JOUR 130 Writing for Online Journalism  
3 hours lecture  
Transfer acceptability: CSU  
C-ID JOUR 120  
Introduction to multimedia storytelling with a journalism emphasis. Techniques explored include use of video, photos, audio, animation, and text to convey interactive news and feature stories through the Internet and other electronic media. Also includes techniques in digital research, critical thinking, and synthesis.

JOUR 140 Photojournalism  
1½ hours lecture - 4½ hours laboratory  
Recommended preparation: PHOT 120  
Note: Cross listed as PHOT 140  
Transfer acceptability: CSU  
C-ID JOUR 160  
A study of the history and practice of photojournalism, providing specific application through photographing for The Telescope, Palomar College's newspaper. Student must provide own camera.

JOUR 200 Mastering Social Media  
3 hours lecture  
Transfer acceptability: CSU  
C-ID JOUR 210  
Explores social media from a content perspective. Learn the fundamentals of social media, the theories behind writing for it, as well as the ethics and standards of information generated. Also explores how to use social media to get content to the masses.

JOUR 205 Intermediate Multimedia News Writing and Production  
1½ hours lecture - 4½ hours laboratory  
Transfer acceptability: CSU  
C-ID JOUR 210  
Intermediate work in reporting, writing, editing and multimedia projects for The Telescope, Palomar's campus newspaper. Continuation of beat reporting, interviewing and public affairs reporting. Introduction of page layout, graphic design and photography.

JOUR 210 Advanced Multimedia News Production  
1½ hours lecture - 4½ hours laboratory  
Transfer acceptability: CSU  
C-ID JOUR 210  

JOUR 215 Advanced Multimedia News Editing  
1½ hours lecture - 4½ hours laboratory  
Transfer acceptability: CSU  

JOUR 295 Directed Study in Journalism  
3, 6, or 9 hours laboratory  
Prerequisite: Approval of project or research by department chairperson/director  
Transfer acceptability: CSU  
Independent study for students who have demonstrated skills and/or proficiencies in Journalism subjects and have the initiative to work independently on projects or research outside the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

JUDAIC STUDIES (JS)  
See also Multicultural Studies  
Contact the Multicultural Studies Department for further information.  
(760) 744-1150, ext. 2206  
Office: MD-354  

COURSE OFFERINGS  

JS 106 Introduction to Judaism I  
3 hours lecture  
Note: Cross listed as RS 106  
Transfer acceptability: CSU; UC  
The philosophy, religion and ethnic culture of the Jewish people from the Patriarchs and Prophets through the modern branches of Judaism. Topics covered include Torah, Talmud, various commentaries and movements affecting Judaism; ceremonies, artifacts, and language.

JS 107 Introduction to Judaism II – Culture  
3 hours lecture  
Note: Cross listed as RS 107  
Transfer acceptability: CSU; UC  
A survey of the cultural and historical roots of the Jewish people from 2000 B.C. to the present; their role in the ancient Near East; relationships in the Western World from the Greco-Roman period to the post World War II era; creation and development of the state of Israel; cultural, religious, and political impact on America and the world community.

KINESIOLOGY  
Formerly Physical Education  
See also Athletics and Competitive Sports  
Contact the Department of Health, Kinesiology and Recreation Management for further information.  
(760) 744-1150, ext. 2459  
Office: O-10  

Associate in Arts Degrees -  
AA Degree requirements are listed in Section 6 (green pages).  
• Kinesiology  

Associate in Arts for Transfer -  
• Kinesiology  

Certificates of Achievement -  
Certificate of Achievement requirements are listed in Section 6 (green pages).  
• Adult Fitness and Health  

PROGRAMS OF STUDY  

Adult Fitness and Health  
Training for fitness instructors and lifestyle educators in designing, implementing and managing a variety of health/fitness programs.

CERTIFICATE OF ACHIEVEMENT  

<table>
<thead>
<tr>
<th>Program Requirements</th>
<th>Units</th>
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<tbody>
<tr>
<td>BMGT 105 Small Business Management</td>
<td>3</td>
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<td>CSIT 105 Computer Concepts and Applications</td>
<td>3</td>
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<tr>
<td>EME 100/HE 104 Emergency Medical Responder</td>
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<tr>
<td>NUTR 165/HE 165 Fundamentals of Nutrition</td>
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<td>HE 100 Health Education and Fitness Dynamics</td>
<td>3</td>
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<tr>
<td>KINE 100 Introduction to Physical Education and Kinesiology</td>
<td>3</td>
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<tr>
<td>PSYC 100 Introduction to Psychology</td>
<td>3</td>
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<tr>
<td>ZOO 203 Physiology</td>
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</tbody>
</table>
Group I (Select a minimum of 3 units)
CE 100  Cooperative Education  1 - 4
ENG 100  English Composition  4
MATH 120  Elementary Statistics  4
SPCH 100  Oral Communication  3

