

**INSTITUTIONAL FOODS (INF)****INF 050 SANITATION AND SAFETY 2.0 UNITS***Total Lecture: 36 hours**Acceptable for credit: California State University*

This class uses the National Restaurant Association Education Foundation's ServSafe® materials to certify students as food service safety managers. This course includes personal hygiene, types of hazards in food service, prevention and control of pathogens and other contaminants in food. Proper storage and cleaning and sanitizing are also covered. Systems for tracking food safety including HACCP and responding to outbreaks and inspections are taught. Students completing the final exam with 75% correct will be certified food safety managers in all 50 states for 5 years. *Pass/No Pass Option. C-ID# HOSP 110.*

**INSTRUCTIONAL SUPPORT****(INS)****INS 010 PEER TUTOR AND MENTOR TRAINING 1.5 UNITS***Total Lecture: 27 hours**Acceptable for Credit: California State University*

This course provides students with effective learning strategies and academic assistance techniques for peer tutoring and mentoring in a community college setting. This course also emphasizes skills in communication, problem solving, critical thinking, structuring learning experience and handling challenging situations. *Pass/No Pass Only.*

**INS 015 ADVANCED TRAINING FOR PEER TUTORS AND MENTORS 1.5 UNITS***Total Lecture: 27 hours**Advisory: INS 010**Acceptable for Credit, California State University*

This is a second level peer tutor and mentor training course. Topics include use of probing questions, cultural awareness, strategies for working with adult students, identifying and using campus services and other resources to assist students, assessing or changing study behaviors, communication strategies, group facilitation strategies, and assisting students with disabilities. *Pass/No Pass Option.*

**INS 947 SUPERVISED TUTORING NONCREDIT***Total Maximum: 54 hours*

This non-credit, open entry/open exit course provides learning assistance in the form of tutoring. Students are assigned to tutoring by an instructor or a counselor based on an identified learning need, followed by registration in the tutoring course. Under direction of a faculty coordinator in the tutoring center, students receive assistance from tutors in areas of identified academic need and in appropriate study skills to develop their ability to learn independently and become more successful students. *Non-degree applicable course. Satisfactory Progress.*

**INS 949 COLLEGE STUDY SKILLS 1.0 UNIT***Total Lecture: 18 hours**Prerequisite: ESL 960RW*

This course is designed to help students analyze their study skills needs and to help students learn and apply needed study skills techniques. Techniques and strategies to be explored may include time management, preparation for examinations, textbook study strategies, and using campus support systems effectively. Science, Math and Statistics disciplines require the interpretation of technical texts and the ability to clearly communicate these complex concepts to others verbally and in writing. In this course, there is a strong focus on helping Science and Math students to read academic texts for greater understanding. The emphasis is on metacognition and mastering and applying the skills needed in order to facilitate successful studying and independent learning. *Pass/No Pass Option, Non-degree applicable course.*

**JAPANESE (JPN)****JPN 001 FIRST SEMESTER JAPANESE 5.0 UNITS***Total Lecture: 90 hours**Acceptable for credit: University of California, California State University*

Students learn the fundamentals of Japanese grammar, pronunciation, and two written syllabary systems, Hiragana and Katakana. Emphasis is placed on communication and relevancy. Students are personally involved in a variety of activities which encourage use of language creatively in meaningful situations. In addition, the students are exposed to the basics of Japanese culture. This course is approved for credit by exam. *Pass/No Pass Option. CSUGE: C2; IGETC: 6A.*

**JPN 002 SECOND SEMESTER JAPANESE 5.0 UNITS***Total Lecture: 90 hours**Prerequisite: JPN 001 or proof of transcript reflecting 2 years of High School Japanese**Acceptable for credit: University of California, California State University*

Japanese 002 is a continuation of Japanese 001. Students acquire the basic skills for communication in Japanese: listening, speaking, reading, and writing. Students are exposed to a general overview of Japanese civilization and culture. This course is approved for credit by exam. *Pass/No Pass Option. CSUGE: C2; IGETC: 3B, IGETC 6A.*

**KINESIOLOGY (KIN)****KIN 001A ADAPTED WEIGHT TRAINING 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed for students with verifiable disabilities. A personalized exercise plan (PEP) is developed to meet each student's needs. Focus is on increasing overall muscular strength and endurance based on each individual's ability. *Pass/No Pass Option. CSUGE: E.*

**KIN 001C ADAPTED AEROBICS 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce skills needed for daily cardiovascular activity for students with verifiable disabilities through the use of aerobic exercise. Exercises performed develop the cardiovascular system and enable students to function more efficiently and effectively within their own abilities. Appropriate low and mid impact aerobics are developed collaboratively with the instructor to meet each student's needs. *Pass/No Pass Option. CSUGE: E.*

**KIN 014A VOLLEYBALL – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce students to the fundamental skills of volleyball. Players learn to serve, pass, set, and employ the basic strategies of the game. *Pass/No Pass Option. CSUGE: E.*

**KIN 014B VOLLEYBALL – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 014A**Acceptable for credit: California State University, University of California*

This course is designed to review the fundamental skills of volleyball and add spiking, blocking and the dink to the players' repertoire. Players work on improving the depth and accuracy of their shots while employing the strategies of the game. *Pass/No Pass Option. CSUGE: E.*

**KIN 014C VOLLEYBALL – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 014B**Acceptable for credit: University of California, California State University*

This course is designed to enhance the fundamental skills of volleyball and add jump-serving hitting, swing-blocking, setting, and tipping to the players' repertoire. Players work on improving the depth and accuracy of their skills while employing specific strategies of the game. *Pass/No Pass Option. CSUGE: E.*

