

# KINESIOLOGY

## KINESIOLOGY COURSES

### Activity Courses

#### KIN AF1 - Aerobic Fitness 1

##### 1 unit

This course will present and implement the fundamental principles of Cardio/Aerobic Fitness training. Methods of assessing and monitoring aerobic intensity will be discussed and documented in class. The health and fitness benefits of cardio/aerobic conditioning will be presented. A variety of aerobic gym equipment will be used to achieve cardiopulmonary fitness and healthy body composition. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN AF2 - Aerobic Fitness 2

##### 1 unit

This is an intermediate conditioning class that emphasizes cardiovascular endurance activities through a variety of exercises that stimulate heart and lung activity. Interval calisthenics are used as a warm-up, and then activities that develop increased aerobic efficiency will be performed by the students. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN AR1 - Archery 1 - Beginning Archery

##### 1 units

Covers the fundamental techniques of archery, terminology, accessories, and history of the sport. Students will acquire knowledge in the safe use and proper care of equipment, along with range safety. Practice and class competitions are provided to enhance skill development. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BD1 - Badminton 1

##### 1 unit

Introduction to the fundamental techniques of badminton (for example, the forehand and backhand serve, service return, and lob shots). Course will also include grip, footwork, rules, equipment and court dimensions. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BD2 - Badminton 2

##### 1 unit

The techniques of badminton for the intermediate player will be reviewed and performed. This course will also incorporate match analysis for singles and doubles play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BD1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BD3 - Badminton 3

##### 1 unit

Badminton strategy for singles and doubles play. The body's physiological responses to singles and doubles play will be examined. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BD2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BK1 - Basketball 1

##### 1 unit

This multi-level course is designed to provide the student with an opportunity to development the basic skills and understanding of basketball. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BK2 - Basketball 2

##### 1 unit

This course is designed to provide the student with an opportunity to develop the skills and understanding of basketball at the advanced level. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BK1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BK3 - Basketball 3

##### 1 unit

Designed to teach advanced skills of basketball. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BK2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BK4 - Basketball 4

##### 1 unit

Designed to teach pre-competitive basketball. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BK3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

#### KIN BL1 - Bowling 1

##### 1 unit

This course is designed to give the student the opportunity to learn the basic skills, terminology, and etiquette of bowling and be able to participate in a league type bowling program using off-campus bowling centers. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BL2 - Bowling 2

### 1 unit

This course teaches the fundamental skills of bowling with emphasis on form, terminology and scoring. The student will have the opportunity for class competition. The class will be conducted at an off campus bowling establishment. Facility use fee required. To be paid throughout the semester at the facility. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BL1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BL3 - Bowling 3

### 1 unit

This course teaches intermediate skills of bowling with emphasis on etiquette, terminology and equipment. The student will have the opportunity for class competition. The class will be conducted at an off campus bowling establishment. Facility use fee required. To be paid throughout the semester at the facility. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BL2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BL4 - Bowling 4

### 1 unit

This course teaches advanced skills of bowling with emphasis on form, rules, and etiquette. The student will have the opportunity for class competition. The class will be conducted at an off campus bowling establishment. Facility use fee required. To be paid throughout the semester at the facility. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BL3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BX1 - Box Aerobics 1

### 1 unit

Course is designed to give the student an opportunity to experience a combination of martial arts and aerobic exercise for the benefit of physical fitness. Exercises will include jumping rope, push-ups, abdominal work, cardiovascular exercise, strength training and toning exercises, box aerobics drills and stretching. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BX2 - Box Aerobics 2

### 1 unit

This course is for beg/intermediate students, who have an interest in the progressive development of the martial arts. The course is designed with beginning/intermediate martial arts movements and boxing drills to improve overall health and fitness. Sport Taekwondo footwork is applied with modern boxing skills to promote progression of personal physical capabilities. A component of strength training for upper body and core will be included. Traditional Korean philosophies & terminology will be utilized in class to focus on the mind, body, and spirit relationship. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BX1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN BX3 - Box Aerobics 3

### 1 unit

Advanced combinations of traditional martial arts kicks, Olympic sport Tae kwon do footwork, applied with modern boxing increases agility and flexibility; building on the foundations of balance and strength from KIN BX2. Students practice an understanding of proper Martial Arts etiquette and demonstrate the traditional philosophies employed in martial arts traditional Korean Terminology is practiced in class Focusing on the mind, body, and spirit. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN BX2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN CRT - Cross Training

### 1 unit

This kinesiology class will offer the student an opportunity to learn how to exercise safely in a Weight/Cardio gym. Circuit, Interval and Cross Training programs will be introduced. The topics of discussion will include: equipment orientation and safety, Principles of Resistance and Aerobic Training, energy systems used for various training regimens, and the benefits of exercise in establishing and maintaining a healthy lifestyle throughout life. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN CT1 - Circuit Training 1

### 1 unit

This course will increase muscular endurance/strength as well as cardiovascular conditioning through the use of strength and cardio circuits utilizing a wide variety of equipment such as treadmills, bosu balls, battling ropes, free weights and sandbags. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN CYCL1 - Cycling 1

### 1 unit

This course is an introduction to Physical Fitness through indoor cycling. The cycling program is an individually paced, noncompetitive, group training program designed for all riders and all fitness levels. Cycling is an exercise performed on a stationary bicycle and is performed to music. The course is open to anyone who is interested in developing muscular endurance, improved cardio-respiratory endurance and body composition. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN CYCL2 - Cycling 2

### 1 unit

This course is the second in a series of Indoor Cycling courses. Emphasis is based on beginning to intermediate cycling techniques, heart rate calculations, fitness evaluations, and cardiovascular training and program design. Beginning level principles of physiology are explored including how to train to elicit a desired physiological response. Utilizing a variety of equipment student will develop core endurance and strength. This class is designed for students interested in aerobic fitness improvement through indoor cycling as well as Kinesiology majors. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN CYCL3 - Cycling 3

