



# Superintendent/President's Office

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Meeting with Trustee Orozco

AGENDA

July 19, 2021, 12PM

1. Introductions
2. Overview of Kinesiology, Dance and Athletics  
Yolanda Emerson, Interim Dean, KDA
3. Questions and Answer Session

# Kinesiology, Dance, and Athletics



***RIO HONDO  
COLLEGE***

Interim Dean/ Athletic Director  
Yolanda Emerson

# Class Offerings in Kinesiology

- ▶ The study of human movement
- ▶ The Associate in Arts in Kinesiology for Transfer is designed to provide students preparing to transfer with the foundation to complete a Bachelor's Degree in Kinesiology.
- ▶ Students will be able to pursue careers in teaching, coaching, physical therapy, athletic training, and adaptive physical education.

# Class Offerings in Kinesiology

## KIN - Kinesiology Theory

KIN 058 - Yoga Teaching Training I: Foundation  
KIN 059 - Yoga Teaching Training II: methodologies  
KIN 110 - Intro to Fitness & Sport Management  
KIN 115 - Fitness Specialist Internship  
KIN 120 - Sports Law & Ethics  
KIN 122 - Nutrition for Sports & Fitness  
KIN 126 - Principles of Strength & Conditioning  
KIN 127 - Exercise Physiology  
KIN 128 - Fitness Testing & Exercise Prescription  
KIN 131 - Functional Anatomy of Movement  
KIN 145 - Theory & Analysis of Fitness Instruction  
KIN 146 - Training Principles for Special Populations  
KIN 157 - Theory of Lifeguard Training & Water Safety  
KIN 159 - Leadership Empowerment of Sport  
KIN 170 - Sports & Exercise Psychology  
KIN 188 - Theory & Practice of Coaching  
KIN 191 - Health: Personal Issues  
KIN 192 - Health” Women’s Personal Health  
KIN 193 - Standard First Aid & CPR  
KIN 194 - Introduction to Kinesiology  
KIN 195 - Social Issues/Media in Sports  
KIN 196 - Health: Fitness & Wellness  
KIN 197 - Prevention & Treatment of Athletic Injuries  
KIN 226 - Advance Training Prin. for Sports & Tactical Ath.  
KIN 290 - Coop. Work Exp./Internships for Ath. Related  
KIN 297 - Advance Athletic Training

## KINA - Activity Courses

KINA 101 - Tennis I  
KINA 102 - Intercollegiate Baseball I  
KINA 103 - Softball I  
KINA 104 - Volleyball I  
KINA 105 - Baseball II  
KINA 107 - Badminton I  
KINA 108 - Water Polo I  
KINA 109 - Soccer I  
KINA 110 - Futsal (Indoor Soccer)  
KINA 113 - Golf  
KINA 117 - Swimming I  
KINA 120 - Swim for Fitness  
KINA 124 - Self Defense  
KINA 130/230 - Lifelong Fitness Lab  
KINA 132 - Aqua Aerobics  
KINA134 - Cardio Boot Camp  
KINA 134 - Pilates Mat I  
KINA 139 - Cross Training for Fitness  
KINA 140 - Walking for Fitness  
KINA 147 - Off-Season Conditioning for Inter. Sports  
KINA 148 /151 - Strength Training (151 for inter. athletes)  
KINA 158 - Yoga  
KINA 159 - Cross Training for Intercollegiate Athletics

# Associate Degree

## Sports Medicine

KIN 197 - Prevention and Treatment of Athletic Injuries

KIN 297 - Advanced Athletic Training

KIN 290 - CWE/Internship for Athletic Training Related Fields

KIN 19 - Standard First Aid and CPR

KIN 122 - Nutrition for Sport and Fitness

KIN 126 - Principles of Strength and Conditioning

KIN 101 - Introductory Psychology

BIOL 125 - Human Anatomy

BIOL 226 - Human Physiology

**Degree Total/Units Required 30**

## Kinesiology

**Varies Classes**

**Degree Total/Units Required 60**

# Certificates of Achievement

## Coaching of Sports

Designed to prepare students for employment as a coach in the sporting/athletic career field. It is possible to complete this certificate in one calendar year. . It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip students with the background, both theoretical and practical, to pursue a job as a coach. Students are prepared to complete the American Sports Education Program (ASEP) coaching certification, Positive Coaching Alliance (PCA) certifications and take the mandatory California Interscholastic Federation(CIF) test for employment.

