

Kinesiology (Formerly Physical Education)

Kinesiology as an academic science emphasizes knowledge of the body through the study of movement and exercise physiology. Kinesiology also contributes to the intellectual, social, emotional, spiritual and physical growth and development of each student. Other areas of study in Kinesiology include: nutrition, healthy lifestyles, stress management as well as psychological aspects of physical activity and injury care and prevention. Additional specialties within the discipline of Kinesiology which are more fully addressed in the curriculum at Victor Valley College are Dance and Adapted Physical Education. A variety of activities are offered, encouraging students to develop lifelong fitness activities and patterns for recreation.

With the exception of the Adapted courses, all Kinesiology activity classes are intended for normal, healthy, individuals. It is highly recommended that anyone 35 years or older have a physical checkup before enrolling. Physical Education is required for the Associate degree and all Kinesiology and Kinesiology-Dance courses fulfill this requirement..

UC maximum credit allowed for KIN courses combined: 4 units.

Career Opportunities

Adapted Physical Activity Instructor, Aquatics Director, Athletic Administration in School or College, Athletic Trainer, Biomechanist, Cardiac Rehabilitation Specialist, Coaching at School or College, Dance Choreographer, Dance Instructor, Director of Youth Camps/ Sport Programs, Epidemiologist – Physical Activity, Exercise Physiologist, Fitness Instructor or Program Director at Commercial, Fitness Center - Program Director of Corporate Fitness Center -Sports Director at Resort, Massage Therapist, Medical Doctor, Occupational Therapist, Personal Trainer, Physical Education Teacher at School or College, Physical Therapist, Physician's Assistant, Professor of Kinesiology, Physical Education, Recreational Therapist, Registered Nurse, Respiration Therapist, Sport Management, Sport Psychologist for Performance Enhancement, Sports Information Director, Sports Journalist, Sports Marketing, Sports Officiating, Strength and Conditioning Coach

Faculty

Debra Blanchard | Lynn Guardado | David Hoover
Bruce Victor | Christa White

Degrees and Certificates Awarded

Associate in Arts for Transfer, Kinesiology

Associate Degree

To earn an Associate in Arts degree for Transfer with a major in Kinesiology, complete the required major courses and all other requirements specified on the following pages (i.e. 60CSU transferable units, CSU GE or IGETC, etc.). For more information on the AA-T/AS-T degrees, meet with a counselor or www.adegreewithaguarantee.com.

Transfer

CSUSB has a popular program in this area:

- **California State University, San Bernardino:** Kinesiology major

Different concentrations within the Kinesiology major include Exercise Science, Pedagogy, and pre-physical therapy. For information about these options, visit www.assist.org.

Specialties in Exercise Physiology, Exercise Science, Fitness Training, and Sports Medicine are usually under the departments of Physical Education or Kinesiology at the four-year colleges. A major in Kinesiology may also lead to graduate programs in Physical Therapy at other institutions. See Sports Medicine under Medical and Health Professions for further information on these specific fields.

KINESIOLOGY, AA-T (35831)		
Program Requirements: 23-24 units		
Required Courses: Take all 3 courses		
BIOL 211	Human Anatomy	5.0
BIOL 231	Human Physiology	5.0
KIN 101	Introduction to Exercise Science and Kinesiology	3.0
Required Movement – Based Courses. 3 unit minimum. Select ONE course maximum from any three of the following areas:		
Area 1: Aquatics		
KIN 186A	Introduction to Aqua Aerobics	1.0
KIN 186B	Aqua Jogging	1.0
Area 2: Combatives		
KIN 168	Introduction to Self-Defense	1.0
Area 3: Dance		
TBA		
Area 4: Fitness		
KIN 150	Lifetime Physical Fitness Concepts	2.0
KIN 160	Physical Fitness	1.0
KIN 162	Weight Training I	1.0
KIN 163	Weight Lifting II	1.0
KIN 164	Aerobic Weight Training	1.0
Area 5: Individual Sports		
KIN 180A	Tennis	1.0
KIN 181	Introduction to Golf	1.0
Area 6: Team Sports		
KIN 165	Introduction to Basketball	1.0
KIN 166	Beginning Volleyball	1.0
KIN 166B	Beginning/Intermediate Volleyball	1.0
KIN 180B	Tennins Doubles	1.0
KIN 185	Football Techniques and Conditioning	2.0
KIN 185B	Offensive Football Techniques and Conditioning	1.0
List A: Select two – 6 units		
KIN 102	First Aid, AED and CPR	3.0
MATH 120/120H	Introduction to Statistics	4.0