### 1 unit

This is an advanced course of fitness through indoor cycling. The cycling program is an individually paced, group training program. Cycling is an exercise performed on a stationary bicycle and is performed usually to music. This course is designed to build upon the base levels of fitness developed in Cycling 1 and Cycling 2 courses while increasing the development cardio-respiratory endurance and overall body strength. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN DA1 - Dance Aerobics 1

### 1 unit

A combination of aerobic dance and specific resistance training. Improves cardio-respiratory endurance and tones major muscle groups. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN DV1 - Springboard Diving

### 1 unit

This course is designed to give students an introduction into the sport of Springboard Diving. Instruction will include 1 meter and 3 meter springboards, and the 5 types of dives (forward, backward, reverse, inward, twisting). 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN SW1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN ETD1 - Eskrima - Tenio DeCuerdas 1

### 1 unit

An introductory course of the Filipino martial art system of Tenio DeCuerdas Eskrima: a complete system incorporating the use of various weapons and empty-hand techniques. The course will focus on history of the system, basic movement and striking, beginning hand movements, beginning use of daga, and how to receive beginning techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN ETD2 - Eskrima - Tenio DeCuerdas 2

### 1 unit

A second semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on the history of the head of the system, elementary striking, footwork, and daga techniques, and how to receive elementary techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN ETD1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN ETD3 - Eskrima - Tenio DeCuerdas 3

### 1 unit

A third semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on intermediate footwork, open-hand, and daga techniques, and how to receive intermediate techniques

safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN ETD2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN ETD4 - Eskrima - Tenio DeCuerdas 4

### 1 unit

A fourth semester course of the Filipino martial art system of Tenio DeCuerdas Eskrima. The course will focus on advanced striking, footwork, and daga techniques, and how to receive advanced techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN ETD3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FC - Fitness Center

### 1 unit

Students will be presented instruction on how to development and maintain the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and body composition. Students will learn how to design an individualized exercise program based on sound training principles and personal goals. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FD - Fitness Development

### 1 unit

Introduction to the components of fitness development. Students will be presented instruction on how to maintain and development the components of fitness: muscular strength, muscular endurance, cardiovascular endurance, flexibility and balance. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FG1 - Footgolf 1

### 1 unit

This is an introductory course to the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the history, rules, and the etiquette of the sport and how to apply putting techniques effectively. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FG2 - Footgolf 2

### 1 unit

A second semester course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the first shot of teeing off and the different techniques to drive a ball for distance and accuracy. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN FG1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FG3 - Footgolf 3

### 1 unit

A third semester course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the ways to kick when on the fairway and when approaching the green. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FG2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FGS1 - Footgolf Summer 1

### 0.5 units

This is an introductory summer course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the rules, the etiquette of the sport and the tactical approach to reading the green and determining how to address the putt. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 27 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FGS2 - Footgolf Summer 2

### 0.5 units

A second semester summer course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the tactical approach to reading the tee box, the distance to the fairway and determining which drive to use. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 27 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Prerequisite:** KIN FGS1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FGS3 - Footgolf Summer 3

### 0.5 units

A third semester summer course for the sport of Footgolf. Footgolf is a combination of the popular sports of soccer and golf. On a shortened golf course, players kick a regulation size 5 soccer ball into a large hole in as few shots as possible. This course will focus on the tactical approach to reading the fairway and the distance to the green. The course will be offered on campus and at a local golf course. Students will be charged a minimal fee each time they use the Footgolf course. 27 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Prerequisite:** KIN FGS2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FJW1 - Fitness Jog Walk 1

### 1 unit

This course is an introduction to a cardiovascular activity that will benefit anyone, regardless of age or fitness level. Individualized walking programs are designed to promote general overall fitness. Jogging and walking capabilities will be enhanced as a result of the exercise undertaken and the cardiovascular training related assignments. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FJW2 - Fitness Jog Walk 2

### 1 unit

This is a progressive continuation course to Fitness Jog Walk 1. Biomechanical analysis and fundamental principles of training for this activity will be reviewed. Basic exercise physiology will be discussed. The student will be given training regimens to increase their pace, speed, distance and endurance for middle distances (e.g. 5K - 10K). Nutritional requirements and dietary advice will be presented. Student training logs will be employed to document performance. Pre and post walk/jog assessments will be conducted to establish a baseline of conditioning and illustrate performance levels. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FJW1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FJW3 - Fitness Jog Walk 3

### 1 unit

This is a progressive continuation course to Fitness Jog Walk 2. The course will continue to enhance one's knowledge of using walking/jogging in competition, whether it be cross country events, local race events, fun runs or competitive recreational events. Emphasis will be on speed work, terrain training, endurance development and training for varying outdoor weather conditions. The physiological and psychological aspects of competitive activity is presented. Training regimens and performances will be documented in logs for assessment and training adjustments. Nutritional and treatment of typical chronic orthopedic injuries will be discussed. Extracurricular and off campus events will be encouraged. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FJW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FJW4 - Fitness Jog Walk 4

### 1 unit

This is a progressive continuation course to Fitness Jog Walk 3. This course focuses on walking and/or jogging to enhance one's cardiovascular fitness, body composition, and overall general health. This course is ideal for the general population to begin or continue a lifetime of exercise. Walking/Jogging techniques, training intensity assessment, methods for improvement and personal programs will be provided during the course. With consistent practice and implementing sound fitness principles provided by this course, one will benefit from participation. Proper jog/walk technique, progressive training programs, nutrition, hydration, and injury prevention will be addressed. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FJW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FL1 - Flag Football 1

### 1 unit

This is an introductory course designed to give the student an opportunity to review and practice the basic fundamental skills relative to the game of flag football. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE:

E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FL2 - Flag Football 2

### 1 unit

This is an intermediate course designed to teach students the principles of short-field flag football. Instruction will include: rules, regulations, and concepts of play for 4-on-4 and 5-on-5 flag football. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FL1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FL3 - Flag Football 3

