

# KINESIOLOGY AND HEALTH

Courses in the Kinesiology and Health Department are designed to increase students' skills in activities that produce physiological results and promote lifelong habits of fitness. Within this department, courses are grouped in two areas: Health Education and Kinesiology. Four-year graduates in Health Education and Kinesiology qualify for employment in private industry and recreational agencies and are prepared to seek teaching credentials in elementary or secondary education. Students planning to transfer to a four-year institution and major in kinesiology or related fields should consult with a counselor regarding the transfer process and lower division requirements.

## Contact Information

Division: Social Science, Human Development, and Physical Education (NH - 345)

Division Phone Number: (909) 384-8603

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- Kinesiology Associate of Arts Degree (<http://catalog.valleycollege.edu/degree-certificate-program-index/kinesiology-health/kinesiology-aa-degree/>)
- Kinesiology Associate of Arts Transfer Degree (<http://catalog.valleycollege.edu/degree-certificate-program-index/kinesiology-health/kinesiology-aat-degree/>)

## HEALTH 101 3 Units

### Health Education

**Lecture:** 54 contact hours

This course is an exploration of health topics and their impact on an individual's health status. Awareness and assessment of current lifestyle behaviors and choices, identification of risk factors, and implementation of prevention strategies are emphasized.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

## HEALTH 103 3 Units

### Introduction to Holistic Health

**Lecture:** 54 contact hours

**Advisory:** ENGL 101 or ENGL 101H

This course is an introduction to health and healing practices involving the integration of physical, mental, spiritual, and social resources. Students explore ancient disciplines of Ayurveda, Yoga, and Chinese Medicine, as well as modern Western health systems like Biofeedback, Swedish Massage, Reiki, Meditation, Guided Imagery, Herbalism, Humor and Music Therapy. Emphasis is placed on health promotion and prevention of disease, and how we become self-advocates in promoting our own well-being with the assistance of health care professionals.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

## KIN 098 1-4 Units

### Kinesiology Work Experience

**WRKEX:** 300 contact hours

Supervised training, in the form of on the job employment that will enhance the student's knowledge in the selected field of study. The student's major and job must match. For paid work, 75 hours = 1 unit; for volunteer work, 60 hours = 1 unit. Students may earn a total of 16 units toward graduation in Work Experience 098 courses. See department for specific guidelines.

**Associate Degree Applicable**

## KIN 200 3 Units

### Introduction to Physical Education and Kinesiology

**Lecture:** 54 contact hours

**Advisory:** ENGL 101 or ENGL 101H or eligibility as determined by the SBVC assessment process.

This introductory course provides an interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

**C-ID:** KIN 100

## KIN 201 3 Units

### Mental Skills for Sport Performance

**Lecture:** 54 contact hours

This course develops an understanding of the mental aspects of sport performance and the mental skills that can be used to enhance sport performance.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

## KIN 202 3 Units

### History of Physical Education and Sport In the United States

**Lecture:** 54 contact hours

**Advisory:** ENGL 015 or eligibility for ENGL 101 or ENGL 101H as determined by the SBVC assessment process.

This course is designed to explore the evolution of sport and physical activity. Topics include historical and philosophical influences from ancient societies through the present.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

## KIN 203 3 Units

### Theory of Coaching

**Lecture:** 54 contact hours

**Advisory:** ENGL 015 or eligibility for ENGL 101 or ENGL 101H as determined by the SBVC assessment process.

This course explores the issues and problems facing the coach today. Topics include the philosophies, theories and principles of developing and maintaining an athletic program. This course is designed for coaches at various levels from youth to high school varsity.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

## KIN 210 2 Units

### Sports Officiating

**Lecture:** 36 contact hours

This course is designed to provide instruction on the rules, techniques, and mechanics of officiating the sports of soccer, football, basketball, and baseball.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

**KIN 222 1-3 Units**

**Independent Study in Kinesiology**

**DIR:** 54 contact hours

Students with previous course work in Kinesiology/Physical Education may do assigned projects involving research and analysis of selected topics. This independent study is for students who are interested in furthering their knowledge of Kinesiology/Physical Education. Prior to registration, a written contract must be prepared jointly by the instructor and the student. See instructor for details.

