

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
BBMGT 105 Small Business Management	3
CSIT 105 Computer Concepts and Applications	3
EME 100/HE 104 First Responder	3
FCS 165/HE 165 Fundamentals of Nutrition	3
HE 100 Health Education and Fitness Dynamics	3
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 125/ PSYC 125 Human Sexuality	3
ZOO 200 Anatomy	4

Group III (Select a minimum of 1 unit)

KINE 103 Evaluative Fitness	2.5
KINE 125 Physical Fitness - Training Modes	1 - 2
KINE 130 Individualized Fitness Exercise	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

Group IV - Health/Fitness Courses (Select 1 course)

HE 100L Health Performance Lab	1 - 2
KINE 128 Wellness Activities - Health and Fitness Modalities	1 - 2
KINE 135 Beginning Swimming - Techniques and Analysis	1 - 2
KINE 136 Intermediate Swimming - Techniques and Analysis	1 - 2

KINE 140	Beginning Tennis - Techniques and Analysis	1 - 2
KINE 141	Intermediate Tennis - Techniques and Analysis	1 - 2
KINE 142	Advanced Tennis - Techniques and Analysis	1 - 2
KINE 150	Beginning Weight Training - Techniques and Analysis	1 - 2
KINE 151	Intermediate Weight Training - Techniques and Analysis	1 - 2

TOTAL UNITS**33 - 34****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 165/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 118	Intermediate Golf - Techniques and Analysis	1 - 2
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
KINE 231	Water Safety Instruction	3

Select 1 course**(An ACS course in these sports may be substituted for one.)**

HE 100L	Health Performance Lab	1 - 2
KINE 128	Wellness Activities - Health and Fitness Modalities	1 - 2
KINE 135	Beginning Swimming - Techniques and Analysis	1 - 2
KINE 136	Intermediate Swimming - Techniques and Analysis	1 - 2
KINE 140	Beginning Tennis - Techniques and Analysis	1 - 2
KINE 141	Intermediate Tennis - Techniques and Analysis	1 - 2
KINE 142	Advanced Tennis - Techniques and Analysis	1 - 2
KINE 150	Beginning Weight Training - Techniques and Analysis	1 - 2
KINE 151	Intermediate Weight Training - Techniques and Analysis	1 - 2

TOTAL UNITS**31 - 33****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. Specific attention will also be given to drugs/narcotics, alcohol, and tobacco and the physiological and sociological effects of each.

KINE 103 Evaluative Fitness (2.5)

2 hours lecture - 1 1/2 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 114 Walkfit Techniques and Analysis (1, 1.5, 2)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 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 117 Beginning Golf-Techniques and Analysis (1, 1.5, 2)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 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 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 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.

KINE 130 Individualized Fitness Exercise (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

An interdisciplinary course focusing on specific aspects of fitness including physical, mental, and emotional parameters. May include, but not limited to, individual or group (team) performance, physical performance, stress management, weight management, self-esteem, behavior modification, and injury rehabilitation.

KINE 135 Beginning Swimming - 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 135, 136

Transfer acceptability: CSU; UC

Basic swimming strokes with an emphasis on skill development.

KINE 136 Intermediate Swimming - 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 135, 136

Transfer acceptability: CSU; UC

Intermediate swimming strokes, starts, and turns. Basic diving techniques, water survival, and rescue techniques. Emphasis on skill development and conditioning.

KINE 137 Water Polo - 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 137, 170 (Water Polo), KINE 214 (Water Polo)

Transfer acceptability: CSU; UC

Development of ball-handling skills, swimming conditioning, performance of offensive and defensive tactics, and game strategies.

KINE 140 Beginning Tennis - 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 140, 141, 142, 216 (Tennis)

Transfer acceptability: CSU; UC

Introduction to basic tennis strokes, footwork, rules, and scoring.

KINE 141 Intermediate Tennis - 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 140, 141, 142, 216 (Tennis)

Transfer acceptability: CSU; UC

Competency development in tennis strokes, defensive and offensive tactics, and match play.

KINE 142 Advanced Tennis - 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 140, 141, 142, 216 (Tennis)

Transfer acceptability: CSU; UC

Designed primarily for competitive play with stress on court position and strategy.

KINE 150 Beginning Weight Training - 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 150, 151

Transfer acceptability: CSU; UC

Developing basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights.

