

KINESIOLOGY

KIN-4 Nutrition

3.00 units
UC, CSU

Prerequisite: None.

Description: The principles of modern nutrition and its application. The importance of a scientific knowledge of nutrition, specific food nutrients and nutritional controversies. A study of modern convenience foods and their impact on present day diets. 54 hours lecture. (Letter grade only)

KIN-6 Intro PE for Prschl/Elem Children

3.00 units
CSU

Prerequisite: None.

Description: A comprehensive overview of theories and methods relating to the development of a physical education program for children ages 2-11 years including children with special needs and abilities. Emphasis is on the application of principles of physical growth and development to the teaching and acquisition of specific physical skills. The course curriculum is consistent with the California State Department of Education Physical Education Framework. 45 hours lecture and 27 hours laboratory. (Letter grade only)

KIN-10 Introduction to Kinesiology (C-ID:KIN 100)

3.00 units
UC, CSU

Prerequisite: None.

Description: An introduction to the 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. 54 hours lecture. (Letter grade only)

KIN-12 Sport Psychology

3.00 units
UC, CSU

Prerequisite: None.

Description: This course links research in sport psychology with techniques to implement the research in real world settings. This course describes, explains, and applies sport psychology concepts and theories to practical experiences. 54 hours lecture. (Letter grade only)

KIN-14 Athletic and Fitness Organization and Administration

3.00 units
UC, CSU

Prerequisite: None.

Description: This course presents a balance of theory and practice in organization and administration of athletic and fitness programs. It includes management functions such as facilities planning and scheduling, finances, personal philosophy development and marketing analysis for high school, college and professional sport programs and recreation and fitness programs. 54 hours lecture. (Letter grade only)

KIN-16 Introduction to Athletic Training

3.00 units
UC, CSU

Prerequisite: None.

Description: Basic concepts of athletic training with emphasis in the prevention and care of athletic injuries. Basic taping techniques will be presented and practiced. 45 hours lecture and 27 hours laboratory. (Letter grade only)

KIN-17 Athletic Training, Fall Sports, Lower Extremity

2.00 units
UC, CSU

Prerequisite: None.

Corequisite: KIN-16.

Description: Athletic training observation and experience in fall athletic contests; specifically, observation of game situations in football, volleyball, soccer, water polo, cross country, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the lower extremity. 18 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-18**Athletic Training, Spring Sports, Upper Extremity****2.00 units**

UC, CSU

*Prerequisite: None.**Corequisite: KIN-16.*

Description: Athletic training observation and experience in spring athletic contests; specifically, observation of game situations in baseball, softball, track, swimming, tennis, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the upper extremity. 18 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-19**Athletic Training, Fall Sports, Head, Neck, Spine, Torso, and Hip****2.00 units**

UC, CSU

*Prerequisite: None.**Corequisite: KIN-16.*

Description: Athletic training observation and experience in fall athletic contests; specifically, observation of game situations in football, volleyball, soccer, water polo, cross country, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the head, neck, spine, torso and hip. 18 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-20**Athletic Training, Spring Sports, General Medical****2.00 units**

UC, CSU

*Prerequisite: None.**Corequisite: KIN-16.*

Description: Athletic training observation and experience in spring athletic contests; specifically, observation of game situations in baseball, softball, track, swimming, tennis, and basketball. The student will observe and experience practice situations including pre and post practice in the Athletic Training Room. Study will cover various topics related to athletic training including heat illness, unconscious athlete, terminology, tissue response to injury, dietary supplements, pharmaceuticals, nutrition and rehabilitation. 18 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-21A**Athletic Training Applications A****2.00 units**

CSU

*Prerequisite: None.**Corequisite: KIN-17 or KIN-18 or KIN-19 or KIN-20.*

Description: The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible in assisting in daily procedures, modality treatment protocols, practice preparation and athletic training protocols. 108 hours laboratory. (TBA option) (Letter grade only)

KIN-21B**Athletic Training Applications B****2.00 units**

CSU

*Prerequisite: KIN-21A.**Corequisite: KIN-17 or KIN-18 or KIN-19 or KIN-20.*

Description: The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for learning and performing tape jobs, bracing and padding, designing stretching programs, assisting in daily treatment protocols. 108 hours laboratory. (TBA option) (Letter grade only)

KIN-21C**Athletic Training Applications C****2.00 units**

CSU

*Prerequisite: KIN-21B**Corequisite: KIN-17 or KIN-18 or KIN-19 or KIN-20*

Description: The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for assisting in pre-participation screenings, insurance protocols, injury management, lower extremity injury assessment and rehabilitation programs. 108 hours laboratory. (TBA option) (Letter grade only)

