Health Education

LOWER DIVISION

HED 120. Responding to Emergencies — CPR/FRPR (1). Course includes American Red Cross First Aid, Adult CPR, Adult AED, Child CPR, Child AED, and Infant CPR. Leads to first-time certification or re-certification of these courses. [Rep. 4 times.]

HED 231. Basic Human Nutrition (3). Nutrient requirements for healthy living. Analyze food sources, function of nutrients, chemical processing, and food absorption. [Rec: chemistry.]

UPPER DIVISION

HED 342. Nutrition for Athletic Performance (3). How food consumption and nutrition affect energy production and physical performance in sports activities. Analyze diet modifications, such as carbohydrate loading and use of ergogenic aids, to improve performance.

HED 344. Weight Control (3). Theories and practices related to maintaining safe and healthy weight levels. Diet analysis; body composition and effects of exercise; behavior modification.

HED 388. Health-Related Behavior Change (3). Determinants of health-related behavior. Principles of behavior change applied to personal and environmental health. Methods for promoting sustainable health behavior change at the individual, group, and community levels.

HED 392. Design & Implement HP Program (3). Planning, implementing and evaluating health promotion programs for different populations and different settings.

HED 393. Community & Population Health (3). Introduction to public health, epidemiology, structure, and function of the health care system and environmental health. Methods for addressing health needs in different populations and settings.

HED 400. A Sound Mind in a Sound Body: Human Integration (3). Optimum health. Sound mind in a sound body (interrelationship), exercise physiology, human sexuality and childbirth, nutrition, stress, death/dying, psychophysiology and behavior; holistic medicine, somatology. [Prereq: minimum junior standing. GE.]


HED 446. Optimal Bone & Muscle Development (3). An in-depth study of energy systems, hormonal regulatory mechanisms, and the synergistic aspects of exercise and nutrition related to maintenance, repair, and strength development of bone and muscle. [Prereq: HED 342 or HED 231.]

HED 495. Directed Field Experience (1-6). Assigned field experience under supervision of college staff. [Prereq: DA. Rep.]

HED 499. Directed Study (1-6). Supervised independent study of areas not covered by scheduled courses. [Rep.]

GRADUATE

HED 500. Cardiac Rehabilitation (3). Human cardiopulmonary system; abnormalities in heart and respiratory functions; exercise program; exercise testing. [Prereq: IA.]

CREDENTIAL/LICENSE


Kinesiology

LOWER DIVISION

KINS 120. Developing Life Skills for Student-Athletes (3). Develop as a whole person: athletically, academically, personally. Goal setting; wellness and nutrition; communication; future career endeavors.


KINS 267. Techniques in Athletic Training (3). Care and prevention of athletic injuries: taping, emergency care, rehabilitation, injury prevention, use of therapeutic equipment. [Prereq: Human Anatomy or Human Physiology course.]

KINS 287. Rehabilitation of Athletic Injuries I (3). Theoretical basis of evaluation and prescription of rehabilitation protocols for sports related injuries. Lab includes discussion, demonstration and participation in learning contemporary rehabilitative techniques. [Prereq: KINS 276.]

UPPER DIVISION

KINS 311. Concepts of Teaching Aquatics (2). Analysis of teaching concepts and skills in aquatics; instructional approaches, planning, curriculum, and evaluation of concepts and skills for water safety instruction.

KINS 313. Concepts of Teaching Dance (2). Analysis of teaching concepts and skills in dance forms; instructional approaches, planning, curriculum, and evaluation of rhythm and movement concepts and skills (e.g., multicultural, social, classical, and contemporary dance).

KINS 319. Concepts of Teaching Dynamic Patterns of Movement (2). Analysis of teaching concepts and skills in dynamic patterns of movement; instructional approaches, planning, curriculum, and evaluation of combatives/self-defense and gymnastics concepts and skills.

KINS 317. Concepts of Teaching Fitness (2). Analysis of basic principles, theories, and practice for development and maintenance of health and physical performance; instructional approaches, planning, curriculum, and evaluation of health-related fitness concepts.


KINS 321. Concepts of Teaching Recreational Activities (2). Analysis of teaching concepts and skills in recreational games and outdoor education; instructional approaches, planning, curriculum, and evaluation of various outdoor settings, ice-breakers, mixers, initiatives, and educationally-based games.

