

KINESIOLOGY

KIN 4 Introduction to Personal Training

Prepares students to pass a national exam in Personal Training (NSCA, NASM, ACE). Repeatability: May be taken 4 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
75781	F	10:15AM-01:20PM	3.00	G.Marcoccia	HW1136

KIN 8 Weight Management 

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification. Repeatability: May be taken 4 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
74991	TTH	12:40PM-01:10PM	2.00	L.Broderick-Burr	HW1126/1118
&	TTH	01:10PM-02:15PM		L.Broderick-Burr	HW1126/1118

KIN 10AL Clinical Experience in Sports Medicine 

Provides the opportunity to apply the skills and knowledge acquired in KIN 10A, and provides practical exposure to the athletic training profession. Recommended Preparation: BIO 4. Hybrid Requisite: Completion of or concurrent enrollment in KIN 10A.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
74923	Arr.	Arr.	1.00	M.Ramsey	1111

Meets 2 hr 5 min arranged per week. Registration for this course is by instructor consent only!

KIN 10B Athletic Training: Treatment and Rehabilitation of Athletic Injuries 

Focuses on the follow up treatment of athletic injuries including the phases of tissue healing and basic components and goals of a rehabilitation program. Recommended Preparation: BIO 4.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
74924	TTH	09:30AM-10:50AM	3.00	M.Ramsey	1118

KIN 10BL Clinical Experience in Sports Medicine II 

Provides the opportunity to apply the skills and knowledge acquired in KIN 10B, and provides further practical exposure to the athletic training profession. Prerequisite: KIN 10AL. Recommended Preparation: BIO 4.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
74925	Arr.	Arr.	2.00	M.Ramsey	1111

Meets 4 hr 5 min arranged per week. Registration for this course is by instructor consent only!

KIN 10CL Clinical Experience in Sports Medicine III 

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies. Prerequisite: KIN 10BL or equivalent skills. Recommended Preparation: BIO 4.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
75732	Arr.	Arr.	2.00	M.Ramsey	1111

Meets 4 hr 5 min arranged per week. Registration for this course is by instructor consent only!

KIN 13 First Aid: Responding to Emergencies 

Provides certification in American Red Cross "Responding to Emergencies and Community CPR", training in accident prevention, and treatment of the injured. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: KIN 13 & 15 combined: maximum credit-1 course.

Section	Days	Times	Units	Instructor	Room
74927	Arr.	Arr.	3.00	V.Pulido	OL

Section 74927 is an ONLINE course. Meets Saturday, 2/11 from 10:00AM-12:00PM in conference room next to the pool for MANDATORY orientation. On campus meetings are in the conference room next to the pool on Saturday, 3/3 and 3/17 from 9:00AM-1:00PM; Saturday, 3/31 from 9:00AM-12:00PM; Saturday 4/21 from 10:00AM-1:00PM and Saturday, 4/28 from 10:00AM-12:00PM. For details, see instructor's web page at go.cabrillo.edu/online.

74926	TTH	11:10AM-12:30PM	3.00	M.Ramsey	1118
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First class meeting held in conference room next to the pool.

KIN 15 Community Cardio Pulmonary Resuscitation 

Provides certification in American Red Cross Community CPR. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: KIN 13 & 15 combined: maximum credit-1 course.

Section	Days	Times	Units	Instructor	Room
74928	S	09:00AM-01:05PM	0.50	P.Kaplan	1118

Meets Saturday 3/10 and 3/17. First class meeting held in conference room next to the pool.

Cabrillo College *Schedule of Classes – Spring, 2012*

KIN 27 Weight Training ⚙️

Provides instruction on the biomechanics of strength training, muscle train-ability and training principles using both machines and free weights. Repeatability: May be taken 4 times; thereafter may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74937	TTH	08:00AM-09:20AM	1.50	W.Garrison	HW1136
74938	TTH	08:00AM-09:20AM	2.00	W.Garrison	HW1136
	& F	08:45AM-09:35AM		W.Garrison	HW1136
74929	MW	09:30AM-10:50AM	1.50	A.Marcopulos	HW1136
74930	MW	09:30AM-10:50AM	2.00	A.Marcopulos	HW1136
	& F	08:45AM-09:35AM		W.Garrison	HW1136
74931	TTH	09:30AM-10:50AM	1.50	A.Marcopulos	HW1136
74932	TTH	09:30AM-10:50AM	2.00	A.Marcopulos	HW1136
	& F	08:45AM-09:35AM		W.Garrison	HW1136
74933	TTH	11:10AM-12:30PM	1.50	O.Killefer	HW1136
74934	TTH	11:10AM-12:30PM	2.00	O.Killefer	HW1136
	& F	08:45AM-09:35AM		W.Garrison	HW1136
74935	MW	12:40PM-02:00PM	1.50	W.Garrison	HW1136
74936	MW	12:40PM-02:00PM	2.00	W.Garrison	HW1136
	& F	08:45AM-09:35AM		W.Garrison	HW1136
74939	TTH	06:00PM-07:20PM	1.50	STAFF	HW1136