Kinesiology Courses

KIN 101 INTRODUCTION TO EXERCISE SCIENCE AND KINESIOLOGY

Units: 3.0 **CSU** | 48-54 hours lecture

(No prerequisite. Grade Option.)

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

KIN 102 FIRST AID, AED AND CPR

Units: 3.0 **CSU** | 48-54 hours lecture

(No prerequisite. Grade Option.)

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Upon successful completion of this course and testing, students receive an American Red Cross or American Heart Association First Aid, CPR, AED Course Completion Card that is valid for two years.

KIN 103 HISTORY AND APPRECIATION OF DANCE

Units: 3.0 **CSU, UC** | 48-54 hours lecture

(No prerequisite. Recommended preparation ENGL 101.0 or ENGL 101H. Grade Option.)

The origin, growth, and development of dance (theatrical, social and ritualistic forms) will be researched. A study of dances originating in many areas of the world will be covered. The class will research who, when, where, and how each dance originated. The class will trace dance from its origin to modern times.

KIN 104 PSYCHOLOGY OF PHYSICAL PERFORMANCE

Units: 3.0 **CSU** | 48-54 hours lecture

(No prerequisite. Grade Option)

An introduction to the discipline of sports psychology for students with no previous background in the field. Topics include: orientation to sports psychology, motivational techniques, individual differences and sport behavior, social-environmental influences and sports behavior, and intervention techniques and sports behavior.

KIN 105 DEVELOPMENTAL MOVEMENT OF CHILDREN

Units: 3.0 **CSU** | 48-54 hours lecture

(No prerequisite)

This course provides a comprehensive overview of theories and methods relating to the development of a physical education program for children ages 0-11 years including children with special needs and abilities. Emphasis is on the application of principles of physical growth and development to the teaching and acquisition of specific physical skills. The course curriculum is consistent with the California State Department of Education Physical Education Framework.

KIN 128 SPECIAL TOPICS

Units: 1.0-3.0 | 48-54 hours lecture

(No prerequisite)

This course is designed to permit investigation in depth of topics not covered by regular catalog offerings. Course content, hours, and unit credit to be determined by the instructor in relation to community/students interest and/or available staff may be offered as a seminar, lecture, or laboratory class. Individual course descriptions approved by the Curriculum Committee are on file in Office of Instruction.

KIN 141 ATHLETIC TRAINING I

Units: 3.0 **CSU, UC** | 32-36 hours lecture and 48-54 hours laboratory

(No prerequisite. Interest and/or experience in athletics and sports recommended.)

Introduction to principles of athletic training, including prevention, evaluation, treatment and rehabilitation of common athletic injuries. See cross listing for ALDH 141.

KIN 142 ATHLETIC TRAINING II

Units: 3.0 **CSU, UC** | 32-36 hours lecture and 48-54 hours laboratory

(Prerequisite: KIN/PE 141 or ALDH 141.)

This course will build on the student's basic knowledge of human anatomy and athletic injuries. Topics will include emergency procedures, current health concerns of the athlete, protective devices, advanced taping techniques and injury management. See cross listing for ALDH 142.

KIN 150 LIFETIME PHYSICAL FITNESS CONCEPTS

Units: 2.0 **CSU** | 16-18 hours lecture and 48-54 hours laboratory

(No prerequisite. Grade Option)

Designed to help the students understand the role of physical fitness in daily living. Students analyze and integrate individual fitness components into a personal fitness program level and participate in activities designed to improve overall fitness.