### Required Courses:

KIN 122 Nutrition for Sport and Fitness  
KIN 126 Principles of Strength and Conditioning  
KIN 159 Leadership Empowerment of Sports  
KIN 188 Theory and Practice of Coaching  
KIN 193 Standard First Aid and CPR ...OR  
KIN 197 Preventive and Treatment of Athletic Injuries

**Units Required 18**

## Strength and Performance Coach

Designed to prepare students for employment as a professional to enhance the performance of sport and tactical (police, fire, military) athletes. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both the theoretical and practical, to pursue a job promoting the physical conditioning of athletes. Strength and conditioning coaches also assist with the injury prevention and proper mechanics of athletes within their specific sport.

### Required Courses:

KIN 122 Nutrition for Sport and Fitness  
KIN 126 Principles of Strength and Conditioning  
KIN 127 Exercise Physiology  
KIN 128 Fitness Testing and Exercise Prescription.. OR  
KIN 188 Theory and Practice of Coaching  
KIN 159 Leadership Empowerment of Sport.. OR  
KIN 193 Standard First Aid and C.P.R.  
KIN 197 Prevention and Treatment of Athletic Injuries  
KIN 226\* Advanced Training Principles for Sport and Tactical Athletes  
KIN 290\* Cooperative Work Experience/Internship for Athletic Training

**Units Required 22**

# Certificates of Achievement

## Fitness Specialist

Designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. The curriculum has been designed to equip the student with the scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, flexibility, core strength, cardiovascular exercise and resistance training.

### Required Courses

KIN 115 \*Fitness Specialist Internship  
KIN 122 Nutrition for Sport and Fitness  
KIN 126 Principles of Strength and Conditioning  
KIN 127 Exercise Physiology  
KIN 128 Fitness Testing and Exercise Prescription  
KIN 131 Functional Anatomy of Movement  
KIN 145 Theory and Analysis of Fitness Instruction  
KIN 146 Training Principles for Special Populations  
KINA = Two courses from list

**Degree Total/Units Required 23**

## Fitness & Sports Management

Designed to prepare individuals to apply business, coaching, and physical education principles to the organization, administration, and management of athletic programs and teams, fitness/rehabilitation facilities and health clubs, sport recreation services, and related services. The program includes instruction in program planning and development; business and financial management principles; sales, marketing and recruitment; event promotion, scheduling and management; facilities management; public relations; the psychology of sport and exercise, and legal aspects of sports.

### Required Courses

KIN 110 Introduction to Fitness and Sport Management  
KIN 159 Leadership Empowerment of Sport  
KIN 120 Sports Law and Ethics  
KIN 188 Theory and Practice of Coaching  
KIN 195 Social Issues/Media in Sport  
KIN 170 Sport and Exercise Psychology

**Units Required 18**

# Certificates of Achievement

## Community Health Worker

Designed to prepare students for employment as a health professional in the medical, education, and health and wellness career field. It is possible to complete this certificate in one calendar year. The curriculum has been designed to equip the student with the background, both theoretical and practical to pursue a job promoting community health and education.

### Required Courses:

KIN 122 Nutrition for Sport and Fitness

KIN 146 Training Principles for Special Populations

KIN 193 Standard First Aid and CPR

KIN 197 Prevention and Treatment of Athletic Injuries

KIN 191 or Health: Personal Issues

KIN 192 or Health: Women's Personal Health

KIN 196 Health: Fitness and Wellness..OR

PSY 180 Positive Psychology

SOC 102 Major Social Problems

CWEG 290 Cooperative Work Experience

**Units Required 20**

## Yoga Teacher Training Certification

Prepares students for employment as a certified yoga instructor to lead both group classes and private individual sessions. The curriculum has been designed to equip the student with the background, both theoretical and practical, to pursue a job in gyms, recreational centers, colleges, after school programs, and private studios.

### Required Courses

KIN 145 Theory and Analysis of Fitness Instruction

KIN 146 Training Principles for Special Populations

KIN 058\* Yoga Teacher Training I: Foundations

KIN 059\* Yoga Teacher Training II: Methodologies

KINA 158 Yoga I

KINA 258\* Yoga II

**Units Required 12**



# Career Certificate

## Athletic Trainer's Aide

Designed to develop, practice and implement basic skills in the prevention, treatment and rehabilitation of athletic injuries. This program will better prepare students for transfer into an accredited athletic training education program at the four- year university level or increase the breadth of education for those seeking a career in other allied healthcare fields.

