

GCI 149	Page Layout and Design I	4
POSC 101	Intro Politics/American Political Institutions	3
POSC 102	Intro to U.S. and California Governments	3
PSYC 100 or SOC 100	Intro to Psychology Intro to Sociology	3

TOTAL UNITS 36 - 37

Recommended Electives: JOUR/PHOT 140, JOUR 103, JOUR 295, COMM 104

Note: JOUR 105, 205, 210, and 215 may not be taken concurrently.

COURSE OFFERINGS

JOUR 101 News Writing and Reporting (3)

3 hours lecture

Transfer acceptability: CSU

Principles of basic journalism. Development of news judgment and clear writing skills. Evaluation of news reporting techniques and sources, and ethical and legal considerations. Emphasis on practical application for newspaper journalism.

JOUR 103 Feature Writing (3)

3 hours lecture

Transfer acceptability: CSU

Principles of newspaper and magazine feature writing. Development of clear writing skills. Evaluation of interviewing techniques and information gathering. Applications of ethical and legal standards. Emphasis on practical application for newspaper and magazine journalism.

JOUR 105 Newspaper Production (3)

3 hours lecture

Prerequisite: A minimum grade of 'C' in JOUR 101

Corequisite: JOUR 110L

Transfer acceptability: CSU

Journalism for the student who wants practical application in newspaper work. Emphasis is on writing and editing for Palomar College's newspaper, The Telescope.

JOUR 110L Journalism Laboratory (1,2)

3 or 6 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU

Practice in copywriting, layout, headline writing, and other skills necessary to produce the campus newspaper, The Telescope, or in related journalism projects.

JOUR 120 Magazine Journalism (3)

3 hours lecture

Recommended Preparation: Journalism 101

Note: May be taken 4 times

Transfer acceptability: CSU

Study and practical experience in planning content and layout, and editing the college magazine. It provides a format for the application of photojournalism, feature article writing, page design skills, and copy editing.

JOUR 140 Photojournalism (3)

1½ hours lecture - 4½ hours laboratory

Note: Cross listed as PHOT 140

Transfer acceptability: CSU

A study of the history and practice of photojournalism, providing specific application through photographing for The Telescope, Palomar College's newspaper. Student must provide own camera.

JOUR 205 Advanced Newspaper Production (3)

3 hours lecture

Prerequisite: A minimum grade of 'C' in JOUR 105

Corequisite: JOUR 110L

Transfer acceptability: CSU

Advanced work in the production of The Telescope. Emphasis is on writing, photography, page layout and graphic design.

JOUR 210 Advanced Newswriting and Reporting (3)

3 hours lecture

Prerequisite: A minimum grade of 'C' in JOUR 205

Corequisite: JOUR 110L

Transfer acceptability: CSU

Practical newswriting experience through work on The Telescope staff. All journalistic skills are refined and augmented in this course. Accurate reporting and development of compelling, clear, and concise writing technique are stressed.

JOUR 215 Newspaper Editing (3)

3 hours lecture

Prerequisite: A minimum grade of 'C' in JOUR 210

Corequisite: JOUR 110L

Transfer acceptability: CSU

Basic skills involved in editing a newspaper, including news judgment, directing reporting staff, copy editing, headline writing, page layout, selection and placement of photos, and computerized page design. All skills are practiced in actual editorial situations for the Palomar College newspaper, The Telescope.

JOUR 295 Directed Study in Journalism (1, 2, 3)

3, 6, or 9 hours laboratory

Prerequisite: Approval of project or research by department chairperson/ director

Note: May be taken 4 times

Transfer acceptability: CSU

Independent study for students who have demonstrated skills and/or proficiencies in Journalism subjects and have the initiative to work independently on projects or research outside the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

Judaic Studies (JS)

See Multicultural Studies for additional courses

Contact the Multicultural Studies Department for further information.

(760) 744-1150, ext. 2206

Office: MD-354

COURSE OFFERINGS

JS 106 Introduction to Judaism I (3)

3 hours lecture

Note: Cross listed as RS 106

Transfer acceptability: CSU; UC

The philosophy, religion and ethnic culture of the Jewish people from the Patriarchs and Prophets through the modern branches of Judaism. Topics covered include Torah, Talmud, various commentaries and movements affecting Judaism; ceremonies, artifacts, and language.