**KIN 014D VOLLEYBALL – ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 014C**Acceptable for credit: University of California, California State University*

This course is designed to enhance the fundamental skills of volleyball and add jump-serving hitting, swing-blocking, jump-setting and tipping techniques to the players' repertoire. Players work on fine tuning the depth and accuracy of their skills while employing specific, advanced strategies of the game. *Pass/No Pass Option. CSUGE: E.*

**KIN 015A BASKETBALL– INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to teach the basic rules, skills, techniques and history of basketball. Drills are included to develop or enhance shooting, passing, rebounding, and defensive footwork. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 015B BASKETBALL– BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 015A**Acceptable for credit: California State University, University of California*

This course is designed to teach the basic skills and techniques of basketball. Building upon skills learned in KIN 015A, drills are used to develop or enhance shooting, passing, rebounding, and defensive skills. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 015C BASKETBALL- INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 015B**Acceptable for credit: University of California, California State University*

This course is designed to teach the intermediate skills and techniques of basketball. Building upon skills learned in KIN 015B, drills are used to develop and enhance shooting, passing, rebounding, and defensive skills. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 015D BASKETBALL - ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 015C**Acceptable for credit: University of California, California State University*

This course is designed to teach the advanced skills and techniques of basketball. Building upon skills learned in KIN 015C, drills are used to develop and enhance shooting, passing, rebounding, advanced footwork, and ball-handling skills. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 019A SOCCER – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce the basic rules, skills, techniques and history of soccer. Drills are included to introduce the student to shooting, passing, trapping, and dribbling. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 019B SOCCER – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 019A**Acceptable for credit: California State University, University of California*

This course is designed to review the basic rules, skills, and techniques of soccer, as well as develop players' execution of the fundamental strategies of the game. Drills are included to enhance shooting, passing, heading and dribbling. Scrimmages are utilized to develop team play concepts. *Pass/No Pass Option. CSUGE: E.*

**KIN 020A BADMINTON- INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces the student to the fundamentals and strategies of the game of badminton. The main emphasis of this course is on basic skills, drills and the rules of badminton. *Pass/No Pass Option. CSUGE: E.*

**KIN 020B BADMINTON – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 020A**Acceptable for credit: California State University, University of California*

This course continues the development of the fundamental skills and strategies of the game of badminton. The main emphasis of this course is to refine the technique and improve the proficiency of the basic skills of the game. *Pass/No Pass Option. CSUGE: E.*

**KIN 020C BADMINTON –INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 020B**Acceptable for credit: California State University, University of California*

This course introduces the student to the intermediate skills and strategies of the game of badminton. The main emphasis of this course is on drills, finesse shots, shot placement. *Pass/No Pass Option. CSUGE: E.*

**KIN 020D BADMINTON – ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 020C**Acceptable for credit: University of California, California State University*

This course introduces the student to the advanced skills and strategies of the game of badminton. The main emphasis of this course is on drills, finesse shots, shot placement, court position, and singles and doubles strategy. *Pass/No Pass Option. CSUGE: E.*

**KIN 021A TENNIS – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to teach the fundamentals of tennis to students. Mastery of these skills enables students to progress to the next level of tennis. *Pass/No Pass Option. CSUGE: E.*

**KIN 021B TENNIS – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 021A**Acceptable for credit: California State University, University of California*

This course is designed to teach the basic fundamentals of tennis. Mastery of these skills enables the student to progress to the next level of tennis. *Pass/No Pass Option. CSUGE: E.*

**KIN 021C TENNIS – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 021B**Acceptable for credit: California State University, University of California*