Group II (Select a minimum of 3 units)
NUTR 170  Nutrition: Eating Disorders and Obesity  3
PSYC 115  The Psychology of Personal Growth and Development  3
PSYC 210  Physiological Psychology  4
SOC/PSYC 125  Human Sexuality  3
ZOO 200  Anatomy  4

Group III (Select a minimum of 1 unit)
KINE 103  Evaluative Fitness  2.5
KINE 125A  Aerobic Fitness Training Modes  1 - 2
KINE 125B  Anaerobic Fitness Training Modes  1 - 2
KINE 125C  Functional Fitness Training Modes  1 - 2
KINE 125D  Motor Fitness/Hand-Eye/Feet Skills  1 - 2
KINE 130  Individualized Fitness Exercise  1 - 2
KINE 165A  Beginning Softball  1 - 2
KINE 165C  Advanced Softball  1 - 2
KINE 165A  Beginning Soccer  1 - 2
KINE 165B  Intermediate Soccer  1 - 2
KINE 165C  Advanced Soccer  1 - 2
KINE 170A  Team Sports - Baseball Strategies  1 - 2
KINE 170B  Team Sports- Baseball Biomechanics  1 - 2
KINE 170C  Team Sports- Basketball Strategies  1 - 2
KINE 170D  Team Sports- Basketball Biomechanics  1 - 2
KINE 170E  Team Sports- Football Strategies  1 - 2
KINE 170F  Team Sports- Football Biomechanics  1 - 2
KINE 170G  Team Sports- Soccer Strategies  1 - 2
KINE 170H  Team Sports- Soccer Biomechanics  1 - 2
KINE 170I  Team Sports- Softball Strategies  1 - 2
KINE 170J  Team Sports- Softball Biomechanics  1 - 2
KINE 170K  Team Sports-Volleyball Strategies  1 - 2
KINE 170L  Team Sports-Volleyball Biomechanics  1 - 2
KINE 170O  Team Sports-Wrestling Strategies  1 - 2
KINE 170P  Team Sports-Wrestling Biomechanics  1 - 2
KINE 231  Water Safety Instruction  3
KINE 232  Teaching Swimming  1 - 1.5

Group IV - Health/Fitness Courses (Select 1 course)
HE 100L  Health Performance Lab  1 - 2
KINE 128A  Wellness Modalities - Cardio  1 - 2
KINE 128B  Wellness Modalities -Muscular  1 - 2
KINE 128C  Wellness Modalities - Functional  1 - 2
KINE 128D  Wellness Modalities - Periodization  1 - 2
KINE 140A  Beginning Tennis - Techniques and Analysis  1 - 2
KINE 140B  Intermediate Tennis - Techniques and Analysis  1 - 2.5
KINE 140C  Advanced Tennis - Techniques and Analysis  1 - 2
KINE 150A  Beginning Weight Training  1 - 2
KINE 150B  Intermediate Weight Training - Strength Training for Total Fitness  1 - 2
KINE 150C  Advanced Weight Training - Power Lifting and Plyometrics Training  1 - 2

TOTAL UNITS  33 - 34

Kinesiology
The Associate in Arts in Kinesiology for Transfer degree is designed to prepare students for a seamless transfer into the CSU system to complete a baccalaureate degree in Kinesiology or similar major. A baccalaureate degree prepares students for entry into an extraordinary number of academic studies designed to prepare students to be leaders in the fields of physical activity, health, injury and disease prevention and treatment. Students who complete a Kinesiology baccalaureate degree will be prepared for a wide variety of career opportunities in such areas as education, fitness, health fitness medicine, health fitness rehabilitation, allied health and wellness, recreation and leisure, and sports related careers.

Pursuant to SB1440, the following completion requirements must be met:

“(1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:

(A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.

(B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.

(2) Obtainment of a minimum grade point average of 2.0.”

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis. A “P” (Pass) grade is not an acceptable grade for courses in the major.

AA-T TRANSFER MAJOR

Program Requirements
KINE 100  Introduction to Kinesiology  3
ZOO 200  Anatomy  4
ZOO 203  Physiology  4

Select a minimum of one course from three of the four areas below:

Area One: Individual Sports
KINE 117A  Beginning Golf:Techniques and Analysis  1
KINE 140A  Beginning Tennis:Techniques and Analysis  1
KINE 140B  Intermediate Tennis:Techniques and Analysis  1
KINE 140C  Advanced Tennis:Techniques and Analysis  1

Area Two: Aquatics
KINE 135A  Beginning Swimming  1

Area Three: Team Sports
KINE 155A  Beginning Volleyball:Techniques and Analysis  1
KINE 155B  Intermediate Volleyball:Techniques and Analysis  1
KINE 155C  Advanced Volleyball:Techniques and Analysis  1
KINE 166A  Beginning Basketball  1
KINE 166A  Beginning Soccer  1

Area Four: Fitness
KINE 150A  Beginning Weight Training  1
KINE 150B  Intermediate Weight Training- Strength Training for Total Fitness  1