### 1 unit

This course is a continuation course for Flag Football 2. Review of the rules and regulations will be included. This level course will provide instruction on more complex offensive tactics, defensive strategies and concepts of play for 7 on 7 and 8 on 8 flag football. Students will receive instruction on the principles of long-field flag football. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FL1 with a minimum grade of C. KIN FL2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FL4 - Flag Football 4

### 1 unit

This is an advanced course designed to teach students competitive strategies for flag football. Advanced offensive and defensive strategies for 4v4, 5v5, 7v7, and 8v8 will be discussed. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Prerequisite:** KIN FL1 with a minimum grade of C. KIN FL2 with a minimum grade of C. KIN FL3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FNE1 - Fencing - Epee 1

### 1 unit

This course is an introduction to epee. Emphasis is on the technical and tactical skills unique to epee fencing. Basic skills include the development of correct footwork, precise blade action, and sound tactical decisions. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FNE2 - Fencing - Epee 2

### 1 unit

This is a second semester course for epee. Emphasis is establishing consistent technical and tactical skills unique to epee fencing. There will be introduction to use of electrical equipment. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FNE1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FNF1 - Fencing - Foil 1

### 1 unit

This course is an introduction to foil. Emphasis is on the technical and tactical skills unique to foil fencing. Basic skills include the development of correct footwork, precise blade action, and sound tactical decisions. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN FNF2 - Fencing - Foil 2

### 1 unit

This is a second semester course for foil. Emphasis is establishing consistent technical and tactical skills unique to foil fencing. There will be introduction to use of electrical equipment. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN FNF1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GBW1 - Guts and Butts Workout 1

### 1 unit

This course will focus on improving muscle strength and endurance of the abdominals, gluteals, quadriceps, and hamstrings. Functional exercises such as squats, lunges and planks will be utilized. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GBW2 - Guts and Butts Workout 2

### 1 unit

This course will focus on strengthening the core and glute muscles. Students will learn how to use equipment such as steps, TRX, swiss balls, and dumbbells to increase exercise intensity. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN GBW1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GBW3 - Guts and Butts Workout 3

### 1 unit

This course will focus on strengthening the core and glute muscles. Students will learn how to use equipment such as steps, TRX, swiss balls, and dumbbells to increase exercise intensity. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU; CSUGE: E.

**Recommended Course Preparation:** KIN GBW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GBW4 - Guts and Butts Workout 4

### 1 unit

This course will focus on strengthening the core and glute muscles. Students will learn how to use equipment such as steps, TRX, swiss balls, and dumbbells to increase exercise intensity. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU; CSUGE: E.

**Recommended Course Preparation:** KIN GBW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GF1 - Golf 1

### 1 unit

This is an introductory course to the sport of golf. The course will include the rules, regulations and etiquette of golf, the fundamental swing skills for the long and short game and appropriate club selection. Beg-Intermediate and Intermediate players can benefit from the basic instruction to improve their skill set through the art of practice on the range. The course will be offered at a local golf range and student will be charged a minimal fee for bucket of balls to be used. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GF2 - Golf 2

### 1 unit

For students who possess the rudimentary skills of golf and aim to improve those abilities. Students will hone their putting, short game, mid-long iron play and driving capabilities. The course is offered at a local driving range who will charge a minimal fee for practice balls. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN GF1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GF3 - Golf 3

### 1 unit

Advanced technical aspects of golf match play will be included. Additionally, psychological skills for the elite golfer will be incorporated including visualization, pre-shot routines, relaxation methods and self-talk strategies. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN GF2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN GF4 - Golf 4

### 1 unit

This course will provide elite golfers with a detailed technical appreciation of the game. Furthermore, a psychological analysis of self-efficacy, arousal regulation, concentration and focus will be applied to golf. 54 hours laboratory.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN JDR1 - Jujutsu - Danzan Ryu 1

### 1 unit

An introductory course of the martial art system of Danzan Ryu Jujutsu: a hybrid of Japanese Jujitsu, Judo, and Kenpo, and the Hawaiian art of Lua. Techniques are not strength based and primarily involve the use of joint and nerve manipulation, precision striking, and throwing to subdue an attacker. This course will focus on history of the system and founder, basic movement, escapes, trip throws, strikes, and how to receive techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN JDR2 - Jujutsu - Danzan Ryu 2

### 1 unit

A second semester course of the martial art system of Danzan Ryu Jujutsu. This course will focus on history of techniques and the successor, ukemi, holds, trip throws, sweep throws, and how to receive techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN JDR1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN JDR3 - Jujutsu - Danzan Ryu 3

### 1 unit

A third semester course of the martial art system of Danzan Ryu Jujutsu. This course will focus on ukemi, escapes, locks, sweep throws, reap throws, hip throws, pins, striking combinations, and how to receive techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN JDR2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN JDR4 - Jujutsu - Danzan Ryu 4

### 1 unit

A fourth semester course of the martial art system of Danzan Ryu Jujutsu. This course will focus on ukemi, escapes, locks, hip throws, drop throws, and how to receive techniques safely. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN JDR3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN LG - Lifeguarding

### 1.5 units

Provides entry-level participants the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. 27 hours lecture. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C.

**Enrollment Limitation:** Minimum age: 15 years; swim 300 yards continuously; tread water for 2 minutes using only the legs; complete a timed event within 1 minute: 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN OM1 - Optimal Movement 1

### 1 unit

This course is an introduction to the biomechanics of optimal movement. The program consists of exercises to teach and restore motor skill and optimal muscle length using objective alignment markers that serve as indicators to healthy muscle activity and overall health. Using the alignment principles of Restorative Exercise you will learn what optimal alignment is and how to apply it in your daily life. This biomechanical model is based on physics, physiology, anatomy, and engineering and simply states that all-over muscle use is a requirement of human health and is not optional. Pilates exercises and Yogic breathing will be included in the curriculum. This course is appropriate for all fitness levels and valuable to Kinesiology majors for its applied anatomy and biomechanics of optimal movement. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PF - Personal Fitness

