

## Judaic Studies (JS)

See also **Multicultural Studies**

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 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/PSYC 125 Human Sexuality	3
ZOO 200 Anatomy	4

#### Group III (Select a minimum of 1 unit)

KINE 103 Evaluative Fitness	2.5
KINE 125A Aerobic Fitness Training Modes	1 - 2
KINE 125B Anaerobic Fitness Training Modes	1 - 2
KINE 125C Functional Fitness Training Modes	1 - 2
KINE 125D Motor Fitness/Hand-Eye/Foot Skills	1 - 2
KINE 130 Individualized Fitness Exercise	1 - 2
KINE 168A Beginning Soccer	1 - 2
KINE 168B Intermediate Soccer	1 - 2
KINE 168C Advanced Soccer	1 - 2
KINE 170A Team Sports - Baseball Strategies	1 - 2
KINE 170B Team Sports- Baseball Biomechanics	1 - 2
KINE 170C Team Sports- Basketball Strategies	1 - 2
KINE 170D Team Sports- Basketball Biomechanics	1 - 2
KINE 170E Team Sports- Football Strategies	1 - 2
KINE 170F Team Sports- Football Biomechanics	1 - 2
KINE 170G Team Sports- Soccer Strategies	1 - 2
KINE 170H Team Sports- Soccer Biomechanics	1 - 2
KINE 170I Team Sports- Softball Strategies	1 - 2
KINE 170J Team Sports- Softball Biomechanics	1 - 2
KINE 170K Team Sports- Volleyball Strategies	1 - 2
KINE 170L Team Sports- Volleyball Biomechanics	1 - 2
KINE 170O Team Sports- Wrestling Strategies	1 - 2
KINE 170P Team Sports- Wrestling Biomechanics	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 128A Wellness Modalities - Cardio	1 - 2
KINE 128B Wellness Modalities -Muscular	1 - 2
KINE 128C Wellness Modalities - Functional	1 - 2
KINE 128D Wellness Modalities - Periodization	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 150A Beginning Weight Training	1 - 2
KINE 150B Intermediate Weight Training - Strength Training for Total Fitness	1 - 2
KINE 150C Advanced Weight Training - Power Lifting and Plyometrics Training	1 - 2

**TOTAL UNITS 33**

## 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/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