List A (Select two courses, 6 units)
MATH 120  Elementary Statistics  4
PSYC 205/ SOC 205  Statistics for the Behavioral Sciences  4
BIOL 100  General Biology  4
BIOL 101  General Biology (Lecture)  3
and
BIOL 101L  General Biology (Laboratory)  1
or
BIOL 105  Biology with a Human Emphasis  4
CHEM 110  General Chemistry  3
and
CHEM 110L  General Chemistry Laboratory  2
HE 104/ EME 100  Emergency Medical Responder  3
PHYS 120  General Physics  4
or
PHYS 230  Principles of Physics  5

TOTAL UNITS  21 - 24
Kinesiology
Kinesiology focusing on health, cardiovascular fitness and weight loss. Instruction and training in walking techniques for the beginning walker. Programs ½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
KINE 114A Beginning Walkfit (1, 1.5, 2)
Transfer acceptability: CSU; UC
Instruction and training in walking techniques for the beginning walker. Programs focusing on health, cardiovascular fitness and weight loss.

KINE 114B Intermediate Walkfit (1, 1.5, 2)
Transfer acceptability: CSU; UC
Instruction and training in high intensity and speed walking techniques to increase aerobic capacity and calorie expenditure.

KINE 114C Advanced Walkfit (1-2)
Transfer acceptability: CSU; UC
Instruction and training in long distance walking techniques to increase endurance and distance for the advanced walker.

KINE 114B Also limits the number of times a student may take courses with related content and similar primary educational activities. Therefore, some combinations of course work in Kinesiology have limitations on the number of times a student may enroll. Specific information about enrollment limitations for Kinesiology classes is available at http://www.palomar.edu/schedule/restrictions.htm

Courses numbered under 50 are non-degree courses.
Courses numbered under 100 are not intended for transfer credit.

UC credit limitations: All ACS and KINE activity courses combined: maximum credit, 4 units

For transfer information, consult a Palomar College Counselor.

KINE 47 Physical Education/Kinesiology Topics (.5 - 4)
Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.
Non-degree Applicable
Topics in Physical Education/Kinesiology. See class schedule for specific topic covered. Course title will designate subject covered.
KINE 100 Introduction to Kinesiology 3 hours lecture
Transfer acceptability: CSU; UC
C-ID KIN 100 Introduction to an interdisciplinary approach to the study of human movement. Sub-disciplines will introduce students to the various fields closely related to Kinesiology. Focus on studying the goals and objectives of modern Kinesiology with a view toward the development of a basic philosophy and background for the professions of teaching, coaching, allied health and/or fitness career.

KINE 102 Physical Education in Elementary Schools, Movement and Theory 3 hours lecture
Transfer acceptability: CSU
Develop understanding, knowledge, and appreciation of physical education activities adapted to the needs and interests of elementary school children. Experience in planning, writing and conducting physical education programs and curriculum. Specific attention will also be given to drugs/narcotics, alcohol, and tobacco and the physiological and sociological effects of each.

KINE 103 Evaluative Fitness (2.5)
2 hours lecture - ½ hours laboratory
Transfer acceptability: CSU
Theory and practical application of current measurement, testing, and evaluation procedures in adult fitness programs. Familiarization with heart rate monitoring, blood pressure, anthropometric assessment techniques (skinfold measurements, circumference measurements, bioelectric impedance, BMI, waist to hip ratios), cardiorespiratory fitness assessment techniques (YMCA bike test, 3 minute step test, 1-mile walk test), musculoskeletal fitness assessment (strength, endurance, and flexibility measures), client assessment, exercise programming, and energy expenditure calculations. current theory and treatment prescription of major health problems.

KINE 114A Beginning Walkfit (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 1, 1½ hours laboratory
Transfer acceptability: CSU; UC
Training in functional fitness through exercise specific to individual occupational goals. Methods to achieve training may include, but are not limited to: flexibility, skill training, body and muscle balance and postural improvement.

KINE 125D Motor Fitness/Hand-Eye/Foot Skills (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 1, 1½ hours laboratory
Transfer acceptability: CSU; UC
Training in motor fitness skills including hand-eye and foot skills. Methods to achieve training may include, but are not limited to: speed training, and/or neuromuscular training. Emphasis is on pre-testing, post-testing and overall development of personal fitness.

KINE 117A Beginning Golf - Techniques and Analysis (1, 1.5, 2)
Transfer acceptability: CSU; UC
Introductory course teaching the history, traditions and the development of the basic skills of golf. Swing fundamentals, scoring, rules, etiquette, and course layout will be introduced. Application of golf course management skills through practice and situational play will be emphasized.

KINE 117B Intermediate Golf-Techniques and Analysis (1, 1.5, 2, 2.5)
(Formerly KINE 118)
½, 1, or ½ hours lecture - ½, 1, 1½ hours laboratory
Transfer acceptability: CSU; UC
Designed for those students who have mastered the basic skills of beginning golf. Includes the techniques (pitching, chipping, putting, sand shots and wood shots) that should enable the intermediate student to play a successful round of golf. Situation analysis, course management and strategy will also be covered.