KIN 160 PHYSICAL FITNESS

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Physical Fitness is an exercise course designed to emphasize fitness by offering the student a variety of exercises to include hand weights, exercise ball, aerobics and step aerobics which can be used to maintain fitness throughout life.

KIN 161 BODY BUILDING AND CONDITIONING

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Evaluation of total body fitness and study of body mechanics in everyday activities. Establishing fitness goals and developing appropriate exercise fitness routines to build body proportions, strength, endurance, and flexibility.

KIN 162 WEIGHT TRAINING I

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Introduction to the basic techniques of weight training. The principles of strength development, the role of proper nutrition, the anatomy and physiology of muscles, and safety will be covered in class. Various weight lifting programs covering strength development, endurance, and body building will also be introduced.

KIN 163 WEIGHT LIFTING II

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

A weight lifting course for those students who have been consistently participating in a weight lifting program for 6-12 months for at least three hours per week. This course is designed to emphasize continued individual growth in the areas of body building, body sculpturing and strength at an intermediate level.

KIN 164 AEROBIC WEIGHT TRAINING

Units: 1.0 **CSU** | 48-54 hours laborator

(No prerequisite. Grade Option)

Aerobic weight training combines strength and cardiovascular fitness training into a comprehensive weight training program that has as its major objective the development of all-around fitness. It offers measurable benefits to muscular strength, muscular endurance, body composition, flexibility, and cardiovascular/ aerobic fitness.

KIN 165 INTRODUCTION TO BASKETBALL

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option) (UC credit limitation)

An introduction to the basic skills, rules, and strategies of basketball including: catching, passing, shooting, and dribbling.

Kinesiology Courses

KIN 166 BEGINNING VOLLEYBALL

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Recommended preparation: KIN 166. Grade Option)

Reviews basic volleyball skills and begins work on more advanced skills and playing strategies.

KIN 166B BEGINNING/INTERMEDIATE VOLLEYBALL

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Recommended preparation: KIN 166. Grade Option)

Reviews basic volleyball skills and begins work on more advanced skills and playing strategies.

KIN 166C INTERMEDIATE/ADVANCED VOLLEYBALL

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Recommended preparation: KIN 166. Grade Option)

This course is designed to introduce advanced techniques of volleyball skills. Individual skill work, along with various team offensive systems and team defensive patterns, will be taught and analyzed.

KIN 168 INTRODUCTION TO SELF DEFENSE

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option) (UC credit limitation)

Introduction to basic self-defense. Defensive strategies to protect oneself from attack.

KIN 176 ATHLETIC TRAINING III

Units: 2.0-6.0 **CSU, UC** | 96-108 hours laboratory per unit

(Prerequisite: KIN/PE 141 or ALDH 141, or equivalent.)

In this course, students will provide the pre-participation, on-site first aid and event maintenance for fall/winter/spring sports programs at VVC (baseball, basketball, football, golf, soccer, softball, tennis, volleyball, track/field and wrestling). Experience will include, but is not limited to, prophylactic taping and padding, immediate first aid, monitoring vital signs, completion of accident forms, proper use of universal biohazard precautions, supervision of safe playing conditions and coaching techniques, recognition of medical emergencies, assisting other medical personnel as needed, game preparation and pre-participation medical screenings. See cross listing for ALDH 176.

KIN 177 ATHLETIC TRAINING IV

Units: 2.0-6.0 **CSU, UC** | 96-108 hours laboratory per unit

Prerequisite: KIN/PE 141 or ALDH 141, or equivalent.)

In this course, students will provide the care to athletes involved in fall/winter/spring sports programs at VVC (baseball, basketball, football, golf, soccer, softball, tennis, volleyball, track/field and wrestling). Experience will include but is not limited to development and implementation of rehabilitation protocols. Use of modalities including, whirlpool, ultrasound, ice, Emergency Medical Services, hydrocolator packs, Range of Motion exercises, joint mobilization, strengthening exercises (isokinetic, isotonic, isometric), cardiovascular conditioning and proprioceptive exercises. See cross listing for ALDH 177.