JS 107 Introduction to Judaism II – Culture (3)

3 hours lecture

Note: Cross listed as RS 107

Transfer acceptability: CSU; UC

A survey of the cultural and historical roots of the Jewish people from 2000 B.C. to the present; their role in the ancient Near East; relationships in the Western World from the Greco Roman period to the post World War II era; creation and development of the state of Israel; cultural, religious, and political impact on America and the world community.

Kinesiology

Formerly Physical Education

See also Athletics and Competitive Sports

Contact the Department of Health, Kinesiology and Recreation Management for further information.

(760) 744-1150, ext. 2459

Office: O-10

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).

• Kinesiology

Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

• Adult Fitness/Health Management

PROGRAMS OF STUDY**Adult Fitness/Health Management**

Training for fitness instructors and lifestyle educators in designing, implementing and managing a variety of health/fitness programs.

CERTIFICATE OF ACHIEVEMENT

Program Requirements		Units
BMGT 105	Small Business Management	3
CSIT 105	Computer Concepts and Applications	3
EME 100/HE 104	First Responder	3
FCS/HE 165	Fundamentals of Nutrition	3
HE 100	Health Education and Fitness Dynamics	3
HE 100L	Health Performance Lab	1 - 2
KINE 100	Introduction to Physical Education and Kinesiology	3
PSYC 100	Introduction to Psychology	3
ZOO 203	Physiology	4

Group I (Select a minimum of 3 units)

CE 100	Cooperative Education	1 - 4
ENG 100	English Composition	4
MATH 120	Elementary Statistics	3
SPCH 100	Oral Communication	3

Group II (Select a minimum of 3 units)

FCS 170	Nutrition: Eating Disorders and Obesity	3
PSYC 115	The Psychology of Personal Growth and Development	3
PSYC 210	Physiological Psychology	4
SOC/PSYC 125	Human Sexuality	3
ZOO 200	Anatomy	4

Group III (Select a minimum of 3 units)

KINE 103	Evaluative Fitness	2.5
KINE 112	Yoga - Techniques and Analysis	1 - 2
KINE 125	Physical Fitness - Training Modes	1 - 2
KINE 128	Wellness Activities - Health and Fitness Modalities	1 - 2
KINE 129	Aerobics/Step - Techniques and Analysis	1 - 2
KINE 130	Individualized Fitness Exercise	1 - 2
KINE 151	Intermediate Weight Training - Techniques and Analysis	1 - 2
KINE 165	Coed Softball	1 - 2
KINE 168	Soccer - Techniques and Analysis	1 - 2
KINE 170	Team Sports - Biomechanics of Sports Techniques	1 - 2
KINE 231	Water Safety Instruction	3
KINE 232	Teaching Swimming	1 - 1.5

TOTAL UNITS 35 - 36

Kinesiology

Provides the student with background to begin upper division coursework and serves as preparation for entry level jobs in health clubs, non-credentialed physical education and coaching positions, and as recreation aides. Transfer students should consult the four-year college or university catalog for specific requirements or see a Palomar College counselor.

A.A. DEGREE MAJOR

Program Requirements		Units
EME 100/HE 104	First Responder	3
HE 100	Health Education and Fitness Dynamics	3
HE 100L	Health Performance Lab	1 - 2
HE/FCS 165	Fundamentals of Nutrition	3
KINE 100	Introduction to Physical Education and Kinesiology	3
KINE 176	Athletic Training	3
PSYC 100	Introduction to Psychology	3
ZOO 200	Anatomy	4
ZOO 203	Physiology	4

Select 2 courses (An ACS course in these sports may be substituted for one.)