KINE 117C Advanced Golf - Techniques and Analysis (1, 1.5, 2)
(Formerly KINE 119)
½, 1, or ½ hours lecture - ½, 1, 1½, 2 hours laboratory
Transfer acceptability: CSU; UC
An advanced level course teaching skills of golf strokes and application to playing strategies. Emphasis will be on the implementation of learned specialty shots, advanced techniques, statistical performance goals and mental aspects of course management in competition.

KINE 125A Aerobic Fitness Training Modes (1, 1.5, 2)
Transfer acceptability: CSU; UC
Training in cardio respiratory endurance, as it pertains to exercise programs and/or performance level. Methods to achieve training may include, but are not limited to: aquatics, running, and walking. Emphasis is on pre-testing, post-testing, and the overall development of personal fitness.

KINE 114A Beginning Walkfit (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 1, 1½, 2 or 3 hours laboratory
Transfer acceptability: CSU; UC
Training in high intensity and speed walking techniques to increase aerobic capacity and calorie expenditure.
KINE 128A  Wellness Modalities- Cardio (1, 1.5, 2)
3, 4½ or 6 hours laboratory
Transfer acceptability: CSU; UC
Note: Open entry/Open exit; Pass/No Pass grading only; may not be taken as an audit
Cardio-respiratory conditioning through aerobic fitness programs. Activities include treadmill, stair-master, stationary biking, rowing, and elliptical machines. Individualized tests determine the cardio-respiratory conditioning program and the level of performance expected to improve overall health and fitness.

KINE 128B  Wellness Modalities-Muscular (1, 1.5, 2)
3, 4½ or 6 hours laboratory
Transfer acceptability: CSU; UC
Note: Open entry/Open exit; Pass/No Pass grading only; may not be taken as an audit
Physical conditioning through individualized resistance training programs. Focus is on muscular strength, muscular endurance and core training. Activities may include, but are not limited to body weight exercises, calisthenics, weight machines, resistance bands, kettle balls, etc.

KINE 128C  Wellness Modalities- Functional (1, 1.5, 2)
3-6 hours laboratory
Transfer acceptability: CSU; UC
Note: Open entry/Open exit; Pass/No Pass grading only; may not be taken as an audit
Functional fitness training designed to apply directly to students individual fitness goals. Activities include but are not limited to exercises aimed to assist in performing activities of daily living, sport-specific training, rehabilitative programs, etc. based on the individuals physical abilities and/or physical limitations.

KINE 128D  Wellness Modalities- Periodization (1, 1.5, 2)
3-6 hours laboratory
Transfer acceptability: CSU; UC
Note: Open entry/Open exit; Pass/No Pass grading only; may not be taken as an audit
Physical conditioning through the components of physical fitness; cardiorespiratory endurance, muscular strength, muscular endurance and flexibility. Initial fitness measurements determine the conditioning program, level of performance, and planned variations in individualized programs to improve overall fitness.

KINE 130  Individualized Fitness Exercise (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
An interdisciplinary course focusing on specific aspects of fitness including physical, mental, and emotional parameters. May include, but not limited to, individual or group (team) performance, physical performance, stress management, weight management, self-esteem, behavior modification, and injury rehabilitation.

KINE 135A  Beginning Swimming (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction will include basic water safety techniques, proper breathing and arm and leg techniques that apply to the basic swimming strokes such as front crawl, back crawl, and treading water. The use of skill development aids will be introduced.

KINE 135B  Intermediate Swimming (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
An introduction to intermediate swimming strokes including breaststroke and butterfly, starts, and turns. Emphasis is on basic diving and turning techniques and continued skill development and fitness conditioning.

KINE 135C  Advanced Swimming (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Designed for the highly skilled, competitive swimmer with an emphasis on principles of advanced training programs including distance, sprint, stroke and conditioning techniques for competition.

KINE 137A  Beginning Water Polo (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Introduction to the fundamentals of water polo including safety, rules, related swimming strokes, egg-beater kick, ball handling skills and field and goalie positions.

KINE 140A  Beginning Tennis: Techniques and Analysis (Formerly KINE 140) (1-2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Focus on the basic elements of the game of tennis for the beginning-level student. Introduces terminology, court areas, scoring and court etiquette. Fundamental techniques for the basic tennis strokes, including ground strokes, service, lob and volley.

KINE 140B  Intermediate Tennis: Techniques and Analysis (1, 1.5, 2, 2.5)
(Formerly KINE 141)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Intermediate tennis for competitive play including court etiquette, motor-skill development and the introduction of intermediate singles and doubles strategic through competition.

KINE 140C  Advanced Tennis: Techniques and Analysis (1-2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Advanced tennis instruction for the highly skilled competitive player. Principles on stroke development, court positioning, serving systems and game strategies associated with singles, competition, doubles competition. Tournament play will be emphasized.