KINE 151 Intermediate Weight Training - 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 150, 151

Transfer acceptability: CSU; UC

Advanced work for toning and muscular development through the use of weights, variable resistance machines, and other weight devices.

KINE 155 Beginning Volleyball - 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 155, 156, 157, 170 (Volleyball)

Transfer acceptability: CSU; UC

Beginning skills in volleyball including passing, setting, hitting, and serving. Drills and team play.

KINE 156 Intermediate Volleyball - 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 155, 156, 157, 170 (Volleyball)

Transfer acceptability: CSU; UC

Advanced work on fundamentals including blocking and defense, with emphasis on team drills and team play.

KINE 157 Advanced Volleyball - 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 155, 156, 157, 170 (Volleyball)

Transfer acceptability: CSU; UC

Advanced techniques of volleyball with emphasis on competitive play.

KINE 165 Coed Softball (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 165, 170 (Softball)

Transfer acceptability: CSU; UC

Basic skills of slow pitch, fast pitch, and over the line softball. Includes rules, basic skills, and play.

KINE 166 Basketball - Techniques and Analysis (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; maximum of 4 completions in any combination of KINE 166, 170 (Basketball), KINE 211

Basic basketball skills including passing, shooting, dribbling, ball handling, and rebounding. Team play, offensive sets, and defensive patterns will be emphasized.

KINE 168 Soccer - 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 168, 170 (Soccer)

Transfer acceptability: CSU; UC

Beginning skills in soccer. Analysis of individual positions, rules, basic drills, and team play.

KINE 170 Team Sports - Biomechanics of Sports Techniques (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 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 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
LS 290	Contemporary Legal Issues	3
POSC 101	Introduction to Politics and American Political Institutions	3
POSC 102	Introduction to United States and California Governments	3

Electives: (Select 6 units)

AJ 100	Introduction To Criminal Justice	3
AJ 104	Criminal Law	3
BUS 115	Business Law	3
BUS 116	Business Law	3
BUS 117	Legal Environment of Business	3
LS 170	Alternative Dispute Resolution	3
LS 190	Clinical Studies	3
LS 295	Directed Study in Legal Studies	1 - 3
PHIL 115	Critical Thinking	3
POSC 110	Introduction to World Politics	3

TOTAL UNITS 32

Legal Studies students may major or minor in *Law and Society* upon transfer to the University of California, San Diego.

Students who wish to double major at UCSD will be afforded maximum flexibility in the selection of elective courses.

*Transfer students to University of California, San Diego extension Paralegal certificate program will receive credit for the asterisked courses.

Legal Studies students should seek early advising for transfer.

PROGRAM OF STUDY**Legal Support Assistant**

For students who are interested in working within the legal field. This certificate program prepares the student for entry-level legal work, or enhances the skills of those students already working in law offices, corporations, the courts, or government agencies.

A Certificate of Proficiency will be awarded to students who successfully complete the courses listed below.

CERTIFICATE OF PROFICIENCY

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
OIS 115	Filing and Records Management	1
OIS 210	Law Office Procedures I	3
	Demonstrate the ability to type 35 words per minute	0
TOTAL UNITS		15

Recommended Electives: BUS 110, 125; OIS 102

COURSE OFFERINGS**LS 105 Legal Communications and Methods (3)**

3 hours lecture

Note: May not be taken for Pass/No Pass grading**Transfer acceptability:** CSU

This course is an introduction to legal writing and research. The course begins with an overview of basic writing skills and preparation of legal correspondence. In addition, the course reviews the use of proper legal citations, and the drafting of legal memoranda. Basic research methods are reviewed to introduce the student to legal research and analysis.

LS 110 Computer Skills for the Legal Profession (2)

1 hour lecture - 3 hours laboratory

Transfer acceptability: CSU

A comprehensive hands-on study of computer software applications in the legal environment to include Word, Excel, Access, PowerPoint, PDF files, scanning, internet literacy and specific legal software.

LS 121 Introduction to Law (3)

3 hours lecture

Transfer acceptability: CSU; UC - BUS 115, 116, 117, LS 121 combined: maximum credit, one course.

An introduction to law and the legal system. Includes an examination of the federal and state court system, criminal law, civil law, administrative law, and procedural law.

LS 145 Legal Ethics (3)

3 hours lecture

Transfer acceptability: CSU

Legal ethics and professional responsibility within the legal profession. Focuses on standards required by the American Bar Association and other professional associations involving legal professionals working in the field of law.