

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	I - 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	I - 2
KINE 125B	Anaerobic Fitness Training Modes	I - 2
KINE 125C	Functional Fitness Training Modes	I - 2
KINE 125D	Motor Fitness/Hand-Eye/Foot Skills	I - 2
KINE 130	Individualized Fitness Exercise	I - 2
KINE 168A	Beginning Soccer	I - 2
KINE 168B	Intermediate Soccer	I - 2
KINE 168C	Advanced Soccer	I - 2
KINE 170A	Team Sports - Baseball Strategies	I - 2
KINE 170B	Team Sports- Baseball Biomechanics	I - 2
KINE 170C	Team Sports- Basketball Strategies	I - 2
KINE 170D	Team Sports- Basketball Biomechanics	I - 2
KINE 170E	Team Sports- Football Strategies	I - 2
KINE 170F	Team Sports- Football Biomechanics	I - 2
KINE 170G	Team Sports- Soccer Strategies	I - 2
KINE 170H	Team Sports- Soccer Biomechanics	I - 2
KINE 170I	Team Sports- Softball Strategies	I - 2
KINE 170J	Team Sports- Softball Biomechanics	I - 2
KINE 170K	Team Sports- Volleyball Strategies	I - 2
KINE 170L	Team Sports- Volleyball Biomechanics	I - 2
KINE 170O	Team Sports- Wrestling Strategies	I - 2
KINE 170P	Team Sports- Wrestling Biomechanics	I - 2
KINE 231	Water Safety Instruction	3
KINE 232	Teaching Swimming	I - 1.5

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

HE 100L	Health Performance Lab	I - 2
KINE 128A	Wellness Modalities - Cardio	I - 2
KINE 128B	Wellness Modalities - Muscular	I - 2
KINE 128C	Wellness Modalities - Functional	I - 2
KINE 128D	Wellness Modalities - Periodization	I - 2
KINE 140	Beginning Tennis - Techniques and Analysis	I - 2
KINE 141	Intermediate Tennis - Techniques and Analysis	I - 2
KINE 142	Advanced Tennis - Techniques and Analysis	I - 2
KINE 150A	Beginning Weight Training	I - 2
KINE 150B	Intermediate Weight Training - Strength Training for Total Fitness	I - 2
KINE 150C	Advanced Weight Training - Power Lifting and Plyometrics Training	I - 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

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

KINE 118	Intermediate Golf - Techniques and Analysis	I - 2
KINE 137A	Beginning Water Polo	I - 2
KINE 156	Intermediate Volleyball - Techniques and Analysis	I - 2
KINE 165A	Beginning Softball	I - 2
KINE 165B	Intermediate Softball	I - 2
KINE 165C	Advanced Softball	I - 2
KINE 166A	Beginning Basketball	I - 2
KINE 166B	Intermediate Basketball	I - 2
KINE 166C	Advanced Basketball	I - 2
KINE 168A	Beginning Soccer	I - 2
KINE 168B	Intermediate Soccer	I - 2
KINE 168C	Advanced Soccer	I - 2
KINE 210	Professional Prep for Football - Theory and Mental Preparation	3
KINE 210L	Professional Prep for Football Lab - Biomechanic Application	I - 1.5
KINE 211	Professional Prep for Basketball - Theory and Mental Preparation	3
KINE 211L	Professional Preparation for Basketball Lab	I - 1.5
KINE 212	Professional Prep for Baseball - Theory and Mental Preparation	3
KINE 212L	Professional Prep for Baseball Lab - Biomechanic Application	I - 1.5
KINE 214	Professional Preparation for Water Polo - Theory and Biomechanic Application	I - 2
KINE 215	Professional Prep for Wrestling - Theory and Mental Preparation	3
KINE 215L	Professional Prep Wrestling Lab - Biomechanic Application	I - 1.5
KINE 216	Professional Prep for Golf - Theory and Mental Preparation	3
KINE 216L	Professional Prep for Golf Lab - Biomechanic Application	I - 1.5
KINE 217	Professional Prep Tennis - Theory and Mental Preparation	3
KINE 217L	Professional Prep Tennis Lab - Biomechanic Application	I - 1.5
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	I - 2
KINE 128A	Wellness Modalities- Cardio	I - 2
KINE 128B	Wellness Modalities-Muscular	I - 2
KINE 128C	Wellness Modalities- Functional	I - 2
KINE 128D	Wellness Modalities- Periodization	I - 2
KINE 135A	Beginning Swimming	I - 2
KINE 135B	Intermediate Swimming	I - 2
KINE 135C	Advanced Swimming	I - 2
KINE 140	Beginning Tennis - Techniques and Analysis	I - 2
KINE 141	Intermediate Tennis - Techniques and Analysis	I - 2
KINE 142	Advanced Tennis - Techniques and Analysis	I - 2
KINE 150A	Beginning Weight Training	I - 2
KINE 150B	Intermediate Weight Training - Strength Training for Total Fitness	I - 2
KINE 150C	Advanced Weight Training - Power Lifting and Plyometrics Training	I - 2