KINE 150A  Beginning Weight Training (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
This course is for the beginner level and is designed to emphasize a Total Body Toning Program. Focusing on muscle endurance, strength, flexibility, cardiovascular efficiency, and body composition through weight resistance exercises and conditioning programs.

KINE 150B  Intermediate Weight Training- Strength Training for Total Fitness (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
This course is designed for the experienced level student and focuses on the principles of Cross Training for muscular strength development; explores the science and benefits of developing skeletal-muscular and cardiovascular-aerobic fitness via intense exercise with resistive weights equipment.

KINE 150C  Advanced Weight Training- Power Lifting and Plyometrics Training (1, 1.5, 2)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
This course is designed for the advanced level student and will provide the opportunity, understanding, and appreciation of Power Lift Training through a system of heavy resistance (and low repetition) exercises and Plyometric training that build power in large muscle groups.

KINE 155A  Beginning Volleyball: Techniques and Analysis (1-2)
(Formerly KINE 155)
½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Focus on basic skills and fundamentals for individual beginning volleyball students. Includes the development of passing, setting, hitting, serving, conditioning and safety. Emphasis on knowledge of rules and principles of the sport of volleyball.
KINE 155B Intermediate Volleyball: Techniques and Analysis (1, 1.5, 2, 2.5)
(Formerly KINE 154)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Development of volleyball skills for the experienced participant. Emphasis on the execution of individual and team offensive and defensive strategies and communication systems.

KINE 155C Advanced Volleyball: Techniques and Analysis (1, 1.5, 2)
(Formerly KINE 157)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Advanced skill work, individual techniques, conditioning and competitive offensive and defensive strategies for the high skilled player.

KINE 165A Beginning Softball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Basic skills and fundamentals for the beginning student including but not limited to the development of hitting, fielding, base running, nutrition, conditioning and safety. Knowledge of rules of fast pitch softball to build a foundation.

KINE 165B Intermediate Softball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Continued development of fast pitch softball skills at an intermediate level. Activities include the execution of team and individual offensive and defensive situations. Verbal and visual communication systems will be introduced.

KINE 165C Advanced Softball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Assess and execute offensive and defensive strategies in competition. Advanced fundamentals and techniques for the highly skilled and competitive student.

KINE 166A Beginning Basketball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Basketball principles, rules, safety, individual techniques, and skill sets. Basic offensive and defensive patterns will be introduced.

KINE 166B Intermediate Basketball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Basketball techniques, biomechanics, offensive and defensive patterns for the experienced player.

KINE 166C Advanced Basketball (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Advanced basketball techniques including individual skills and team principles. Sophisticated team play, defensive sets and offensive patterns for the highly skilled participant.

KINE 168A Beginning Soccer (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Focus on the basic skills and individual fundamentals for the beginning soccer student. Includes the development of ball handling, passing, receiving, heading, goalkeeping, defending, conditioning and safety. Emphasis on knowledge of rules and principles of the sport of soccer.

KINE 168B Intermediate Soccer (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Development of soccer skills for the experienced participant. Emphasis on the execution of individual and team offensive and defensive strategies and communication systems.

KINE 168C Advanced Soccer (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Advanced skill work, individual techniques, conditioning and competitive offensive and defensive strategies for the highly skilled player.

KINE 170A Team Sports - Baseball Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in team strategies in the sport of Baseball for the experienced competitor. Instruction includes individual and team principles, tactics, and communication systems as they apply to offensive and defensive strategy.

KINE 170B Team Sports - Baseball Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Biomechanical applications and participation for the experienced competitor, including individual and team skills and techniques as they apply to offense and defense in the sport of Baseball.

KINE 170C Team Sports - Basketball Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Theory, philosophy and strategies for the highly skilled competitor in the sport of Basketball.

KINE 170D Team Sports - Basketball Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Progressive application of biomechanical movement to position skills through participation in team sports for basketball.

KINE 170E Team Sports - Football Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in individual and team theory, philosophy, and strategies in the sport of Football.

KINE 170F Team Sports - Football Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Progressive application of biomechanical movement to position skills through participation in team sports for football.

KINE 170G Team Sports - Soccer Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in theory, philosophy and strategies in the sport of Soccer for the experienced competitor.

KINE 170H Team Sports - Soccer Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Focus on individual soccer skills, strength training, conditioning and biomechanical application of techniques for the highly skilled competitor. Emphasis on offensive and defensive skills in a team setting.

KINE 170I Team Sports - Softball Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in theory, philosophy and strategies in the sport of Softball for the highly-skilled competitor.

KINE 170J Team Sports - Softball Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Progressive application of biomechanical movement to position skills through participation in team sports for softball.
KINE 170K Team Sports-Volleyball Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in theory, philosophy and strategies in volleyball for competition. Principles are applied through practice and drills and fitness components.

KINE 170L Team Sports-Volleyball Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Biomechanical applications of skills and techniques through drills and participation in team sports for the advanced Volleyball player.