- KIN-21D**
Athletic Training Applications D **2.00 units**
CSU
- Prerequisite: KIN-21C.*
Corequisite: KIN-17 or KIN-18 or KIN-19 or KIN-20.
Description: The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for sport specific coverage, rehabilitation programs from start to finish, injury assessment and injury management. 108 laboratory hours. (TBA option) (Letter grade only)
- KIN-23**
Volleyball Coaching Theory **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: Various aspects of coaching volleyball. Emphasis on the theory, structure, and organization of club, high school, collegiate, and international volleyball programs. Team and individual offensive and defensive strategies, technical skills, and program management will be covered. 54 hours lecture. (Letter grade only)
- KIN-24**
Sports Officiating-Fall **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: The mechanics, techniques and rules of officiating football, basketball, and volleyball are defined, analyzed, and applied to prepare students to become competent officials. 54 hours lecture. (Letter grade only)
- KIN-25**
Sports Officiating-Spring **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: The mechanics, techniques and rules of officiating baseball, softball, and track and field are defined, analyzed, and applied to prepare students to become competent officials. 54 hours lecture. (Letter grade only)
- KIN-26**
Foundations of Coaching **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: This course introduces the student to the professions of athletic coaching. Emphasis is on a comprehensive approach to the art and science of coaching including developing a coaching philosophy, sport psychology, sport physiology and sport management. Topics include coaching objectives and style, communication skills, motivation, teaching sport skills, principles for training, team management and self-management. 54 hours lecture. (Letter grade only)
- KIN-27**
Football Theory **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: The study of various aspects of coaching football with an emphasis on the theory of how to organize a football program, individual skills, and offensive and defensive play. 54 hours lecture. (Letter grade only)
- KIN-28**
Basketball Theory **3.00 units**
UC, CSU
- Prerequisite: None.*
Description: The study of various aspects of coaching basketball. Emphasis on the theory of how to organize a basketball program, individual skills, and offensive and defensive play. 54 hours lecture. (Letter grade only)

KIN-29
Soccer Theory **3.00 units**
UC, CSU

Prerequisite: None.

Description: The study of various aspects of coaching the sport of soccer. Students will learn rules, principles for training, team management, communication skills, how to recruit players and techniques for teaching individual skills, offensive and defensive play and team strategies. 54 hours lecture. (Letter grade only)

KIN-30
First Aid and CPR **3.00 units**
UC, CSU
(C-ID:KIN 101)

Prerequisite: None.

Description: Theory and detailed demonstration of first aid care of the injured by the citizen responder. Students will learn how to assess a victim's condition and incorporate proper treatment. Students who successfully pass all National Safety Council requirements will receive a National Safety Council Advanced First Aid certificate. Students who successfully pass all American Heart Association requirements will receive a Healthcare Professional CPR certificate. 54 hours lecture. A fee of \$24.00 for required certificates will be charged to the student and is not covered by CCPG. (Letter grade only)

KIN-33
Baseball Theory **3.00 units**
UC, CSU

Prerequisite: None.

Description: Covers various aspects of coaching baseball which include theory, philosophy, organization and structure of a program, individual skills, and offensive and defensive team play. 54 hours lecture. (Letter grade only)

KIN-34
Softball Theory **3.00 units**
UC, CSU

Prerequisite: None.

Description: Various aspects of coaching softball which include theory, philosophy, organization and structure of a program, mental skills, individual skills, offensive and defensive team play and digital video analysis. 36 hours lecture 54 hours laboratory. (Letter grade only)

KIN-35
Foundation for Fitness and Wellness **3.00 units**
UC, CSU

Prerequisite: None.

Description: Prepares students to make informed choices and to take responsibility for those choices in the areas of fitness, nutrition, and stress management. Emphasis is on the application of health and physical fitness principles. Each student will develop a personalized plan for the overall maintenance of their own wellness. 36 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-36
Wellness: Lifestyle Choices **3.00 units**
UC, CSU

Prerequisite: None.

Description: Exploration of major health issues and behaviors in the various dimensions of health. The Dimensions of health and wellness include the social, physical, emotional, occupational, intellectual and spiritual. Emphasis is placed on the individual responsibility for personal health and the promotion of informed, positive health behaviors. Nutrition, physical activity, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare and environmental hazards and safety will be discussed. 54 hours lecture. (Letter grade only)

KIN-38
Stress Management **3.00 units**
UC, CSU

Prerequisite: None.