**Associate Degree Applicable**

**Transfers to CSU, Limited to UC, Credit Determined After Transfer**

**KIN 231 3 Units**

**First Aid and CPR**

**Lecture:** 54 contact hours

This course provides instruction on emergency care and treatment of illnesses and injuries including training in cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED). Students who successfully pass all CPR/AED and First Aid requirements will receive a CPR/AED and First Aid card.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

**C-ID:** KIN 101

**KIN 232 3 Units**

**Prevention and Care of Athletic Injuries**

**Lecture:** 36 contact hours

**Lab:** 54 contact hours

**Advisory:** KIN 231

This is an introductory course in the recognition, assessment, management, care, and prevention of injuries occurring during physical activities. Basic taping techniques, as well as the proper selection and use of treatment modalities, are included.

**Associate Degree Applicable**

**Transfers to both UC/CSU**

**KIN 236 3 Units**

**Stress Management and Wellness**

**Lecture:** 54 contact hours

This course covers stress with emphasis on the physiological, psychological, and sociological issues throughout the lifespan. Topics include: recognition and analysis of symptoms of stress, scientific studies, assessment tools, fitness programs, meditation, yoga, nutrition, weight control, and healthy habits that enhance health and well-being.

**Associate Degree Applicable**

**Transfers to CSU only**

**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 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****KINF 101A 1 Unit****Beginning Boxing for Fitness****Lab:** 54 contact hours

This course is designed to teach beginning level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 101B 1 Unit****Intermediate Boxing for Fitness****Lab:** 54 contact hours**Advisory:** KINF 101A

This course is designed to teach intermediate level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 101C 1 Unit****Advanced Boxing for Fitness****Lab:** 54 contact hours**Advisory:** KINF 101B

This course is designed to teach advanced level boxing skills and techniques. Boxing movements and drills will be utilized to help students improve cardiovascular conditioning, muscular endurance, balance, and coordination.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 105A 1 Unit****Beginning Low Impact Aerobics****Lab:** 54 contact hours

This course is designed to teach basic fitness concepts and beginning level movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 105B 1 Unit****Intermediate Low Impact Aerobics****Lab:** 54 contact hours**Advisory:** KINF 105A

This course is designed to teach intermediate level fitness concepts and movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. Students will also learn how to design a basic step aerobics program.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 105C 1 Unit****Advanced Low Impact Aerobics****Lab:** 54 contact hours**Advisory:** KINF 105B

This course is designed to teach advanced level fitness concepts and movement skills to enhance strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. Students will also learn how to design an intermediate level step aerobics program.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 108A 1 Unit****Beginning Weight Training****Lab:** 54 contact hours

The course is designed to teach beginning level students safe and proper technique for resistance exercises. Students will use free weights and universal machines to develop muscle strength and endurance. Students of all ability levels will receive individual instruction and personally tailored programs.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 108B 1 Unit****Intermediate Weight Training****Lab:** 54 contact hours**Advisory:** KINF 108A

The course is designed to teach safe and proper intermediate level techniques for resistance exercises, including multi-joint movements. Students will use free weights and universal machines to develop muscle strength and endurance. Students of all ability levels will receive individual instruction and create personally tailored programs.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 108C 1 Unit****Advanced Weight Training****Lab:** 54 contact hours**Advisory:** KINF 108B

The course is designed to teach safe and proper advanced level technique for resistance exercises. Students will use free weights, Olympic platforms, and universal machines to develop muscle strength and endurance through multi-joint and Olympic lift exercises. Students of all ability levels will receive individual instruction and create personally tailored programs.

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

**KINF 112A 1 Unit****Beginning Body Conditioning****Lab:** 54 contact hours

This course is designed to teach beginner level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance. Instruction will be modified to accommodate students of all fitness and skill levels.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 112B 1 Unit****Intermediate Body Conditioning****Lab:** 54 contact hours**Advisory:** KINF 112A

This course is designed to teach intermediate level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 112C 1 Unit****Advanced Body Conditioning****Lab:** 54 contact hours**Advisory:** KINF 112B

This course is designed to teach advanced level fitness concepts and movement skills to improve overall cardiovascular fitness, as well as muscular strength and endurance.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 127A 1 Unit****Beginning Walking for Fitness****Lab:** 54 contact hours

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Beginning level training principles and proper technique will be taught to promote this lifelong activity.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 127B 1 Unit****Intermediate Walking for Fitness****Lab:** 54 contact hours**Advisory:** KINF 127A

