

# KINESIOLOGY: FITNESS (KINF)

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## **KINF 4 Cardiovascular Conditioning**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Designed to improve fitness levels through cardiovascular activities.

## **KINF 10A Weight Training - Beginning**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Muscular conditioning program using machines and free weights for students with little or no prior experience. Students will develop a personal fitness program to align with personal fitness goals.

## **KINF 10B Weight Training - Intermediate**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Advisory: KINF 10A or weight training experience

Muscular conditioning using machine and free weights for students with prior experience. Students will develop a personal program identifying baseline and improvements across the course.

## **KINF 19 Strength Training**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Designed for students concentrating on strength development through various types of exercise.

## **KINF 25 Core Performance and Foundation Movement**

**1-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Body core training and foundation movement for students interested in improving their fitness level. Training and strengthening of the muscles that stabilize, align, and move the trunk.

## **KINF 34A Cardiorespiratory Training Beginning**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Beginning individualized cardiovascular exercise for students needing to start fitness training at a fundamental or low level of intensity. Utilizes stationary bikes, treadmills, elliptical trainers, step climbers and/or rowing machines as training modalities. This course will not challenge students with above average fitness abilities.

## **KINF 34B Cardiorespiratory Training Intermediate**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Individualized cardiovascular exercise for students able to participate in aerobic activity at a moderate to high fitness level of intensity. Utilizes stationary bikes, treadmills, elliptical trainers, step climbers and/or rowing machines as training modalities.

## **KINF 36A Circuit Training Beginning**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-108

Beginning Circuit Training for individuals with little or no weight training experience. Course is for students needing to begin at a fundamental or low level intensity of strength training. Utilizes circuit training machines, floor core work, and light dumbbells. This course will not challenge students with above average fitness abilities.

## **KINF 36B Circuit Training Intermediate**

**0.5-2 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Individualized circuit training for students with previous strength training experience and capable of performing moderate to high levels of strength development on circuit training equipment. Students need to be familiar with strength and repetition ratios. Utilizes circuit training machines, floor core work, medicine balls, exercise balls, Bosu Balance Trainer and dumbbells.

## **KINF 38A Aerobics - Beginning**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Beginning group exercise to improve cardiovascular fitness using aerobic activity. This course is designed for students with little or no previous group fitness experience and have a need to start at a fundamental level of exercise and lower exercise intensity levels. This course will not challenge students with average to above average fitness abilities.

## **KINF 38B Aerobics - Intermediate**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Group aerobic exercise for students with experience in group fitness and able to exercise at moderate levels of fitness and mid to high target heart rate training zones. Class includes various types of high and low impact aerobic exercises including choreographed movements to music within a group fitness setting. Endurance strength training includes the use of elastic bands, light hand held weights, core exercises and weighted bars.

**KINF 51A Agility Test Preparation Law and Fire - Beginning**

**1 Unit** (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Lab: 71

Physical agility skills for individuals with little or no agility training. Designed specifically for those interested in law enforcement and fire technology. There may be off-campus assignments.

**KINF 51B Agility Test Preparation Law and Fire - Intermediate**

**1 Unit** (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Advisory: KINF 51A

Designed to enhance competence in physical agility testing for individuals who have had instruction in primary agility training. There may be off-campus assignments.

**KINF 52A Fitness and Conditioning for Law and Fire - Beginning**

**1 Unit** (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Components of fitness used to perform agility tasks in the fields of law enforcement and fire technology.

**KINF 52B Fitness and Conditioning for Law and Fire - Intermediate**

**1 Unit** (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Advisory: KINF 52A

Principles of exercise used to enhance fitness performance in the fields of law enforcement and fire technology.

**KINF 53 Physical Training for the Basic Fire Academy**

**2.5 Units** (Degree Applicable, CSU)

(May be taken for option of letter grade or Pass/No Pass)

Prepares the Basic Fire Academy student for the physical demands of the fire service. Through a supervised individualized training program, the student acquires cardiovascular endurance, flexibility, and strength.