

KINESIOLOGY ACTIVITY

KINESIOLOGY ACTIVITY (KINA)

DIVISION: Kinesiology, Health and Athletics

KINA 003A BEGINNING SWIMMING I

1 unit

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

Fundamental swimming skills. Use of a teaching progression will guide students through instruction which will include orientation of safe swimming practices, in-water activity including floating, propelling with a kick and pull movements, treading water, feet first entry and swimming for physical exercise. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 003B BEGINNING SWIMMING II

1 unit

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

Recommended Preparation: KINA 003A

Continued development of the foundations of fundamental swimming skills. Emphasis placed on advancing stroke technique and using swimming for physical fitness including a fundamental understanding of safe swimming practices. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 003C INTERMEDIATE SWIMMING & FITNESS

1 unit

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

Recommended Preparation: KINA 003A or KINA 003B

Practice of intermediate level swimming technique; proper sequencing of swim technique of all components of the four competitive swimming strokes; performance of the five components of swimming for fitness using both swimming aerobic and anaerobic styles of swimming for exercise. The process of creating, applying to daily workouts, monitoring and assessing improvements in Swimming for a Fitness Exercise Plan. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 003D ADVANCED SWIMMING AND FITNESS

1 unit

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

Recommended Preparation: KINA 003B or KINA 003C

Advanced instruction with logical progressions of advanced skill and advanced conditioning levels. Advanced competitive swimming strokes and fitness levels. will be measured through the progressive overload principle. Application of daily activities will correlate to the appropriate aerobic and anaerobic exercise zones. Instruction regarding how to create a swimming for fitness exercise plan. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 027 ADAPTED FITNESS ACTIVITIES

1 unit

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

Enrollment Limitation: Recommendation from Disabled Students Programs and Services or Student Health Services

Emphasis on exercises to increase level of physical, motor and postural fitness through training with weights, stretching exercises and relaxation techniques. For students unable to participate in regular physical education activities because of temporary or permanent limitations. Maximum credit 4 units, 1 unit each semester. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 028A BEGINNING AQUATIC FITNESS ACTIVITIES

1 unit

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

Introduction to aquatic physical fitness activities in the pool. Swimming skills not necessary. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 028B INTERMEDIATE AQUATIC FITNESS ACTIVITIES

1 unit

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

Intermediate physical fitness activities in the pool. Swimming skills not necessary. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 029A BEGINNING STRENGTH TRAINING

1 unit

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

Improvement of muscular development and physical fitness through use of resistive exercises; training with barbells and dumbbells. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 029B INTERMEDIATE STRENGTH TRAINING

1 unit

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

Improvement of muscular development and physical fitness through the use of weight lifting and physical conditioning exercises. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 029C ADVANCED STRENGTH TRAINING

1 unit

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

Advanced muscular development and physical fitness through use of and isometric exercises and through circuit training. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 030 FITNESS TESTING AND INDEPENDENT EXERCISE**1 unit**

Transfer Credit: CSU

Testing to determine individual fitness level. Goals established and fitness program designed for each individual. Periodic retesting after independent exercise to determine if goals are being met. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 032A BEGINNING FITNESS ACTIVITIES**1 unit**

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

Emphasis on achieving an improved level of physical performance through basic training with weights, circuits, aerobics and stretching programs. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 032B INTERMEDIATE FITNESS ACTIVITIES**1 unit**

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

Emphasis on improving individual performance in the areas of strength and muscle tone, cardiovascular endurance, flexibility, relaxation, and body composition. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 032C ADVANCED FITNESS ACTIVITIES**1 unit**

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

Improvement in individual fitness levels through advanced activities. Emphasis on a well balanced program of physical activities designed to enhance endurance, flexibility, strength, cardiovascular efficiency, and weight distribution based on a selected exercise program, aerobic work, nutritional information, circuit training, stretching and relaxation. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 033 STRETCHING FITNESS ACTIVITY**1 unit**

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

Emphasis on achieving and improving level of flexibility through basic stretching exercises. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 034A BEGINNING SELF DEFENSE**1 unit**

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

Techniques to develop the basic knowledge, attitudes and skills of self-defense. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 034B INTERMEDIATE SELF DEFENSE**1 unit**

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

Intermediate techniques to increase the knowledge, attitudes, body movements and skills used in self defense. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 035A BEGINNING ULTIMATE FRISBEE**1 unit**

Transfer Credit: CSU; UC credit limitations. See counselor

Overview of Ultimate Frisbee as a team sport. Focus on basic skills, rules, techniques, teamwork and strategies. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 035B INTERMEDIATE ULTIMATE FRISBEE**1 unit**

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

Overview of Ultimate Frisbee as a team sport. Focus on intermediate skills, rules, techniques, teamwork and strategies. Total of 54 hours laboratory.