### Required Courses

KIN 290 Internship for Athletic Training

KIN 193 Standard First Aid and CPR

KIN 194 Introduction to Kinesiology

KIN 197 Prevention and Treatment of Athletic Injuries

KIN 297 \*Advanced Athletic Training

**Units Requires 16**

## Coming in Fall 2021/22

Health Safety & Wellness

Peak Performance for Sports

Sports Leadership

Sports Studies

# A degree/certificate in Kinesiology can lead to a career in...

Teaching

Coaching

Physical Therapy

Sports Medicine

Sport Psychology

History

Law

Adaptive Education

Recreational Therapy

Occupational Therapy

Business

Facilities Management

Sporting Goods

Product Design

Journalism

Media

# Dance

## Technique, Theory & Dance Performance

DANC 114 Conditioning & Alignment for Dancers

DANC 150 Introduction to World Dance

DANC 151 Modern Dance I

DANC 152 Dance Rehearsal & Performance

DANC 153 Ballet I

DANC 154 Jazz Dance

DANC 157 Hip-Hop Dance

DANC 159 Choreography I

DANC 162 Dance Production

DANC 167 Latin Dance for Fitness

DANC 172 Dance Repertory

DANC 179 Dance History

DANC 179H Dance History Honors

DANC 180 Performance

DANC 182 Dance Ensemble

DANC 199 Dance Appreciation

DANC 199H dance Appreciation Honors

DANC 251 Modern Dance II

DANC 253 Ballet II

DANC 254 Jazz Dance II



# DANCE

## Associate of Arts

Varies Classes

Degree Total/Units Required 60

## Certificate of Achievement

Provides students with a core curriculum in contemporary dance practice and theory and prepares them for careers in dance education and dance performance. The curriculum has been designed to equip the student with a solid foundation so that they may pursue a job in private studios, recreational centers, gyms, colleges, after-school programs, dance companies, television, film, and musical theater.

### Required Courses

DANC 114 Conditioning and Alignment for the Dancer  
DANC 151 Modern Dance I  
DANC 251\* Modern Dance II  
DANC 153 Ballet I  
DANC 253\* Ballet II..OR  
DANC 154 Jazz Dance I..OR  
DANC 157 Hip Hop Dance  
DANC 167 Latin Dance for Fitness  
DANC 159 Choreography I..OR  
DANC 179 Dance History  
DANC 179H\* Dance History Honors..OR  
DANC 152 Dance Rehearsal and Performance..OR  
DANC 162 Dance Production..OR  
DANC 172 Dance Repertory  
DANC 182 Dance Ensemble  
DANC 180 Performance  
KIN 145 Theory and Analysis of Fitness Instruction

**Units Required 60**

# Athletics

## Fall Sports

Women's Basketball

Men's Basketball

Women's Volleyball

Men's Wrestling

Women's Water Polo

Men's Water Polo

Women's Soccer

Men's Soccer

## Spring Sports

Softball

Baseball

Women's Beach Volleyball

Women's Tennis

Women's Swim

Men's Swim

# South Coast Conference Wrestling Alliance Conference



## Student-Athlete Eligibility

- ▶ Must be continuously and actively enrolled and attending class in a minimum of 12 units.
  - ▶ Of the 12 units, at least 9 shall be attempted in courses counting toward remediation, career technical education/certificate courses, associate degree requirements, transfer/general education, and/or lower division theoretical major preparation courses
  
- Cumulative 2.0 GPA.
  - ▶ Weekly verification shall occur for all sports between Monday at 6:00 am and Tuesday at 12:00 pm of each week during the season of sport.
  
- No athlete shall be allowed more than two (2) seasons of collegiate competition in any one sport.
  - ▶ Illness & Injury
  - ▶ Extenuating Circumstances (financial difficulties, family illness, death in the family, etc.)