Description: The nature, physiology, and psychology of stress. Students will explore perceptions, attitudes, beliefs, and lifestyle factors that may be pre-cursors and contributors to distress. Students will also explore a variety of coping strategies and relaxation techniques. The lab portion of this class provides the opportunity for students to practice techniques and develop a personalized stress management program. 45 hours lecture and 27 hours laboratory. (Letter grade only)

KIN-42
Lifeguarding/Title 22 First Aid/Water Safety Instructor **4.00 units**
UC, CSU

Prerequisite: None

Limitation on enrollment: Retention based on the ability to swim a variety of strokes a predetermined distance, surface dive to retrieve a weight from a 10 foot depth of the pool.

Description: Designed to drill the competent swimmer in life saving and water safety techniques, professional First Aid and CPR care, and to develop the necessary understanding and knowledge to teach American Red Cross courses in swimming. Students successfully completing the requirements will be awarded the American Red Cross CPR for the Professional Rescuer, Title 22 First Aid, Lifeguarding, and Water Safety Instructor Certificates. 54 hours lecture and 54 hours laboratory. A fee of \$82.45 for required certificates will be charged to the student and is not covered by BOGW.(Letter grade only)

KIN-43
Introduction to Personal Training **3.00 units**
CSU

Prerequisite: None.

Description: Experience applying foundations in basic exercise physiology, biomechanics, fitness assessments, exercise prescriptions and instructional techniques. Professional responsibilities of personal trainers will be covered. Provides the necessary information for the student to pursue the Personal Trainer Certification Exam for national certifying organizations (ACE, IFPA, NCSA, etc.). 36 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-44
Yoga Instructor Training **3.00 units**
CSU

Prerequisite: None.

Description: Yoga philosophy and practice. Topics include teaching postures in a safe manner, breathing techniques, and how to observe and assist students. This course may be used as partial fulfillment of the requirements to be a Registered Yoga Teacher through the Yoga Alliance. 36 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-45
Group Fitness Instructor **3.00 units**
CSU

Prerequisite: None.

Description: Fitness both in theory and practice. Topics include how to teach exercise, the essentials of exercise, nutrition and weight management, and safety guidelines. Provides the foundation for becoming a nationally certified (ACE, AFAA, etc.) group fitness instructor. 36 hours lecture and 54 hours laboratory. (Letter grade only)

KIN-A03
Adaptive Physical Fitness **1.00 unit**
UC, CSU

Prerequisite: None

Limitation on enrollment: Medical approval and verification of a physical disability

Description: Provides physical education for students with a physical disability to promote total growth including better self-awareness, physical development and fitness. This course facilitates the student's participation in his/her environment. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A04
Adaptive Water Exercise **1.00 unit**
UC, CSU

Prerequisite: None

Limitation on enrollment: Medical approval and verification of a physical disability

Description: Provides physical education for students with a physical disability to gain increased strength, flexibility, balance, movement memory and coordination in a shallow water pool. Students will use flotation devices, strength and balance equipment in a basic movement and exercise format. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A07
Badminton**1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Introduces the basic footwork and racquet skills of badminton. Emphasis is placed on learning the rules, techniques and fundamental strategies for the singles and doubles game of badminton. 54 hours laboratory. (Letter Grade, or Pass/No Pass option)

KIN-A11
Tennis, Beginning**1.00 unit**
UC, CSU*Prerequisite: None*

Description: A beginning tennis course for the inexperienced or beginner-level player. Emphasis placed on the basic forehand, backhand, serve and volley strokes. Basic strategies for doubles and singles will be introduced. 54 hours laboratory. (Letter grade or Pass/No Pass)

KIN-A12
Tennis, Intermediate**1.00 unit**
UC, CSU*Prerequisite: None.**Advisory: KIN-A11.*

Description: Intermediate tennis is designed for the player wishing to review basic strokes and develop intermediate level skills. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-A13
Tennis, Advanced**1.00 unit**
UC, CSU*Prerequisite: None.**Advisory: KIN-A12.*

Description: For the advanced tennis player interested in improving both their knowledge and skill in tennis. Emphasis placed on advanced skills and competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development within each activity area. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-A20
Golf, Beginning**1.00 unit**
UC, CSU*Prerequisite: None.*

Description: An opportunity for students to develop fundamental golf skills such as grip, stance, address and swing. Class competitive play and skill contests are conducted to further develop the students' interest in the game. Subsequent enrollment in additional semesters will provide an opportunity for added skill and competency development within each activity. KIN-A20 and A21 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-A21
Golf, Intermediate**1.00 unit**
UC, CSU*Prerequisite: None**Advisory: KIN-A20*

