

3 units

KIN 152. Theory of Sport and Fitness Management

Basic theory of sport management. Topics include sport management and organizational skills; sport marketing and sales; sport communication; sport finance, economics, law and governance.

Prerequisite: KIN 70 for majors/minors only or instructor consent.
3 units

KIN 153. Sport Facility and Event Management

Provide students with the skills necessary to effectively manage sport and fitness facilities and events.

Prerequisite: KIN 70 for majors/minors only; KIN 152 for sports management emphasis or instructor consent.
3 units

KIN 154A. Instrumentation in Exercise Physiology and Biomechanics

Familiarity and proficiency with methods and instruments of assessing physiological and biomechanical characteristics of human performance.

Prerequisite: KIN 70, for majors/minors only or instructor consent; KIN 155 and KIN 158 (or equivalent).
Misc/Lab: Lecture 1 hour/activity 4 hours.
3 units

KIN 154B. ECG Interpretations and Graded Exercise Testing

Theoretical background and practical proficiency in the methods and instruments of electrocardiogram interpretations and graded exercise testing.

Prerequisite: KIN 70 (or equivalent) for majors/minors only or instructor consent; KIN 155.
Misc/Lab: Lecture 2 hours/activity 2 hours.
3 units

KIN 155. Exercise Physiology

Physiological responses and adaptations of the human organism to physical activity.

Prerequisite: KIN 70 for majors/minors only or instructor consent; Biol 66; Chem 30A; approved GE Math Concept course.
Misc/Lab: Lecture 2 hours/activity 2 hours.
3 units