This course is designed to develop skill and knowledge of the game of tennis at an intermediate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 021D TENNIS – ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 021C**Acceptable for credit: California State University, University of California**This course provides the student with the opportunity for further mastery of specific tennis skills and strategies at an advanced level. Pass/No Pass Option. CSUGE: E.***KIN 021E TENNIS – TOURNAMENT 2.0 UNITS***Total Lab: 108 hours**Advisory: KIN 021D**Acceptable for credit: California State University, University of California**This course is designed for the student who has played or desires to play tournament tennis. Advanced skills and strategy are reviewed and practiced to increase mastery for tournament play. Pass/No Pass Option. CSUGE: E.***KIN 021F TENNIS – DOUBLES STRATEGIES AND PLAY 1.5 UNITS***Total Lecture: 9 hours, Total Lab: 54 hours**Advisory: KIN 021C**Acceptable for credit: California State University, University of California**Students are instructed in the basic skills of doubles for the sport of tennis. Rules of play, strategies, and skill development for doubles are emphasized. Pass/No Pass Option. CSUGE: E.***KIN 023A ARCHERY: INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California**This course is designed to introduce students to the sport of archery. Students learn about safety guidelines, choosing proper equipment, target shooting, scoring, etiquette, and the rules of archery. Pass/No Pass Option. CSUGE: E.***KIN 023B ARCHERY: BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 023A**Acceptable for credit: University of California, California State University**This course is designed to refine the shooting skills of the beginning archery student. Emphasis is placed on shooting technique, form, and concentration. Safety guidelines, etiquette, and rules of archery are reviewed. Pass/No Pass Option. CSUGE: E.***KIN 023C ARCHERY - INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: University of California, California State University**This course is designed to improve the shooting technique, targeting systems, and knowledge of the intermediate Archery student. Archery requires repetition and feedback to refine and master these skills. Intermediate students will continue to develop their archery skills by shooting longer distances and using various targeting strategies. Pass/No Pass Option. CSUGE: E.***KIN 023D ARCHERY - ADVANCED 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: University of California, California State University**This course is designed for the advanced archery student to further improve their skills by applying various shooting techniques and by increasing the distances when target shooting. Pass/No Pass Option. CSUGE: E.***KIN 030A PILATES MATWORK – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California**This course is an introduction to Joseph Pilates' Physicalmind Conditioning Method. The matwork provides the ideal physical fitness for the attainment and maintenance of a uniformly developed body and sound mind. The study of Pilates improves flexibility, strength, and breathing techniques. Pass/No Pass Option. CSUGE: E.***KIN 030B PILATES MATWORK – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 030A**Acceptable for credit: California State University, University of California**This course is the study and practice of Joseph Pilates' Physicalmind Conditioning Method at a beginning level. Through the study of matwork, the student improves physical well-being including flexibility, strength, and breathing techniques. Pass/No Pass Option. CSUGE: E.***KIN 030C PILATES MATWORK – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 030B**Acceptable for credit: University of California, California State University**This course is the study and practice of Joseph Pilates' Physical mind Conditioning Method at an intermediate level. Through the study of Matwork, the student improves physical well-being including flexibility, strength and breathing techniques. Pass/No Pass Option. CSUGE: E.***KIN 030D PILATES MATWORK – ADVANCED 1.0 UNITS***Total Lab: 54 hours**Advisory: KIN 030C**Acceptable for credit: University of California, California State University**This course is the study and practice of Joseph Pilates' Physical mind Conditioning Method at an advanced level. Prior Pilates practice is strongly recommended. Pass/No Pass Option. CSUGE: E.***KIN 031A STEP AEROBICS – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California**This course is designed to utilize step equipment and coordinated movement as a means for improving cardiovascular fitness. Knowledge of proper step technique, postural control through muscular strengthening, as well as an understanding of ways to improve overall fitness, is also covered in this course. Pass/No Pass Option. CSUGE: E.***KIN 031B STEP AEROBICS – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 031A**Acceptable for credit: California State University, University of California**This course is designed to utilize step equipment and coordinated movement as a means for improving cardiovascular fitness. Knowledge of proper step technique, postural control through muscular strengthening, as well as an understanding of ways to improve overall fitness, is also covered in this course. Pass/No Pass Option. CSUGE: E.***KIN 032A CARDIO AND CORE FITNESS - INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California**This course is designed for students to satisfy the needs for cardiovascular activity including developing and maintaining cardiovascular fitness through the use of continuous aerobic movements. Students will engage in a comprehensive fitness program which includes aerobic activity, core strengthening exercises that help develop agility, improve coordination, and increase core and overall body strength. Pass/No Pass Option. CSUGE: E.*

**KIN 032B CARDIO AND CORE FITNESS - BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 032A**Acceptable for credit: California State University, University of California*

This is a beginning level course is designed for students to satisfy the needs for cardiovascular activity including maintaining and improving cardiovascular fitness through the use of continuous aerobic movements. Students will engage in a comprehensive fitness program which includes aerobic activity, core strengthening exercises that help develop agility, improve coordination, and increase core and overall body strength. *Pass/No Pass Option. CSUGE: E.*

**KIN 032C CARDIO AND CORE FITNESS – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 032B**Acceptable for credit: University of California, California State University*

This is an intermediate level course is designed for students to satisfy the needs for cardiovascular activity including developing and maintaining cardiovascular fitness through the use of continuous aerobic movements. Students will engage in a comprehensive fitness program which includes aerobic activity, core strengthening exercises that help develop agility, improve coordination, and increase core and overall body strength. *Pass/No Pass Option. CSUGE: E.*

**KIN 032D CORE AND CARDIO FITNESS - ADVANCED 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: University of California, California State University*

This advanced level course is designed for students to satisfy the needs for cardiovascular activity including maintaining and improving cardiovascular fitness through the use of continuous aerobic movements. Students will engage in a comprehensive fitness program which includes aerobic activity, core strengthening exercises that help develop agility, improve coordination, and increase core and overall body strength. *Pass/No Pass Option. CSUGE: E.*

**KIN 033A KICKBOXING FITNESS - INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces the student to kickboxing for aerobic fitness. Basic punches, kicks and stances are taught. Techniques are taken from karate, tai chi, and boxing as ways to improve cardiovascular fitness. *Pass/No Pass Option. CSUGE: E.*

**KIN 033B KICKBOXING FITNESS - BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 033A**Acceptable for credit: California State University, University of California*

Students build upon the kickboxing movements learned in KIN 033A, with an emphasis on proper body alignment and a more advanced level of cardiovascular fitness. Techniques are from karate, tai chi and boxing as ways to improve overall fitness. *Pass/No Pass Option. CSUGE: E.*

**KIN 033C KICKBOXING FITNESS - INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: University of California, California State University*

This course advances students' kickboxing skills for aerobic fitness. Basic punches, kicks and stances are taught. Techniques are taken from karate, tai chi and boxing as ways to improve cardiovascular fitness. *Pass/No Pass Option. CSUGE: E.*

**KIN 035A WEIGHT TRAINING – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to enhance the development of muscular fitness and overall body tone. Information is presented to increase student understanding of various aspects of weight training from safety through proper lifting techniques. *Pass/No Pass Option. CSUGE: E.*

**KIN 035B WEIGHT TRAINING – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 035A**Acceptable for credit: California State University, University of California*

This course is designed to enhance the development of muscular strength, muscular endurance and overall body tone. Information is presented to increase the student's understanding of various aspects of weight training including safety, proper lifting techniques, and beginning training protocols. *Pass/No Pass Option. CSUGE: E.*