KINE 137	Water Polo - Techniques and Analysis	1 - 2
KINE 156	Intermediate Volleyball - Techniques and Analysis	1 - 2
KINE 165	Coed Softball	1 - 2
KINE 166	Basketball - Techniques and Analysis	1 - 2
KINE 168	Soccer - Techniques and Analysis	1 - 2
KINE 210	Professional Preparation for Football - Theory and Biomechanic Application	1 - 2
KINE 211	Professional Preparation for Basketball - Theory and Biomechanic Application	1 - 2
KINE 212	Professional Preparation for Baseball - Theory and Biomechanic Application	1 - 2
KINE 214	Professional Preparation for Water Polo - Theory and Biomechanic Application	1 - 2
KINE 215	Professional Preparation for Wrestling - Theory and Biomechanic Application	1 - 2
KINE 216	Professional Preparation for Individual Sports (Golf, Tennis and Wrestling)- Theory and Biomechanic Application	1 - 2

Select 2 courses (An ACS course in these sports may be substituted for one.)

KINE 118	Intermediate Golf - Techniques and Analysis	1 - 2
KINE 127	Aquatic Exercises	1 - 2
KINE 129	Aerobics/Step - Techniques and Analysis	1 - 2
KINE 136	Intermediate Swimming - Techniques and Analysis	1 - 2
KINE 141	Intermediate Tennis - Techniques and Analysis	1 - 2
KINE 150	Beginning Weight Training - Techniques and Analysis	1 - 2
KINE 231	Water Safety Instruction	3

TOTAL UNITS 31 - 37

COURSE OFFERINGS

Courses numbered under 50 are non-degree courses.

Courses numbered under 100 are not intended for transfer credit.

An activity may be taken four times for credit. Activity is defined to include all ability levels (e.g., A student may take a total of only four tennis courses for credit).

UC – All ACS and KINE activity courses combined: maximum credit, 4 units

CSU – No limit on KINE activity credit

For transfer information, consult a Palomar College Counselor.

KINE 47 Physical Education/Kinesiology Topics (.5 - 4)

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.

Note: May be taken 4 times

Non-degree Applicable

Topics in Physical Education/Kinesiology. See class schedule for specific topic covered. Course title will designate subject covered.

KINE 100 Introduction to Physical Education and Kinesiology (3)

3 hours lecture

Transfer acceptability: CSU; UC

An interpretation of the field designed to give the prospective major student an understanding of its scope. History and principles of physical education. Study of the objectives of modern physical education with a view toward the development of a basic philosophy and background for professional education. Intended to introduce students into fields closely related to Physical Education and Kinesiology.

KINE 102 Physical Education in Elementary Schools, Movement and Theory (3)

3 hours lecture

Transfer acceptability: CSU

Develop understanding, knowledge, and appreciation of physical education activities adapted to the needs and interests of elementary school children. Experience in planning, writing and conducting physical education programs and curriculum.

- KINE 103 Evaluative Fitness** (2.5)
2 hours lecture - 1½ hours laboratory
Transfer acceptability: CSU
Theory and practical application of current measurement, testing, and evaluation procedures in adult fitness programs. Familiarization with heart rate monitoring, blood pressure, anthropometric assessment techniques (skinfold measures, circumference measurements, bioelectric impedance, BMI, waist to hip ratios), cardiorespiratory fitness assessment techniques (YMCA bike test, 3 minute step test, 1-mile walk test), musculoskeletal fitness assessment (strength, endurance, and flexibility measures), client assessment, exercise programming, and energy expenditure calculations. current theory and treatment prescription of major health problems.
- KINE 110 Beginning Badminton - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 110, 111
Transfer acceptability: CSU; UC
Recreational and competitive skill levels for beginner and advanced beginner. A development of mental and physical skills such as: interpreting rules and regulations, tactics and strategies, sport etiquette, sport-specific motor skills, and bio-mechanic skills.
- KINE 111 Intermediate Badminton - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 110, 111
Transfer acceptability: CSU; UC
Development of competency in badminton strokes, and defensive and offensive tactics in singles and doubles match play.
- KINE 112 Yoga - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times
Transfer acceptability: CSU; UC
Investigation and practice of the principles of Physical Hatha Yoga. Emphasis is on improved body alignment, joint flexibility, muscle tone and breathing.
- KINE 114 Walkfit Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times
Transfer acceptability: CSU; UC
Instruction and training in walking techniques to increase endurance and fitness levels.
- KINE 115 Bowling - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Biomechanical analysis and its application to the movement patterns associated with bowling skills. Competency development in selection of ball, approach, delivery, scoring, and league experience. Class meets off-campus.
- KINE 116 Aikido - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times
Transfer acceptability: CSU; UC
Introduction to and a survey of Aikido, a non-aggressive, non-competitive martial art. Based upon a philosophy that underscores the importance of harmony with nature and control of body and mind. The significance of good posture, physical skill, reflexes, responsibility, and etiquette is emphasized.
- KINE 117 Beginning Golf-Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 117, 118, 119, 216 (Golf)
Transfer acceptability: CSU; UC
Skill development in the use of various clubs, scoring, and playing etiquette.