### 1 unit

An independent, self paced, personal activity program planned and implemented in conjunction with student goals. Based on goals and results of a fitness assessment and health risk appraisal, an individualized program is developed through personal counseling. Programs can include a physical assessment profile, a health risk appraisal, an individualized exercise/activity program, health/wellness education, and behavior modification. Students' fitness will be tested at the beginning and at the end of the semester to determine if the student achieved their goals. 9 hours lecture, 27 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PIC1 - Pickleball 1

### 1 unit

An introduction to the sport of Pickleball, an activity in which participants hit a ball over a net with their racket/paddle. Players will be introduced to the fundamental rules of Pickleball including: scoring, court dimensions, the non-volley zone and faults. Furthermore, students will be taught basic strokes such as groundstrokes, volleys, dinks, serving as well as warm-up routines. Finally, participants will be taught singles and doubles strategy (e.g. getting to the non-volley line after the return-of-serve) as well as psychological skills to enhance their performance (e.g. apply Albert Bandura's (1986) Self-Efficacy model to Pickleball). 54 hours of lab. AA/AS GE: VA. Transfer: CSU.

**Enrollment Limitation:** Participant should be in a healthy physical condition for aerobic exercise.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PIC2 - Pickleball 2

### 1 unit

Pickleball for recreational level players will introduce participants to the various grips, as well as technical aspects including drop shots, smashes and lobs. Furthermore, participants will be taught singles strategy (e.g. transitioning to the kitchen line) as well as psychological skills to enhance performance (e.g. Utilizing Dweck's Self-Theory). 54 hours of lab. AA/AS GE: VA. Transfer: CSU.

**Enrollment Limitation:** Participant should be in a healthy physical condition for aerobic exercise.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PIC3 - Pickleball 3

### 1 unit

Pickleball for intermediate level players will introduce participants to appropriate technical aspects including the return of serve and how to play various shots with spin. Furthermore, participants will be taught doubles positioning strategy (e.g. staggering, funneling and paddle tracking) as well as how to apply Attribution Theory to enhance motivation for Pickleball. Finally, etiquette and the formalities of Pickleball will be detailed. 54 hours of lab. AA/AS GE: VA. Transfer: CSU.

**Enrollment Limitation:** Participant should be in a healthy physical condition for aerobic exercise.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PIC4 - Pickleball 4

### 1 unit

Pickleball for advanced participants will introduce players to prominent technical aspects including block volleys, drop volleys and attacking your

opponent with flicks and rolls. Furthermore, participants will be taught doubles (e.g. counter-attacking and resetting) and singles strategy (e.g. how to beat your opponent to the net) as well as how to apply imagery/visualization to enhance Pickleball performance. Finally, Pickleball footwork training for the advanced player will be incorporated. 54 hours of lab. AA/AS GE: VA. Transfer: CSU.

**Enrollment Limitation:** Participant should be in a healthy physical condition for aerobic exercise.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PL1 - Pilates 1

### 1 unit

This course is an introduction to the Pilates Method of body conditioning. This course presents a system that helps build flexibility and long lean muscles as well as strength and endurance in the legs, abdominals, arms, hips and back. Strong emphasis is placed on spinal and pelvic alignment. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN PL2 - Pilates 2

### 1 unit

This Kinesiology course is continued study of the Pilates Method. The student will learn the principle of neutral spine, how to use Pilates props to provide variation and increased difficulty, and create level 2 exercise routines to enhance overall fitness. The concept of "complete coordination of the body, mind and spirit" will be experienced. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN PL1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SD1 - Salsa Dance Aerobics 1

### 1 unit

An introductory course in salsa music and the basics of salsa dance. Various patterns will be introduced, allowing students to improve their technique and develop a strong awareness of the rhythm of the dance. No partner required. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SI1 - Soccer - Indoor 1

### 1 unit

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled indoor soccer play. Students will discuss and employ basic offensive and defensive strategies and tactics; and put into practice the rules governing soccer. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SI2 - Soccer - Indoor 2

### 1 unit

A second semester course for outdoor soccer. This course will focus on the defensive and offensive tactics of the sport. Students will use the skills covered in Indoor Soccer 1 (SI1) while participating in both small sided and full sided play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN SI1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SO1 - Soccer - Outdoor 1

### 1 unit

This course will teach students the rules of soccer and the fundamental skills of soccer including passing, receiving, shooting, and dribbling. Students will participate in both small-sided and full-sided play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SO2 - Soccer - Outdoor 2

### 1 unit

A second semester course for outdoor soccer. This course will focus on the defensive and offensive tactics of the sport. Students will use the skills covered in Soccer - Outdoor 1 (SO1) while participating in both small sided and full sided play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SO1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SW1 - Swimming 1

### 1 unit

An introductory course designed to teach basic swimming skills and is designed for non-swimmers who cannot complete one length of the pool (25 yards). Emphasis will be on the physical and psychological adjustment to the water as well as basic swimming stroke technique. Students will also learn aquatics safety methods. 54 hours laboratory.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SW2 - Swimming 2

### 1 unit

This is a beginning level course designed to teach fundamental swimming skills. Emphasis will be on developing basic swimming techniques for the freestyle and backstroke, and include an introduction to breaststroke, butterfly, and sidestroke. Students will also learn aquatic safety methods. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SW3 - Swimming 3

### 1 unit

This is an Intermediate Swimming course. Instruction includes refining the competitive strokes (freestyle, backstroke, butterfly, breaststroke), the introduction of the individual medley, and competitive turns for each stroke. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SW4 - Swimming 4

### 1 unit

This is an advanced course designed to enhance the overall knowledge and technique for the aspiring swimmer. Instruction will include an in depth analysis of stroke, turn, and start techniques used in competition (Intercollegiate, High School, Open Water, Triathlon, USA Swimming, and

Recreational League). 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SWF1 - Swimming for Fitness 1

### 1 unit

This course is designed to introduce students to conditioning for swimming. This is a broad level course that will utilize a variety of strokes to increase cardiovascular fitness, as well as introduce the students to different training methodologies. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SWF2 - Swimming for Fitness 2

