

## KINESIOLOGY

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

Ian Haslam, Division Dean

Division Office, Room 1102

Kim Belliveau, Department Chair, (831) 479-6333

Aptos Counseling: (831) 479-6274 for appointment

Watsonville Counseling: (831) 786-4734

Call (831) 479-6266 for more information

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



Associate Degree  
for Transfer

*A Degree with a Guarantee.™*

### Kinesiology A.A.-T Transfer Degree

Kinesiology is the academic discipline concerned with the art and science of human movement. Kinesiology may also be listed as Physical Education or Human Performance at some campuses. Students may pursue Bachelors and graduate degrees with emphasis in adaptive physical education, athletic training, physical therapy, dance, movement sciences, sports management, teaching, and coaching which provide numerous career opportunities in both the public, and private sectors.

Cabrillo offers options for degrees in Kinesiology. The first option listed below is an Associate in Arts in Kinesiology for Transfer (A.A.-T), which is intended for students who plan to complete a bachelor's degree in a similar major at a CSU campus. Students completing these degrees are guaranteed admission to the CSU system, but not to a particular campus or major. See Associate Degree for Transfer information in the Cabrillo College *Catalog*. Students pursuing transfer to a specific campus or major concentration should pay careful attention to the courses they choose from List A to insure major preparation for their preferred campus.

The following is required for all A.A.-T or A.S.-T degrees:

- Completion of 60 CSU-transferable semester units.
- Minimum grade-point average (GPA) of at least 2.0 in all CSU-transferable coursework. While a minimum of 2.0 is required for admission, some majors may require a higher GPA.
- Completion of a minimum of 18 semester units in the major with a letter grade of "C" or better, or a "P" if the course is taken on a "Pass/No Pass" basis.
- Certified completion of the California State University General Education- Breadth pattern (CSU GE Breadth) or the Intersegmental General Education Transfer Curriculum (IGETC) pattern.

### Learning Outcomes

The Cabrillo College Core Competencies (with an emphasis in the study of Kinesiology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety

4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

**CSU or IGETC for CSU General Education Requirements 37-39 Units Core Courses (11 units)**

|       |                                  |   |
|-------|----------------------------------|---|
| KIN 2 | Introduction to Kinesiology..... | 3 |
| BIO 4 | Human Anatomy.....               | 4 |
| BIO 5 | Human Physiology .....           | 4 |

**Movement Based Courses**

You must take one course from three of the four different areas for an overall 3-unit minimum. One 3-unit course will not complete the Movement-Based Course requirement. Each course should be taken for 1 unit. Other KIN and DANCE courses may be used for the Movement Based Courses requirement IF they are documented as lower-division major preparation for the Similar Major at a CSU. Students may also substitute a higher level course (i.e. level B or C).

**Aquatics Courses**

|         |                              |       |
|---------|------------------------------|-------|
| KIN 60A | Beginning Swimming .....     | 0.5-2 |
| KIN 60B | Intermediate Swimming.....   | 0.5-2 |
| KIN 61A | Beginning Swim Fitness.....  | 0.5-3 |
| KIN 63A | Beginning Water Polo .....   | 0.5-2 |
| KIN 63B | Intermediate Water Polo..... | 0.5-2 |
| KIN 63C | Advanced Water Polo.....     | 0.5-2 |

**Dance Courses**

|           |                                  |         |
|-----------|----------------------------------|---------|
| DANCE 2A  | Introduction to Dance I.....     | 0.5 - 3 |
| DANCE 4   | Contemporary Modern Dance I..... | 0.5 - 3 |
| DANCE 12A | Choreography I.....              | 0.5 - 3 |
| DANCE 21A | Ballroom Dance I.....            | 0.5 - 3 |
| DANCE 21B | Ballroom Dance II.....           | 0.5 - 3 |
| DANCE 81  | Swing Dance.....                 | 0.5 - 3 |

**Fitness Courses**

|         |  |         |
|---------|--|---------|
| KIN 27A | Beginning Weight Training .....          | 0.5 - 2 |
| KIN 27B | Intermediate Weigh Training .....        | 0.5 - 2 |
| KIN 34A | Beginning Core Performance .....         | 0.5 - 2 |
| KIN 37A | Beginning Hatha Yoga .....               | 0.5 - 2 |
| KIN 38A | Beginning Yoga & Stress Reduction .....  | 0.5 - 2 |
| KIN 39A | Beginning Gyrokinesis® Movement Yoga.... | 0.5 - 2 |
| KIN 55  | Sports Conditioning .....                | 0.5 - 3 |