**KIN 035C WEIGHT TRAINING – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 035B**Acceptable for credit: California State University, University of California*

This course is designed for intermediate level students who want to continue their development of muscular strength and muscular endurance at a more advanced level. Training protocols such as pyramid and super set training are taught. Additional information is presented to increase student's understanding of various aspects of weight training. *Pass/No Pass Option. CSUGE: E.*

**KIN 037A CARDIO-CROSS TRAINING – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 35A or KIN 038A**Acceptable for credit: California State University, University of California*

This course is designed to enhance the student's cardiovascular condition at the introductory level by providing a variety of methods of training on equipment such as the treadmill, stair-stepper, exercise bicycle and more. Information is provided on how to use and program the various pieces of cardio equipment as well as principles needed to obtain good cardiovascular condition. *Pass/No Pass Option. CSUGE: E.*

**KIN 037B CARDIO-CROSS TRAINING – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 037A**Acceptable for credit: California State University, University of California*

This course is designed to enhance the student's cardiovascular conditioning at the beginning level by providing a variety of methods of training on equipment such as the treadmill, stair stepper, exercise bicycle and transport. Information is provided on how to use and program the various pieces of cardio equipment as well as principles needed to obtain good cardiovascular condition. *Pass/No Pass Option. CSUGE: E.*

**KIN 037C CARDIO-CROSS TRAINING - INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 037B**Acceptable for credit: California State University, University of California*

This course is designed to enhance the student's cardiovascular condition at the intermediate level by providing a variety of methods of training on equipment such as the treadmill, stair stepper, exercise bicycle and more. Information is provided on how to use and program the various pieces of cardio equipment as well as principles needed to obtain good cardiovascular condition. *Pass/No Pass Option. CSUGE: E.*



**KIN 039C FIRE AGILITY– INTERMEDIATE 2.0 UNITS***Total Lab: 108 hours**Advisory: KIN 039B**Acceptable for credit: California State University, University of California*

This course covers the intermediate skills and techniques designed to enhance the overall fitness level of the Fire Technology student in order to prepare them to successfully complete the CPAT and other fire agencies physical agility tests. Building upon the skills learned in KIN 039A and KIN 039B, the emphasis is on intermediate and advanced training methodologies. Intense resistance training techniques, plyometric training and cardiovascular workouts are utilized. Non-Fire Technology students are also welcome. *Pass/No Pass Option. CSUGE: E.*

**KIN 039D FIRE AGILITY: ADVANCED 2.0 UNITS***Total Lab: 108 hours**Advisory: KIN 039C**Acceptable for credit: University of California, California State University*

This course covers the advanced skills and techniques designed to enhance the overall fitness level of the Fire Technology student in order to prepare them to successfully complete the CPAT and other fire agencies physical agility tests. Building upon the skills learned in KIN 039A, 039B and KIN 039C, the emphasis is on advanced training methodologies. Advanced resistance training techniques, plyometric speed and agility training and cardiovascular workouts are utilized. Non-Fire Technology students are also welcome. *Pass/No Pass Option. CSUGE: E*

**KIN 040A MODERN DANCE – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is an introduction to the varied theories, styles, and techniques of the modern dance idiom. *Pass/No Pass Option. CSUGE: E.*

**KIN 040B MODERN DANCE – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 040A**Acceptable for credit: University of California, California State University*

This course is the study and practice of the varied theories, styles, and techniques of the modern dance idiom at a beginning level. *Pass/No Pass Option. CSUGE: E.*

**KIN 040C MODERN DANCE – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 040B**Acceptable for credit: University of California, California State University*

This course is the study and practice of the varied theories, styles, and techniques of the modern dance idiom at an intermediate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 040D MODERN DANCE - ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 040C**Acceptable for credit: University of California, California State University*

This course is the study and practice of the varied theories, styles, and techniques of the modern dance idiom at an advanced level. *Pass/No Pass Option. CSUGE: E.*

**KIN 041A BALLET–INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce the student to the discipline, aesthetics, traditions, and historical background of classical ballet. *Pass/No Pass Option. CSUGE: E.*

**KIN 041B BALLET– BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 041A**Acceptable for credit: California State University, University of California*

This course is designed for beginning level dancers to practice the discipline of ballet including improving technique and performance skills. Historical background, traditions, and etiquette are also covered. *Pass/No Pass Option. CSUGE: E.*

**KIN 041C BALLET– INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 041B**Acceptable for credit: California State University, University of California*

This course is designed for intermediate level dancers to practice the discipline of ballet including improving technique, building strength, and developing higher level performance skills. *Pass/No Pass Option. CSUGE: E.*

**KIN 041D BALLET– ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 041C**Acceptable for credit: California State University, University of California*

This course is designed for advanced level dancers to practice the discipline of ballet including perfecting technique and developing advanced level performance skills. *Pass/No Pass Option. CSUGE: E.*

**KIN 042A JAZZ DANCE– INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce the student to the varied theories, styles and techniques of the jazz dance idiom. *Pass/No Pass Option. CSUGE: E.*

**KIN 042B JAZZ DANCE – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 042A**Acceptable for credit: California State University, University of California*

This course is designed for the beginning level student. Emphasis is placed on the varied theories, styles and techniques of the jazz dance idiom. Practice and performance opportunities are available at a beginning level. *Pass/No Pass Option. CSUGE: E.*

**KIN 042C JAZZ DANCE – INTERMEDIATE 1.0 UNITS***Total Lab: 54 hours**Advisory: KIN 042B**Acceptable for credit: University of California, California State University*