Grade Mode: Letter Grade

KINA 036 AEROBIC FITNESS**1 unit**

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

The basic principles and techniques of cardiovascular fitness by using a combination of rhythmic movement and low impact aerobics. Students will also work to improve their muscular strength and tone through the use of calisthenics and/or hand weight circuits. Proper nutrition and a healthy diet for peak performance are emphasized. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 037 POLICE-FIRE AGILITY TRAINING**1 unit**

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

Instruction and practice in the skills required to complete police and fire departments' physical agility tests. Techniques on how to scale a six foot smooth wall, an eight foot chain link fence, drag a 165-pound dummy from behind the steering wheel of a vehicle; unwind, drag and carry a firehose. Weight lifting for upper body strength and general physical conditioning. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 038 CARDIOVASCULAR CONDITIONING**1 unit**

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

Achievement of physical fitness and efficiency of the cardiovascular system by utilizing aerobic point system, fartlek training, interval training, parcourse, obstacle course and various exercise techniques. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 039A CYCLING FOR FITNESS**1 unit**

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

Basic cardiovascular fitness through cycling: general cycling, fast cycling, sprints, intervals and hill climbing. Cycling safety, bike fit, minor repair instruction and cycling etiquette. Student must provide own bicycle. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 039B BEGINNING CYCLING FOR FITNESS – STATIONARY, INDOOR**1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Basic cardiovascular fitness is achieved through: general cycling, fast cycling, sprints, intervals and hill climbing. Cycling safety, bike fit, heart rate training. Incorporates a choreographed workout on a specially designed stationary bicycle, using music and fundamental cycling techniques for a beginning rider. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 039C INTERMEDIATE CYCLING FOR FITNESS****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate cardiovascular fitness achieved through: general cycling, fast cycling, sprints, intervals and hill climbing. Cycling safety, bike fit, heart rate training. Incorporates a choreographed workout on a specially designed stationary bicycle, using music and fundamental cycling techniques for an intermediate rider. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 039D ADVANCED CYCLING FOR FITNESS – STATIONARY, INDOOR****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced cardiovascular fitness is achieved through: general cycling, fast cycling, sprints, intervals and hill climbing. Cycling safety, bike fit, heart rate training. Incorporates a choreographed workout on a specially designed stationary bicycle, using music and fundamental cycling techniques at an advanced level. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 040A BEGINNING YOGA****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Introductory course exploring the principles of hatha yoga. Fundamental skills of the ancient techniques of yoga to enhance wellness and well-being. Development of body alignment, posture, balance, and flexibility through a series of yoga poses and routines. Meditational tools and practices to improve stress reduction and personal growth. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 040B INTERMEDIATE YOGA****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate level hatha yoga course emphasizing intense stretching, balancing, and building of muscular strength. A series of poses and breathing techniques will be practiced in order to create a more strenuous yoga experience. Emphasis will be on principles of healthy living, along with proper posture, relaxation and meditation techniques. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 040C ADVANCED YOGA****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced practice of yoga and meditation. Vigorous vinyasa flow to improve concentration, physical endurance, flexibility, balance and posture. Integration of yoga philosophy and advanced breathing techniques to deepen the mind/body connection and reduce stress. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 041A BEGINNING TAI CHI****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Introduction to the basic concepts of Tai Chi. Incorporates 20 movement patterns designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 041B INTERMEDIATE TAI CHI****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate concepts of Tai Chi incorporates movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total of 54 hours of laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 041C ADVANCED TAI CHI****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced concepts of Tai Chi incorporates movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 042 ZUMBA****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