KINS 323. Concepts of Teaching Team Activities (2). Analysis of teaching concepts and skills in team activities, e.g., basketball, flickerball, football, lacrosse, soccer, softball, volleyball, and ultimate frisbee. Instructional approaches, planning, curriculum, and assessment strategies.

KINS 325. Health-Related Exercise (2). Principles, theory, and practice of health-related exercise through fitness programs, recreational activities, and outdoor education. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 327. Games Concepts — 1 (3). Teaching Games for Understanding (TGUF) as applied to net/wall and target-based activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]

KINS 329. Games Concepts — 2 (3). Teaching Games for Understanding (TGUF) as applied to invasion and fielding/run scoring activities. Analysis of teaching and learning; instructional and curricular approaches; standards-based instruction; planning and assessment strategies. [Rep once.]


KINS 378. Sport in Society (3). Physical activity as part of culture: how it affects values, attitudes, technology; how it works in sociocultural systems.

KINS 379. Exercise Physiology (4). How the body responds, adjusts, and adapts to exercise. Muscular, circulatory, respiratory, energy, and endocrine systems. [Prereq: ZOOL 113 or ZOOL 310. Weekly: 3 hrs lect, 2 hrs lab.]


KINS 450. Exercise Testing [3]. Guidelines for and practice of exercise testing, including protocol analysis, pre-test screening, test administration, and test interpretation. Use of different exercise modalities and testing equipment. [Prereq: HED 120 and KINS 379.]

KINS 455. Exercise Prescription/Leadership [3]. Exercise prescription and training for low-risk individuals and those with controlled disease. Design and implementation of risk management/legality aspects exercise program to improve fitness. [Prereq: HED 120 (C), KINS 450, senior standing. Coreq: KINS 495.]

KINS 474. Psychology of Sport & Exercise [3]. Theoretical and applied aspects of the psychology of exercise and sport. Review of personality, motivational processes, interpersonal and group processes, developmental patterns, and intervention techniques in cultural contexts. [DCG-d.]


KINS 480. Special Topics [1-4]. Topics of current interest. Lect./lab as appropriate. [Rep.]

KINS 482. Internship in Kinesiology [2-8]. Supervised experience in corporate/private business, clinical, community, educational, research, or sport performance setting. Application of knowledge, skills, and abilities in exercise science and/or health promotion. [Prereq: completion of all kinesiology and exercise science option courses and IA. Rep up to 8 units.]


KINS 490. Practica [3]. Experience a variety of physical education teaching situations. Guide learners in acquiring knowledge and skills.

KINS 492. Senior Seminar in Kinesiology [3]. Selected trends. [Prereq: senior standing.]

KINS 495. Directed Field Experience [1-6]. Assigned field experience under supervision of HSU staff. [Prereq: HED 120 and junior standing. Rep.]

KINS 499. Directed Study [1-6]. Supervised independent study in areas not covered by scheduled courses. Open only to undergrads. [Rep.]

GRADUATE


KINS 577. Adapted Physical Education Programs [4]. Relationship between handicapping conditions and physical activity. Value of physical activity for individuals with disabilities.

KINS 578. Adapted Aquatics for Instructors [2]. Develop aquatic activities for persons with disabilities. Red Cross certification. [Prereq: water safety instructor.]

KINS 580. Special Topics [1-4]. Topics of current interest. Lect./lab as appropriate. [Rep.]

KINS 585. Issues in American Sport Culture [3]. An examination of issues in American sport culture using a variety of current and historical contexts including cinema, selected literature and art. Emphasis on critical seminar type discussion. Limited to senior or graduate level students.


KINS 615. College Teaching in Kinesiology [3]. Conceptual and practical understanding of knowledge and skills applied to teaching in higher education. Topics include: collaborative/active learning techniques, developing students’ critical thinking skills, strategies in planning, instruction & assessment.

KINS 635. Research Methods in Kinesiology [3]. Introduction to research concepts, design, methods, analyses, and ethics in Kinesiology. Develop professional writing and presentation skills. [Prereq: graduate standing with classified status in kinesiology MS program.]

KINS 640. Psychology of Sport & Exercise [3]. Introduction to theoretical and applied aspects of the psychology of sport and physical activity. Topics include: anxiety, body image, confidence, exercise and mood, injury, motivation, multicultural issues and performance enhancement.