KINE 170O Team Sports-Wrestling Strategies (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Instruction in theory, philosophy, competition strategies and fitness concepts in the sport of Wrestling for the experienced competitor.

KINE 170P Team Sports-Wrestling Biomechanics (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Biomechanical movement patterns specific to skills and techniques in wrestling. Training modes and conditioning parameters necessary for competition will be emphasized.

KINE 175A Psychology of Specific Athletic Competition – Contact (2)
2 hours lecture
Transfer acceptability: CSU
Psychological, mental, and physical preparation for the competitive athlete.

KINE 175B Psychology of Specific Athletic Competition – Minimal Contact (2)
2 hours lecture
Transfer acceptability: CSU
Psychological, mental, and physical preparation for the competitive athlete.

KINE 175C Psychology of Specific Athletic Competition – Non-Contact (2)
2 hours lecture
Transfer acceptability: CSU
Psychological, mental, and physical preparation for the competitive athlete.

KINE 175D Psychology of Specific Athletic Competition – Skilled (2)
2 hours lecture
Transfer acceptability: CSU
Psychological, mental, and physical preparation for the competitive athlete.

KINE 176 Athletic Training (3)
3 hours lecture
Transfer acceptability: CSU; UC
An overview of the field of sports medicine with an emphasis on the prevention, recognition, evaluation, first aid, and treatment of athletic injuries.

KINE 180 Adaptive Outdoor Activities (1)
3 hours laboratory
Transfer acceptability: CSU; UC
Planning, participation in, and evaluation of a variety of sports and other outdoor activities adapted to disabled students. Emphasis will be on self reliance, organization of personal belongings, problem solving situations, interpersonal relations, and meeting new challenges.

KINE 181 Adaptive Aquatics (1)
3 hours laboratory
Transfer acceptability: CSU; UC
Basic swimming, survival strokes, and water orientation adapted to individual student's disability.

KINE 182 Adaptive Weight Training (1)
3 hours laboratory
Transfer acceptability: CSU; UC
Resistance activities designed to meet specific needs of the student with a disability. Development and maintenance of a level of strength, flexibility, and cardiovascular endurance in order to facilitate independence of movement and rehabilitation of specific muscle groups.

KINE 183 Adaptive Skiing (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Snow skiing using adapted equipment where appropriate. Field trip to ski area required. Expenses, except for transportation, to be borne by student.

KINE 184 Adaptive Body Conditioning (1)
3 hours laboratory
Transfer acceptability: CSU; UC
Training to increase endurance, flexibility, and strength. Emphasis on individual fitness profile.

KINE 190 Theory of Softball (2)
2 hours lecture
Transfer acceptability: CSU; UC
Fastpitch softball rules, playing techniques, coaching strategies, and practice organization.

KINE 197 Topics in Physical Education and Kinesiology (.5 - 4)
Transfer acceptability: CSU
Topics in Physical Education and Kinesiology. See Class Schedule for specific topic offered. Course title will designate subject covered.

KINE 204A Off Season Sports Conditioning I - Aerobic/Anaerobic Development (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Note: May be open entry/open exit
Transfer acceptability: CSU; UC
An intensified out of season conditioning and strength program for men and women in intercollegiate sports. Varied forms of aerobic and anaerobic strength training will be utilized in an effort to enhance sport specific strength, speed, and endurance conditioning.

KINE 204B Off Season Conditioning II - Motor Skill Development and Application (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
An intensified out of season skill development program for men and women in intercollegiate sports. Selected skill and agility exercise will be practiced to enhance quickness, coordination, balance, reaction time and overall motor skill training techniques.

KINE 205A In Season Sports Conditioning I - Aerobic and Anaerobic (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Note: May be open entry/open exit
Transfer acceptability: CSU; UC
Aerobic and Anaerobic maintenance training program for men and women in intercollegiate sports during season. Sports specific program will consist of cardiovascular, muscular strength and endurance training modes and their application to competition.

KINE 205B In Season Conditioning II - Fine Motor Skills Maintenance (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC
Maintenance training program for men and women in intercollegiate sports during season. Proper use of weights will be emphasized. Sports specific agility program, eye hand and foot speed/endurance work, and motor skill efficiency will be enhanced through use of different in season conditioning parameters.
KINE 206  Coaching of Women’s Team Sports  (1, 1.5, 2)
1½, 1, or 1½ hours lecture - 1½, 2, or 3 hours laboratory
Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units
The application and development of knowledge, skills, and strategy as they apply to intercollegiate competition. Fall semester: volleyball and soccer. Spring semester: basketball and softball.

KINE 210  Professional Prep for Football - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
Emphasis on rules, individual and team strategies, mental preparation for competition, weekly practice, philosophies, coaching theories and current trends for the sport of Football.

KINE 210L  Professional Prep for Football Lab - Biomechanic Application  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Biomechanical application of fundamental skills with emphasis on strategy, skill development, preparation for competition, weekly practice schedules, and trends for the sport of Football.