KIN 180A TENNIS

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

The course offers logical sequences of learning experiences that include: basic tennis strokes; rules that govern play; understanding of game strategies; individual practice drills, and learning the equipment and safety involved.

KIN 180B TENNIS DOUBLES

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students are instructed in the basic skills of doubles for the sport of tennis. Rules of play, strategies, and skill development for doubles are emphasized.

KIN 181 INTRODUCTION TO GOLF

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option) (UC credit limitation)

Covers the introduction of the use and skill development of equipment including woods, irons and putters. Includes the reading of greens, distance and selection of clubs, etiquette and rules of golf.

KIN185 FOOTBALL TECHNIQUES AND CONDITIONING

Units: 2.0 **CSU** | 96-108 hours laboratory

(No prerequisite. Grade Option)

Course will include drills and exercises to develop the skills, techniques, and conditioning essential for participation in intercollegiate football.

KIN185B OFFENSIVE FOOTBALL TECHNIQUES AND CONDITIONING

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Through football field activities, this course will provide students an opportunity to learn correct offensive football techniques, flexibility, injury prevention through proper warm-up and football skills. Applicable skill development will be the primary goal of this course. Other areas such as movement skills, knowledge of body movement, self-image, and personal and social growth will also be promoted.

KIN 185C DEFENSIVE FOOTBALL TECHNIQUES

Units: 0.5-1.0 **CSU,UC** | 24-27 - 48-54 hours laboratory

(No prerequisite. Grade Option)

Through football field activities, this course will provide students an opportunity to learn correct defensive football techniques, flexibility, injury prevention through proper warm-up and football skills. Although applicable skill development will be the primary goal of this course; other areas such as movement skills, knowledge of body movement, self-image, and personal and social growth will be promoted.

KIN 186A INTRODUCTION TO AQUA AEROBICS

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Aqua aerobics is designed to improve cardiovascular endurance, muscular strength/endurance, and flexibility, without the negative effects of gravity, aerobic activities, calisthenics, and stretching movements are set to music and performed in a swimming pool. Students do not have to be able to swim.

KIN 186B AQUA JOGGING

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

A conditioning program in the deep water of a pool with a variety of low impact movements centered on jogging. A buoyancy belt will be used. Students do not need to swim but should be comfortable in deep water.

KIN 188A INTRODUCTION TO INDOOR CYCLING (SPIN)

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Use of an indoor cycling bike for improving overall physical fitness and health. Course focuses on endurance, strength, intervals, high intensity and recovery.

KIN 201 INTRODUCTION TO EXERCISE PHYSIOLOGY

Units: 3.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Recommended preparation: BIOL 211 and BIOL 231)

The study of human physiological processes during exercise and activity. Includes study of metabolic changes to main body systems during acute exercise, the physiological adaptations due to chronic exercise and the effect of gaining upon performance.

Kinesiology Courses

KIN 210 MOVEMENT ANATOMY

Units: 3.0 **CSU** | 48-54 hours lecture

(Prerequisites: BIOL 211 or BIOL 215)

Exploration of the muscular-skeletal system and its function during human movement. Study movement and the muscles involved during sport skill performance.

Kinesiology-Dance Courses

KIND 160A TAP DANCE IA (Formerly PEDA 160)

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to explore tap dancing for the first time will experience basic tap dancing techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. See cross listing for TA 160A.

KIND 160B TAP DANCE IB

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore tap dancing after having some tap experience will expand on their basic tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in movement combinations. See cross listing for TA 160B.

KIND 160C TAP DANCE IC

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore tap dancing after having some tap experience and preparing for Tap IIA will expand on their tap dance techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing and performance clarity in complex movement combinations, and the refinement of performance style. See cross listing for TA 160C.

KIND 161A TAP DANCE IIA (Formerly PEDA 161)

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to explore tap dancing at an intermediate level for the first time after having had some tap dance will experience intermediate tap dancing techniques with the foundational sense of musicality. During this course, many essential elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. See cross listing for TA 161A.