KIN 31 Total Fitness ⚙️

Provides cardiovascular conditioning, strength training, flexibility exercises, and education in concepts relative to physical fitness. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74941	MW	11:10AM-12:30PM	1.50	O.Killefer	HW1136

KIN 33 Functional Fitness ⚙️

Provides instruction in functional fitness using body weight and light weight equipment to challenge each individual in a supportive environment. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74942	M	06:30AM-07:20AM	1.00	L.Broderick-Burr	HW1126
	& W	06:30AM-07:35AM		L.Broderick-Burr	HW1126

KIN 34 Core Performance—Be Your Own Trainer ⚙️

Provides education and instruction in an approach to fitness using functional and core training. Repeatability: May be taken 4 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
74943	TTH	09:30AM-10:50AM	1.50	L.Broderick-Burr	HW1126

KIN 37 Hatha Yoga ⚙️

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment of the body to develop strength, endurance, flexibility, balance, and to reduce stress. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined:

maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74944	MW	08:00AM-09:20AM	1.50	K.Belliveau	HW1126
75726	TTH	08:00AM-09:20AM	1.50	L.Norton	HW1126
74945	MW	09:30AM-10:50AM	1.50	K.Belliveau	HW1126
74947	MW	11:10AM-12:30PM	1.50	K.Belliveau	HW1126
74946	TTH	11:10AM-12:30PM	1.50	L.Broderick-Burr	HW1126
75727	M	12:40PM-01:30PM	1.00	L.Norton	HW1126
	& W	12:40PM-01:45PM		L.Norton	HW1126
74950	M	05:30PM-06:50PM	0.75	J.Klein	HW1126
74949	M	05:45PM-07:50PM	1.00	H.Jackson-Jones	WatA130

KIN 38 Yoga and Stress Reduction ⚙️

Introduces physical postures, meditation, breathing techniques and other methods for reducing stress, improving well-being, and cultivating the connection of mind and body. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74953	M	04:00PM-05:20PM	0.75	J.Klein	HW1126

KIN 39 Gyrokinesis Movement Yoga ⚙️

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units

Section	Days	Times	Units	Instructor	Room
74954	TTH	08:00AM-09:20AM	1.50	S.Spencer	1101

KIN 40 Golf ⚙️

Provides instruction in the development of basic golf swing techniques including chipping, bunker shots, uneven lie positions, swing correction techniques, putting, elements of golf course management, rules, and golf etiquette. Repeatability: May be taken 4 times; thereafter may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74955	S	09:00AM-11:05AM	1.00	K.Belliveau	MULTIFLD
Meets at the Cabrillo Multi-Purpose Field.					
74956	S	11:15AM-01:20PM	1.00	K.Belliveau	MULTIFLD
Meet at the Cabrillo Multi-Purpose Field.					
74957	MW	12:40PM-02:00PM	1.50	K.Belliveau	MULTIFLD
Meets at the Cabrillo Multi-Purpose Field.					

KIN 43 Tennis ⚙️

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74959	MW	09:30AM-10:50AM	1.50	O.Killefer	TENCOURT
Beginning to intermediate level players.					
74960	TTH	09:30AM-10:50AM	1.50	O.Killefer	TENCOURT
Intermediate to advanced level players.					

KIN 45 Beginning Self-Defense for Women 

Provides basic self-defense skills and psychological techniques for confronting threatening situations. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
75782	MW	02:30PM-03:00PM	2.00	K.Belliveau	HW1126
&	M	03:00PM-03:50PM		K.Belliveau	HW1126
&	W	03:00PM-04:05PM		K.Belliveau	HW1126

KIN 47 Basketball 

Provides instruction in offensive and defensive skills and team strategies of basketball. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74964	MW	12:40PM-02:00PM	1.50	A.Marcopulos	1101
74965	TTH	12:40PM-02:00PM	1.50	A.Marcopulos	1101
74966	TTH	03:00PM-05:05PM	1.00	K.Netto	1101

Meets 8 weeks 3/27-5/24. Holiday 4/10 and 4/12.