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Intermediate level training principles, technique and program design will be taught to promote this lifelong activity.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 127C 1 Unit****Advanced Walking for Fitness****Lab:** 54 contact hours**Advisory:** KINF 127B

The course is designed to help improve cardiovascular endurance and overall fitness through walking. Advanced level training principles, technique program design and injury prevention and care will be taught to promote this lifelong activity.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 132A 1 Unit****Beginning Distance Running****Lab:** 54 contact hours

In this course, students will learn beginner level skills, techniques, and strategies of distance running. Instruction will focus on improving the student's running efficiency, cardiovascular fitness, and distance running knowledge.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 132B 1 Unit****Intermediate Distance Running****Lab:** 54 contact hours**Advisory:** KINF 132A

In this course, students will learn intermediate level skills, techniques, and strategies of distance running. Instruction will focus on improving the student's running efficiency, cardiovascular fitness, running biomechanics and strategy development.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 132C 1 Unit****Advanced Distance Running****Lab:** 54 contact hours**Advisory:** KINF 132B

In this course, students will learn advanced level skills, techniques, and strategies of distance running. Instruction will focus on maximizing running efficiency, improving cardiovascular fitness, and practicing various race strategies.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 138A 1 Unit****Beginning Physical Fitness****Lab:** 54 contact hours

This course is a structured exercise class designed to help students participate in a beginning level exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, and exercise technique are provided.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 138B 1 Unit****Intermediate Physical Fitness****Lab:** 54 contact hours**Advisory:** KINF 138A

The course is a structured exercise class designed to help intermediate level students develop and participate in a balanced exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, exercise technique, and individualized programming are provided.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 138C 1 Unit****Advanced Physical Fitness****Lab:** 54 contact hours**Advisory:** KINF 138B

This course is a structured exercise class designed to help advanced level students develop a balanced exercise program including cardiovascular endurance, muscular strength and flexibility training. Instructor guided equipment orientation, fitness testing, exercise technique, and individualized programming are provided.

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

**KINF 142A 1 Unit****Beginning Conditioning for Sports****Lab:** 54 contact hours

This course is designed to teach beginning level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 142B 1 Unit****Intermediate Conditioning for Sports****Lab:** 54 contact hours**Advisory:** KINF 142A

This course is designed to teach intermediate level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 142C 1 Unit****Advanced Conditioning for Sports****Lab:** 54 contact hours**Advisory:** KINF 142B

This course is designed to teach advanced level students muscular strength and endurance exercises, flexibility and core training skills and cardiovascular fitness. It is geared toward improving skills for participation in sports.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 150A 1 Unit****Beginning Table Tennis****Lab:** 54 contact hours

This course is designed to teach beginning table tennis skills and techniques. Students will learn the fundamental instruction of basic strokes, rules, and scoring strategies.

**Associate Degree Applicable****Transfers to CSU only****KINF 150B 1 Unit****Intermediate Table Tennis****Lab:** 54 contact hours**Advisory:** KINF 150A

This course is designed to teach intermediate table tennis skills and techniques. Students will learn overhead shots, volleying techniques, singles strategies, and a variety of other shots.

**Associate Degree Applicable****Transfers to CSU only****KINF 150C 1 Unit****Advanced Table Tennis****Lab:** 54 contact hours**Advisory:** KINF 150B

This course is designed to teach advanced table tennis skills and techniques. Students will learn shot selection strategies, doubles strategies, opponent evaluation, and tournament play skills.

**Associate Degree Applicable****Transfers to CSU only****KINF 168A 1 Unit****Beginning Yoga****Lab:** 54 contact hours

This course is designed to introduce and practice beginning level Hatha Yoga. Improvement in balance, flexibility, muscle strength and endurance will be introduced. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 168B 1 Unit****Intermediate Yoga****Lab:** 54 contact hours**Advisory:** KINF 168A

This activity course is designed to teach the practice of intermediate level Hatha Yoga. Improvement in balance, flexibility, muscle strength and endurance will be emphasized. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 168C 1 Unit****Advanced Yoga****Lab:** 54 contact hours**Advisory:** KINF 168B

This activity course is designed to teach students advanced level Hatha Yoga as well as creating and leading a yoga flow sequence. Maximizing balance, flexibility, muscle strength and endurance will be emphasized. Meditation, breathing and relaxation techniques will be employed to assist in stress reduction.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 190A 1 Unit****Beginning Tai Chi****Lab:** 54 contact hours

