

KINESIOLOGY - ATHLETICS (KINX) COURSES

KINX 110AX3 3 Units

Intercollegiate Cross Country - Men

Lab: 162 contact hours

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

This course is intended for members of the Men's Intercollegiate Cross-Country team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate cross-country competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 110BX3 1 Unit

Intercollegiate Cross Country - Men Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 110CX3 2 Units

Intercollegiate Cross Country - Men Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 111AX3 3 Units

Intercollegiate Cross Country - Women

Lab: 162 contact hours

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

This course is intended for members of the Women's Intercollegiate Cross-Country team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning, and teamwork required for intercollegiate cross-country competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 111BX3 1 Unit

Intercollegiate Cross Country Women Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 111CX3 2 Units

Intercollegiate Cross Country - Women Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 112AX3 3 Units

Intercollegiate Football - Offense

Lab: 162 contact hours

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

This course is intended for members of the Intercollegiate Football team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate football competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 112BX3 1 Unit

Intercollegiate Football - Offense Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 112CX3 2 Units

Intercollegiate Football - Offense Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 113AX3 3 Units

Intercollegiate Football - Defense

Lab: 162 contact hours

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

This course is intended for members of the Intercollegiate Football team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate football competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 113BX3 1 Unit

Intercollegiate Football - Defense Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 113CX3 2 Units

Intercollegiate Football - Defense Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 114AX3 3 Units

Intercollegiate Soccer - Men

Lab: 162 contact hours

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

This course is intended for members of the Men's Intercollegiate Soccer team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate soccer competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 114BX3 1 Unit

Intercollegiate Soccer - Men Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 114CX3 2 Units

Intercollegiate Soccer - Men Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 115AX3 3 Units

Intercollegiate Soccer - Women

Lab: 162 contact hours

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

This course is intended for members of the Women's Intercollegiate Soccer team. The course will provide instruction and training in skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate soccer competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 115BX3 1 Unit

Intercollegiate Soccer - Women Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 115CX3 2 Units

Intercollegiate Soccer - Women Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 116AX3 3 Units

Intercollegiate Volleyball - Women

Lab: 162 contact hours

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

This course is intended for members of the Women's Intercollegiate Volleyball team. The course will provide instruction and training in the techniques, strategies, conditioning and teamwork required for intercollegiate volleyball competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 116BX3 1 Unit

Intercollegiate Volleyball - Women Pre-Season Athletics

Lab: 54 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 116CX3 2 Units

Intercollegiate Volleyball - Women Off-Season Athletics

Lab: 108 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 120AX3 1.5 Units

Intercollegiate Basketball - Men, Fall

Lab: 81 contact hours

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

This course is intended for members of the Men's Intercollegiate Basketball team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate basketball competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 120BX3 1.5 Units

Intercollegiate Basketball - Men, Spring

Lab: 81 contact hours

Limitation on Enrollment: Enrollment is based on a successful tryout for KINX 120Ax3.

This course is intended for members of the Men's Intercollegiate Basketball team. The course is the second of the sequence that focuses on conference and postseason competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 120CX3 1.5-2 Units**Intercollegiate Basketball - Men Pre-Season Athletics****Lab:** 108 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 120DX4 0.5-1 Units****Intercollegiate Basketball - Men Off-Season Athletics****Lab:** 54 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 121AX3 1.5 Units****Intercollegiate Basketball - Women, Fall****Lab:** 81 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is intended for members of the Women's Intercollegiate Basketball team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate basketball competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 121BX3 1.5 Units****Intercollegiate Basketball - Women, Spring****Lab:** 81 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout for KINX 121Ax3.

This course is intended for members of the Women's Intercollegiate Basketball team. The course is the second of the sequence that focuses on conference and postseason competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 121CX3 1.5-2 Units****Intercollegiate Basketball - Women Pre-Season Athletics****Lab:** 108 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for pre-season athletics basketball training, which includes strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 121DX4 0.5-1 Units****Intercollegiate Basketball - Women Off-Season Athletics****Lab:** 54 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for off-season basketball skill development in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 130AX3 3 Units****Intercollegiate Baseball****Lab:** 162 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is intended for members of the Intercollegiate Baseball Team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate baseball competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 130BX3 2 Units****Intercollegiate Baseball Pre-Season Athletics****Lab:** 108 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 130CX3 1 Unit****Intercollegiate Baseball Off-Season Athletics****Lab:** 54 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 131AX3 3 Units****Intercollegiate Softball****Lab:** 162 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is intended for members of the Women's Intercollegiate Softball team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate softball competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 131BX3 2 Units****Intercollegiate Softball Pre-Season Athletics****Lab:** 108 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable**Transfers to both UC/CSU****KINX 131CX3 1 Unit****Intercollegiate Softball Off-Season Athletics****Lab:** 54 contact hours**Limitation on Enrollment:** Enrollment is based on a successful tryout.

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable**Transfers to both UC/CSU**

KINX 132AX3 3 Units

Intercollegiate Track and Field - Men

Lab: 162 contact hours

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

This course is intended for members of the Men's Intercollegiate Track and Field team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate track and field competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 132BX3 2 Units

Intercollegiate Track and Field - Men Pre-Season Athletics

Lab: 108 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 132CX3 1 Unit

Intercollegiate Track and Field - Men Off-Season Athletics

Lab: 54 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 133AX3 3 Units

Intercollegiate Track and Field - Women

Lab: 162 contact hours

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

This course is intended for members of the Women's Intercollegiate Track and Field team. The course will provide instruction and training in the skills, knowledge, techniques, strategies, conditioning and teamwork required for intercollegiate competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 133BX3 2 Units

Intercollegiate Track and Field - Women Pre-Season Athletics

Lab: 108 contact hours

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

This course is designed for pre-season intercollegiate athletics conditioning which includes: strength training, cardiovascular conditioning, drill techniques and game play in preparation for competition.

Associate Degree Applicable

Transfers to both UC/CSU

KINX 133CX3 1 Unit

Intercollegiate Track and Field - Women Off-Season Athletics

Lab: 54 contact hours

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

This course is designed for off-season sports conditioning in preparation for athletic participation. The course includes sport specific training with the purpose of developing areas of individual weaknesses.

Associate Degree Applicable

Transfers to both UC/CSU