

## ATHLETICS

### Health, Athletics, Wellness, and Kinesiology Division

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<http://www.cabrillo.edu/programs>

#### ATH 10 Athletic Conditioning

0.5 – 2 units; 1 – 4 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides the opportunity for students to cross train and to improve fitness levels for intercollegiate competition. Functional training, core training, plyometrics, and strength training are emphasized to reduce chances of injury and to improve performance levels during the competitive season.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

#### ATH 11 Football Conditioning

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides instruction in speed, agility, and strength for football conditioning.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

#### ATH 15C Intercollegiate Athletics-Football

3 units; 9.72 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For students interested in intercollegiate competition in football. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15D Intercollegiate Athletics-Soccer: Men

3 units; 9.7 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For men interested in intercollegiate competition in soccer. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15E Intercollegiate Athletics-Soccer: Women

3 units; 9.7 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For women interested in intercollegiate competition in soccer. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15F Intercollegiate Athletics-Water Polo: Women

3 units; 9.7 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For women interested in intercollegiate competition in water polo. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15G Intercollegiate Athletics-Volleyball: Women

3 units; 9.7 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For women interested in intercollegiate competition in volleyball. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15H Intercollegiate Athletics-Water Polo: Men

3 units; 9.7 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For men interested in intercollegiate competition in water polo. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

#### ATH 15I Intercollegiate Athletics-Basketball: Men

1 – 2 units; 3 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

For men interested in intercollegiate competition in basketball. Open entry/open exit.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15J Intercollegiate Athletics-Basketball: Women**

1 – 2 units; 3 – 6 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For women interested in intercollegiate competition in basketball. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15K Intercollegiate Athletics-Baseball**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For students interested in intercollegiate competition in baseball. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15M Intercollegiate Athletics-Softball**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For students interested in intercollegiate competition in softball. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15N Intercollegiate Athletics-Swimming and Diving: Men**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For men interested in intercollegiate competition in swimming and diving. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15P Intercollegiate Athletics-Swimming and Diving: Women**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For women interested in intercollegiate competition in swimming and diving. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15Q Intercollegiate Athletics-Tennis: Men**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For men interested in intercollegiate competition in tennis. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15R Intercollegiate Athletics-Tennis: Women**

3 units; 9.7 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 For women interested in intercollegiate competition in tennis. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

**ATH 15S Intercollegiate Athletics-Sand Volleyball: Women**

3 units; 9.72 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 Provides instruction and coaching in intercollegiate competition in sand volleyball. Open entry/open exit.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 30 Baseball Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 Provides off season skills development and conditioning for men's intercollegiate baseball.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 31 Basketball Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 Provides off season skills development and conditioning for intercollegiate basketball.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 32 Football Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 4 times.  
 Provides instruction in offensive and defensive techniques and tactics associated with Intercollegiate Football.  
*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 33 Soccer Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for intercollegiate soccer.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 34 Softball Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for women's intercollegiate softball.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 35 Volleyball Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for intercollegiate volleyball.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 36 Water Polo Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for intercollegiate water polo.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 38 Swimming Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for intercollegiate swimming and diving.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

**ATH 39 Tennis Skills Development**

0.5 – 3 units; 1 – 6 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 4 times.

Provides off season skills development and conditioning for intercollegiate tennis.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.