This course is designed for the intermediate level student. Emphasis is placed on the varied theories, styles, and techniques of the jazz dance idiom. Practice and performance opportunities are available at an intermediate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 046A BALLROOM DANCING – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces students to various ballroom dances. Alignment and posture, etiquette, and spontaneous leading and following are emphasized. *Pass/No Pass Option. CSUGE: E.*

**KIN 046B BALLROOM DANCING– BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 046A**Acceptable for credit: California State University, University of California*

This course covers the foundations of ballroom dance, including beginning level steps, positions of the body, and basics of styling for the various dances. *Pass/No Pass Option. CSUGE: E.*

**KIN 046C BALLROOM DANCE – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 046B**Acceptable for credit: California State University, University of California*

This intermediate ballroom dance course covers various ballroom dances with an emphasis on technique, styling and performance skills that are specific to each dance. *Pass/No Pass Option. CSUGE: E.*

**KIN 047A HIP HOP - INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces students to the fundamentals of hip hop. Students learn general patterns as well as the basics of creating their own style and routines. Information is presented describing the history and cultural development of hip hop as a dance form. *Pass/No Pass Option. CSUGE: E.*

**KIN 047B HIP HOP – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 047A**Acceptable for credit: California State University, University of California*

This course is the study and practice of hip hop at a beginning level. Students learn general patterns as well as the basics of creating their own style and routines. Information is presented describing the history and cultural development of hip hop as a dance form. *Pass/No Pass Option. CSUGE: E.*

**KIN 047C HIP HOP – INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 047B**Acceptable for credit: University of California, California State University*

This course is the study and practice of hip hop at an intermediate level. Students learn choreography as well as create their own style and routines. *Pass/No Pass Option. CSUGE: E.*

**KIN 047D HIP HOP – ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 047C**Acceptable for credit: University of California, California State University*

This course is the study and practice of hip hop at an advanced level. Students learn choreography as well as create their own style and routines. *Pass/No Pass Option. CSUGE: E.*

**KIN 048A LATIN DANCE/SALSA – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course is designed to introduce the student to selected Latin and rhythm dances. There is an emphasis on alignment and posture, etiquette, and leading and following. *Pass/No Pass Option. CSUGE: E.*

**KIN 048B LATIN DANCE/SALSA – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 048A**Acceptable for credit: California State University, University of California*

This is a beginning level course designed to practice selected Latin and rhythm dances. There is an emphasis on alignment and posture, etiquette, and leading and following. *Pass/No Pass Option. CSUGE: E.*

**KIN 050A TAI CHI – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces the student to the fundamentals and health enhancing aspects of Tai Chi. Instruction covers the history and philosophy and emphasizes Tai Chi body movements and forms utilizing energy flow and stress reducing elements that are generated in the process. *Pass/No Pass Option. CSUGE: E.*

**KIN 050B TAI CHI – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 050A**Acceptable for credit: California State University, University of California*

This course reviews the fundamentals and health enhancing aspects of Tai Chi. There is an introduction to Pushing Hands exercises and various Qi Gong exercises are included. *Pass/No Pass Option. CSUGE: E.*

**KIN 050C TAI CHI - INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 050B**Acceptable for credit: University of California, California State University*

This course reviews the fundamentals and health enhancing aspects of Tai Chi at an intermediate level including Pushing Hands exercises and various Qi Gong exercises. *Pass/No Pass Option. CSUGE: E.*

**KIN 050D TAI CHI - ADVANCED 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 050C**Acceptable for credit: University of California, California State University*

This course reviews the fundamentals and health enhancing aspects of Tai Chi at an advanced level. An advanced form of Pushing Hands practice and additional Qi Gong exercises are included. *Pass/No Pass Option. CSUGE: E.*

**KIN 051A AIKIDO – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This course introduces the student to the philosophy, principles and physical techniques of Aikido. Aikido is a non-violent martial art that emphasizes harmony and natural movements to resolve conflicts. *Pass/No Pass Option. CSUGE: E.*

**KIN 051B AIKIDO – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 051A**Acceptable for credit: California State University, University of California*

This course reviews the philosophy, principles, and physical techniques of Aikido. The course emphasizes harmony and natural movements to resolve conflicts and integrate mind-body awareness. The principles of contraction and expansion and circular movement are explored in more detail. *Pass/No Pass Option. CSUGE: E.*

**KIN 051C AIKIDO - INTERMEDIATE 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 051B**Acceptable for credit: University of California, California State University*

This course reviews the philosophy, principles and physical techniques of Aikido. Aikido is a non-violent martial art that emphasizes harmony and natural movements to resolve conflicts. *Pass/No Pass Option. CSUGE: E.*

**KIN 053A KARATE – INTRODUCTION 1.0 UNIT***Total Lab: 54 hours**Acceptable for credit: California State University, University of California*

This class introduces students to the Okinawan/Japanese martial art of Wado Ki Kai Karate. Emphasis is on blocks, strikes, kicking movements, traditional forms from the Taikyoko and Pinan series, and self-defense. *Pass/No Pass Option. CSUGE: E.*

**KIN 053B KARATE – BEGINNING 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 053A**Acceptable for credit: California State University, University of California*

This class reviews the fundamentals of the Okinawan/Japanese martial art of Wado Ki Kai Karate. Emphasis is on refinement of the student's blocks, strikes, kicking movements, the traditional forms from the Taikyoko and Pinan series, and self-defense. *Pass/No Pass Option. CSUGE: E.*