### 1 unit

This is an intermediate level swim fitness course with an emphasis in sprint training. This course will teach the student about the different aspects of sprint training as they relate to different distances (50 and 100 yards/meters). Instruction will also include sprint training for each of the competitive strokes (backstroke, breaststroke, and butterfly). 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SWF1 with a minimum grade of C. KIN SW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SWF3 - Swimming for Fitness 3

### 1 unit

This is an intermediate level swim fitness course with an emphasis in middle distance training. This course will teach the student about the different aspects of middle distance training for freestyle as they relate to specific race distances: 200, 400, and 500. Instruction will also focus on the 200 & 400 Individual Medley and the 200's of the strokes (backstroke, breaststroke, and butterfly). 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SWF1 with a minimum grade of C. KIN SW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN SWF4 - Swimming for Fitness 4

### 1 unit

This is an intermediate level swim fitness course with an emphasis in distance training. This course will teach the student about the different aspects of distance training for freestyle as they relate to specific race distances: 800/1500 meters and 1000/1650 yards. Instruction will also include an introduction to open water swimming techniques and strategies. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SWF1 with a minimum grade of C. KIN SW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN TK1 - Tae Kwon Do 1

### 1 unit



A beginning level self-defense course designed to teach fundamental techniques of Taekwondo. Developing basic techniques in kicking, punching and sparring, the course will introduce concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. This course is structured as a martial arts class. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN TK2 - Tae Kwon Do 2

### 1 unit

This martial arts course is structured as a continuation from Level 1 Taekwondo. The intermediate techniques of kicking, punching and sparring will reinforce concepts of fitness and cardio-respiratory conditioning achieved through participating in Taekwondo. Students will learn intermediate self-defense techniques from Taekwondo skills. Attending and observing local tournaments will be assigned as an off campus activity. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN TK1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN TK3 - Tae Kwon Do 3

### 1 unit

This martial arts course is structured as a continuation from Level 2 Taekwondo. The advanced techniques of blocks, kicks and stances will reinforce concepts of fitness, cardio-respiratory conditioning, strength and balance achieved through participating in Taekwondo. Students will learn advanced self-defense techniques and advanced required forms in Accordance with World Taekwondo Federation Regulations. Attending and observing local tournaments will be assigned as an off campus activity. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN TK2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN UF1 - Ultimate Frisbee 1

### 1 unit

This is an introductory course designed to teach students basic skills of ultimate frisbee and "spirit of the game". Instruction will include learning basic throws, catches, offensive and defensive strategies, and rules of the game. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN UF2 - Ultimate Frisbee 2

### 1 unit

This is a beginning/intermediate level course designed to enhance skills that pertain to the sport of Ultimate Frisbee. Instruction will include throwing, catching, pivoting and marking skills. Offensive and defensive strategies will be introduced. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN UF1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN UF3 - Ultimate Frisbee 3

### 1 unit

This is an advanced level course designed to master the skills necessary to compete in the sport of ultimate frisbee. Instruction will include increasing throwing distance and accuracy, offensive and defensive strategies, and

aerobic conditioning. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN UF2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN UF4 - Ultimate Frisbee 4

### 1 unit

This is a progressive competitive level course designed to prepare students for tournament play in the sport of ultimate frisbee. Instruction will provide a strong emphasis on high levels physical conditioning required for competitive play such as agility, speed, and endurance. Instruction will discuss successful game management and coaching philosophy. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Prerequisite:** KIN UF3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN VB1 - Volleyball Beginning

### 1 unit

Provides instruction on the individual and team skills and strategies of volleyball. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN VB2 - Volleyball Intermediate

### 1 unit

This is a course designed and developed for the intermediate level volleyball player. It is a continuation of beginning volleyball with an emphasis in executing the fundamental skills and techniques of power volleyball at a higher level. This course differs from beginning volleyball in that set patterns and systems of offense and defense are used in a team strategy. Before enrolling student should have proficiency in the skills of passing and setting. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN VB1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN VB3 - Volleyball Advanced

### 1 unit

Advanced techniques of volleyball with emphasis on competitive play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN VB2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WP1 - Water Polo 1

### 1 unit

This course is an introduction to the sport of Water Polo. Instruction will include individual skills relating to the play of water polo. Instruction will also include rules, regulations, and basic team play. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WP2 - Water Polo 2

### 1 unit

This is an intermediate course designed to give the student the opportunity to learn and enhance personal and team skills relating to the game of Water Polo. Instruction will focus on advancing individual skills, team strategies, and an appreciation for competition. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN WP1 with a minimum grade of CKIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WP3 - Water Polo 3

### 1 unit

This course is designed to give students the opportunity to learn and apply specific conditioning skills relating to the game of Water Polo. Instruction will focus on speed, quickness, strength, and cardiovascular conditioning in the pool as they relate to the play of Water Polo. Concepts of dryland training and periodization will be discussed. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN WP1 with a minimum grade of C. KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WT1 - Weight Training 1

### 1 unit

This course provides an introduction to weight training. Students will learn how to improve muscle strength and muscle endurance through the correct application of basic weight training principles. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WT2 - Weight Training 2

### 1 unit

Weight Training 2 is a continuation course to the Basic course Weight Training 1. The Principles of Training, Level 2 terminology and weight training biomechanics will be presented. Level 2 programs and possible variations will be applied in the prescription of the personal weight training program. The course will incorporate lectures on possible injuries and prevention in a more advanced weight training setting. Implementation of goal setting, tracking, analyzing, progressing individual programs will be included. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN WT1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WTW1 - Women's Weight Training 1

### 1 unit

This specialized course will provide an orientation to the basic weight training machines available in gyms/clubs and proper gym etiquette, a study of the basic musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training, discuss how to maintain healthy body composition, and information on designing a weight training program to achieve attainable personal goals. Pre/Post Fitness Assessments will be conducted to establish a baseline of fitness and a measuring instrument for improvement toward weight training goals. Through proper education and implementation of sound weight training principles, the female student will be able to maintain a healthy lifestyle throughout various stages of life. 54 hours laboratory. AA/AS GE:

VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN WTW2 - Women's Weight Training 2

### 1 unit

Women's Weight Training 2 is a continuation course to Women's Weight Training 1. Students will increase muscular strength and/or muscular endurance using weight machines, free weights, and body weight exercises. Implementation of program design and goal setting will be included. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN WTW1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN YIN1 - Yin Yoga 1

### 1 unit

This course is an introduction to the practice of Yin Yoga. Yin Yoga is a meditative, therapeutic practice that combines slow dynamic movement with longer static holds. Yin poses are held for 3-5 minutes, cultivating mindfulness, introspection, and the deeper aspects of Yoga. Longer hold times stimulate connective tissue, signaling the body to create more resilient ligaments, joints, deep fascial networks and bones. Appropriate for all levels. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN YO1 - Yoga 1

### 1 unit

This is an introductory course exploring the principles of Hatha Yoga and how they apply to achieving lifetime fitness. Emphasis is on developing awareness of body alignment, balance, and flexibility through a series of exercises and poses. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN YO2 - Yoga 2

### 1 unit

This is an intermediate Hatha Yoga course that emphasizes intense stretching, balancing, and building of muscular strength. A series of poses and breathing techniques will be practiced in order to create a more strenuous yoga experience. Emphasis will be on the principles of healthy living, along with proper posture, relaxation and meditation techniques. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* *Any or all of these PE Activity courses combined: maximum UC credit, 4 units.*

**Recommended Course Preparation:** KIN YO1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN YO3 - Yoga 3

### 1 unit

This is an intermediate/advanced Hatha Yoga course that introduces the student to a variety of Yoga styles and meditation practices. Gentle, Restorative, and Vinyasa Yoga along with various meditation techniques will be practiced, improving concentration, physical endurance, flexibility, balance, and posture. The course integrates intermediate breathing techniques to deepen the level of introspection in both poses and meditation. Basic Sanskrit terminology will be introduced. Emphasis will be placed on mindfulness and strengthening the mind/body connection. 54

hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN YO1 with a minimum grade of C. KIN YO2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN YO4 - Yoga 4

### 1 unit

This course introduces the student to the advanced practice of Yoga and meditation. Students learn the practice of vigorous Vinyasa flow to improve concentration, physical endurance, flexibility, balance and posture. This course integrates Yoga philosophy and advanced breathing techniques to deepen the mind/body connection and reduce stress. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Prerequisite:** KIN YO3 with a minimum grade of C .

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN ZUM1 - Zumba Fitness Workout 1

### 1 unit

Zumba is a Latin-inspired, dance-fitness workout class that incorporates Latin American inspired music, along with jazz, hip hop, pop, country and African inspired international music. Zumba workouts will use choreographed steps and movements to form a fitness based calorie burning dance workout. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### Theory Courses

## KIN 1 - Sports Nutrition

### 3 units

Students will study the role of nutrition in sports, performance and physical fitness. Optimal food, nutrient, and activity choices to maximize athletic performance for all athlete types. Students who have completed or are enrolled in NTRN 5 may not receive credit. 54 hours lecture. Transfer: CSU, UC.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 5 - Sports Management

### 3 units

Course content includes how to organize, manage, plan, staff, direct, and control a sports program. Furthermore, areas such as Title IX, budget, facilities management, sports law, scheduling, officials, sports marketing, transportation, public relations, parent and booster clubs, purchase and care of athletic equipment, fund raising. This course will provide an overview of the many careers available in the sports management industry. 54 hours lecture. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 6 - Personal Trainer

### 3.5 units

This course emphasizes the theoretical and hands on skills required of personal trainers, coaches and fitness professionals. This course will bridge the gap between exercise science, kinesiology and practical hands-on learning by integrating the latest in scientific and physiologically based research. This class will have lectures, labs, group work/discussions and assignments. 54 hours lecture, 27 hours laboratory. Transfer: CSU, UC.

- Credit - Degree Applicable

- Grading Option: Letter or Pass/No Pass

## KIN 14 - Responding to Emergencies: Comprehensive First Aid/CPR/AED

### 3 units

This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) will be granted upon successful completion of requirements. 54 hours lecture. Transfer: CSU; C-ID# KIN 101.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 15 - First Aid & Safety

### 1.5 units

This course has been designed to help you acquire the knowledge and skills you will need to effectively respond to emergency situations. Topics Include: recognition and treatment for cardiac and respiratory emergencies, first aid for bleeding, shock, burns, poisoning, stroke, and various injuries. American Red Cross Standard First Aid and Community CPR/AED certificates issued upon successful completion of Red Cross requirements. 27 hours lecture. Transfer: CSU, UC.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 16 - The Successful Student Athlete

### 1 unit

This course is designed to assist the student-athlete in developing realistic expectations and goals of college, explore academic programs, and understand what is necessary to succeed in college while competing in an intercollegiate sport. This course will also discuss the probability of becoming a professional athlete and life after athletics. The rules and regulations of the California Community College Athletic Association (CCCAA), National Intercollegiate Athletic Association (NCAA), and the National Association of Intercollegiate Athletics (NAIA) will be defined and explored to bring awareness to the student-athlete regarding eligibility and transferring to a four-year institution. 18 hours lecture. Transfer: CSU, UC\*. \* KIN 16 and PCN 30 combined: maximum UC credit, 3 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 17 - Introduction to Athletic Training and Sports Medicine

### 4 units

Basic taping skills, introduction to modality usage, and basic rehabilitation principles of athletic training. Designed to be preparatory for further education and a career in Athletic Training and or other Sports Medicine related fields. May include work with intercollegiate sports programs. Legal and ethical issues, professionalism, organization and administration of a sports medicine facility. This course is focused on preparing those interested in becoming Athletic Trainers and Coaches. 54 hours lecture, 54 hours laboratory. Transfer: CSU, UC.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 18A - Athletic Training Practicum 1

### 1 unit

Designed to provide clinical experience for students interested in sports-related injury care and prevention. Organization of a clinical facility and management of game day operations. Experiences will include taping for prevention of injury, use of modalities for the treatment and/or rehabilitation of injuries, stretching techniques, identify and manage emergency situations. 54 hours laboratory. Transfer: CSU.