KIND 161B TAP DANCE IIB

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore tap dance at an intermediate level after having had some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. See cross listing for TA 161B.

Kinesiology-Dance Courses

KIND 161C TAP DANCE IIC

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore tap dance at an intermediate level, working towards Tap III, after having some tap dance will experience intermediate tap dance techniques with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. See cross listing for TA 161C.

KIND 162A INTRODUCTION TO BALLROOM DANCE

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Introduction to Ballroom Dance encompasses dance techniques, styles and rhythms of beginning level ballroom dance, both traditional and Latin dances will be included. Emphasis is on exploring the movement characteristics of the dances.

KIND 162B AMERICAN RHYTHM BALLROOM DANCE

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Techniques and stylization in the following ballroom dances. Dances may include the Swing, Mambo, Bolero, Cha Cha, and Rumba.

KIND 163A LATIN BALLROOM DANCE

Units: 1.0 [CSU](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Techniques, styles and rhythms of the basic level of Latin ballroom dance. May include at least the following dances: Samba, Cha Cha, Rumba, Paso Doble, Jive and Tango.

KIND 163B STANDARD BALLROOM DANCE

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Techniques and stylization in the following ballroom dance. Dances may include the Waltz, Tango, Foxtrot, Quickstep, Viennese Waltz.

KIND 166A INTRODUCTION TO BALLET DANCE IA

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Student with no previous training or experience in ballet will explore introductory level ballet technique, style, and movement characteristics through dancing. See cross listing for TA 166A.

KIND 166B BUILDING BALLET BASICS IB

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students with introductory level ballet training will build and expand basic ballet technique, style, and movement characteristics. See cross listing for TA 166B.

KIND 166C BALLET FUNDAMENTALS IC

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who have previous training in introductory Ballet IA and Building Ballet Basics IB will further explore and perfect their training in ballet fundamentals. See cross listing for TA 166C.

Kinesiology-Dance Courses

KIND 167A INTRODUCTION TO INTERMEDIATE BALLET IIA

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

An introduction to the technique and style of beginning intermediate level Ballet IIA dance. This course is for the student who has taken Ballet I level courses. Emphasis on exploring the movement characteristics of beginning intermediate level Ballet IIA dance through dancing. See cross listing for TA 167A.

KIND 167B INTERMEDIATE BALLET DANCE IIB

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who have been introduced to intermediate Ballet IIA will build and explore intermediate ballet IIB skills and concepts. See cross listing for TA 167B.

KIND 167C INTERMEDIATE BALLET IIC

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who have training in Intermediate Ballet IIA and Intermediate Ballet IIB will explore and build advanced intermediate ballet skills. See cross listing for TA 167C.

KIND 169A INTRODUCTION TO YOGALATES

Units: 1.0 [CSU](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Yogalates is an introduction of Pilates concepts developed by Joseph Pilates. The course will introduce core mat work and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control.

KIND 169B BASIC YOGALATES

Units: 1.0 [CSU](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Basic Yogalates is a class encompassing Pilate's concepts developed by Joseph Pilates and Yoga. The course will introduce basic core mat work and yoga-type exercises. It will also introduce improved body alignment, strength, flexibility and control.

KIND 169C YOGALATES CORE STABILITY AND STRETCH

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Yogalates Core Stability and Stretch introduces physical conditioning techniques focusing on core muscle strengthening, balance, coordination and flexibility through Pilates mat work and basic yoga exercises. This class uses exercise ball, yoga mat, hand weights to strengthen the core, improve balance, coordination and flexibility.

KIND 169D YOGALATES CORE STABILITY AND STRETCH II

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Yogalates Core Stability and Stretch II is a physical conditioning class that focuses on an intermediate level core muscle strengthening, balance, coordination and flexibility. This class uses intermediate level Pilates mat work and yoga exercises and enhances posture, body awareness and muscular conditioning. This class also uses exercise ball, yoga mat, and hand weights.