**KIN 053C KARATE - INTERMEDIATE 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 053B  
 Acceptable for credit: University of California, California State University  
 This class reviews the fundamentals of the Okinawan/Japanese martial art of Wado Ki Kai Karate. Emphasis is on the refinement of the student's skills and the combining of techniques at an intermediate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 055A SELF - DEFENSE - INTRODUCTION 1.0 UNIT**  
 Total Lab: 54 hours  
 Acceptable for credit: California State University, University of California  
 This course is designed to introduce the student to the fundamental skills, strategy, and tactics of self-defense which may help the individual to recognize, avoid, and respond to dangerous situations. *Pass/No Pass Option.*

**KIN 055B SELF DEFENSE – BEGINNING 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 055A  
 Acceptable for credit: University of California, California State University  
 This course reviews the fundamental skills, strategy, and tactics of self-defense. Emphasis is on refinement of skills and incorporates additional take downs and ground fighting tactics. *Pass/No Pass Option. CSUGE: E.*

**KIN 061A HATHA YOGA – INTRODUCTION 1.0 UNIT**  
 Total Lab: 54 hours  
 Acceptable for credit: California State University, University of California  
 This class provides the student with an introduction to basic Hatha yoga poses with emphasis on form and body alignment. Strength, flexibility and balance are emphasized in the yoga poses. Relaxation and meditation techniques are also introduced. *Pass/No Pass Option. CSUGE: E.*

**KIN 061B HATHA YOGA – BEGINNING 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 061A  
 Acceptable for credit: California State University, University of California  
 This class provides instruction and practice of yoga poses at a beginning level with an emphasis on form, body alignment, strength, flexibility and balance. Relaxation and meditation techniques are also incorporated into the practice. *Pass/No Pass Option. CSUGE: E.*

**KIN 061C HATHA YOGA – INTERMEDIATE 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 061B  
 Acceptable for credit: California State University, University of California  
 This class provides instruction in the physical practice of yoga at an intermediate level. Strength, flexibility and balance are emphasized within the physical practice. Breath control and meditation techniques are also incorporated. *Pass/No Pass Option. CSUGE: E.*

**KIN 061D HATHA YOGA – ADVANCED 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 061C  
 Acceptable for credit: University of California, California State University  
 This class emphasizes the physical practice of yoga at an advanced level. A prior yoga practice is strongly encouraged. Relaxation and meditation techniques are also incorporated. *Pass/No Pass Option. CSUGE: E.*

**KIN 063A HIKING – INTRODUCTION 1.0 UNIT**  
 Total Lab: 54 hours  
 Acceptable for credit: California State University, University of California  
 This course introduces the student to basic hiking techniques as well as various hiking facilities in the local community. Proper warm-up and cool-down specifically for hiking is introduced. Students experience improved fitness levels through hiking. *Pass/No Pass Option. CSUGE: E.*

**KIN 063B HIKING – BEGINNING 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 063A  
 Acceptable for credit: California State University, University of California  
 This course reviews basic hiking techniques and safety precautions and introduces students to the challenges of moderate level hiking facilities in the local community. Proper warm-up and cool-down specifically related to hiking are covered. *Pass/No Pass Option. CSUGE: E.*

**KIN 063C WALK/JOG FOR FITNESS – INTRODUCTION 1.0 UNIT**  
 Total Lab: 54 hours  
 Acceptable for credit: University of California, California State University  
 This course introduces the student to elementary walking and jogging. Students improve aerobic and muscular fitness. Proper warm-up, stretching, and cool down are introduced. Fitness goals are established and monitored throughout the course. *Pass/No Pass Option. CSUGE: E.*

**KIN 063D WALKING / JOGGING FOR FITNESS – BEGINNER 1.0 UNIT**  
 Total Lab: 54 hours  
 Advisory: KIN 063C  
 Acceptable for credit: University of California, California State University  
 This course introduces the student to beginning walking and jogging. Students improve aerobic and muscular fitness. Proper warm-up, stretching, and cool down are introduced. Fitness goals are established and monitored throughout the course. *Pass/No Pass Option. CSUGE: E.*

**KIN 066 EXERCISE ASSESSMENT AND PROGRAM DESIGN 3.0 UNITS**  
 Total Lecture: 54 hours  
 Acceptable for credit: California State University  
 This course will cover assessment and testing protocols, physical fitness guidelines and the designing of anatomically and physiologically safe and effective exercise programs for sport and fitness participants. The human physiological responses and adaptations to the acute and/or chronic stress of exercise and physical training will also be addressed. *Pass/No Pass Option. E.*

**KIN 067 TECHNIQUES OF FITNESS INSTRUCTION 3.0 UNITS**  
 Total Lecture: 54 hours  
 Acceptable for credit: University of California, California State University  
 This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in fitness instruction. Topics will include guidelines for instructing safe, effective, and purposeful exercise using a variety of methods and equipment, essentials of the instructor-participant relationship, principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role. Students will be exposed to and practically apply the knowledge and skills associated with planning/designing, implementing, leading, and managing others, and the environmental elements using safe and effective exercises for a variety of fitness levels and special populations. Safety, liability, employment, client retention, and business management will also be discussed. *Pass/No Pass Option. CSUGE: E.*



**KIN 068 SPORT PSYCHOLOGY 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: University of California, California State University*

This course will review the psychological factors associated with participation and performance in sport activities. Sport psychology research will be examined to understand how sport performance is affected by psychological principles. Topics will include historical and contemporary perspectives of sport psychology, research methods, team and group dynamics, and the relationship between sport performance and various personality, motivational, and social psychological variables. Gender and age issues, as well as the effects and management of stress and anxiety, unhealthy behaviors, and psychological burnout will be discussed. *Pass/No Pass Option. CSUGE: E.*