TOTAL UNITS**29 - 34****COURSE OFFERINGS**

Individual courses are not repeatable. State Guidelines also limit the number of times a student may take courses with related content and similar primary educational activities. Therefore, some combinations of course work in Kinesiology have limitations on the number of times a student may enroll. Specific information about enrollment limitations for Kinesiology classes is available at <http://www.palomar.edu/>

Student athletes competing in an Athletic and Competitive Sport are limited to 175 contact hours per year in Kinesiology courses that focus on conditioning or skill development for that sport. Specific information about enrollment limitations for Kinesiology classes is available at <http://www.palomar.edu/schedule/>

Courses numbered under 50 are non-degree courses.

Courses numbered under 100 are not intended for transfer credit.

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

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.

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 114A Beginning Walkfit (1, 1.5, 2)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 2, or 3 hours laboratory

Transfer acceptability: CSU; UC

Instruction and training in walking techniques for the beginning walker. Programs focusing on health, cardiovascular fitness and weight loss.

KINE 114B Intermediate Walkfit (1, 1.5, 2)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 2, or 3 hours laboratory

Transfer acceptability: CSU; UC (pending)

Instruction and training in high intensity and speed walking techniques to increase aerobic capacity and calorie expenditure.

KINE 114C Advanced Walkfit (1-2)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 2 or 3 hours laboratory

Transfer acceptability: CSU; UC (pending)

Instruction and training in long distance walking techniques to increase endurance and distance for the advanced walker.

KINE 117 Beginning Golf-Techniques and Analysis (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***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***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***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 125A Aerobic Fitness Training Modes (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC

Training in cardio respiratory endurance, as it pertains to exercise programs and/or performance level. Methods to achieve training may include, but are not limited to: aquatics, running, and walking. Emphasis is on pre-testing, post-testing, and the overall development of personal fitness.

KINE 125B Anaerobic Fitness Training Modes (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Training in muscular strength and core fitness as it pertains to exercise programs and/or performance-level anaerobic fitness. Methods to achieve fitness may include, but are not limited to: resistance, isometric, isotonic and core exercise training techniques.

KINE 125C Functional Fitness Training Modes (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Training in functional fitness through exercise specific to individual occupational goals. Methods to achieve training may include, but are not limited to: flexibility, skill training, body and muscle balance and postural improvement.

KINE 125D Motor Fitness/Hand-Eye/Foot Skills (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Training in motor fitness skills including hand-eye and foot skills. Methods to achieve training may include, but are not limited to: speed training, and/or neuromuscular training. Emphasis is on pre-testing, post-testing and overall development of personal fitness.

