



Department of
Kinesiology

300 Level Courses

Department of Kinesiology, California State University, Northridge

KIN 302 - Measurement and Evaluation in Kinesiology - (3 Units)

Prerequisite: Passing score on the ELM. A study of measurement and statistical theory applied to data from tests common to exercise, sport and dance.

KIN 305 - Historical and Philosophical Bases of Physical Education - (3 Units)

Prerequisites: KIN 240 and completion of the lower division writing requirement. A survey of the historical and philosophical bases of physical education.

KIN 306 - SocioPsychological Aspects of Physical Activity - (3 Units)

An examination of the sociopsychological setting for physical activity with an emphasis on social values, individual and collective behavior, and group interaction.

KIN 310 - Visualization and Sport - (3 Units)

Prerequisite: Currently participating in organized athletics. An examination of approaches for helping athletes understand, develop, and/or refine visual and mental skills and strategies essential for maximizing athletic performance.

KIN 311/311L - Individual Program Design, Adapted PE and Laboratory - (3 Units)

Prerequisite: KIN 241. Introduction to exercise program design and equipment utilized in fitness training and functional skill development for individuals with physical disabilities. A hands-on laboratory assignment in the Adapted Physical Exercise Program at CSUN working with a physically disabled individual under supervision.

KIN 312 - Conceptual Foundations of Kinesiology and Physical Education - (3 Units)

Designed for the nonkinesiology major. Significant aspects of the historical/philosophical, sociopsychological and pediatric exercise dimensions of kinesiology and physical education. (Not available for credit for kinesiology majors.)

KIN 314, 314L - Creative Dance for Children - (3 Units)

The study of the elements of time, space, and energy as related to children's dance as an art form. Principles, techniques, and exploration of directions of teaching dance to children. Lecture and lab taken concurrently (2 hours lecture, 2 hours lab).

KIN 315 - Advanced Analysis of Dance Forms - Social - (3 Units)

Prerequisites: KIN 242 and successful completion (score of 2.5) of the social dance proficiency requirement. Analysis of basic to intermediate skills of social dance including ballroom, contra, ethnic, round and square. Students develop performance analysis skills and the ability to plan and conduct instructional activities in social dance.

KIN 316, 316L - Choreographic Forms - (3 Units)

Prerequisite: KIN 236. Study of preclassic, classic, and modern forms, and dramatic and group forms with practical application in composition of solo and group dances. Lecture and lab taken concurrently (2 hours lecture, 2 hours lab).

KIN 317 - Advanced Analysis of Dance Forms - Ballet, Jazz, Modern - (3 Units)

Prerequisites: KIN 242 and completion of ballet, jazz, and modern dance proficiency requirement. Analysis of basic to intermediate skills of ballet, jazz, and modern dance. Organization and conduct of dance classes, demonstrations, concerts, and other special dance activities in a school setting. Students develop performance analysis skills and ability to plan and conduct instructional activities in ballet, jazz and modern dance.

KIN 320 - Advanced Techniques of Team Sports - (3 Units)

Prerequisite: Basketball, Volleyball, Softball, Flag Football, and Soccer proficiency requirements. An analysis of the basic to intermediate skills of team sports including Basketball, Flag Football, Soccer, Softball, and Volleyball. Discussions, demonstrations, analyses and practice of team strategies, drill situations and appropriate progressions for acquiring skills. Experience in planning and organizing practice sessions in team sports.

KIN 322 - Advanced Analysis of Exercise Forms/Aerobic Dance - (2 Units).

Prerequisites: KIN 241 and meet department standards on the physical fitness exam. Advanced analysis of the exercise form, commonly known as aerobic dance, for instructional purposes. Development of knowledge and skill in planning and conducting aerobic dance experiences. Theory of aerobic dance exercise design.

KIN 325 - Motor Development - (3 Units)

An introduction to the lifespan approach for the development of movement skills, with emphasis on motor development during childhood and adolescence. Physical Therapy majors will receive General Education credit, Applied Arts and Sciences, for this course.

KIN 329 - Motor Learning and Control - (2 Units)

Prerequisite: KIN 302; corequisite: KIN 329L. Theoretical foundation for the learning and control of motor skills with specific emphasis on the interpretation of this knowledge for the structuring of the learning environment.

KIN 329L - Motor Learning and Control Laboratory - (1 Unit)

Prerequisite: KIN 302; corequisite: KIN 329. Laboratory experiences in the basic concepts of motor learning/control and an introduction to motor behavior research.

KIN 330 - Advanced Techniques of Individual Sports - (3 Units)

Prerequisite: Upper division standing and completion of Badminton, Golf, Gymnastics, Tennis and Track & Field proficiency requirements. The methods of organizing and teaching individual and dual sports: badminton, golf, gymnastics, tennis and track. Includes class organization procedures and practices; laboratory practice.

KIN 337 - Prevention and Care of Athletic Injuries I - (3 Units)

Prerequisites: HSCI 170, 170L, BIO 211, 212, 281. An introductory course to the field of athletic training. The role of athletic trainer shall be explored in relation to the physician, coach and athlete. Emphasis will be placed on prevention, recognition, and treatment of the more common sports injuries. Experience will be gained in basic taping skills.