**Team and Individual Sports courses**

*Note: KIN 53A may be used if taken before Spring, 2014*

|         |                                 |         |
|---------|---------------------------------|---------|
| KIN 40A | Beginning Golf.....             | 0.5 - 2 |
| KIN 40B | Intermediate Golf.....          | 0.5 - 2 |
| KIN 43A | Beginning Tennis.....           | 0.5 - 2 |
| KIN 43B | Intermediate Tennis.....        | 0.5 - 2 |
| KIN 43C | Advanced Tennis .....           | 0.5 - 2 |
| KIN 47A | Beginning Basketball.....       | 0.5 - 2 |
| KIN 47B | Intermediate Basketball.....    | 0.5 - 2 |
| KIN 50A | Beginning Soccer.....           | 0.5 - 2 |
| KIN 52A | Beginning Ultimate Frisbee..... | 0.5 - 2 |
| KIN 54A | Beginning Volleyball.....       | 0.5 - 2 |
| KIN 54B | Intermediate Volleyball .....   | 0.5 - 2 |
| KIN 54C | Advanced Volleyball .....       | 0.5 - 2 |

**List A - Take two courses from two of the five different areas: BIO, CHEM, First Aid, Statistics, and PHYS. Units**

|          |   |   |
|----------|---|---|
| BIO 9A   | Molecular, Cellular, and Animal Biology.....    | 5 |
| BIO 9B   | Ecology, Evolution, and Plant Biology.....      | 5 |
| BIO 11A  | General Biology .....                           | 4 |
| CHEM 30A | Inorganic Chemistry for Health Occupations..... | 4 |
| CHEM 30B | Introductory Organic Chemistry and              |   |

|  |                                  |   |
|--|----------------------------------|---|
| Biochemistry for Health Occupations .....    | 4                                |   |
| General Chemistry I .....                    | 5                                |   |
| Chemistry for the Allied Health Major.....   | 5                                |   |
| First Aid: Responding to Emergencies .....   | 3                                |   |
| Elementary Statistics .....                  | 5                                |   |
| Honors Elementary Statistics .....           | 5                                |   |
| Statistics for Behavioral Sciences.....      | 3                                |   |
| General Physics I.....                       | 4                                |   |
| Physics for Scientists and Engineers I ..... | 5                                |   |
| Introduction to Physics.....                 | 3                                |   |
| and  |                                  |   |
| PHYS 10L                                     | Introduction to Physics Lab..... | 1 |

*Note: BIO, MATH, CHEM, PHYS and PSYCH courses are also general education courses.*

**Total Units** **60**

**Kinesiology A.A. Degree**

**Learning Outcomes**

The Cabrillo College Core Competencies (with an emphasis in the study of Kinesiology):

1. Communication: Reading, Writing, Listening, Speaking, and/or Conversing
2. Critical Thinking and Information Competency: Analysis, Computation, Research, Problem Solving
3. Global Awareness: An appreciation of Scientific Processes, Global Systems and Civics, and Artistic Variety
4. Personal Responsibility and Professional Development: Self-Management and Self-Awareness, Social and Physical Wellness, Workplace Skills

**Model Program for Kinesiology**

An Associate Degree requires 60 units appropriate to your educational goal, to include general education and at least 18 units in a major. Courses should be selected to meet the lower-division major preparation requirements at your intended transfer university - these specific requirements can be found at [www.assist.org](http://www.assist.org) for 4-year public institutions in California. Please see a counselor for advisement to ensure you are taking the best possible courses given your goal.

The department presents the following suggested Model Program for this major. The courses listed below may or may not be appropriate depending on your specific goal. Please see a counselor for advisement for transfer to any 4-year institution.

Most KIN activity courses may be used to meet general education Area E, Lifelong Understanding and Self-Development for Cabrillo's non-transferable Associate degrees, when combined with other non-activity Area E units from the CG or ECE departments.

