

KINESIOLOGY (TEAM) (KINS) COURSES

KINS 100A 1 Unit

Beginning Baseball

Lab: 54 contact hours

This course is designed to teach beginning level skills, techniques, strategies, etiquette, and rules of baseball.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 100B 1 Unit

Intermediate Baseball

Lab: 54 contact hours

Advisory: KINS 100A

This course is designed to teach intermediate level skills, techniques, strategies, etiquette, and rules of baseball.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 100C 1 Unit

Advanced Baseball

Lab: 54 contact hours

Advisory: KINS 100B

This course is designed to teach advanced level skills, techniques, strategies, etiquette, and rules of baseball.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 103A 1 Unit

Beginning Badminton

Lab: 54 contact hours

This course will provide beginning level instruction in the skills, techniques, strategies, etiquette and rules of badminton. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 103B 1 Unit

Intermediate Badminton

Lab: 54 contact hours

Advisory: KINS 103A

This course will provide instruction in the skills, techniques and strategies of badminton at the intermediate level of performance. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 103C 1 Unit

Advanced Badminton

Lab: 54 contact hours

Advisory: KINS 103B

This course will provide instruction in the skills, techniques and strategies of badminton at an advanced level of performance. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 104A 1 Unit

Beginning Basketball

Lab: 54 contact hours

This course is designed to teach the skills, techniques, strategies, etiquette and rules of basketball at a beginning level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 104B 1 Unit

Intermediate Basketball

Lab: 54 contact hours

Advisory: KINS 104A

This course is designed to teach the skills, techniques, strategies, etiquette and rules of basketball at an intermediate level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 104C 1 Unit

Advanced Basketball

Lab: 54 contact hours

Advisory: KINS 104B

This course is designed to teach the skills, techniques, strategies, etiquette and rules of basketball at an advanced level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 107A 1 Unit

Beginning Ultimate Frisbee

Lab: 54 contact hours

This course is designed to teach beginning level skills, strategies, and rules of Ultimate Frisbee. The offensive and defensive skills and strategies needed for team play, as well as the importance of sportsmanship, will be emphasized. Students will be taught in a group atmosphere and may improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 107B 1 Unit

Intermediate Ultimate Frisbee

Lab: 54 contact hours

This course is designed to teach intermediate level skills, strategies, and rules of Ultimate Frisbee. The offensive and defensive skills and strategies needed for team play, as well as the importance of sportsmanship, will be emphasized. Students will be taught in a group atmosphere and may improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 107C 1 Unit

Advanced Ultimate Frisbee

Lab: 54 contact hours

This course is designed to teach advanced level skills, strategies, and rules of Ultimate Frisbee. The offensive and defensive skills and strategies needed for team play, as well as the importance of sportsmanship, will be emphasized. Students will be taught in a group atmosphere and may improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 108A 1 Unit

Beginning Football

Lab: 54 contact hours

This activity course is designed to introduce students to the skills, techniques, strategy, rules as well as ethics of football at the beginner level.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 108B 1 Unit

Intermediate Football

Lab: 54 contact hours

Advisory: KINS 108A

This activity course is designed to introduce students to the skills, techniques, strategy, rules as well as ethics of football at the intermediate level.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 108C 1 Unit

Advanced Football

Lab: 54 contact hours

Advisory: KINS 108B

This activity course is designed to introduce students to the skills, techniques, strategy, rules as well as ethics of football at the advanced level.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 110A 1 Unit

Beginning Futsal

Lab: 54 contact hours

This course is designed to teach beginning level skills, strategies, and rules of futsal, as well as individual and team strategies for game play.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 110B 1 Unit

Intermediate Futsal

Lab: 54 contact hours

Prerequisite: KINS 110A

This course is designed to teach intermediate level skills and strategies of futsal, as well as individual and team strategies for game play. This course also introduces tactical strategies for each position as well as formations and styles of play.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 110C 1 Unit

Advanced Futsal

Lab: 54 contact hours

Prerequisite: KINS 110B

This course is designed to teach advanced level skills and strategies of futsal, as well as the mental skills needed for competitive play. Students will also analyze game tactics and evaluate strategies for strengthening personal and team performance.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 112A 1 Unit

Beginning Indoor Soccer

Lab: 54 contact hours

This course is designed to teach beginning level rules, skills and techniques of indoor soccer, as well as individual and team strategies for game play.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 112B 1 Unit

Intermediate Indoor Soccer

Lab: 54 contact hours

Corequisite: KINS 112A

This course is designed to teach intermediate level skills and techniques of indoor soccer, as well as individual and team strategies for game play.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 112C 1 Unit

Advanced Indoor Soccer

Lab: 54 contact hours

Prerequisite: KINS 112B

This course is designed to teach advanced level skills and techniques of indoor soccer, as well as individual and team strategies for game play.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 116A 1 Unit

Beginning Soccer

Lab: 54 contact hours

This course will provide beginning level instruction in the skills, techniques, strategies and rules of soccer. With the application of these techniques and practice, students may also improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 116B 1 Unit

Intermediate Soccer

Lab: 54 contact hours

Advisory: KINS 116A

This course will provide instruction in the skills, techniques and strategies of soccer at the intermediate level of performance. With the application of these techniques and practice, students may also improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 116C 1 Unit

Advanced Soccer

Lab: 54 contact hours

Advisory: KINS 116B

This course will provide instruction in the skills, techniques and strategies of soccer at the advanced level of performance. With the application of these techniques and practice, students may also improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 120A 1 Unit

Beginning Softball

Lab: 54 contact hours

This course will provide instruction in the skills, techniques, strategies, etiquette and rules of softball at the beginner level of performance. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 120B 1 Unit
Intermediate Softball

Lab: 54 contact hours

Advisory: KINS 120A

This course will provide instruction in the skills, techniques, strategies, etiquette and rules of softball at the intermediate level of performance. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 120C 1 Unit
Advanced Softball

Lab: 54 contact hours

Advisory: KINS 120B

This course will provide instruction in the skills, techniques, strategies, etiquette and rules of softball at an advanced level of performance. With the application of these techniques and practice, students will improve their overall fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 124A 1 Unit
Beginning Volleyball

Lab: 54 contact hours

This course is designed to teach the skills, techniques, strategies, etiquette and rules of volleyball at the beginning level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 124B 1 Unit
Intermediate Volleyball

Lab: 54 contact hours

Advisory: KINS 124A

This course is designed to teach the skills, techniques, strategies, etiquette and rules of volleyball at an intermediate level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU

KINS 124C 1 Unit
Advanced Volleyball

Lab: 54 contact hours

Advisory: KINS 124B

This course is designed to teach the skills, techniques, strategies, etiquette and rules of volleyball at an advanced level of performance. Students may also improve their overall physical fitness.

Associate Degree Applicable

Transfers to both UC/CSU