



This addendum to the 2024-2025 San Bernardino Valley College Catalog reflects updates and offers new educational opportunities for students. These updates/revisions were approved after the 2024-2025 Catalog was published online. Although every effort has been made to ensure accuracy of the information, all students should consult with a counselor for further information.

Our Mission: San Bernardino Valley College provides innovative instructional programs and cohesive student services to support the educational goals of a culturally diverse community of learners by engaging in continuous improvement and actively working towards an antiracist culture to foster an environment of meaningful learning and belonging for our students, employees, and the community.

New Courses

FTVM 604

Noncredit

Grip and Lighting for Film and Media

Lecture Contact Hours: 18 hours per semester

Lab Contact Hours: 54 hours per semester

This hands-on, non-credit course provides an introduction to the essential skills and techniques of lighting and grip work in film and media production. Students will learn the fundamentals of setting up and manipulating lighting to create mood, tone, and visual style for a variety of projects. The course also covers grip techniques, including rigging, camera support, and safely handling equipment on set. Designed for beginners and those looking to enhance their technical skills, this course is ideal for students interested in behind-the-scenes roles in film, television, and digital media production.

Addition to the 2024/2025 catalog, effective Summer 2025

KINX 090x4

1-2 Units

Strength and Conditioning for Athletes I

Lab Contact Hours: 48-108 hours per semester

Limitation on Enrollment: Enrollment is based on a successful tryout.

This strength and conditioning course is designed for student-athletes and focuses on fundamental drills to enhance athletic performance. Through application of scientific principles and targeting key components of physical fitness, the course is specifically tailored to improve each athlete's performance. This course may be taken up to four times for credit.

Addition to the 2024/2025 catalog, effective Summer 2025

New Program

Fitness Specialist - Certificate of Achievement

The Fitness Specialist Certificate is designed to prepare students for employment as fitness instructors and a career in the rapidly expanding health and fitness industry. Students will gain academic knowledge and fitness skills through the required course work, as well as develop the skills necessary to apply this knowledge in a vocational setting. The curriculum has been designed to equip the student with a scientific background, both theoretical and practical, to successfully customize fitness programs that include education and guidance on nutrition, weight control, exercise physiology, flexibility, core strength, cardiovascular exercise, and resistance training.

REQUIRED COURSES:

KIN 080	Techniques of Weight Training	2.0
KIN 081	Exercise and Fitness Assessment	2.0
KIN 101	Sports Psychology	3.0
KIN 104	Exercise Nutrition	3.0
KIN 200	Introduction to Kinesiology	3.0
KIN 231	First Aid and CPR	3.0

Optional Work Experience Course:

KIN 098	Kinesiology Work Experience	1.0-4.0
---------	-----------------------------	---------

Total Units: 16.0

This is a gainful employment program.

Program Learning Outcomes

At the completion of this program, students will be able to:

1. Select safe and effective exercise practices.
2. Develop and implement group and individual exercise programs.
3. Explain how human anatomy, physiology, and nutrition applies to physical fitness.

4. Apply and demonstrate exercise testing skills and techniques to real world situations, such as individual client fitness assessments.
5. Develop specialized fitness programs to meet the needs of the targeted individual.

Addition to the 2024/2025 catalog, effective Fall 2024