KIND 170A JAZZ DANCE 1A

Units: 1.0 [CSU,UC](#) | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to explore jazz dance for the first time will experience basic jazz dance techniques with a fundamental sense of musicality. During this beginning course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. See cross listing for TA 170A.

Kinesiology-Dance Courses

KIND 170B JAZZ DANCE 1B

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore jazz dance after having some jazz dance experience will expand on their basic jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. Other styles such as theater jazz may be incorporated. See cross listing for TA 170B.

KIND 170C JAZZ DANCE 1C

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore jazz dance after having some jazz dance experience, will expand on their jazz dance techniques and fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. See cross listing for TA 170C.

KIND 171A JAZZ DANCE IIA

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to explore jazz dance at an intermediate level for the first time after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. See cross listing for TA 171A.

KIND 171B JAZZ DANCE IIB

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore jazz dance at an intermediate level after having had some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this intermediate course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis will be placed on enhancing musical and rhythmic phrasing, efficient alignment, and performance clarity in movement combinations. See cross listing for TA 171B.

KIND 171C JAZZ DANCE IIC

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Students who would like to further explore jazz dance at an intermediate level, working towards Jazz III, after having some jazz dance will experience intermediate jazz dance techniques with a fundamental sense of musicality. During this course a number of elements will be stressed: style, proper counting techniques, rhythm, interpretation of music and basic choreographic elements. Emphasis is placed on enhancing musical and rhythmic phrasing, efficient alignment, performance clarity in complex movement combinations, and the refinement of performance style. See cross listing for TA 171C.

KIND 174A INTRODUCTION TO MODERN DANCE

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Introduction to technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. See cross listing for TA 174A.

Kinesiology-Dance Courses

KIND 174B BASIC MODERN DANCE I

Units: 1.0 CSU | 48-54 hours laboratory

(No prerequisite. Grade Option)

Basic technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of introductory level modern dance through dancing. See cross listing for TA 174B.

KIND 174C BEGINNING MODERN DANCE I

Units: 1.0 CSU,UC | 48-54 hours laboratory

(No prerequisite. Grade Option)

Beginning level technique and stylization of modern dance. For the student who has never had modern dance or who is new to the beginning level of modern dance. Emphasis on exploring the movement characteristics of beginning level modern dance through dancing. See cross listing for TA 174C.

KIND 174D INTERMEDIATE MODERN DANCE I

Units: 1.0 CSU,UC | 48-54 hours laboratory

(No prerequisite. Grade Option)

Level I technique and stylization of modern dance. For the student who has had introduction to Modern Dance, Basic Modern Dance I, Beginning Modern Dance I or who is new to modern dance. Emphasis on exploring the movement characteristics of level I modern dance through dancing. See cross listing for TA 174D.

KIND 175A INTRODUCTION TO MODERN DANCE II

Units: 1.0 CSU,UC | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and stylization of introductory level modern dance II. This course is for the student who has taken Modern Dance I level classes. Emphasis on exploring the movement characteristics of introductory level modern dance II through dancing. See cross listing for TA 175A.

KIND 175B BASIC MODERN DANCE II

Units: 1.0 CSU,UC | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and stylization of basic modern dance II. This course is for the student who has taken Modern Dance I level classes and/or Introduction to Modern Dance II. Emphasis on exploring the movement characteristics of basic level modern dance II focusing on improving Modern II level technique. See cross listing for TA 175B.

KIND 175C MODERN DANCE II

Units: 1.0 CSU | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and stylization of Modern Dance level II. This course is for the student who has taken Modern Dance I and Basic Modern Dance II levels of dance. Students will prepare their bodies as an instrument for dance.

KIND 175D INTERMEDIATE MODERN DANCE II

Units: 1.0 CSU | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and stylization of Intermediate Modern Dance II. This course is for the student who has taken Modern Dance I, Basic Modern Dance II levels with the emphasis of the class on exploring Intermediate Modern Dance II level movement technique by progressing to longer, faster-paced, more difficult modern dance movement phrases.