This course is designed to improve aerobic fitness through the use of a variety of international music and choreographed steps and movements to form the fitness base for calorie burning dance and fitness workouts. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 043A BEGINNING FLAG FOOTBALL****1 unit***Transfer Credit: CSU; UC credit under review. See counselor.*

Introduction to the review and practice the basic fundamental skills relative to the game of flag football. Total of 54 hours of laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 043B INTERMEDIATE FLAG FOOTBALL****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate principles of short-field flag football. Instruction will include rules, regulations, and concepts of play for 4-on-4 and 5-on-5 flag football. Total of 54 hours of laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 043C ADVANCED FLAG FOOTBALL**1 unit***Transfer Credit: CSU; UC*

Advanced principles of long-field flag football. Instruction will include rules, regulations, and concepts of play for 7-on-7 and 8-on-8 flag football. Total of 54 hours of laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 044A BEGINNING FITNESS WALKING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Introduction to the performance of fitness walking as a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 044B INTERMEDIATE FITNESS WALKING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate fitness walking is a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 044C ADVANCED FITNESS WALKING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced performance of fitness walking as a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 045A BEGINNING CROSS TRAINING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Beginning circuit, interval, and cross training programs in a weight/cardio gym. The topics of discussion include equipment orientation and safety, principles of resistance and aerobic training, energy systems used for various training regimens, and the benefits of exercise in establishing and maintaining a healthy lifestyle throughout life. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 045B INTERMEDIATE CROSS TRAINING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Intermediate level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 045C ADVANCED CROSS TRAINING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 045D EXPERT CROSS TRAINING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Expert level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 046A BEGINNING BADMINTON****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Basic badminton techniques, rules and simple strategies. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 046B INTERMEDIATE BADMINTON****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Badminton techniques, rules and strategies at an intermediate level. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 046C ADVANCED BADMINTON****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Advanced badminton skills: techniques, positions and strategies. High level of competition through tournament play. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 048A BEGINNING FENCING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Basic foil fencing fundamentals and techniques. Conditioning for fencing. Emphasis on beginning bouting, strategy, etiquette, tournament fencing, directing, judging and scoring. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass**KINA 048B INTERMEDIATE FENCING****1 unit***Transfer Credit: CSU; UC credit limitations. See counselor.*

Introduction to electric foil. Principles of strength and endurance. Intermediate foil skills: footwork, bladework and body mechanics. Emphasis on intermediate bouting strategy, etiquette, tournament fencing, directing, judging and scoring. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 048C ADVANCED FENCING**1 unit**

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

Advanced foil skills, techniques and conditioning. Introduction to electric epee and sabre. Emphasis on advanced electric and beginning epee bout strategy, etiquette, tournament fencing, directing, judging and scoring. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 049A BEGINNING GOLF**1 unit**

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

Basic techniques, rules, and etiquette of golf. The course is offered at an off campus local golf course. See Class Schedule for details. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 049B INTERMEDIATE GOLF**1 unit**

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

For students who possess the rudimentary skills of golf and aim to improve those abilities. Students will hone their putting, short game, mid-long iron play and driving capabilities. The course is offered at an off campus local golf course. See Class Schedule for details. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 049C ADVANCED GOLF**1 unit**

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

Advanced technical aspects of golf match play will be included. Additionally, psychological skills for the elite golfer will be incorporated including visualization, pre-shot routines, relaxation methods and self-talk strategies. The course is offered at an off campus local golf course. See Class Schedule for details. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 050A BEGINNING WEIGHT TRAINING FOR WOMEN**1 unit**

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

Orientation to the basic weight training machines available in gyms/clubs and proper gym etiquette, a study of the basic musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 050B INTERMEDIATE WEIGHT TRAINING FOR WOMEN**1 unit**

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

Study of the musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training at an intermediate level, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 050C ADVANCED WEIGHT TRAINING FOR WOMEN**1 unit**

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

Study of the musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training at an advanced level, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 051A BEGINNING INDOOR FUTSAL**1 unit**

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

Beginning course designed to review and practice the basic fundamental skills relative to the game of Futsal. Students will learn the basic rules of Futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 051B INTERMEDIATE INDOOR FUTSAL**1 unit**