**KIN 069 STRESS MANAGEMENT THROUGH FITNESS AND LIFESTYLE 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: University of California, California State University*

Students learn to analyze of physiological, psychological, sociological, and environmental parameters of stress, and develop personalized stress management strategies such as adhering to healthy eating and exercise behaviors to enhance well-being and the ability to cope with stress. Exercise and nutrition behaviors, intervention strategies and techniques are developed and practiced during this course to help students effectively manage stress. *Pass/No Pass Option. CSUGE: E.*

**KIN 070 WEIGHT TRAINING PRACTICUM I 1.0 UNIT***Total Lab: 54 hours**Advisory: KIN 076**Acceptable for credit: California State University*

This course is one of the requirements for the fitness specialist certificate program and provides students with an opportunity to serve as an intern in a weight training class presently offered at the college. Each intern serves as an aide to the instructor of the class to acquire the skills and confidence needed to be a personal trainer. *Pass/No Pass Option.*

**KIN 071 SPORTS INJURIES 1.5 UNITS***Total Lecture: 27 hours**Acceptable for credit: University of California, California State University*

This course is designed specifically for the fitness specialist or enthusiast who wants a basic understanding of the prevention and care of athletic injuries. Emphasis is on fitness related injuries as well as preventative steps recommended to avoid injuries. Basic awareness of the needs of special populations is also discussed. *Pass/No Pass Option.*

**KIN 072 SPORTS NUTRITION 1.5 UNITS***Total Lecture: 27 hours**Advisory: KIN 077**Acceptable for credit: California State University*

This course is design specifically for the fitness specialist or enthusiast who wants a basic understanding of nutritional principles as they relate to exercise and sports. Emphasis is placed on understanding the role of nutrients in physical performance. Body composition, pre-competition meals, and the efficacy of ergogenic aids are also discussed. *Pass/No Pass Option.*

**KIN 073 FITNESS TESTING 1.5 UNITS***Total Lecture: 9 hours, Total Lab: 54 hours**Advisory: KIN 074**Acceptable for credit: California State University*

This course is designed specifically for the fitness specialist or enthusiast who is interested in learning to administer basic fitness tests that can be used to evaluate an individual's strength, flexibility, cardiovascular endurance, body composition and posture. The standards for evaluating these tests are discussed as well as principles used in designing an exercise prescription. *Pass/No Pass Option.*

**KIN 074 ANATOMY AND KINESIOLOGY 1.5 UNITS***Total Lecture: 27 hours**Acceptable for credit: California State University*

This course is designed specifically for the fitness specialist who needs a basic understanding of exercise physiology, anatomy, and kinesiology. The information discussed within the course is relevant for use in the teaching of fitness and aerobic dance classes as well as for the personal trainer. *Pass/No Pass Option.*

**KIN 075 BODY ALIGNMENT AND STRETCHING TECHNIQUES 1.5 UNITS***Total Lecture: 9 hours, Total Lab: 54 hours**Advisory: KIN 074**Acceptable for credit: California State University*

This course is designed for the fitness specialist or enthusiast. Emphasis is placed upon identifying efficient body alignment, outlining techniques for achieving correct alignment, and designing programs that enhance correct body alignment. Proper stretching techniques and various stretching styles are also covered. *Pass/No Pass Option.*

**KIN 076 WEIGHT TRAINING PRINCIPLES AND ROUTINES 1.5 UNITS***Total Lecture: 9 hours, Total Lab: 54 hours**Advisory: KIN 074**Acceptable for credit: California State University*

This course is designed specifically for those students interested in pursuing the fitness specialist certificate specialty in personal training or anyone interested in learning about strength development and specific routines. Emphasis is on strength routines that develop various body parts as well as programs that enhance muscle strength, size, tone/ definition and cardiovascular condition. A thorough knowledge of the weight training facilities including equipment, as well as physiology, kinesiology, and anatomy is covered. *Pass/No Pass Option.*

**KIN 077 EXERCISE PHYSIOLOGY 1.5 UNITS***Total Lecture: 27 hours**Advisory: KIN 074**Acceptable for credit: California State University*

This course is designed specifically for the fitness specialist or anyone desiring to learn how the body responds physiologically to exercise. Topics covered include how the body responds and adapts to exercise, muscle and cardiovascular physiology, metabolism, flexibility, body composition and environmental conditions. This course is relevant for those individuals considering teaching aerobic dance classes or becoming a personal trainer. *Pass/No Pass Option.*

**KIN 078 INTRODUCTION TO KINESIOLOGY 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: California State University, University of California*

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in physical education and kinesiology (motor learning/control, motor development, biomechanics, exercise physiology, social psychological foundations, and sport nutrition) will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. *Pass/No Pass Option. C-ID # KIN 100. CSUGE: E.*

**KIN 079 LIFETIME FITNESS 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: University of California, California State University*

This course provides an overview and application of fitness, wellness and lifestyle management techniques, aiding one in making informed decisions about how to obtain optimal physical, mental, emotional and social well-being. Accurate and reliable information on topics such as fitness, body composition, weight management, nutrition, stress management, sleep, substance use and abuse, disease prevention, behavior change protocols, relationships and the societal impact of poor health will be covered. Using the six dimensions of health, a personal and societal approach to developing a lifetime of fitness will be explored through personal reflection, critical thinking, and practical application of behavior change strategies to improve overall health. *Pass/No Pass Option. CSUGE: E.*

**KIN 080 DANCE APPRECIATION 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: California State University, University of California*