**Prerequisite:** KIN 17 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 18B - Athletic Training Practicum 2

### 1 unit

This course will introduce student-athletes to injury evaluation, methods of diagnosis and rehabilitation. The student will help make return to play decisions [after injury or illness] based on the knowledge they have learned in their coursework. Students will develop and administer conditioning programs to LPC student-athletes with the guidance of the Certified Athletic Trainer. 54 hours laboratory. Transfer: CSU.

**Prerequisite:** KIN 18A with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 19 - Care and Prevention of Athletic Injuries

### 3 units

This course provides an introduction to the principles and scientific foundations of athletic training. Examination in the techniques used in the prevention of athletic injuries, including taping, bandaging, and strapping along with how to recognize and evaluate basic signs and symptoms associated with common injuries. Establishing a plan of care that includes rehabilitative exercise will also be studied. Legal and ethical issues, professionalism, organization and administration of a sports medicine facility. This course is focused on preparing those interested in becoming Athletic Trainers and Coaches. 36 hours lecture, 54 hours laboratory. Transfer: CSU.

**Prerequisite:** KIN 17 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 22A - Science of Soccer 1

### 3 units

An introduction to sociological, physiological, psychological, and performance aspects of soccer. This course will provide an analysis of the physiological demands of the game, as well as, the use of applied psychological techniques to enhance confidence and reduce anxiety. Socio-cultural influences on the development of the game and match performance will also be analyzed. 54 hours lecture. AA GE: VB. Transfer: CSU, UC; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 24 - Sport Psychology

### 3 units

A formal introduction to the study of sport psychology focusing upon both the psychological factors that influence participation in sport and exercise and the psychological effects derived from that participation. Emphasis on understanding the psychological processes involved in human performance, models of intervention that can enhance and improve learning and performance conditions, and the strategies which can elicit and influence favorable psychological perceptions and outcomes. 54 hours lecture. Transfer: CSU; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 26 - Coaching Youth Soccer

### 3 units

This course is intended for those with an interest in coaching youth soccer. It will examine philosophies developed by US and European National Soccer Associations. The purpose is to explore best practices and age-appropriate activities, thereby enhancing the learning experience of the youth soccer participant. 54 hours lecture. Transfer: CSU; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 29A - Independent Study, Intercollegiate Athletics

### 0.5 - 2 units

Supervised study in the area of Intercollegiate Athletics. Any student interested in registering for an Independent Studies course should contact a full/part-time instructor or dean in the appropriate area. 27-108 hours laboratory. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 29K - Independent Study, Kinesiology

### 0.5 - 2 units

Supervised study in the area of Kinesiology. Any student interested in registering for an Independent Studies course should contact a full/part-time instructor or dean in the appropriate area. 27-108 hours laboratory. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 29P - Independent Study, Physical Education

### 0.5 - 2 units

Supervised study in the area of Physical Education. Any student interested in registering for an Independent Studies course should contact a full/part-time instructor or dean in the appropriate area. 27-108 hours laboratory. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 30 - Introduction to Kinesiology

### 3 units

This class is designed to introduce the student to Kinesiology - the science of human movement (and of humans moving). Concepts in the various subfields of Kinesiology are examined and career opportunities in the field of Kinesiology are explored. Due to the interdisciplinary nature of Kinesiology, the field will be covered from a humanities, social science, and life science perspective. 54 hours lecture. AA GE: VB. Transfer: CSU, UC; CSUGE: E; C-ID# KIN 100.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

### Intercollegiate Athletics Courses

## KIN 32A - Fall Intercollegiate Men's Basketball

### 3 units

Basketball training for intercollegiate competition. Daily practice for advanced skill development will occur. Fall semester. Number of times course may be taken for credit: 4. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 32B - Spring Intercollegiate Men's Basketball

### 1-2 units

Basketball training for intercollegiate competition. Daily practice for advanced skill learning will occur. Spring semester. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 32C - Off Season Intercollegiate Men's Basketball

### 1-2 units

Students will practice the skills of passing, dribbling, shooting, cutting, screening, and defensive fundamentals that are necessary for competitive basketball play. Students will learn the governing rules of basketball, the appropriate terminology used in basketball, and the safety procedures related to the game. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 37A Pre-Season Intercollegiate Men's Volleyball

### 1-2 units

Preseason preparation for intercollegiate competition in the sport of men's volleyball. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU; CSUGE: E.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 37B Intercollegiate Men's Volleyball

### 1-3 units

Intercollegiate competition in the sport of men's volleyball. Number of times course may be taken for credit: 4. 54-162 hours laboratory. AA/AS GE: VA. Transfer: CSU; CSUGE: E.

**Recommended Course Preparation:** KIN 37A with a minimum grade of C and/or Ability to demonstrate the following skills: bump, set, spike, serve.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 37C Off Season Intercollegiate Men's Volleyball

### 1-2 units

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of men's volleyball. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU; CSUGE: E.

**Recommended Course Preparation:** KIN 37B with a minimum grade of C

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 38A - Pre-Season Intercollegiate Men's Soccer

### 1-2 units

Students will work on fundamental skills of soccer, such as, kicking, passing, trapping, heading and physical conditioning which are needed for controlled outdoor higher levels of soccer play, discuss and employ basic offensive and defensive strategies and tactics; use and apply the rules governing outdoor soccer play. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 38B - Intercollegiate Men's Soccer

### 3 units

Training for soccer competition at the collegiate level. Practice will take place which will include training students to perform at the college competitive level for the Coast Conference Soccer League of Northern California.