**A.A. General Education 30 Units**

**Core Courses (15 units)**

|       |                                  |   |
|-------|----------------------------------|---|
| BIO 4 | Human Anatomy.....               | 4 |
| BIO 5 | Human Physiology .....           | 4 |
| KIN 2 | Introduction to Kinesiology..... | 3 |
| KIN   | Activity Classes.....            | 4 |

**Approved Electives (6 Units) Units**

|         |   |   |
|---------|---|---|
| KIN 4   | Introduction to Personal Training ..... | 3 |
| KIN 8A  | Beginning Weight Management.....        | 2 |
| KIN 10A | Athletic Training: Injury Prevention,   |   |

|   |  |              |
|---|--|--------------|
|   | Evaluation and Care.....   | 3            |
| KIN 10B   | Athletic Training: Treatment and<br>Rehabilitation of Athletic Injuries..... | 3            |
| KIN 13  | First Aid: Responding to Emergencies .....                                   | 3            |
| KIN 15  | Community Cardio Pulmonary Resuscitation..                                   | 0.5          |
| <b>Recommended from Related Disciplines (9 Units)</b> |  | <b>Units</b> |
| CAHM 20   | Nutrition .....  | 3            |
| CHEM 30A  | Inorganic Chemistry for Health Occupations.....                              | 4            |
| MATH 12   | Elementary Statistics .....  | 5            |
| or  |  |              |
| MATH 12H  | Honors Elementary Statistics .....   | 5            |
| PSYCH 1   | General Psychology .....   | 3            |
| or  |  |              |
| PSYCH 1H  | Honors General Psychology .....  | 3            |
| PHYS  | Any Course .....   | 3 - 5        |
| <b>Total Units</b>                                    |  | <b>60</b>    |

**Personal Trainer Certification Skills Certificate**

**Learning Outcome**

1. Design fitness programs to meet desired training goals appropriate to individual clients.

|  |  |              |
|--|--|--------------|
| <b>Required Courses</b>                    |  | <b>Units</b> |
| BIO 13A                                    | Biology of People-Anatomy and Physiology.....                          | 3            |
| HS 21                                      | Health and Physical Fitness .....                                      | 3            |
| KIN 4                                      | Introduction to Personal Training .....                                | 3            |
| KIN 8A                                     | Beginning Exercise and Nutrition for<br>Wellness and Weight Loss ..... | 2            |
| KIN 13                                     | First Aid: Responding to Emergencies .....                             | 3            |
| <b>3 units from the following courses:</b> |  | <b>Units</b> |
| KIN 27A                                    | Beginning Weight Training .....  | 3            |
| KIN 31A                                    | Beginning Total Fitness.....   | 0.5 - 2      |
| KIN 34A                                    | Beginning Core Performance .....                                       | 0.5 - 2      |
| KIN 35A                                    | Beginning Cross Training.....  | 0.5 - 2      |
| KIN 37A                                    | Beginning Hatha Yoga .....   | 0.5 - 2      |
| KIN 61A                                    | Beginning Swim Fitness .....   | 0.5 - 3      |
| KIN 62A                                    | Beginning Water Aerobics.....  | 0.5 - 2      |
| <b>Total Units</b>                         |  | <b>17</b>    |

**Kinesiology Courses**

**KIN 2 Introduction to Kinesiology**

3 units; 3 hours Lecture  
 Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.  
 Repeatability: May be taken a total of 1 time.  
 Introduces 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 area of teaching, coaching, allied health, and fitness professions. May be offered in a Distance-Learning format.  
*Transfer Credit:* Transfers to CSU; UC. C-ID: KIN 100

**KIN 3 Introduction to College and Intercollegiate Athletics**

3 units; 3 hours Lecture  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 1 time.  
 Introduces college requirements, college services, community college eligibility requirements, and NCAA/NAIA transfer regulations for intercollegiate student athletes. Study skills instruction and academic planning included.  
*Transfer Credit:* Transfers to CSU.

**KIN 4 Introduction to Personal Training**

3 units; 3 hours Lecture  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 1 time.  
 Prepares students to pass a national exam in Personal Training (NSCA, NASM, ACE). Topics include health screening, strength/fitness assessment, basic exercise science, and program design. Appropriate for students considering careers in personal training, group exercise, physical therapy, and athletic training.  
*Transfer Credit:* Transfers to CSU.

**KIN 4LA Beginning-Level Personal Training Lab**

1 unit; 2 hours Laboratory  
 Hybrid Requisite: KIN 4.  
 Recommended Preparation Eligibility for ENGL 100 or ESL 100 or READ 100.  
 Repeatability: May be taken a total of 1 time.  
 Provides the opportunity to apply the skills and knowledge acquired in KIN 4, and provides beginning-level practical exposure to the field of personal training.  
*Transfer Credit:* Transfers to CSU.