KINE 128A Wellness Modalities- Cardio (1, 1.5, 2)*3, 4½ or 6 hours laboratory***Transfer acceptability:** CSU; UC

Cardio-respiratory conditioning through aerobic fitness programs. Activities include treadmill, stair-master, stationary biking, rowing, and elliptical machines. Individualized tests determine the cardio-respiratory conditioning program and the level of performance expected to improve overall health and fitness.

KINE 128B Wellness Modalities-Muscular (1, 1.5, 2)*3, 4½ or 6 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Physical conditioning through individualized resistance training programs. Focus is on muscular strength, muscular endurance and core training. Activities may include, but are not limited to body weight exercises, calisthenics, weight machines, resistance bands, kettle balls, etc.

KINE 128C Wellness Modalities- Functional (1, 1.5, 2)*3-6 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Functional fitness training designed to apply directly to students individual fitness goals. Activities include but are not limited to exercises aimed to assist in performing activities of daily living, sport-specific training, rehabilitative programs, etc. based on the individuals physical abilities and/or physical limitations.

KINE 128D Wellness Modalities- Periodization (1, 1.5, 2)*3-6 hours laboratory***Transfer acceptability:** CSU; UC (pending)

Physical conditioning through the components of physical fitness; cardiorespiratory endurance, muscular strength, muscular endurance and flexibility. Initial fitness measurements determine the conditioning program, level of performance, and planned variations in individualized programs to improve overall fitness.

KINE 130 Individualized Fitness Exercise (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***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 135A Beginning Swimming (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC

Instruction will include basic water safety techniques, proper breathing and arm and leg techniques that apply to the basic swimming strokes such as front crawl, back crawl, and treading water. The use of skill development aids will be introduced.

KINE 135B Intermediate Swimming (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC (pending)

An introduction to intermediate swimming strokes including breaststroke and butterfly, starts, and turns. Emphasis is on basic diving and turning techniques and continued skill development and fitness conditioning.

KINE 135C Advanced Swimming (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC

Designed for the highly skilled, competitive swimmer with an emphasis on principles of advanced training programs including distance, sprint, stroke and conditioning techniques for competition.

KINE 137A Beginning Water Polo (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***Transfer acceptability:** CSU; UC

Introduction to the fundamentals of water polo including safety, rules, related swimming strokes, egg-beater kick, ball handling skills and field and goalie positions.

KINE 140 Beginning Tennis - Techniques and Analysis (1, 1.5, 2)*½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory***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***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***Transfer acceptability:** CSU; UC

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

- KINE 150A Beginning Weight Training** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 This course is for the beginner level and is designed to emphasize a Total Body Toning Program. Focusing on muscle endurance, strength, flexibility, cardiovascular efficiency, and body composition through weight resistance exercises and conditioning programs.
- KINE 150B Intermediate Weight Training-Strength Training for Total Fitness** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 This course is designed for the experienced level student and focuses on the principles of Cross Training for muscular strength development: explores the science and benefits of developing skeletal-muscular and cardiovascular-aerobic fitness via intense exercise with resistive weights equipment.
- KINE 150C Advanced Weight Training-Power Lifting and Plyometrics Training** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 This course is designed for the advanced level student and will provide the opportunity, understanding, and appreciation of Power Lift Training through a system of heavy resistance (and low repetition) exercises and Plyometric training that build power in large muscle groups.
- KINE 155 Beginning Volleyball - Techniques and Analysis** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
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
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
Transfer acceptability: CSU; UC
 Advanced techniques of volleyball with emphasis on competitive play.
- KINE 165A Beginning Softball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 Basic skills and fundamentals for the beginning student including but not limited to the development of hitting, fielding, base running, nutrition, conditioning and safety. Knowledge of rules of fast pitch softball to build a foundation.
- KINE 165B Intermediate Softball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Continued development of fast pitch softball skills at an intermediate level. Activities include the execution of team and individual offensive and defensive situations. Verbal and visual communication systems will be introduced.
- KINE 165C Advanced Softball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Assess and execute offensive and defensive strategies in competition. Advanced fundamentals and techniques for the highly skilled and competitive student.
- KINE 166A Beginning Basketball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 Basketball principles, rules, safety, individual techniques, and skill sets. Basic offensive and defensive patterns will be introduced.