Description: An opportunity for students to develop golf skills at the intermediate level. The mental approach to golf as well as intermediate drills and practice techniques will be employed to further enhance the students skill level. Subsequent enrollment in additional semesters will provide the student added skill and competency development within each activity area. KIN-A20 and A21 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade only)

KIN-A28
Swimming, Beginning**1.00 unit**
UC, CSU*Prerequisite: None*

Description: The beginning course introduces the skills and techniques of safety in and around a body of water. Emphasis is placed on acquiring the skills necessary to swim efficiently, safely and proficiently enough to use swimming as a means of physical exercise; i.e. flexibility, endurance and strength. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A29**Swimming, Intermediate****1.00 unit**
UC, CSU*Prerequisite: None**Advisory: KIN-A28*

Description: This course is designed to provide the student with a review of the skills learned in beginning swimming classes, in addition to teaching new intermediate level skills and techniques. Endurance swimming is encouraged and the swimmer is allowed time to practice distance swims. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.(Letter Grade, or Pass/No Pass option.)

KIN-A30**Swimming, Advanced Skills and Conditioning****1.00 unit**
UC, CSU*Prerequisite: None**Advisory: KIN-A29*

Description: Advanced swimming is designed to develop strength, endurance and skill in all swimming strokes. Emphasis is placed on a swimmer acquiring the knowledge, skill and strength to use swimming for physical conditioning. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition.54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A31A**Beginning Water Aerobics and Deep Water Exercise****1.00 unit**
UC, CSU*Prerequisite: None*

Description: Students will develop basic strength, flexibility, coordination and cardiovascular fitness within a shallow/deep water aerobic format. The student will also be introduced to deep water workouts with the aid of a flotation device (belt or noodle). KIN A31 A, A31 B and A31 C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A31B**Intermediate Water Aerobics and Deep Water Exercise****1.00 unit**
UC, CSU*Prerequisite: KIN-A31A*

Description: Introduces intermediate water aerobic skills. Students will increase their coordination and balance along with strength, flexibility and cardiovascular fitness with in a shallow/deep water format. The student will be introduced to intermediate interval aerobic workouts with the addition of water resistance toys and flotation devices. Nutrition concepts and goal setting will be applied. KIN A31 A, A31 B and A31 C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter grade or Pass/No Pass)

KIN-A31C**Advanced Water Aerobics and Deep Water Exercise****1.00 unit**
UC, CSU*Prerequisite: KIN-A31B*

Description: Using advanced water aerobic skills, this course will broaden the students water aerobic experience. Advanced interval aerobic shallow/deep water exercises, with the aid of a flotation device and toys, will increase strength, flexibility, cardiovascular endurance, muscle movement memory and coordination. Personal dietary plans, long term nutritional concepts and fitness goal setting are introduced and implemented. KIN A31 A, A31 B, A31 C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade or Pass/No Pass option.)

KIN-A43**T'ai-chi Ch'uan, Beginning****1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Covers Beginning and Short Form Yang Style T'ai-chi ch'uan (taijiquan) routines. Beginning T'ai-chi form is a 24 movement routine, to introduce the student to basic walking stances along with hand movements. The Short Form is a 37 movement routine, providing emphasis on balance and fluidity of movement. Students will learn proper posture, relaxation methods, stances, hand and foot motions. Benefits include improved balance, flexibility, coordination, focus, and stress reduction. Supplemental exercises will include stretching methods, ch'i kung (qigong) and Chinese therapeutic exercises. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A44**T'ai-chi Ch'uan, Intermediate****1.00 unit**
UC, CSU*Prerequisite: KIN-A43*

Description: A continuation of Yang Style T'ai-chi Ch'uan. Covers more advanced forms and training methods. Students will learn the Yang Style T'ai-chi Ch'uan (taijiquan) 108 movement Long Form. Students will also learn standing and seated meditations, and supplemental exercises. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A54A**Fastpitch Softball Fundamentals - Beg****1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Core softball skills and techniques as the basis for beginning - intermediate level competitive play. The student will be provided the opportunity to develop individual skills and the knowledge of fastpitch rules and strategy with the eventual goal being participation on a collegiate level team. 54 hours laboratory. (Letter grade only)

KIN-A54B**FastPitch Softball Fundamentals - Advanced****1.00 unit**
UC, CSU*Prerequisite: KIN-A54A.*

Description: Specialized softball skills and techniques for advanced level competitive play. The student will be provided the opportunity to develop defensive and offensive strategies, base running, advanced batting techniques and team situations to prepare for intercollegiate play. 54 hours laboratory. (Letter grade only)

