

KINESIOLOGY ATHLETICS

KINESIOLOGY ATHLETICS (KATH)

DIVISION: Kinesiology, Health and Athletics

KATH 007 STRENGTH DEVELOPMENT OF ATHLETES

0.5-1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Individual strength programs for intercollegiate athletes. Includes analysis and appraisal of strength, cardiovascular, flexibility and nutrition of each intercollegiate athlete along with program prescriptions. Maximum credit 2-4 units, 0.5-1 unit each semester. Total of 27-54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KATH 070 OFF-SEASON CONDITIONING INTERCOLLEGIATE– BADMINTON

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of badminton. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 071 OFF-SEASON CONDITIONING INTERCOLLEGIATE– BASEBALL

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of baseball. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 072 OFF-SEASON CONDITIONING INTERCOLLEGIATE– BASKETBALL

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate basketball program. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 073 OFF-SEASON CONDITIONING INTERCOLLEGIATE–CROSS COUNTRY

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of cross country. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 074 OFF-SEASON CONDITIONING INTERCOLLEGIATE– FOOTBALL

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of football. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 075 OFF-SEASON CONDITIONING INTERCOLLEGIATE–SOCCER

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of soccer. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 076 OFF-SEASON CONDITIONING INTERCOLLEGIATE– SOFTBALL

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of softball. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 077 OFF-SEASON CONDITIONING INTERCOLLEGIATE–SWIMMING AND DIVING

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of swimming. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 078 OFF-SEASON CONDITIONING INTERCOLLEGIATE–TRACK AND FIELD

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of track and field. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 079 OFF-SEASON CONDITIONING INTERCOLLEGIATE–VOLLEYBALL

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Enrollment Limitation: Intercollegiate volleyball team players/candidates

Designed to provide a physical, mental, nutritional and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of volleyball. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KATH 080 OFF-SEASON CONDITIONING INTERCOLLEGIATE–WATER POLO

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Designed to provide a physical, mental, and instructional conditioning program for the student preparing for and/or interested in being evaluated for the intercollegiate sport of water polo. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 081 PRE-SEASON INTERCOLLEGIATE ATHLETICS

1 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Enrollment Limitation: Athletic team candidates

Pre-season intercollegiate athletics including sport specific aerobic and anaerobic conditioning, drill technique, strength conditioning, speed development, and game play. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 083 INTERCOLLEGIATE SPORTS – BASEBALL

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for baseball. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 084 INTERCOLLEGIATE SPORTS – BASKETBALL

1.5 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for men's and women's basketball. Required instructional trips. Maximum credit 6 units, 1.5 units each semester. Total of 87.5 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 085 INTERCOLLEGIATE SPORTS – CROSS COUNTRY

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for men's and women's cross country. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 086 INTERCOLLEGIATE SPORTS – FOOTBALL

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for football. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 089 INTERCOLLEGIATE SPORTS – SOCCER

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for men's and women's soccer. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 090 INTERCOLLEGIATE SPORTS–SOFTBALL

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for softball. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 091 INTERCOLLEGIATE SPORTS – SWIMMING

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for men's and women's swimming and diving. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 093 INTERCOLLEGIATE SPORTS – TRACK AND FIELD

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for men's and women's track and field. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 094 INTERCOLLEGIATE SPORTS – VOLLEYBALL

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for volleyball. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 095 INTERCOLLEGIATE SPORTS – WATER POLO

3 unit

Transfer Credit: CSU; UC credit limitations. See counselor.

Intercollegiate competition for water polo. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: Audit, Letter Grade, Pass/No-Pass

KATH 096 INTERCOLLEGIATE SPORTS – BADMINTON**3 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intercollegiate competition for badminton. Required instructional trips. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***KATH 097 INTERCOLLEGIATE ATHLETICS ESPORTS****3 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intercollegiate competition for Esports gaming. Focus on competitive Esport teams and individual players. Discussions and analysis of Esport gaming strategies as they apply to intercollegiate play. Maximum credit 12 units, 3 units each semester. Total of 175 hours laboratory.

Grade Mode: *Audit, Letter Grade, Pass/No-Pass***KATH 099 INTERCOLLEGIATE SAND VOLLEYBALL****3 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intercollegiate competition for women's sand volleyball. Required instructional trips. Maximum credit 9 units, 3 units each semester. Total of 162 hours laboratory.

Grade Mode: *Letter Grade, Pass/No-Pass*