KIND 176A INTRODUCTION TO DANCE REHEARSAL AND PERFORMANCE I

Units: 1.0-3.0 CSU | 48-54 hours laboratory per unit

(No prerequisite. Grade Option)

This course is designed to introduce students to the methods used for introductory level I dance rehearsal and performance. This class is for the student who has never taken dance performance before but has taken some form of dance technique. Students will learn the etiquette of introductory level I dance rehearsal and performance, develop skills needed for quick pick up in dance choreography, and performance skills needed for dance production purposes.

Kinesiology-Dance Courses

KIND 176B PERFORMANCE DANCE ENSEMBLE

Units: 1.0-3.0 **CSU** | 48-54 hours laboratory per unit

(No prerequisite. Grade Option)

This course is designed to introduce students to the methods used for dance performance and to provide students with an opportunity for public dance performance onstage.

KIND 176C DANCE PRODUCTION

Units: 1.0-3.0 **CSU,UC** | 48-54 hours laboratory per unit

(No prerequisite. Grade Option)

This course is specifically designed for the student to learn and perform dance choreography of multiple dance disciplines. It includes learning, rehearsing and performing one or more choreographed dance pieces.

KIND 176D DANCE PERFORMANCE

Units: 1.0-3.0 **CSU** | 48-54 hours laboratory per unit

(No prerequisite. Grade Option)

This course is designed to provide students with the opportunity for intensive preparation for public performance of choreographed works.

KIND 180 INTRODUCTION TO CLASSICAL MUSICAL THEATRE DANCE

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

This course is an in-depth performance experience focusing on styles of body movement indicative of Classical Musical Theatre stage productions (1943 – 1965). The fundamentals of Classical musical theatre dance will be introduced, including Classical Broadway jazz and tap style genres. Concepts of the history of dance in Classical musical theatre will also be introduced. See cross listing for TA 180.

KIND 181 INTRODUCTION TO CONTEMPORARY MUSICAL THEATRE DANCE

Units: 1.0 **CSU** | 48-54 hours laboratory

(No prerequisite. Grade Option)

This course is an in-depth performance experience focusing on styles of body movement indicative of Contemporary Musical Theatre stage productions (1966 – Present). The fundamentals of Contemporary musical theatre dance will be introduced, including Contemporary Broadway jazz and tap style genres. Concepts of the history of dance in Contemporary musical theatre dance will also be introduced. See cross listing for TA 181.

KIND 182 BEGINNING CLASSICAL MUSICAL THEATRE DANCE

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and style of beginning Classical theatre dance (1943 - 1965) will be explored. This course is an in-depth performance experience focusing on styles of body movement for Classical Musical Theatre stage productions. The fundamentals of Broadway style dance will be reviewed, including basic Classical jazz and tap. Classical Musical theatre dance genres will be introduced by category, including more sophisticated character stylization of Classical musical staging. Concepts of the history of classical musical theatre dance will be further explored. See cross listing for TA 182.

KIND 183 BEGINNING CONTEMPORARY MUSICAL THEATRE DANCE

Units: 1.0 **CSU,UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Technique and style of beginning Contemporary theatre dance (1966 - Present) will be explored. This course is an in-depth performance experience focusing on styles of body movement for Contemporary Musical Theatre stage productions. The fundamentals of Contemporary Broadway style dance will be reviewed, including basic Contemporary jazz and tap. Contemporary Musical theatre dance genres will be introduced by category, including more sophisticated character stylizations of Contemporary musical staging. Concepts of the history of Contemporary musical theatre dance will be further explored. See cross listing for TA 183.

KIND 186A INTRODUCTION TO HIP HOP DANCE

Units: 1.0 **CSU, UC** | 48-54 hours laboratory

(No prerequisite. Grade Option)

Basic techniques and styles of Hip Hop dance both historical and current emphasizing musicality, rhythms, basic and complex movements required to develop performance and choreographic skills, and critical viewing and analysis of Hip Hop dance choreography.