

## **KIN-V09 — SWIMMING AND DIVING, VARSITY MEN**

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### **About This Course**

**Transfer:** UC, CSU

3.00 units

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.)