**KIN 4LB Intermediate-Level Personal Training Lab**

1 unit; 2 hours Laboratory  
 Prerequisite: KIN 4LA.  
 Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.  
 Repeatability: May be taken a total of 1 time.  
 Provides the opportunity to apply the skills and knowledge acquired in KIN including intermediate-level practical exposure to the field of personal training.  
*Transfer Credit:* Transfers to CSU.

**KIN 4LC      Advanced-Level Personal Training Lab**

1 unit; 2 hours Laboratory

Prerequisite: KIN 4LB.

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

Repeatability: May be taken a total of 1 time.

Provides the opportunity to apply the skills and knowledge acquired in KIN including demonstrating the ability to individualize exercise instruction.

*Transfer Credit:* Transfers to CSU.

**KIN 4LD      Expert-Level Personal Training Lab**

1 unit; 2 hours Laboratory

Prerequisite: KIN 4LC.

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

Repeatability: May be taken a total of 1 time.

Provides the opportunity to apply the skills and knowledge acquired in KIN 4 including the proper communication of fitness instructions.

*Transfer Credit:* Transfers to CSU.

**KIN 5      Theory of Coaching Youth Sport**

3 units; 3 hours Lecture

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

Repeatability: May be taken a total of 1 time.

Teaches the role and philosophy of the athlete centered youth coach covering topics such as motivation, effective teaching, principles of physical training, team management, and seasonal planning; designed for youth sport coaches.

*Transfer Credit:* Transfers to CSU.

**KIN 6A      Coaching Youth Soccer**

3 units; 3 hours Lecture

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

Repeatability: May be taken a total of 1 time.

Examines the philosophy of coaching youth soccer and prepares the student for successful completion of the United States Soccer Federation (USSF) Coaching Licenses F and E as well as the Cal-North Goal-keeper Certificate.

*Transfer Credit:* Transfers to CSU.

**KIN 8A      Beginning Exercise and Nutrition for Wellness and Weight Loss**

2 units; 1 hour Lecture, 2 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

*Transfer Credit:* Transfers to CSU.

**KIN 8B      Intermediate Exercise and Nutrition for Wellness and Weight Loss**

2 units; 1 hour Lecture, 2 hours Laboratory

Prerequisite: KIN 8A.

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

Repeatability: May be taken a total of 1 time.

Provides continued instruction and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

*Transfer Credit:* Transfers to CSU.

**KIN 9      Coaching Youth Baseball**

3 units; 3 hours Lecture

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

Repeatability: May be taken a total of 1 time.

Focuses on the philosophy of coaching youth baseball and includes coursework completion of the American Sport Education Baseball Coaching Certification.

*Transfer Credit:* Transfers to CSU.

**KIN 10A      Athletic Training: Injury Prevention, Evaluation and Care**

3 units; 3 hours Lecture

Recommended Preparation: BIO 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries. Athletic injury prevention will be emphasized through pre-participation physical exams, exercise, programs, preventative taping and wrapping, proper fitting of equipment, and protective braces.

*Transfer Credit:* Transfers to CSU; UC.

**KIN 10AL      Clinical Experience in Sports Medicine I**

1 – 2 units; 2 – 4 hours Laboratory

Hybrid Requisite: Completion of or concurrent enrollment in KIN 10A. Recommended Preparation: BIO 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides the opportunity to apply the skills and knowledge acquired in KIN 10A, and provides practical exposure to the athletic training profession. Under the supervision of a Certified Athletic Trainer, students will assist in the prevention, evaluation, treatment, and rehabilitation of injuries to student-athletes.

*Transfer Credit:* Transfers to CSU.

**KIN 10B      Athletic Training: Treatment and Rehabilitation of Athletic Injuries**

3 units; 3 hours Lecture

Recommended Preparation: BIO 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Focuses on the follow up treatment of athletic injuries including the phases of tissue healing and basic components and goals of a rehabilitation program. Topics include therapeutic exercise, therapeutic modalities, and other forms rehabilitation such as physical therapy, chiropractic care, and acupuncture.

*Transfer Credit:* Transfers to CSU.

**KIN 10BL Clinical Experience in Sports Medicine II**

1 – 2 units; 2 – 4 hours Laboratory

Prerequisite: KIN 10AL.