- KINE 118 Intermediate Golf - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 117, 118, 119, 216 (Golf)
Transfer acceptability: CSU; UC
A course designed for those students who are not ready to play on a regulation golf course but have mastered the basic skills of beginning golf. This course will include the techniques (pitching, chipping, putting, sand shots and wood shots) that should enable the student to play a successful round of golf. Rules, situation analysis, and course strategy will also be covered.
- KINE 119 Advanced Golf - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 117, 118, 119, 216 (Golf)
Transfer acceptability: CSU; UC
Development of playing strategies. Emphasis on swing techniques and mental approach to golf game. Wise use of practice time. Competency in the rules of golf. Classes held off campus.
- KINE 120 Beginning Surfing - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 120, 121
Transfer acceptability: CSU; UC
Introduction to beginning surfing is designed to meet the needs of the beginning level surfer. Instruction will cover such topics as: historical perspectives of surfing, ocean safety, surfing etiquette, wave selection, proper paddling and appropriate take-off procedures. Students will be required to provide their own equipment.
- KINE 121 Intermediate Surfing - Techniques and Analysis** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 120, 121
Transfer acceptability: CSU; UC
Concepts of intermediate surfing are designed for the intermediate level surfer who can negotiate waves and do basic turns on a consistent basis. Ocean knowledge such as currents, wave development, wind pattern and ocean floor terrain will be presented. Students will be taught short and longboard maneuvers such as: duck dive, cutback, "off the lip," roundhouse, sideslip, crossover and walk to nose. Students will become confident in riding surf four feet or larger. Students will be required to provide their own equipment.
- KINE 125 Physical Fitness - Training Modes** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Note: May be taken 4 times
Transfer acceptability: CSU; UC
Training in endurance, flexibility, and strength, as it pertains to exercise programs and/or performance level. Methods to achieve training may include, but not limited to: aquatics, running, walking, skill training, weight training, speed training, and/or neuromuscular training. Emphasis is on pre-testing, post-testing, and the overall development of personal fitness.
- KINE 127 Aquatic Exercises** (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Note: May be taken 4 times.
Rhythmical and aerobic movement in water designed to improve flexibility, strength, and endurance.
- KINE 128 Wellness Activities - Health and Fitness Modalities** (1, 1.5, 2)
3, 4½, or 6 hours laboratory
Note: Open entry/Open exit; Pass/No Pass grading only; may not be taken as an audit; may be taken 4 times.
Transfer acceptability: CSU; UC
Physical conditioning through aerobic fitness, flexibility, and resistance training programs. Activities include treadmill, stairmaster, stationary biking, rowing, and weight machines. Individualized tests determine the conditioning program and the level of performance expected.

Note: May be taken 4 times; maximum of 4 completions in any combination of courses for the same sport; For Football, KINE 170 (Football), KINE 210; For Volleyball, KINE 155, KINE 156, KINE 157, KINE 170 (Volleyball); For Soccer, KINE 168, KINE 170 (Soccer); For Softball, KINE 165, KINE 170 (Softball); For Baseball, KINE 170 (Baseball), KINE 212; For Basketball, KINE 166, KINE 170 (Basketball), KINE 211;

For Wrestling, KINE 170 (Wrestling), KINE 215, 216 (Wrestling); For Water Polo, KINE 137, KINE 170 (Water Polo), KINE 214 (Water Polo)

Transfer acceptability: CSU; UC

Instruction and participation in team sports for advanced players. Team sports offered include football, volleyball, soccer, softball, baseball, basketball, wrestling, and water polo. See Class Schedule for particular sport(s) offered each semester.