KIN-A55**Slow Pitch Softball****1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Introduces basic skills, rules, and strategies for team play in the sport of slow pitch softball. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A57A**Basketball, Beginning****1.00 unit**
UC, CSU*Prerequisite: None*

Description: This basketball course is designed to introduce the basic skills and strategies of basketball. Emphasis is placed on the basic fundamentals that include passing, shooting, dribbling, offensive stance, and defensive stance. KIN A57A, A57B and A57C are courses related in content and are limited in enrollment according to Title V. 54 hours laboratory. (Letter Grade or Pass/No Pass)

KIN-A57B**Basketball, Intermediate****1.00 unit**
UC, CSU*Prerequisite: KIN-A57A*

Description: This basketball course is designed for the player who wants to review basic fundamentals and develop intermediate skills. Emphasis is placed team offense and defense, rebounding, shooting, and team strategy. KIN A57A, A57B and A57C are courses related in content and are limited in enrollment according to Title V. 54 hours laboratory. (Letter Grade or Pass/No Pass)

KIN-A57C**Basketball, Advanced****1.00 unit**
UC, CSU*Prerequisite: KIN-A57B*

Description: This basketball course is designed for students with advanced basketball skills who would like to enhance and improve their basketball knowledge and skill level. Advanced shooting, passing, and rebounding techniques and skills, offensive and defensive systems and team competitions will be emphasized. KIN A57A, A57B, and A57C are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade or Pass/No Pass)

KIN-A62
Flag Football

1.00 unit
 UC, CSU

Prerequisite: None.

Description: The activities in this course provide for the introductory instruction in the skills, techniques, strategy and rules of flag football. The class emphasizes skill improvement, team unity, and safety procedures. KIN-A62 and A62A are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 27 hours laboratory. (Letter Grade, or Pass/No Pass option)

KIN-A64
Soccer

1.00 unit
 UC, CSU

Prerequisite: None

Description: This course is designed to introduce students to the rules, basic skills, and offensive/defensive strategy in soccer. Emphasis will be placed on improving individual skills and applying these skills to game situations. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A64A
Soccer, Beginning

1.00 unit

Prerequisite: None.

Description: An introduction to the fundamental skills and lifetime fitness potential of soccer. Emphasis is placed on learning the basic skills, techniques and rules. Individual strategies for competition will be introduced. 54 hours laboratory. (Letter grade only)

KIN-A64B
Soccer, Intermediate

1.00 unit

Prerequisite: KIN-A64A

Description: Team offensive and defensive soccer strategies will be introduced along with individual soccer skills practiced and increased. Emphasis is placed on spatial awareness and body control necessary for practice and competition along with individual offensive and defensive soccer strategies. KIN-A64A, A64B, and A64C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade only)

KIN-A64C
Soccer, Advanced

1.00 unit

Prerequisite: KIN-A64B.

Description: Offensive and defensive team strategies will be developed along with an increase in individual soccer skills. Emphasis is placed on team strategies, lifetime fitness and perfecting skill techniques. KIN-A64A, A64B, and A64C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade only)

KIN-A67
Volleyball, Beginning

1.00 unit
 UC, CSU

Prerequisite: None

Description: Introduces the skills and lifetime fitness potentials of volleyball. Emphasis is placed on learning the techniques, rules and strategies of volleyball. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade or Pass/No Pass option.)

KIN-A68
Volleyball, Intermediate

1.00 unit
 UC, CSU

Prerequisite: None

Advisory: KIN-A67

Description: Reviews basic volleyball skills and begins work on more advanced skills and playing strategies. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.(Letter Grade, or Pass/No Pass option.)

KIN-A69
Volleyball, Advanced

1.00 unit
 UC, CSU

Prerequisite: None

Advisory: KIN-A68

Description: Advanced volleyball techniques. Individual skill work, along with various team offensive systems and team defensive patterns, will be taught and analyzed. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A71
Beach Volleyball

1.00 unit
 UC, CSU

Prerequisite: None

Advisory: KIN-A67 or proficient skills in beach volleyball.

Description: Course provides intermediate and advanced instruction and strategies in sand volleyball. Designed to develop advanced skills, knowledge of rules, team strategies and desire for future participation during leisure times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A75A
Walking for Fitness: Beginning

1.00 unit
 UC, CSU

Prerequisite: None

Description: This course is designed for all students with an emphasis on cardiovascular fitness, setting personal fitness goals and understanding the physiological benefits of a walking program. Walking programs will be established to improve cardiorespiratory endurance. KIN-A75A, A75B and A77 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade or Pass/No Pass option.)