## Support for Success

- ▶ Coaches
- ▶ Assistant Coaches
- ▶ Athletic Counselor
- ▶ Student Athletic Eligibility Clerk
- ▶ Athletic Trainers
- ▶ Equipment Room Attendants
- ▶ Office Personnel

# New Facility



# Facility - Batting Cages





# Other Facilities



# Success Stories



<https://www.riohondo.edu/kinesiology/kinesiology/>

Coach Mike Salazar and Evan Longoria  
SF Giants



# Kinesiology, Dance, and Athletics Rio Hondo College



## Superintendent/President's Office

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Meeting with Trustee Orozco

AGENDA

August 30, 2021, 12PM

1. Introductions
2. Overview of Kids College/Continuing Education  
Dr. Francisco Suarez, Associate Dean, Continuing Education  
Dr. Don Miller, Vice President of Academic Affairs
3. Questions and Answer Session

# Continuing Education



Dr. Francisco X. Suarez  
Assistant Dean, Adult Education

# **Kids College**

What is Kids College?

Programs

Program Outcomes

Enrollment Trends

Marketing Strategies

Satisfaction Survey Results

Questions



# What is Kids College?

Kids college is an extension of the Continuing Education Department that provides enrichment and fun opportunities to young children and teenagers ages 6 to 17. These fee-based courses are offered throughout the academic year. Courses may include dancing, technology and STEM courses.



# Programs



## BlackRocket

YouTube FX Masters  
Coding Academy  
Minecraft Mooders  
Roblox Makers



## Academic

Reading  
Writing  
Speech  
Math

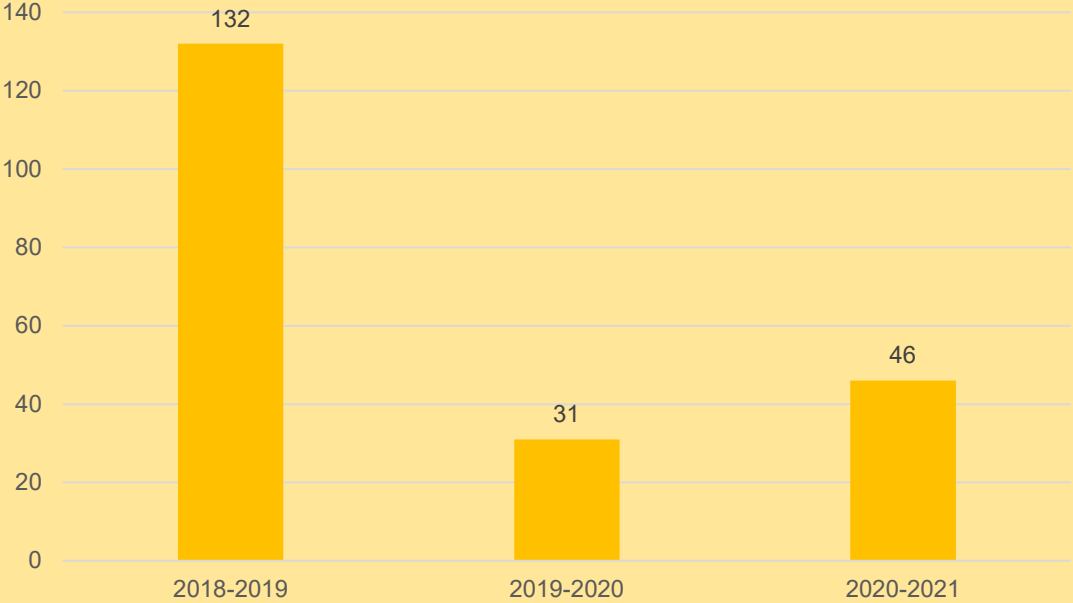


## Hobbies

Flute for Beginners  
Polynesian Dancing  
Tahitian Drumming



# Enrollment Trends



Pandemic

# Program Outcomes

Continuing Education (fee-based/Contract) will offer at least 10 sections of Kids College courses per semester

70% of surveyed students taking community education courses will be satisfied with the overall experience of the course taken

70% of surveyed students taking community education courses will be satisfied with the overall experience of registration procedures and administrative support provided by the Continuing Education office.



# Marketing Strategies

## Social Media Platforms

Facebook

Instagram



## Community

Post Card



## Email

Outreach previous students

# Survey Results

[https://www.surveymonkey.com/r/Cont Ed Parent](https://www.surveymonkey.com/r/Cont_Ed_Parent)

- 61.90% of the responders heard about Kids College through the Continuing Education postcard
- 95.24% of the responders were very satisfied with the registration process (online, phone)
- 80.96% of the responders were very satisfied with the helpfulness of the RHC Continuing Education office
- 85.72% of the responders were satisfied with the Kids College program at RHC
- 95% of the responders would recommend Kids College to other



**Thank you!**

**RIO  
HONDO  
COLLEGE**