KINE 211  Professional Prep for Basketball - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
Emphasis on history, rules, individual and team strategies, mental preparation for competition. Practice planning, coaching theories and philosophies and trends in the sport of Basketball.

KINE 211L  Professional Preparation for Basketball Lab  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Biomechanical applications of individual and team Basketball skills, techniques and strategies.

KINE 212  Professional Prep for Baseball - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
Emphasis on history, rules, individual and team strategies, mental preparation for competition. Practice planning, coaching theories and philosophies and trends in the sport of Baseball.

KINE 212L  Professional Prep for Baseball Lab - Biomechanic Application  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
This course will focus on the biomechanical application of individual and team Baseball skills, techniques and strategy. Specific drills, communication systems for respective positions and the development of bunting, hitting, pitching and baserunning mechanics will be emphasized.

KINE 214  Professional Preparation for Water Polo - Theory and Biomechanic Application  (1, 1.5, 2)
½, 1, or 1½ hours lecture - ½, 1½, 2 or 3 hours laboratory
Transfer acceptability: CSU; UC – KINE 206 - 216 combined maximum credit, 8 units
Development of fundamental skills with emphasis on history, rules, styles, game strategy, current developments, preparation of teams for games, weekly practice schedules, and anticipated innovations for the future.

KINE 215  Professional Prep for Wrestling - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
Individual and team strategies, coaching theories and philosophies for wrestling. Emphasis on history, rules, trends and physical and mental preparation for competition.

KINE 215L  Professional Prep Wrestling Lab - Biomechanic Application  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Biomechanical application of wrestling styles, individual strategy and skill development for competition. Emphasis on pre-match preparation including goal setting and drill progressions.

KINE 216  Professional Prep for Golf - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
Emphasis on history, rules, individual and team strategies, mental preparation for competition, weekly practice planning, coaching theories, philosophies and trends for the sport of Golf.

KINE 216L  Professional Prep for Golf Lab - Biomechanic Application  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Biomechanical application of fundamental skills with emphasis on technique, competition strategy, trends, preparation for competition and weekly practice schedules for the sport of Golf.

KINE 217  Professional Prep Tennis - Theory and Mental Preparation  (3)
3 hours lecture
Transfer acceptability: CSU; UC
History, rules, strategies, and mental preparation for competition. Emphasis on weekly practice planning, coaching theories, philosophies and trends.

KINE 217L  Professional Prep Tennis Lab - Biomechanic Application  (1, 1.5)
3 or 4½ hours laboratory
Transfer acceptability: CSU; UC
Focus on the biomechanical application of Tennis skills and techniques. Emphasis on practice drills for doubles and singles competition including ground strokes and short court strokes.

KINE 229  Lifeguarding  (1.5)
1½ hours lecture
Prerequisite: Ability to swim 500 yards continuously
Transfer acceptability: CSU; UC
Follows American Red Cross curriculum lifeguard training and professional rescuer CPR. National certifications can be earned upon successful completion of two topic areas. An individual will have basic preparation for aquatic lifeguard job opportunities in California.

KINE 230  Lifeguarding and Emergency Response  (3)
3 hours lecture
Prerequisite: Ability to swim 500 yards continuously
Transfer acceptability: CSU; UC
Follows American Red Cross curriculum lifeguard training, professional rescuer CPR and emergency response. National certifications can be earned upon successful completion of all three topic areas. Prepares an individual for aquatic lifeguard job opportunities in California.

KINE 231  Water Safety Instruction  (3)
3 hours lecture
Transfer acceptability: CSU; UC
American Red Cross Instructor candidate training and water safety instruction. Follows the National Red Cross instructor course, learning levels of basic swim instruction, aquatic activities, and emergency rescue. National certifications can be earned by students 17 years of age or older upon successful completion of topics. Prepares an individual for teaching job opportunities at an aquatic facility.

KINE 232  Teaching Swimming  (1, 1.5, 2)
½, 1, or ½ hours lecture - ½, 1½, 2 or 3 hours laboratory
Transfer acceptability: CSU; UC
Techniques for teaching swimming. Practical experience teaching beginning and intermediate swimming classes under supervision of college instructor.
KINE 295  Directed Study in Physical Education and Kinesiology
3, 6, or 9 hours laboratory
Prerequisite: Approval of project or research by department chairperson/director
Transfer acceptability: CSU
Independent study for students who have demonstrated skills and/or proficiencies in Physical Education subjects and have the initiative to work independently on projects or research outside the context of regularly scheduled classes. Students will work under the personal supervision of an instructor.

Legal Studies (LS)

Contact the Business Administration Department for further information.
(760) 744-1150, ext. 2488
Office: MD-341
For transfer information, consult a Palomar College Counselor.

Associate in Arts Degrees -
AA Degree requirements are listed in Section 6 (green pages).
• Legal Studies

Certificates of Proficiency -
Certificate of Proficiency requirements are listed in Section 6 (green pages).
• Legal Support Assistant

PROGRAM OF STUDY

Legal Studies

The Legal Studies major leads to an A.A. degree or transfer program, providing students with general knowledge of the philosophy of law, the legal process, legal institutions, and legal reasoning. This is not a paralegal or a para-professional major but will prepare students for careers within the legal profession.

