

# KINESIOLOGY ATHLETICS (KATH)

## KATH 070 OFF-SEASON CONDITIONING INTERCOLLEGIATE-BADMINTON

**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 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, mental, nutritional 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, nutritional 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, nutritional 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, nutritional 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.*

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:** Audit, 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, nutritional 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.

**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*

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 under review.*

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*