- KINE 166B Intermediate Basketball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
 Basketball techniques, biomechanics, offensive and defensive patterns for the experienced player.
- KINE 166C Advanced Basketball** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
 Advanced Basketball techniques including individual skills and team principles. Sophisticated team play, defensive sets and offensive patterns for the highly skilled participant.
- KINE 168A Beginning Soccer** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 Focus on the basic skills and individual fundamentals for the beginning soccer student. Includes the development of ball handling, passing, receiving, heading, goalkeeping, defending, conditioning and safety. Emphasis on knowledge of rules and principles of the sport of soccer.
- KINE 168B Intermediate Soccer** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Development of soccer skills for the experienced participant. Emphasis on the execution of individual and team offensive and defensive strategies and communication systems.
- KINE 168C Advanced Soccer** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Advanced skill work, individual techniques, conditioning and competitive offensive and defensive strategies for the highly skilled player.
- KINE 170A Team Sports - Baseball Strategies** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 Instruction in team strategies in the sport of Baseball for the experienced competitor. Instruction includes individual and team principles, tactics, and communication systems as they apply to offensive and defensive strategy.
- KINE 170B Team Sports- Baseball Biomechanics** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Biomechanical applications and participation for the experienced competitor, including individual and team skills and techniques as they apply to offense and defense in the sport of Baseball.
- KINE 170C Team Sports- Basketball Strategies** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Theory, philosophy and strategies for the highly skilled competitor in the sport of basketball.
- KINE 170D Team Sports- Basketball Biomechanics** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Progressive application of biomechanical movement to position skills through participation in team sports for basketball.
- KINE 170E Team Sports- Football Strategies** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Instruction in individual and team theory, philosophy, and strategies in the sport of Football.
- KINE 170F Team Sports- Football Biomechanics** (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Progressive application of biomechanical movement to position skills through participation in team sports for football.

KINE 170G Team Sports- Soccer Strategies (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Instruction in theory, philosophy and strategies in the sport of Soccer for the experienced competitor.

KINE 170H Team Sports- Soccer Biomechanics (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Focus on individual soccer skills, strength training, conditioning and biomechanical application of techniques for the highly skilled competitor. Emphasis on offensive and defensive skills in a team setting.

KINE 170I Team Sports- Softball Strategies (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Instruction in theory, philosophy and strategies in the sport of Softball for the highly-skilled competitor.

KINE 170J Team Sports- Softball Biomechanics (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Progressive application of biomechanical movement to position skills through participation in team sports for softball.

KINE 170K Team Sports- Volleyball Strategies (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Instruction in theory, philosophy and strategies in volleyball for competition. Principles are applied through practice and drills and fitness components.

KINE 170L Team Sports- Volleyball Biomechanics (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Biomechanical applications of skills and techniques through drills and participation in team sports for the advanced Volleyball player.

KINE 170O Team Sports- Wrestling Strategies (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC (pending)
 Instruction in theory, philosophy, competition strategies and fitness concepts in the sport of Wrestling for the experienced competitor.

KINE 170P Team Sports- Wrestling Biomechanics (1, 1.5, 2)
 ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
 Biomechanical movement patterns specific to skills and techniques in wrestling. Training modes and conditioning parameters necessary for competition will be emphasized.

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
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
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
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
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
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.

Transfer acceptability: CSU

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

KINE 204A Off Season Sports Conditioning I Aerobic/Anaerobic Development (1, 1.5, 2)

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

Note: 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. Varied forms of aerobic and anaerobic strength training will be utilized in an effort to enhance sport specific strength, speed, and endurance conditioning.

KINE 204B Off Season Conditioning II- Motor Skill Development and Application (1, 1.5, 2)

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

Transfer acceptability: CSU; UC (pending)

An intensified out of season skill development program for men and women in intercollegiate sports. Selected skill and agility exercise will be practiced to enhance quickness, coordination, balance, reaction time and overall motor skill training techniques.