A.A. DEGREE MAJOR

Program Requirements

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>LS 105*</td>
<td>Legal Communications and Methods</td>
<td>3</td>
</tr>
<tr>
<td>LS 110</td>
<td>Computer Skills for the Legal Profession</td>
<td>2</td>
</tr>
<tr>
<td>LS/POSC 121*</td>
<td>Introduction to Law</td>
<td>3</td>
</tr>
<tr>
<td>LS 145*</td>
<td>Legal Ethics</td>
<td>3</td>
</tr>
<tr>
<td>LS 240</td>
<td>Civil Liberties and Procedures</td>
<td>3</td>
</tr>
<tr>
<td>LS 261</td>
<td>Torts and Personal Injury</td>
<td>3</td>
</tr>
<tr>
<td>LS 290</td>
<td>Contemporary Legal Issues</td>
<td>3</td>
</tr>
<tr>
<td>POSC 101</td>
<td>Introduction to Politics and American Political Institutions</td>
<td>3</td>
</tr>
<tr>
<td>POSC 102</td>
<td>Introduction to United States and California Governments</td>
<td>3</td>
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</table>

Electives: (Select 6 units)

<table>
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<tbody>
<tr>
<td>AJ 100</td>
<td>Introduction To Criminal Justice</td>
<td>3</td>
</tr>
<tr>
<td>AJ 104</td>
<td>Criminal Law</td>
<td>3</td>
</tr>
<tr>
<td>BUS 115</td>
<td>Business Law</td>
<td>3</td>
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<tr>
<td>BUS 116</td>
<td>Business Law</td>
<td>3</td>
</tr>
<tr>
<td>BUS 117</td>
<td>Legal Environment of Business</td>
<td>3</td>
</tr>
<tr>
<td>LS 170</td>
<td>Alternative Dispute Resolution</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 200</td>
<td>Critical Thinking</td>
<td>3</td>
</tr>
<tr>
<td>POSC 110</td>
<td>Introduction to World Politics</td>
<td>3</td>
</tr>
</tbody>
</table>

TOTAL UNITS 32

Legal Studies students may major or minor in Law and Society upon transfer to the University of California, San Diego.

Students who wish to double major at UCSD will be afforded maximum flexibility in the selection of elective courses.

Transfer students to University of California, San Diego extension Paralegal certificate program will receive credit for the asterisked courses.

Legal Studies students should seek early advising for transfer.

PROGRAM OF STUDY

Legal Support Assistant

For students who are interested in working within the legal field. This certificate program prepares the student for entry-level legal work, or enhances the skills of those students already working in law offices, corporations, the courts, or government agencies.

A Certificate of Proficiency will be awarded to students who successfully complete the courses listed below.

CERTIFICATE OF PROFICIENCY

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<td>Business English</td>
<td>3</td>
</tr>
<tr>
<td>BUS 165</td>
<td>Beginning Keyboard</td>
<td>2</td>
</tr>
</tbody>
</table>

or

Demonstrate the ability to type 35 word per minute TOTAL UNITS 14 - 16

Recommended Electives: BUS 173

COURSE OFFERINGS

LS 105  Legal Communications and Methods (3)
3 hours lecture
Note: May not be taken for Pass/No Pass grading
Transfer acceptability: CSU
This course is an introduction to legal writing and research. The course begins with an overview of basic writing skills and preparation of legal correspondence. In addition, the course reviews the use of proper legal citations, and the drafting of legal memoranda. Basic research methods are reviewed to introduce the student to legal research and analysis.

LS 110  Computer Skills for the Legal Profession (2)
1 hour lecture - 3 hours laboratory
Transfer acceptability: CSU
A comprehensive hands-on study of computer software applications in the legal environment to include Word, Excel, Access, PowerPoint, PDF files, scanning, internet literacy and specific legal software.

LS 121  Introduction to Law (3)
3 hours lecture
Note: Cross listed as POSC 121
Transfer acceptability: CSU; UC - BUS 115, 116, 117, LS 121 combined: maximum credit, one course.
An introduction to law and the legal system. Includes an examination of the federal and state court system, criminal law, civil law, administrative law, and procedural law.

LS 145  Legal Ethics (3)
3 hours lecture
Transfer acceptability: CSU
Legal ethics and professional responsibility within the legal profession. Focuses on standards required by the American Bar Association and other professional associations involving legal professionals working in the field of law.

LS 170  Alternative Dispute Resolution (3)
3 hours lecture
Transfer acceptability: CSU
Alternative Dispute Resolution (ADR) utilizes various processes to settle disputes without a court adjudication, i.e., an alternative to civil dispute resolution. This course will review minitrial, settlement conference, conciliation, and emphasis on standards required by the American Bar Association and other professional associations involving legal professionals working in the field of law.