KINE 175A Psychology of Specific Athletic Competition – Contact (2)

2 hours lecture

Transfer acceptability: CSU

Psychological, mental, and physical preparation for the competitive athlete.

KINE 175B Psychology of Specific Athletic Competition – Minimal Contact (2)

2 hours lecture

Transfer acceptability: CSU

Psychological, mental, and physical preparation for the competitive athlete.

KINE 175C Psychology of Specific Athletic Competition – Non-Contact (2)

2 hours lecture

Transfer acceptability: CSU

Psychological, mental, and physical preparation for the competitive athlete.

KINE 175D Psychology of Specific Athletic Competition – Skilled (2)

2 hours lecture

Transfer acceptability: CSU

Psychological, mental, and physical preparation for the competitive athlete.

KINE 176 Athletic Training (3)

3 hours lecture

Transfer acceptability: CSU; UC

An overview of the field of sports medicine with an emphasis on the prevention, recognition, evaluation, first aid, and treatment of athletic injuries.

KINE 180 Adaptive Outdoor Activities (1)

3 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC

Planning of, participation in, and evaluation of a variety of sports and other outdoor activities adapted to disabled students. Emphasis will be on self reliance, organization of personal belongings, problem solving situations, interpersonal relations, and meeting new challenges.

KINE 181 Adaptive Aquatics (1)

3 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC

Basic swimming, survival strokes, and water orientation adapted to individual student's disability.

KINE 182 Adaptive Weight Training (1)

3 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC

Resistance activities designed to meet specific needs of the student with a disability. Development and maintenance of a level of strength, flexibility, and cardiovascular endurance in order to facilitate independence of movement and rehabilitation of specific muscle groups.

KINE 183 Adaptive Skiing (1, 1.5)

3 or 4½ hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC

Snow skiing using adapted equipment where appropriate. Field trip to ski area required. Expenses, except for transportation, to be borne by student.

KINE 184 Adaptive Body Conditioning (1)

3 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC

Training to increase endurance, flexibility, and strength. Emphasis on individual fitness profile.

KINE 190 Theory of Softball (2)

2 hours lecture

Transfer acceptability: CSU; UC

Fastpitch softball rules, playing techniques, coaching strategies, and practice organization.

KINE 197 Topics in Physical Education and Kinesiology (.5 - 4)

Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.

Note: May be taken 4 times

Transfer acceptability: CSU

Topics in Physical Education and Kinesiology. See Class Schedule for specific topic offered. Course title will designate subject covered.

KINE 204 Off Season Sports Conditioning - Functional Training (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory

Note: May be taken 4 times; may be open entry/open exit

Transfer acceptability: CSU; UC

An intensified out of season conditioning and strength program for men and women in intercollegiate sports. Different forms of strength training, equipment and their use will be emphasized. Implementation of a sports specific agility program will be established. Out of season speed/endurance work, and skill efficiency will be enhanced through use of different fitness parameters in preparing men and women for their season of competition.

KINE 205 In Season Sports Conditioning - Functional Training (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory

Note: May be open entry/open exit; may be taken 4 times

Transfer acceptability: CSU; UC

Maintenance training program for men and women in intercollegiate sports during season. Proper use of weights will be emphasized. Sports specific agility program, speed/endurance work, and skill efficiency will be enhanced through use of different fitness parameters.

KINE 206 Coaching of Women's Team Sports (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory

Note: May be taken 4 times

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

The application and development of knowledge, skills, and strategy as they apply to intercollegiate competition. Fall semester: volleyball and soccer. Spring semester: basketball and softball.

KINE 210 Professional Preparation for Football - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 170 (Football), KINE 210

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future.

KINE 211 Professional Preparation for Basketball - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2 or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 166, 170 (Basketball), KINE 211

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future.