Co-requisite: KIN 10B.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides the opportunity to apply the skills and knowledge acquired in KIN 10B, and provides further practical exposure to the athletic training profession. Under the supervision of a certified athletic trainer, students will assist in the prevention, evaluation, and treatment of student-athletes.

*Transfer Credit:* Transfers to CSU.

**KIN 10CL Clinical Experience in Sports Medicine III**

1 – 2 units; 2 – 4 hours Laboratory

Prerequisite: KIN 10BL or equivalent skills.

Recommended Preparation: BIO 4; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies. Under the supervision of a Certified Athletic Trainer, students will assist in the prevention, evaluation, treatment, and rehabilitation of injuries to student-athletes with an increasing degree of independence.

*Transfer Credit:* Transfers to CSU.

**KIN 10DL Clinical Experience in Sports Medicine IV**

1 – 2 units; 3 – 6 hours Laboratory

Prerequisite: KIN 10CL or equivalent skills.

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

Repeatability: May be taken a total of 1 time.

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies learned in KIN 10CL. Under the supervision of a Certified Athletic Trainer, students will assist in the prevention, evaluation, treatment, and rehabilitation of injuries to student-athletes with an increasing degree of independence.

*Transfer Credit:* Transfers to CSU.

**KIN 13 First Aid: Responding to Emergencies**

3 units; 3 hours Lecture

Repeatability: May be taken a total of 1 time.

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

Details the theory and demonstration of first aid care of the injured with certification by the American Heart Association. May be offered in a Distance-Learning Format.

*Transfer Credit:* Transfers to CSU; UC, with limits: KIN 13 & 15 combined: maximum credit- 1 course. C-ID: KIN 101

**KIN 15 Community Cardio Pulmonary Resuscitation**

0.5 unit; 0.5 hour Lecture

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

Repeatability: May be taken a total of 1 time.

Provides certification in American Heart Association CPR. Provides training care for the adult, child, and infant victim.

*Transfer Credit:* Transfers to CSU; UC, with limits: KIN 13 & 15 combined: maximum credit-1 course

**KIN 16 Advanced CPR: Healthcare Provider A.H.A. Basic Life Support**

0.5 unit; 0.5 hour Lecture

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

Repeatability: May be taken a total of 1 time.

Trains participants to promptly recognize life-threatening emergencies and provide Basic Life Support maneuvers such as giving high-quality chest compressions, deliver appropriate ventilations, and provide early use of an Automated External Defibrillator. Provides American Heart Association certification.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 20L Aerobic Fitness**

0.5 – 3 units; 1.5 – 9 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a personal aerobic fitness program in the Wellness Education Center.

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

**KIN 22L Strength Training**

0.5 – 3 units; 1.5 – 9 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a personal strength training program in the Fitness Education Center.

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

**KIN 23A Fitness and Conditioning I**

0.5 – 1 units; 1.5 – 3 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a fitness and conditioning program in the Wellness Education Center.

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

**KIN 23B Fitness and Conditioning II**

0.5 – 1 units; 1.5 – 3 hours Laboratory

Prerequisite: KIN 23A.

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

Repeatability: May be taken a total of 1 time.

Provides the opportunity to continue to develop an individualized fitness and conditioning program to meet desired training goals in the Wellness Education Center.

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

**KIN 23C Fitness and Conditioning III**

0.5 – 1 units; 1.5 – 3 hours Laboratory

Prerequisite: KIN 23B.

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

Repeatability: May be taken a total of 1 time.

Provides continued supervision in applying the skills and knowledge acquired in KIN 23A and 23B to develop an individualized fitness program.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 23D Fitness and Conditioning IV**

0.5 – 1 units; 1.5 – 3 hours Laboratory

Prerequisite: KIN 23C.

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

Repeatability: May be taken a total of 1 time.

Provides continued supervision in applying appropriate variations and progressions to an individualized fitness program.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 24L Lifetime Fitness**

0.5 – 3 units; 1.5 – 9 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining an individualized fitness program in the Fitness Education Center.

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

**KIN 27A Beginning Weight Training**

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 1 time.

Provides instruction for the beginning student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight.

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

**KIN 27AL Weight Training Lab A**

0.5 – 2 units; 1 – 4 hours Laboratory

Co-requisite: KIN 27A.

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a personal strength training program for the beginning student.

*Transfer Credit:* Transfers to CSU.

**KIN 27B Intermediate Weight Training**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 27A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction for the intermediate student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight.