Prepares the individual for intercollegiate competition in the sport of soccer using such skills as passing, receiving and heading as well as offensive and defensive strategies. Students must meet California Community College eligibility requirements as established by the California Commission on Athletics. Number of times course may be taken for credit: 4. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN 38A with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 38C - Post Season Intercollegiate Men's Soccer

### 1-2 units

Students will learn and develop fundamental to advanced outdoor soccer skills of kicking, passing and conditioning necessary for playing field soccer at an intercollegiate level. Students will learn the rules governing outdoor soccer play. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 40A - Pre-Season Intercollegiate Women's Volleyball

### 1 unit

Preseason preparation for intercollegiate competition in the sport of women's volleyball. Number of times course may be taken for credit: 4. 54 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 40B - In Season Intercollegiate Women's Volleyball

### 1-3 units

Intercollegiate competition in the sport of women's volleyball. Number of times course may be taken for credit: 4. 54-162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN 40A with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 40C - Off Season Intercollegiate Women's Volleyball

### 1-2 units

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of women's volleyball. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN 40B with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 41A - Pre-Season Intercollegiate Women's Basketball

### 1-2 units

This course is designed to provide the student with an opportunity to develop the skills and physical conditioning, along with the understanding of basketball at the advanced level in preparation for intercollegiate

competition. Skills such as dribbling, passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class. Fall semester. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 41B - Fall Intercollegiate Basketball - Women

1.5 units

Training for intercollegiate competition. Daily practice. Fall Semester. Number of times course may be taken for credit: 4. 81 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 41C - Spring Intercollegiate Basketball - Women

1.5 units

Training for intercollegiate competition. Daily practice. Spring Semester. Number of times course may be taken for credit: 4. 81 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 41D - Off Season Intercollegiate Women's Basketball

1-2 units

Students will practice the skills of dribbling, passing, shooting and defense necessary for competitive basketball play; put into practice the governing rules of basketball; learn about the appropriate terminology used in basketball and the safety procedures related to the game. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 44A Pre-Season Intercollegiate Women's Badminton

1-2 units

Preseason preparation for intercollegiate competition in the sport of women's badminton. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 44B Intercollegiate Women's Badminton

1-3 units

Intercollegiate competition in the sport of women's badminton. Number of times course may be taken for credit: 4. 54-162 hours laboratory. AA/AS GE: VA. Transfer: CSU.

**Recommended Course Preparation:** KIN 44A with a minimum grade of C and/or Ability to demonstrate the following skills: Service, and clearance.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 44C Off Season Intercollegiate Women's Badminton

1-2 units

14 Kinesiology

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of women's badminton. Number of times course may be taken for credit: 4. 54-108 lab hours. AA/AS GE: VA. Transfer: CSU.

**Recommended Course Preparation:** KIN 44B with a minimum grade of C and/or Ability to demonstrate the following skills: Smash, drop shot.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 48A - Pre-Season Intercollegiate Women's Soccer

1-2 units

Students will be taught to execute technical skills of soccer in game situations. For example, the techniques of long/short passing, receiving, crossing, shooting, individual and zonal defending. They will compare and contrast various offensive and defensive strategies and systems of play, and identify strengths and weaknesses of various formations. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 48B - Intercollegiate Athletics: Women's Soccer

3 units

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. Number of times course may be taken for credit: 4. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN 48A with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 48C - Off Season Intercollegiate Women's Soccer

1-2 units

Students will practice the skills of kicking, passing, trapping and heading necessary for controlled outdoor soccer play; put into practice the rules governing outdoor soccer play; learn about the appropriate terminology used in soccer and the safety procedures related to the soccer game. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 50A - Pre-Season Intercollegiate Swimming & Diving

1-2 units

This course is designed to give student-athletes participating in intercollegiate swimming and diving the opportunity to enhance fitness levels and skills prior to competition season. Course content will include technique, aerobic conditioning, race specific training, and dryland/weight training. Number of times course may be taken for credit: 4. 54-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \*Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 50B - Intercollegiate Swimming & Diving

### 3 units

This course is for intercollegiate swimming and diving competition conducted through the NCAA and the CCCAA. Number of times course may be taken for credit: 4. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C. KIN SWF1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 60 - Intercollegiate Water Polo -- Men's

### 3 units

This course is for Intercollegiate Men's Water Polo competition conducted through the NCAA and CCCAA. Defensive and offensive strategies, swimming mechanics, and water polo ball skills appropriate to intercollegiate athletic competition will be expected of the participants. Number of times course may be taken for credit: 4. 162 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C. KIN WP1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade

## KIN 61A - Pre-Season Intercollegiate Water Polo

### 0.5 - 2 units

This course is designed to provide the student with an opportunity to develop the skills and physical conditioning, along with the understanding of water polo at the advanced level in preparation for intercollegiate competition. Skills such as passing, shooting, defensive and offensive strategies will be presented and practiced. Team play and sportsmanship are important priorities that are emphasized in this class. Number of times course may be taken for credit: 4. 27-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN WP1 with a minimum grade of C. KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 61B - Off Season Intercollegiate Water Polo

### 0.5 - 2 units

This course is designed to give students the opportunity to learn and apply specific conditioning skills relating to the game of Water Polo. Instruction will focus on speed, quickness, strength, and cardiovascular conditioning in the pool as they relate to the play of Water Polo. Concepts of dryland training and periodization will be discussed. Number of times course may be taken for credit: 4. 27-108 hours laboratory. AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN WP1 with a minimum grade of C. KIN SW2 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter or Pass/No Pass

## KIN 65 - Intercollegiate Water Polo -- Women's

### 3 units

This course is for Intercollegiate Women's Water Polo competition conducted through the NCAA and CCCAA. Defensive and offensive strategies, swimming mechanics, and water polo ball skills appropriate to intercollegiate athletic competition will be expected of the participants. Number of times course may be taken for credit: 4. 162 hours laboratory.

AA/AS GE: VA. Transfer: CSU, UC\*; CSUGE: E. \* Any or all of these PE Activity courses combined: maximum UC credit, 4 units.

**Recommended Course Preparation:** KIN SW3 with a minimum grade of C. KIN WP1 with a minimum grade of C.

- Credit - Degree Applicable
- Grading Option: Letter Grade