KIN 48 Football 

Provides instruction in the individual offensive and defensive skills and team strategies of football. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
74968	TTH	03:30PM-06:35PM	1.50	W.Garrison	1118/STADIUM

Meets 8 weeks 3/27-5/24. Holiday 4/10 and 4/12. While open to all students, class is primarily for returning and potential intercollegiate football athletes. First class meeting is in Room 1118.

KIN 50 Soccer 

Provides instruction in individual and team soccer skills and strategies. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
75762	S	09:00AM-11:05AM	1.00	M.Arzabal	STADIUM
74972	MW	11:10AM-12:30PM	0.75	P.Carbone	STADIUM
Meets 10 weeks 2/6-4/18. Holiday 2/20, 4/9 and 4/11.					
74971	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM
74970	MW	12:40PM-02:00PM	1.50	P.Carbone	STADIUM
75760	TTH	12:40PM-02:00PM	1.50	M.Arzabal	STADIUM

KIN 51 Indoor Soccer--Futsal 

Provides instruction in individual and team indoor soccer/futsal skills and strategies. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
74973	F	09:00AM-11:05AM	1.00	P.Carbone	1101
Indoor Soccer (futsal).					
74975	F	11:15AM-01:20PM	1.00	P.Carbone	1101
Indoor Soccer (futsal).					

KIN 54 Volleyball 

Provides instruction on the individual and team skills and strategies of volleyball. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74976	TTH	01:00PM-03:05PM	2.00	P.Kaplan	OFFCAM
Beach Volleyball. Class meets at Main Beach, Santa Cruz.					
74977	F	06:30PM-08:45PM	1.00	P.Kaplan	1101
Meets 14 weeks 2/24-6/1. Holiday 4/13.					
75766	TTH	07:30PM-09:35PM	2.00	Houston/Meyer	1101
For intermediate to advanced level players and returning players.					

KIN 55 Sports Conditioning 

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74978	MW	09:00AM-11:05AM	2.00	P.Carbone	STADIUM

While open to all students, class is primarily for returning and potential intercollegiate men soccer athletes.

KIN 60 Swimming 

Emphasizes development of aquatic skills and conditioning appropriate for the non-swimmer, beginning swimmer, or intermediate swimmer. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74979	MW	08:00AM-09:20AM	1.50	M.Adas	POOL
74981	MW	09:30AM-10:50AM	1.50	J.Thomas	POOL
74980	TTH	11:10AM-12:30PM	1.50	M.Adas	POOL

KIN 61 Swim Fitness 

Improves physical fitness using competitive swim strokes. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74982	MW	08:00AM-09:20AM	1.50	M.Adas	POOL
74985	TTH	08:00AM-09:20AM	1.50	C.Smith	POOL
74984	MW	09:30AM-10:50AM	1.50	J.Thomas	POOL
74986	TTH	09:30AM-10:50AM	1.50	J.Thomas	POOL
74987	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL
74983	TTH	11:10AM-12:30PM	1.50	M.Adas	POOL

KIN 62 Water Aerobics 

Provides cardiovascular conditioning, muscle strengthening, and flexibility through non-swimming water exercise emphasizing low impact on joints. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74988	TTH	08:00AM-09:20AM	1.50	C.Smith	POOL

 indicate open entry classes--open through the 12th week of instruction  indicate writing factor classes;  Honors classes;
 indicate multicultural classes;  indicate health and wellness classes  some sections of this course are taught in a distance education format.

Cabrillo College *Schedule of Classes* – Spring, 2012

KIN 63 **Water Polo** ⚙

Provides instruction on the individual offensive and defensive skills and team strategies of water polo. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
74989	TTH	09:30AM-10:50AM	1.50	J.Thomas	POOL

While open to all students, class is primarily for returning and potential intercollegiate men/women water polo athletes.

KIN 64 **Lifeguard Training** ⚙

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick. Repeatability: May be taken 2 times; thereafter, may be audited.

Transfer Credit: CSU; UC.

Section	Days	Times	Units	Instructor	Room
74990	MW	11:10AM-11:40AM	2.00	J.Thomas	POOL
&	M	11:40AM-12:30PM		J.Thomas	POOL
&	W	11:40AM-12:45PM		J.Thomas	POOL