KINE 212 Professional Preparation for Baseball - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2 or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 170 (Baseball), KINE 212

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future.

KINE 214 Professional Preparation for Water Polo - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2 or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of courses for the same sport; For Swimming, KINE 135, 136, 214 (Swimming); For Water Polo, KINE 137, 170 (Water Polo), KINE 214 (Water Polo)

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games, weekly practice schedules, and anticipated innovations for the future.

KINE 215 Professional Preparation for Wrestling - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2 or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of KINE 170 (Wrestling), KINE 215, 216 (Wrestling)

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games and weekly practice schedules, and anticipated innovations for the future.

KINE 216 Professional Preparations for Individual Sports (Golf, Tennis, and Wrestling) - Theory and Biomechanic Application (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory

Note: May be taken 4 times; maximum of 4 completions in any combination of courses for the same sport; For Golf, KINE 117, 118, 119, 216 (Golf); For Tennis, KINE 140, 141, 142, 216 (Tennis); For Wrestling, KINE 170 (Wrestling), KINE 215, 216 (Wrestling)

Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units

Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation for games and matches, weekly practice schedules, and anticipated innovations for the future.

KINE 229 Lifeguarding (1.5)

1½ hours lecture

Prerequisite: Ability to swim 500 yards continuously

Transfer acceptability: CSU; UC

Follows American Red Cross curriculum lifeguard training and professional rescuer CPR. National certifications can be earned upon successful completion of two topic areas. An individual will have basic preparation for aquatic lifeguard job opportunities in California.

KINE 230 Lifeguarding and Emergency Response (3)

3 hours lecture

Prerequisite: Ability to swim 500 yards continuously

Transfer acceptability: CSU; UC

Follows American Red Cross curriculum lifeguard training, professional rescuer CPR and emergency response. National certifications can be earned upon successful completion of all three topic areas. Prepares an individual for aquatic lifeguard job opportunities in California.

KINE 231 Water Safety Instruction (3)

3 hours lecture

Transfer acceptability: CSU; UC

American Red Cross Instructor candidate training and water safety instruction. Follows the National Red Cross instructor course, learning levels of basic swim instruction, aquatic activities, and emergency rescue. National certifications can be earned by students 17 years of age or older upon successful completion of topics. Prepares an individual for teaching job opportunities at an aquatic facility.

KINE 232 Teaching Swimming (1, 1.5, 2)

½, 1, or 1½ hours lecture - 1½, 2 or 3 hours laboratory

Transfer acceptability: CSU; UC

Techniques for teaching swimming. Practical experience teaching beginning and intermediate swimming classes under supervision of college instructor.

KINE 295 Directed Study in Physical Education and Kinesiology (1, 2, 3)

3, 6, or 9 hours laboratory

Prerequisite: Approval of project or research by department chairperson/director

Note: May be taken 4 times

Transfer acceptability: CSU

Independent study for students who have demonstrated skills and/or proficiencies in Physical Education subjects and have the initiative to work independently on projects or research outside the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

Legal Studies (LS)

Contact the Business Administration Department for further information.

(760) 744-1150, ext. 2488

Office: MD-341

For transfer information, consult a Palomar College Counselor.

Associate in Arts Degrees -

AA Degree requirements are listed in Section 6 (green pages).

• Legal Studies

Certificates of Proficiency -

Certificate of Proficiency requirements are listed in Section 6 (green pages).

• Legal Support Assistant

PROGRAM OF STUDY**Legal Studies**

The Legal Studies major leads to an A.A. degree or transfer program, providing students with general knowledge of the philosophy of law, the legal process, legal institutions, and legal reasoning. This is not a paralegal or a para-professional major but will prepare students for careers within the legal profession.

A.A. DEGREE MAJOR

Program Requirements	Units
LS 105 Legal Communications and Methods	3
LS 110 Computer Skills for the Legal Profession	2
LS 121 Introduction to Law	3
LS 145 Legal Ethics	3
LS 240 Civil Liberties and Procedures	3
LS 261 Torts and Personal Injury	3