KIN-A75B
Walking for Fitness: Intermediate

1.00 unit
 UC, CSU

Prerequisite: None

Advisory: KIN-A75A

Description: This course is designed for students of intermediate fitness levels who would like to enhance and improve their cardiovascular fitness, basic strength and flexibility with more advanced walking strategies. Intermediate walking techniques will be utilized in establishing walking programs designed to promote improvements in cardiorespiratory endurance and body composition. KIN-A75A, A75B and A77 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter grade or Pass/No Pass option.)

KIN-A77A
Jogging for Fitness, Beginning

1.00 unit
 UC, CSU

Prerequisite: None.

Description: Introduces basic fitness concepts to improve each individual's physical health and general well being. Geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis placed on building endurance and strength through jogging. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter grade only)

KIN-A77B
Jogging for Fitness, Intermediate

1.00 unit
 UC, CSU

Prerequisite: None.

Advisory: KIN-A77A.

Description: Designed for students of intermediate fitness levels who would like to enhance and improve their cardiovascular fitness and flexibility with jogging strategies. Jogging techniques will be utilized in establishing programs designed to promote improvements in cardiorespiratory endurance and body composition. Geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis placed on building endurance and strength by using stretching and jogging techniques for conditioning. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter grade only)

KIN-A77C**Jogging for Fitness, Advanced****1.00 unit**
UC, CSU*Prerequisite: None.**Advisory: KIN-A77B.*

Description: Designed for students of advanced fitness levels who would like to enhance and improve their cardiovascular fitness, overall strength and flexibility with more advanced jogging strategies. Progressive jogging techniques will be utilized in establishing jogging programs designed to promote improvements in cardiovascular endurance and body composition. Geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis placed on building endurance and strength by using advanced stretching, muscle strengthening and jogging techniques for conditioning. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter grade only)

KIN-A81A**Cardio and Strength Training, Beginning****1.00 unit**
UC, CSU*Prerequisite: None*

Description: An overview of the basic concepts that affect total fitness. Personalized exercise programs in cardiovascular endurance, muscular strength, muscular endurance, and flexibility will be developed. KIN-A81A and A81B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A81B**Cardio and Strength Training, Intermediate****1.00 unit**
UC, CSU*Prerequisite: KIN-A81A*

Description: Provides nutritional, cardiovascular, strength, flexibility and assessment concepts to enhance the personalized exercise program. KIN-A81A and A81B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (TBA option)(Letter Grade, or Pass/No Pass option.)

KIN-A81C**Cardio and Strength Training, Advanced****1.00 unit**
UC, CSU*Prerequisite: KIN-A81B*

Description: Designed to enhance nutritional, cardiovascular, strength and flexibility concepts in order to create and apply a lifelong individual physical fitness program. KIN A81A and A81B and A81C are courses related in content and are limited enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade, or Pass/No Pass option)

KIN-A89A**Beginning Body Sculpting****1.00 unit**
UC, CSU*Prerequisite: None*

Description: Students will develop muscular strength and endurance along with flexibility using a variety of hand weights, body bars, elastic bands and exercise balls. Emphasis is placed on safety and proper technique while training basic muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade, or Pass/No Pass option)

KIN-A89B**Intermediate Body Sculpting****1.00 unit**
UC, CSU*Prerequisite: KIN-A89A*

Description: Students will increase and maintain their body development through core strength, resistance and endurance training, along with body sculpting techniques. Personal fitness plans will be developed and incorporated based on personal health and fitness. Emphasis is placed on safety, core strength and major and minor muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade, or Pass/No Pass option)

KIN-A89C**Advanced Body Sculpting****1.00 unit**
UC, CSU*Prerequisite: KIN-A89B*

Description: Students will develop personal and nutritional lifetime fitness goals and create a lifetime fitness plan. Muscular strength, cardiovascular endurance, flexibility and aerobic fitness will be developed and assessed. Emphasis will be placed on safety, proper body alignment and major and minor muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter grade, or Pass/No Pass option)

KIN-A90A**Weight Training - Beginning****1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Weight training course designed to teach students the basic exercises for the development of the major muscles. Emphasis is placed on muscular strength, endurance and flexibility. 54 hours laboratory. (Letter grade, Pass/No pass option)

KIN-A90B**Weight Training - Intermediate****1.00 unit**
UC, CSU*Prerequisite: KIN-A90A*

Description: Weight training course for students who have a basic background in weight lifting. Emphasis is placed on furthering strength development, cardiovascular endurance and flexibility. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-A90C**Weight Training - Advanced****1.00 unit**
UC, CSU*Prerequisite: KIN-A90B*