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

**KIN 27BL Weight Training Lab B**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 27AL.

Co-requisite: KIN 27B.

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a personal strength training program for the intermediate student.

*Transfer Credit:* Transfers to CSU.

**KIN 31A Beginning Total Fitness**

0.5 – 2 units; 1 – 4 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness for the beginning student.

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

**KIN 31AL Total Fitness Lab A**

0.5 – 2 units; 1 – 4 hours Laboratory

Co-requisite: KIN 31A.

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a total fitness program for the beginning student.

*Transfer Credit:* Transfers to CSU.

**KIN 31B Intermediate Total Fitness**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 31A.

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

Repeatability: May be taken a total of 1 time.

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness for the intermediate student.

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

**KIN 31BL Total Fitness Lab B**

0.5 – 2 units; 1 – 4 hours Laboratory

Co-requisite: KIN 31B.

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

Repeatability: May be taken a total of 1 time.

Provides supervision in developing and maintaining a total fitness program for the intermediate student.

*Transfer Credit:* Transfers to CSU.

**KIN 34A Beginning Core Performance**

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 1 time.

Provides instruction in an approach to fitness using functional and core training for the beginning student.

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

**KIN 34B Intermediate Core Performance**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 34A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction in an approach to fitness using functional and core training for the intermediate student.

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

**KIN 35A Beginning Cross Training**

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 1 time.

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge beginning students in a supportive environment.

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

**KIN 35B Intermediate Cross Training**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 35A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge intermediate students in a supportive environment.

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

**KIN 37A Beginning Hatha Yoga**

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 1 time.

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment of the body to develop strength, endurance, flexibility, balance, and to reduce stress for the beginning student. Develops awareness in the physical body to establish the mind/body connection.

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

**KIN 37B Intermediate Hatha Yoga**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 37A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on asanas with attention to breath awareness and detail of postural alignment of the body for the intermediate student. Develops awareness and consciousness in the physical body to establish the mind/body connection.

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

**KIN 38A Beginning Yoga and Stress Reduction**

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 1 time.

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the beginning student. Introduces postures, meditation, breathing techniques, skills, and guidelines that promote health and ethical living.

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

**KIN 38B Intermediate Yoga and Stress Reduction**

0.5 – 2 units; 1 – 2.5 hours Laboratory

Prerequisite: KIN 38A.

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

Repeatability: May be taken a total of 1 time.

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the intermediate student. Introduces postures, meditation, breathing techniques, skills, and guidelines that promote health and ethical living.

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

**KIN 39A Beginning Gyrokinesis® Movement Yoga**

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 1 time.

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the beginning student.

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

**KIN 39B Intermediate Gyrokinesis® Movement Yoga**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 39A.

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

Repeatability: May be taken a total of 1 time.

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the intermediate student.

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

**KIN 40A Beginning Golf**

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 1 time.

Provides instruction on the fundamentals, techniques, rules, and etiquette of golf for the beginning student.

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

**KIN 40B Intermediate Golf**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 40A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the fundamentals, techniques, rules, and etiquette of golf for the intermediate student.

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

**KIN 40C Advanced Golf**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 40B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on advanced techniques and strategy that simulate situations occurring during a round of golf.

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

**KIN 41A Beginning Golf Course Play**

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 1 time.

Develops golf skills through instruction at the range and practice on local golf courses.

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

**KIN 41B Intermediate Golf Course Play**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 41A

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

Repeatability: May be taken a total of 1 time.

Develops golf skills through instruction at the range and practice on local golf courses.

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

**KIN 42A Beginning Pickleball**

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 1 time.

Instructs the beginning skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 42B Intermediate Pickleball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 42A.

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

Repeatability: May be taken a total of 1 time.

Instructs the intermediate skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton.

*Transfer Credit:* Transfers to CSU; UC, pending review.



**KIN 42C           Advanced Pickleball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 42B.

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

Repeatability: May be taken a total of 1 time.

Instructs the advanced skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 43A           Beginning Tennis**

0.5 – 2 units; 1 – 4 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides instruction in the development of stroke production, foot-work, strategy, rules, and etiquette for singles and doubles play for the beginning student.

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

**KIN 43B           Intermediate Tennis**

0.5 – 2 units; 1 – 4 hours Laboratory

Recommended Preparation: KIN 43A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction in the development of stroke production, foot-work, strategy, rules, and etiquette for singles and doubles play for the intermediate student.