KIN 337L - Prevention and Care of Athletic Injuries I Lab - (1 Unit)

Prerequisites: BIOL 211, 212, 281, HSCI 170, 170L. Corequisite: KIN 337. Principles and techniques for application of protective taping, padding, wrapping and bracing with emphasis on the prevention of sport and exercise injuries.

KIN 338 - Techniques of Athletic Training I - (2 Units)

Prerequisites: KIN 337 Lecture/demonstration experiences designed to expose the student to the techniques and knowledge re trainers. Topics covered include: emergency medical techniques, transportation of the injured athlete, athletic equipment fitting, protective equipment fabrication, lower extremity injury evaluation, taping, and bracing.

KIN 338L - Techniques of Athletic Training I Lab - (1 Unit)

Laboratory and clinical experiences in athletic training. Observation and practice of skills learned in KIN 338 including evaluation and care of lower extremity injuries. Practice in dealing with actual athletic injuries.

KIN 339 - Techniques of Athletic Training II - (2 Units)

Prerequisites: KIN 337 Lecture/demonstration experiences designed to expose the student to techniques and knowledge required

Topics covered include: therapeutic techniques associated with athletic injury care, reconditioning regimens, upper extremity evaluation, taping, and bracing.

KIN 339L - Techniques of Athletic Training II Lab - (1 Unit)

Laboratory and clinical experiences in athletic training. Observation and practice of skills learned in KIN 339 including evaluation and care of upper extremity injuries. Practice in dealing with actual athletic injuries.

KIN 345 - Biomechanics - (2 Units)

Prerequisites: BIOL 211 and 212 and passing score on the ELM. Corequisite: KIN 345L. Analysis of the ways in which anatomical makeup and mechanical laws govern the mechanics of human motion.

KIN 345L - Biomechanics Laboratory - (1 Unit)

Prerequisites: BIOL 211 and 212 and passing score on the ELM. Corequisite: KIN 345. Laboratory experiments designed to provide practical demonstration of mechanical laws and structured learning of qualitative and quantitative procedures for analyzing human motion.

KIN 346 - Physiology of Exercise - (3 Units)

Prerequisite: BIOL 281. The effects of physical activity upon the human physiological processes and of the physiological aspects of skill, endurance, fatigue, training, and other phenomena related to physical performance.

KIN 346L - Physiology of Exercise Laboratory - (1 Unit)

Prerequisite: KIN 346 or concurrent enrollment. Observation experiments, and demonstrations intended to augment KIN 346, Physiology of Exercise. Laboratory 3 hours.

KIN 347 - Individual and Special Physical Education - (3 Units)

Prerequisites: KIN 344 or 345, and 346. A study of physical divergencies commonly associated with young people. Techniques of screening and development of special exercise programs; laboratory experience.

KIN 350 - Coaching Football - (2 Units)

Prerequisite: Football proficiency requirement. Analysis and study of techniques and materials in the coaching of football; laboratory practice.

KIN 351 - Coaching Baseball - (2 Units)

Prerequisite: Baseball proficiency requirement. Analysis and study of techniques and materials in the coaching of baseball; laboratory practice.

KIN 352 - Coaching Basketball - (2 Units)

Prerequisite: Basketball proficiency requirement. Analysis and study of techniques and materials in coaching basketball; laboratory practice.

KIN 353 - Coaching Track and Field - (2 Units)

Prerequisite: Track and field proficiency requirement. Analysis and study of techniques and materials in the coaching of track and field; laboratory practice.

KIN 354 - Coaching Golf - (1 Unit)

Prerequisite: Golf proficiency requirement. Analysis and study of techniques and materials in the coaching of golf; laboratory practice.

KIN 356 - Coaching Swimming, Springboard Diving and Water Polo - (2 Units)

Prerequisite: Swimming proficiency requirement. Advanced techniques and materials in the theory and practice of coaching swimming, springboard diving and water polo.

KIN 357 - Coaching Tennis - (1 Units)

Prerequisite: Tennis proficiency requirement. Analysis and study of techniques and materials in the coaching of tennis; laboratory practice.

KIN 359 - Coaching Volleyball - (2 Units)

Prerequisite: Volleyball proficiency requirement. An upper division elective course for physical education majors and/or minors.

KIN 370 - Physical Education in Early Childhood Education - (2 Units)

Prerequisite: Kinesiology 325. Course focuses upon the purpose, content, procedures, materials, and equipment; and upon the relation of physical education to the total curriculum development in early childhood education.

KIN 370L - Physical Education in Early Childhood Education Laboratory - (1 Unit)

Prerequisite: KIN 370 concurrently. Practical laboratory experience in early childhood Physical Education.

KIN 380 - Perspectives of Dance - (3 Units)

The history, aesthetics, performance forms, musical forms, cultural and racial heritages and contemporary directions of dance in education and art. Dance as a performing art, as ritual, as social/recreational activity, and dance as a subject for scholarly investigation and analysis. Students will participate in dance techniques related to content presented in the classroom. (Available for General Education, Humanities Fine Arts.) (Formerly 235)

KIN 385 - Women in Sport - (3 Units)

Prerequisite: Completion of the lower division writing requirement. A survey of women's past and present involvement with sport. Examines the social, cultural and developmental implications of sport participation. (Available for General Education, Comparative Cultural Studies.)

KIN 396A-Z · Selected Topics in Kinesiology · (1-3 Units)

Selected Topics in Physical Education with course content to be determined.
