

KINESIOLOGY - ADAPTED (KINA) COURSES

KINA 186A 1 Unit

Adapted: Beginning Stretching and Stress Reduction

Lab: 54 contact hours

This course is designed to teach students with disabilities how to improve range of motion for various muscles in the human body using beginning level stretching techniques. This course also teaches basic techniques for stress reduction. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 186B 1 Unit

Adapted: Intermediate Stretching and Stress Reduction

Lab: 54 contact hours

Advisory: KINA 186A

This course is designed to teach students with disabilities how to improve range of motion for various muscles in the human body using intermediate level stretching techniques. This course also teaches intermediate level techniques for stress reduction. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 186C 1 Unit

Adapted: Advanced Stretching and Stress Reduction

Lab: 54 contact hours

Advisory: KINA 186B

This course is designed to teach students with disabilities how to improve range of motion for various muscles in the human body using advanced stretching techniques. This course also teaches advanced techniques for stress reduction. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 187A 1 Unit

Adapted: Beginning Boxing for Fitness

Lab: 54 contact hours

This course is designed to teach students with disabilities beginning level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, flexibility, and coordination. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 187B 1 Unit

Adapted: Intermediate Boxing for Fitness

Lab: 54 contact hours

Advisory: KINA 187A

This course is designed to teach students with disabilities intermediate level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 187C 1 Unit

Adapted: Advanced Boxing for Fitness

Lab: 54 contact hours

Advisory: KINA 187B

This course is designed to teach students with disabilities advanced level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 188A 1 Unit

Adapted: Beginning Fitness and Conditioning

Lab: 54 contact hours

This course is designed to teach students with disabilities beginner level exercises to improve functional range of motion, muscular strength and cardiovascular endurance. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 188B 1 Unit

Adapted: Intermediate Fitness and Conditioning

Lab: 54 contact hours

Advisory: KINA 188A

This course is designed to teach students with disabilities intermediate level exercise techniques to improve range of motion, muscular strength and cardiovascular endurance. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 188C 1 Unit

Adapted: Advanced Fitness and Conditioning

Lab: 54 contact hours

Advisory: KINA 188B

This course is designed to teach students with disabilities advanced level exercises for maximizing range of motion, muscular strength and cardiovascular endurance. Designing and leading an exercise program is also taught. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 189A 1 Unit

Adapted: Beginning Resistance Training

Lab: 54 contact hours

This course is designed for students with disabilities. This course provides instruction in beginning level physical activities to improve muscular strength and endurance. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 189B 1 Unit

Adapted: Intermediate Resistance Training

Lab: 54 contact hours

Advisory: KINA 189A

This course is designed for students with disabilities. This course provides instruction in intermediate level physical activities to improve muscular strength and endurance. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 189C 1 Unit

Adapted: Advanced Resistance Training

Lab: 54 contact hours

Advisory: KINA 189B

This course is designed for students with disabilities. This course provides instruction in advanced level physical activities to improve muscular strength and endurance. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 190A 1 Unit

Adapted: Beginning Level Self-Defense

Lab: 54 contact hours

This course is designed to teach students with disabilities beginning level Krav Maga self-defense to help maintain or improve physical fitness and awareness. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 190B 1 Unit

Adapted: Intermediate Level Self-Defense

Lab: 54 contact hours

This course is designed to teach students with disabilities, an intermediate level Krav Maga self-defense. To help maintain or improve physical fitness and awareness. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU

KINA 190C 1 Unit

Adapted: Advanced Level Self-Defense

Lab: 54 contact hours

This course is designed to teach students with disabilities, an advanced level Krav Maga self-defense. To help maintain or improve physical fitness and awareness. A completed adapted physical education participation form may be required prior to participation in this class.

Associate Degree Applicable

Transfers to both UC/CSU