

KINESIOLOGY ATHLETICS (KATH)

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, 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, 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, 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.

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*