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

**KIN 43C           Advanced Tennis**

0.5 – 2 units; 1 – 4 hours Laboratory

Recommended Preparation: KIN 43B; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction in the development of stroke production, foot-work, strategy, rules, and etiquette for singles and doubles play for the advanced student.

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

**KIN 44A           Beginning Hiking**

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 1 time.

Introduces concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Hikes will be fun and challenging, averaging 5-8 miles on moderate to steep terrain, and require a 20-minute per mile pace.

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

**KIN 44B           Intermediate Hiking**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: KIN 44A.

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

Repeatability: May be taken a total of 1 time.

Examines the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Hikes will be fun and challenging, averaging 5-8 miles on moderate to steep terrain, and require a 20-minute per mile pace.

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

**KIN 44C           Advanced Hiking**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: KIN 44B.

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

Repeatability: May be taken a total of 1 time.

Continues to examine the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations for the advanced student. Hikes will be fun and challenging, averaging 5-8 miles on moderate to steep terrain, and require a 20-minute per mile pace.

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

**KIN 45           Beginning Self-Defense for Women**

1 – 2 units; 0.5 – 1 hours Lecture, 1 – 3 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides basic self-defense skills and psychological techniques for confronting threatening situations. Includes information about the nature and incidence of assaults.

*Transfer Credit:* Transfers to CSU; UC, with limits: Any or all KIN activity courses combined: maximum credit- 4 units. May be used for Cabrillo and CSU GE Area E if taken Fall, 2013 or later.

**KIN 46B           Intermediate Baseball**

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 1 time.

Provides instruction on the skills and strategies of baseball for the intermediate student.

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

**KIN 46C      Advanced Baseball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 46B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of baseball for the advanced student.

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

**KIN 47A      Beginning Basketball**

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 1 time.

Provides instruction in the fundamental skills of basketball for the beginning student.

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

**KIN 47B      Intermediate Basketball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 47A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction in the skills and strategies of basketball for the intermediate student.

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

**KIN 47C      Advanced Basketball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 47B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction in the skills and strategies of basketball for the advanced student.

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

**KIN 48A      Beginning Flag Football**

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 1 time.

Provides instruction and practice of the fundamentals of flag football including strategies and rules of the game.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 48B      Intermediate Flag Football**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 48A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction and practice of intermediate skills of flag football including catching, running with the ball, strategies, blocking, and rules of the game. Drills and competitions are used.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 48C      Advanced Flag Football**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 48B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction and practice of advanced skills of flag football including rules, strategies, blocking, and individual analysis in performance of individual and team concepts.

*Transfer Credit:* Transfers to CSU; UC, pending review.

**KIN 50A      Beginning Soccer**

0.5 – 2 units; 1 – 4 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategy of soccer for the beginning student.

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

**KIN 50B      Intermediate Soccer**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 50A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategy of soccer for the intermediate student.

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

**KIN 50C      Advanced Soccer**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 50B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction of the skills and strategy of soccer for the advanced student.

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

**KIN 51A      Beginning Indoor Soccer-Futsal**

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 1 time.

Provides instruction in skills and strategies of indoor soccer-futsal for the beginning student.

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

**KIN 51B      Intermediate Indoor Soccer-Futsal**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 51A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of indoor soccer-futsal for the intermediate student.

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

**KIN 51C      Advanced Indoor Soccer-Futsal**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 51B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction in skills and strategies of indoor soccer-futsal for the advanced student.

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

**KIN 52A      Beginning Ultimate Frisbee**

0.5 – 2 units; 1 – 4 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of Ultimate Frisbee for the beginning student.

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

**KIN 52B      Intermediate Ultimate Frisbee**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 52A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of Ultimate Frisbee for the intermediate student.

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

**KIN 52C      Advanced Ultimate Frisbee**

0.5 – 2 units; 1 – 4 hours Laboratory

Repeatability: May be taken a total of 1 time.

Recommended Preparation: KIN 52B; Eligibility for ENGL 100 or ESL 100 and READ 100.

Provides instruction on the skills and strategies of Ultimate Frisbee for the advanced student.

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

**KIN 53B      Intermediate Softball**

0.5 – 2 units; 1 – 4 hours Laboratory

Repeatability: May be taken a total of 1 time.

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

Provides instruction on the skills and strategies of softball for the intermediate student.