Description: Weight training course for students who have an extensive background in weight lifting. Emphasis is placed on strength development, cardiovascular endurance and flexibility. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-V01**Cross Country, Varsity, Men****3.00 units**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to serve as an opportunity for cross country runners to improve skills, knowledge and strategy of the sport of cross country. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in cross country. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V02**Football, Varsity, Men****3.00 units**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for football players to improve skills, knowledge and strategy of the game of football. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in football. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V04**Basketball, Varsity, Men****3.00 units**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed for collegiate athletic competition in basketball including games, practice and tournaments. This program will consist of a highly organized and intense setting of lecture, individual, group, team sessions, and video/DVD/ film evaluation to prepare students for intercollegiate competition in basketball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V05**Baseball, Varsity, Men****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Designed to assist advanced baseball players to improve their skills, knowledge and strategy of the game through a highly organized, intense program of activity drills, lecture and inter-squad practice leading to intercollegiate competition. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V06**Track and Field, Varsity, Men****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to serve as an opportunity for track and field competitors to improve skills, knowledge and strategy of the sport of track and field. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in track and field. Repeating the course provides the student an opportunity for a leadership role and for additional skill and competency development within the sport. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V07**Golf, Varsity, Men****3.00 units**

UC, CSU

*Prerequisite: None.**Limitation on enrollment: Retention based on successful tryout.*

Description: Opportunity for experienced golfers to improve skills, knowledge, and strategies for intercollegiate competition. Repeating this course provides additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter grade only)

KIN-V08**Tennis, Varsity, Men****3.00 units**

UC, CSU

*Prerequisite: None.**Limitation on enrollment: Retention is based on successful tryout.*

Description: Opportunity for tennis players to improve their skills, knowledge, and strategy of the game of tennis. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in tennis. Repeating the course provides additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter grade only)

KIN-V09**Swimming and Diving, Varsity Men****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for swimmers and divers to develop the fundamental skills and strategies along with a physical conditioning program necessary for the sport of competitive swimming and diving. This program will consist of highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare the students for intercollegiate competition in swimming and diving. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory.(Letter Grade, or Pass/No Pass option.)

KIN-V10**Soccer, Varsity Men****3.00 units**

UC, CSU

Prerequisite: None.

Description: This course prepares the student athletes to practice and compete at the intercollegiate level in soccer. Athletes will demonstrate proficiency and knowledge of advanced principles of offensive and defensive team concepts. Student athletes will participate in a physical conditioning program designed to prepare them for intercollegiate competition in soccer. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V11**Pep Squad, Varsity, Men and Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for students to advance in the skills of tumbling, jumping, dance, cheer, partner stunts, and pyramids. This program will consist of highly organized lectures, individual and team practice sessions, physical conditioning programs and video/DVD/film evaluation to prepare students for college activities and athletic competitions in pep squad. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V12**Cross Country, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to serve as an opportunity for cross country runners to improve skills, knowledge and strategy of the sport of cross country. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in cross country. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V14**Track and Field, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to serve as an opportunity for track and field competitors to improve skills, knowledge and strategy of the sport of track and field. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in track and field. Repeating the course provides the student an opportunity for a leadership role and for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V18**Tennis, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None.**Limitation on enrollment: Retention is based on successful tryout.*

Description: Opportunity for tennis players to improve their skills, knowledge, and strategy of the game of tennis. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in tennis. Repeating the course provides additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter grade only)

KIN-V19**Swimming and Diving, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for swimmers and divers to develop the fundamental skills and strategies along with a physical conditioning program necessary for the sport of competitive swimming and diving. This program will consist of highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare the students for intercollegiate competition in swimming and diving. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory.(Letter Grade, or Pass/No Pass option.)

KIN-V20**Basketball, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Collegiate athletic competition in basketball including games, practice and tournaments. This program will consist of a highly organized and intense setting of lecture, individual, group, team sessions, and video/DVD/ film evaluation to prepare students for intercollegiate competition in basketball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory.(Letter Grade or Pass/No Pass option.)