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

Intermediate course designed to review and practice skills relative to the game of futsal. Students will expand on the rules of futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 052 GUTS AND BUTTS**1 unit**

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

Focus on improving muscle strength and endurance of the abdominals, gluteals, quadriceps, and hamstrings. Functional exercises such as squats, lunges and planks will be utilized. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 052B INTERMEDIATE GUTS AND BUTTS**1 unit**

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

Focus on maintaining and improving muscle strength and endurance of the abdominals, gluteals, quadriceps, and hamstrings at an intermediate level, Functional exercises such as squats, lunges, and planks will be utilized. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 053A BEGINNING BOOT CAMP**1 unit**

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

Improved flexibility and core development through a variety of drills and military style movements. Functional training delivered in an intense environment. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 053B INTERMEDIATE BOOT CAMP

1 unit

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

Designed to improve aerobic capacity, muscle endurance and cardiovascular fitness through a variety of activities that target the major muscle groups of the body. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 053C ADVANCED BOOT CAMP

1 unit

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

This course is designed to improve muscular strength and power, through a variety of intense physical activities that target the major muscle groups of the body at an advanced level. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 054A BEGINNING TENNIS

1 unit

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

Development of basic ground strokes: forehand and backhand; volley and serve; rules and scoring; tennis etiquette. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 054B INTERMEDIATE TENNIS

1 unit

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

Development of strokes: forehand and backhand drives, spin serves, overhead strokes; ball, top and back spins; rules; strategy at the intermediate level. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 054C ADVANCED TENNIS

1 unit

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

Development of strokes; lob, smash, spin; approach to net; advanced game strategy. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 065A BEGINNING BASKETBALL

1 unit

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

Rules; techniques; passing, dribbling, pivoting, footwork and various types of shots; team play and strategy of game. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 065B INTERMEDIATE BASKETBALL

1 unit

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

Rules; skills and techniques; passing, dribbling and shooting; strategy of team play. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 065C ADVANCED BASKETBALL

1 unit

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

Rules; skills and techniques; passing, dribbling and shooting; zone, man to man and pressing defense; high and low post and motion offense. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 069A BEGINNING SOCCER

1 unit

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

Beginning instruction on the following soccer skills: technique, tactics and basic rules of the game. The workout will be both aerobic and anaerobic. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 069B INTERMEDIATE SOCCER

1 unit

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

Intermediate instruction on the following soccer skills: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. Includes inter-class competition. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 069C ADVANCED SOCCER

1 unit

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

Advanced instruction on the following soccer skills: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. Includes inter-class competition. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 070A BEGINNING PICKLEBALL

1 unit

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

Development of basic ground strokes: forehand and backhand; volley and serve; rules and scoring; pickleball etiquette. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 070B INTERMEDIATE PICKLEBALL

1 unit

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

Development of intermediate pickleball techniques; competency in forehand, backhand, lob, volley and dinks. Intermediate singles, doubles and mixed doubles strategies will be included. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 070C ADVANCED PICKLEBALL

1 unit

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

Development of intermediate/advanced pickleball skills; competency in forehand, backhand strokes, lobs, overhead smash, volley, dinks. Intermediate/advanced singles, doubles and mixed doubles strategies will be included. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 081A BEGINNING VOLLEYBALL

1 unit

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

Basic volleyball techniques, rules and simple strategies. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 081B INTERMEDIATE VOLLEYBALL

1 unit

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

Intermediate volleyball skills; strategies and techniques. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 081C ADVANCED VOLLEYBALL

1 unit

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

Advanced volleyball skills: techniques, positions and strategies.

High level of competition through tournament play. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 082A BEGINNING SAND VOLLEYBALL

1 unit

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

Introduction to sand volleyball emphasizing the skills, rules, tactics and strategies used in the beach volleyball doubles game. Specific conditioning drills for sand volleyball will be incorporated to improve performance and develop overall fitness. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass

KINA 082B INTERMEDIATE SAND VOLLEYBALL

1 unit

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

Intermediate skills, rules and strategies of sand volleyball. Emphasis will be placed upon the development of proper passing, setting and serving techniques. Total of 54 hours laboratory.

Grade Mode: Letter Grade, Pass/No-Pass