KINE 205A In Season Sports Conditioning I Aerobic and Anaerobic (1, 1.5, 2)

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

Note: May be open entry/open exit

Transfer acceptability: CSU; UC

Aerobic and Anaerobic maintenance training program for men and women in intercollegiate sports during season. Sports specific program will consist of cardiovascular, muscular strength and endurance training modes and their application to competition.

KINE 205B In Season Conditioning II- Fine Motor Skills Maintenance (1, 1.5, 2)

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

Transfer acceptability: CSU; UC (pending)

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

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 Prep for Football - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC

Emphasis on rules, individual and team strategies, mental preparation for competition, weekly practice, philosophies, coaching theories and current trends for the sport of Football.

KINE 210L Professional Prep for Football Lab - Biomechanic Application (1, 1.5)

3 or 4½ hours laboratory

Transfer acceptability: CSU; UC (pending)

Biomechanical application of fundamental skills with emphasis on strategy, skill development, preparation for competition, weekly practice schedules, and trends for the sport of Football.

KINE 211 Professional Prep. for Basketball - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC

Emphasis on history, rules, individual and team strategies, mental preparation for competition. Practice planning, coaching theories and philosophies and trends in the sport of Basketball.

KINE 211L Professional Preparation for Basketball Lab (1, 1.5)

3 or 4½ hours laboratory

Biomechanical applications of individual and team Basketball skills, techniques and strategies.

KINE 212 Professional Prep for Baseball - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC

Emphasis on history, rules, individual and team strategies, mental preparation for competition. Practice planning, coaching theories and philosophies and trends in the sport of Baseball.

KINE 212L Professional Prep for Baseball Lab - Biomechanic Application (1, 1.5)

3 or 4½ hours laboratory

Transfer acceptability: CSU; UC (pending)

This course will focus on the biomechanical application of individual and team Baseball skills, techniques and strategy. Specific drills, communication systems for respective positions and the development of bunting, hitting, pitching and baserunning mechanics will be emphasized.

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

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 Prep for Wrestling - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC

Individual and team strategies, coaching theories and philosophies for wrestling. Emphasis on history, rules, trends and physical and mental preparation for competition.

KINE 215L Professional Prep Wrestling Lab - Biomechanic Application (1, 1.5)

3 or 4½ hours laboratory

Transfer acceptability: CSU; UC (pending)

Biomechanical application of wrestling styles, individual strategy and skill development for competition. Emphasis on pre-match preparation including goal setting and drill progressions.

KINE 216 Professional Prep for Golf - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC

Emphasis on history, rules, individual and team strategies, mental preparation for competition, weekly practice planning, coaching theories, philosophies and trends for the sport of Golf.

KINE 216L Professional Prep for Golf Lab - Biomechanic Application (1, 1.5)

3 or 4½ hours laboratory

Transfer acceptability: CSU; UC (pending)

Biomechanical application of fundamental skills with emphasis on technique, competition strategy, trends, preparation for competition and weekly practice schedules for the sport of Golf.

KINE 217 Professional Prep Tennis - Theory and Mental Preparation (3)

3 hours lecture

Transfer acceptability: CSU; UC (pending)

History, rules, strategies, and mental preparation for competition. Emphasis on weekly practice planning, coaching theories, philosophies and trends.

KINE 217L Professional Prep Tennis Lab - Biomechanic Application (1, 1.5)

3 or 4 1/2 hours laboratory

Transfer acceptability: CSU; UC (pending)

Focus on the biomechanical application of Tennis skills and techniques. Emphasis on practice drills for doubles and singles competition including ground strokes and short court strokes.

KINE 229 Lifeguarding (1.5)

1 1/2 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)

1/2, 1, or 1 1/2 hours lecture - 1 1/2, 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**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 32Legal 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