KIN-V21**Volleyball, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None.**Limitation on enrollment: Retention based on successful tryout.*

Description: An opportunity for volleyball players to improve skills, knowledge and strategy of the game of volleyball. This program will consist of highly organized lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in volleyball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option)

KIN-V22**Fastpitch, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None.**Limitation on enrollment: Retention based upon successful tryout.*

Description: Opportunity for advanced fastpitch players to improve skills, knowledge and strategy of the game of fastpitch softball. This program will consist of highly organized lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in fastpitch. Repeating the course provides additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter grade only)

KIN-V23**Water Polo, Varsity, Men****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for water polo players to develop and improve fundamental skills, along with offensive and defensive skills of the game of water polo. This program will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in water polo. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V24**Water Polo, Varsity, Women****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for water polo players to develop and improve fundamental skills, along with offensive and defensive skills of the game of water polo. This program will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in water polo. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V26**Song/Cheerleading****2.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to promote the advancement of skills in conditioning, jumping, dance and cheer/song techniques demonstrated at college activities and athletic competitions. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development with each activity area. May be taken a total of four times. 108 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V27**Stunt****3.00 units**

UC, CSU

*Prerequisite: None**Limitation on enrollment:*

Description: Promotes the advancement of skills, knowledge, and strategy of the sport of Stunt. Consists of a highly organized lectures, individual, and team practice sessions to prepare students for intercollegiate competition in Stunt. Repeating the course will provide the student an opportunity for added skill and competency development. May be taken a total of 4 times. 175 hours laboratory. (TBA option) (Letter grade or Pass/No Pass)

KIN-V33**Track and Field Techniques: Running Event Techniques****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Beginning and advanced techniques and current methods of training for sprints, middle distance, distance and hurdle events are taught. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V34**Track and Field Techniques: Field Event Techniques****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Beginning and advanced techniques and current methods of training for decathlon, pole vault, long jump, triple jump, shot put, discus, javelin, and hammer throw. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V50**Baseball Fundamentals: Defensive****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to give students the opportunity to review or learn the basic defensive skills of baseball. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity baseball. Intrasquad and interschool games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V51**Baseball Fundamentals: Offensive****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to give students the opportunity to review or learn the basic offensive skills of baseball. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity baseball. Intra-squad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V52**Fastpitch Fundamentals: Offensive****1.00 unit**
UC, CSU*Prerequisite: None.**Limitation on enrollment: Retention based on successful tryout.*

Description: Designed to give students the opportunity to review or learn the basic offensive skills of fastpitch. These fundamentals are both individual and team orientated with the purpose of improving to the point whereby the student is able to play varsity fastpitch. Intra-squad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-V53**Fastpitch Fundamentals: Defensive****1.00 unit**
UC, CSU*Prerequisite: None.**Limitation on enrollment: Retention based on successful tryout.*

Description: Designed to give students the opportunity to review or learn the basic defensive skills of fastpitch. These fundamentals are both individual and team orientated with the purpose of improving to the point whereby the student is able to play varsity fastpitch. Intra-squad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter grade or Pass/No Pass option)

KIN-V60**Football Fundamentals, Defensive****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity to learn general and specific individual defensive football fundamentals, techniques, and strategies emphasizing active participation. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V61**Football Fundamentals, Offensive****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity to learn general and specific individual offensive football fundamentals, techniques, and strategies emphasizing active participation. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V70**Water Polo Techniques****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Opportunity for students to develop fundamental skills in the sport of water polo. Drills and various practice techniques will be used to develop all aspects of the game. The student will participate in an extensive physical conditioning program, which will include stretching, swimming, strength building and kicking exercises. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development within the activity area. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V71**Women's Beach Volleyball****3.00 units**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: Prepares student athletes to practice and compete at the intercollegiate level in sand volleyball. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V78**Long Distance Running****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course will provide general and specific long distance running principles, conditioning methods, and race tactics involved in competitive long distance running. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development. This course may be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V82**Speed, Agility, Quickness****1.00 unit**
UC, CSU*Prerequisite: None.*

Description: Opportunity for varsity student athletes to improve skills in traditional speed-specific and agility-specific movements. Student athletes will participate in drills and activities which will improve muscular endurance, muscular strength, cardiovascular endurance and flexibility. Running technique, body control, balance and first step explosiveness are skills to prepare student athletes for intercollegiate competition. 54 hours laboratory. (Letter Grade or Pass/No Pass option.)

KIN-V92**Weight Training, Varsity Athletes****1.00 unit**
CSU*Prerequisite: None**Limitation on enrollment: Retention is based on successful tryout*

Description: A weight training course for varsity athletes who have an extensive background in weight lifting. Emphasis is placed on strength development, cardiovascular endurance, and flexibility. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V94**In-Season Varsity Sport Conditioning****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to teach advanced conditioning principles for the design and implementation of an in-season training program during varsity sport competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V95**Out-Of-Season Sport Conditioning****1.00 unit**
UC, CSU*Prerequisite: None**Limitation on enrollment: Retention based on successful tryout*

Description: This course is designed to teach advanced conditioning principles for the design and implementation of our out-of-season training programs in preparation for varsity sport competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)