This course is designed to study and practice Tai Chi at the beginning level. The history, research, and benefits of Tai Chi will be examined, and the basic 12 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 190B 1 Unit****Intermediate Tai Chi****Lab:** 54 contact hours**Advisory:** KINF 190A

This course is designed to study and practice Tai Chi at the intermediate level. The benefits of Tai Chi will be examined, and the basic 24 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

**Associate Degree Applicable****Transfers to both UC/CSU****KINF 190C 1 Unit****Advanced Tai Chi****Lab:** 54 contact hours**Advisory:** KINF 190B

This course is designed to study and practice Tai Chi at the advanced level. The relationship between Tai Chi and well-being will be examined, and the basic 42 forms of Tai Chi will be explored. The course will include individual and group instruction and practice.

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

**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 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 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****KINX 110AX3 3 Units****Intercollegiate Cross Country - Men****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 110BX3 1 Unit****Intercollegiate Cross Country - Men Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

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

**KINX 110CX3 2 Units****Intercollegiate Cross Country - Men Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 111AX3 3 Units****Intercollegiate Cross Country - Women****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 111BX3 1 Unit****Intercollegiate Cross Country Women Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 111CX3 2 Units****Intercollegiate Cross Country - Women Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 112AX3 3 Units****Intercollegiate Football - Offense****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 112BX3 1 Unit****Intercollegiate Football - Offense Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 112CX3 2 Units****Intercollegiate Football - Offense Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 113AX3 3 Units****Intercollegiate Football - Defense****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 113BX3 1 Unit****Intercollegiate Football - Defense Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 113CX3 2 Units****Intercollegiate Football - Defense Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 114AX3 3 Units****Intercollegiate Soccer - Men****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 114BX3 1 Unit****Intercollegiate Soccer - Men Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

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

**KINX 114CX3 2 Units****Intercollegiate Soccer - Men Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 115AX3 3 Units****Intercollegiate Soccer - Women****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 115BX3 1 Unit****Intercollegiate Soccer - Women Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 115CX3 2 Units****Intercollegiate Soccer - Women Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 116AX3 3 Units****Intercollegiate Volleyball - Women****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 116BX3 1 Unit****Intercollegiate Volleyball - Women Pre-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 116CX3 2 Units****Intercollegiate Volleyball - Women Off-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 120AX3 1.5 Units****Intercollegiate Basketball - Men, Fall****Lab:** 81 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 120BX3 1.5 Units****Intercollegiate Basketball - Men, Spring****Lab:** 81 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT FOR KINX 120Ax3.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 120CX3 1.5-2 Units****Intercollegiate Basketball - Men Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 120DX4 0.5-1 Units****Intercollegiate Basketball - Men Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 121AX3 1.5 Units****Intercollegiate Basketball - Women, Fall****Lab:** 81 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

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

**KINX 121BX3 1.5 Units****Intercollegiate Basketball - Women, Spring****Lab:** 81 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT FOR KINX 121Ax3.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 121CX3 1.5-2 Units****Intercollegiate Basketball - Women Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 121DX4 0.5-1 Units****Intercollegiate Basketball - Women Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 130AX3 3 Units****Intercollegiate Baseball****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 130BX3 2 Units****Intercollegiate Baseball Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 130CX3 1 Unit****Intercollegiate Baseball Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 131AX3 3 Units****Intercollegiate Softball****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 131BX3 2 Units****Intercollegiate Softball Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 131CX3 1 Unit****Intercollegiate Softball Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 132AX3 3 Units****Intercollegiate Track and Field - Men****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 132BX3 2 Units****Intercollegiate Track and Field - Men Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 132CX3 1 Unit****Intercollegiate Track and Field - Men Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

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

**KINX 133AX3 3 Units****Intercollegiate Track and Field - Women****Lab:** 162 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 133BX3 2 Units****Intercollegiate Track and Field - Women Pre-Season Athletics****Lab:** 108 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

**Associate Degree Applicable****Transfers to both UC/CSU****KINX 133CX3 1 Unit****Intercollegiate Track and Field - Women Off-Season Athletics****Lab:** 54 contact hours

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. LIMITATION ON ENROLLMENT: ENROLLMENT IS BASED ON A SUCCESSFUL TRYOUT.

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