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

**KIN 53C      Advanced Softball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 53B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of softball for the advanced student.

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

**KIN 54A      Beginning Volleyball**

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 1 time.

Provides instruction in the techniques and strategies of volleyball for the beginning student.

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

**KIN 54B      Intermediate Volleyball**

0.5 – 2 units; 1 – 4 hours Laboratory

Repeatability: May be taken a total of 1 time.

Recommended Preparation: KIN 54A; Eligibility for ENGL 100 or ESL 100 and READ 100.

Provides instruction on the techniques and strategy of volleyball for the intermediate student.

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

**KIN 54C      Advanced Volleyball**

0.5 – 2 units; 1 – 4 hours Laboratory

Recommended Preparation: KIN 54B; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction on the techniques and strategies of volleyball for the advanced student.

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

**KIN 55 Sports 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 1 time.

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes.

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

**KIN 56A Beginning Beach Volleyball**

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 1 time.

Provides instruction on the skills and strategies of beach volleyball for the beginning student.

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

**KIN 56B Intermediate Beach Volleyball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 56A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of beach volleyball for the intermediate student.

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

**KIN 56C Advanced Beach Volleyball**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 56B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on the skills and strategies of beach volleyball for the advanced student.

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

**KIN 60A Beginning Swimming**

0.5 – 2 units; 1 – 4 hours Laboratory

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

Repeatability: May be taken a total of 1 time.

Emphasizes basic development of aquatic skills including water safety and the freestyle stroke.

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

**KIN 60B Intermediate Swimming**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 60A.

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

Repeatability: May be taken a total of 1 time.

Emphasizes development of aquatic skills for the intermediate swimmer including water safety, basic strokes and techniques, deep water skills, and conditioning activities.

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

**KIN 60C Advanced Swimming**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 60B.

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

Repeatability: May be taken a total of 1 time.

Emphasizes development of aquatic skills and conditioning appropriate to the advanced swimmer. Includes competitive strokes, techniques, and conditioning activities.

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

**KIN 61A Beginning Swim Fitness**

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 1 time.

Introduces physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

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

**KIN 61B Intermediate Swim Fitness**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: KIN 61A.

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

Repeatability: May be taken a total of 1 time.

Continues to improve physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

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

**KIN 61C Advanced Swim Fitness**

0.5 – 3 units; 1 – 6 hours Laboratory

Prerequisite: KIN 61B.

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

Repeatability: May be taken a total of 1 time.

Continues to improve physical fitness using advanced application of competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

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

**KIN 62A      Beginning Water Aerobics**

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 1 time.

Provides cardiovascular conditioning, muscle strengthening, and flexibility through non-swimming water exercise emphasizing low impact on joints for the beginning student. Can be used for rehabilitation and as a cross-training activity for athletes.

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

**KIN 62B      Intermediate Water Aerobics**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 62A.

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

Repeatability: May be taken a total of 1 time.

Provides cardiovascular conditioning, muscle strengthening, and flexibility through non-swimming water exercise emphasizing low impact on joints for the intermediate student. Can be used for rehabilitation and as a cross-training activity for athletes.

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

**KIN 63A      Beginning Water Polo**

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 1 time.

Provides instruction on the skills and team strategies of water polo for the beginning student.

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

**KIN 63B      Intermediate Water Polo**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 63A.

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

Repeatability: May be taken a total of 1 time.

Provides instruction on skills and team strategies of water polo for the intermediate student.

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

**KIN 63C      Advanced Water Polo**

0.5 – 2 units; 1 – 4 hours Laboratory

Prerequisite: KIN 63B.

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

Repeatability: May be taken a total of 1 time.

Provides instruction in the skills and strategies of water polo for the advanced student.

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

**KIN 64      Lifeguard Training**

2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick; Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Provides information and training for lifeguards in pool safety and pool management.

*Transfer Credit:* Transfers to CSU; UC.

**KIN 65A      Masters Swimming**

0.5–2 units; 1–4 hours Laboratory

Recommended Preparation: Introduction or exposure to all four competitive swim strokes as well as being water safe. Eligibility for ENGL 100 or ESL 100 and READ 100.

Repeatability: May be taken a total of 1 time.

Provides instruction in propulsive techniques of the butterfly, backstroke, breaststroke, and freestyle swim strokes used in competitive swimming.

*Transfer Credit:* Transfers to CSU; UC, pending review.