This course is a study of the function of dance as art and ritual, social activity, spectacle, and entertainment through a survey of major dance works and artists from 19th century to present. It includes cultural contexts as well as styles and forms used in dance such as folk, ethnic, social, square, tap, jazz, modern and ballet. *Pass/No Pass Option. CSUGE: C1.*

**KIN 081 SPORT IN SOCIETY 3.0 UNITS***Total Lecture: 54 hours**Acceptable for credit: University of California, California State University*

This course is a sociological analysis of sport in contemporary American Society. The role of sports regarding race, gender, family, religion, education, government, the economy, and sports institutions are examined. The social forces that have created sports organizations, the societal impact of sports, and the physiological, psychological, ethical, and societal consequences of sports participation are also explained. *Pass/No Pass Option. CSUGE: D; IGETC: 4.*

**KIN 083 VOLLEYBALL - INTERCOLLEGIATE TRAINING 2.0 UNITS***Total Lab: 108 hours**Advisory: It is recommended that students have prior experience in volleyball, and some knowledge of the conditioning practices associated with it.**Acceptable for credit: University of California, California State University*

This course is designed to further develop an experienced athlete to condition the body for strength, flexibility, and endurance training in order to compete as a Women's varsity volleyball athlete. It is recommended that students have prior experience in volleyball, and some knowledge of the conditioning practices associated with it. *Pass/No Pass Option. CSUGE: E.*

**KIN 084 INTERCOLLEGIATE VOLLEYBALL 3.0 UNITS***Total Lab: 162 hours**Advisory: This is an Intercollegiate athletics course that is designed for the student-athlete to compete at a high level, and therefore, prior competitive volleyball experience is strongly encouraged at the high school or club level.**Acceptable for credit: University of California, California State University*

This course is designed to allow the student the opportunity to further their volleyball skills at a competitive, intercollegiate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 085 INTERCOLLEGIATE BADMINTON 3.0 UNITS***Total Lab: 162 hours**Advisory: This is an Intercollegiate athletics course that is designed for the student-athlete to compete at a high level, and therefore, prior competitive badminton experience is strongly encouraged at the high school or club level.**Acceptable for credit: California State University, University of California*

This course is designed for students who have aspirations of playing intercollegiate badminton. The history, rules, intermediate techniques and strategies, as well as conditioning for badminton, are addressed. *Pass/No Pass Option. CSUGE: E.*

**KIN 086 INTERCOLLEGIATE BASKETBALL 3.0 UNITS***Total Lab: 162 hours**Advisory: This is an intercollegiate, advanced level basketball course designed for students to compete, and therefore, prior experience at the high school or club level is highly recommended.**Acceptable for credit: University of California, California State University*

This course is designed for women students interested in competing on an intercollegiate basketball team. This course is designed to allow the student the opportunity to play intercollegiate basketball. Basketball skills and conditioning are emphasized. Practice consists of both mental and physical training. *Pass/No Pass Option. CSUGE: E.*

**KIN 087 INTERCOLLEGIATE SOCCER 3.0 UNITS***Total Lab: 162 hours**Acceptable for credit: University of California, California State University*

This course is designed to allow the student the opportunity to further their soccer skills at a competitive, intercollegiate level. This course may be repeated 3 times. *Pass/No Pass Option. CSUGE: E.*

**KIN 088 INTERCOLLEGIATE SOFTBALL 3.0 UNITS***Total Lab: 162 hours**Advisory: This is an Intercollegiate Athletics Softball class for the competitive athlete. It is advised that students have prior high school or club experience playing softball.**Acceptable for credit: University of California, California State University*

This course is designed to allow the student the opportunity to further their softball skills at a competitive, intercollegiate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 089 INTERCOLLEGIATE TENNIS - WOMEN 3.0 UNITS***Total Lab: 162 hours**Advisory: KIN 094**Acceptable for credit: California State University, University of California*

This course is designed for female students interested in intercollegiate tennis competition. Practice consists of both mental and physical training. *Pass/No Pass Option. CSUGE: E.*

**KIN 090 INTERCOLLEGIATE BASEBALL 3.0 UNITS***Total Lab: 162 hours**Advisory: This is an intercollegiate, competitive baseball class. It is strongly recommended that athletes have prior experience playing and competing at the high school or intercollegiate level.**Acceptable for credit: California State University, University of California*

This course is intercollegiate baseball competition for men. This course is designed to allow the student the opportunity to further their baseball skills at a competitive, intercollegiate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 091 INTERCOLLEGIATE SOCCER 3.0 UNITS***Total Lab: 162 hours**Advisory: KIN 095**Acceptable for credit: California State University, University of California*

This course is designed to allow the student the opportunity to further their soccer skills at a competitive, intercollegiate level. *Pass/No Pass Option. CSUGE: E.*

**KIN 092 INTERCOLLEGIATE TENNIS -MEN 3.0 UNITS***Total Lab: 162 hours**Advisory: KIN 094**Acceptable for credit: University of California, California State University*

This course is designed for male students interested in competing for an intercollegiate tennis team. *Pass/No Pass Option. CSUGE: E.*

**KIN 093 SOFTBALL - INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: To compete at the intercollegiate level high school or travel softball experience for safety and student success reasons is advised.

Acceptable for credit: California State University, University of California

This course provides the student with the opportunity to master the specific individual skills, team techniques, rules, history and strategies of softball. Pass/No Pass Option. CSUGE: E.

**KIN 094 TENNIS – INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: This course is designed for the Tennis player to improve conditioning, and overall performance in preparation for the Intercollegiate tennis season.

Acceptable for credit: California State University, University of California

This course is designed to develop a highly conditioned body for strength, flexibility, and endurance for the competing varsity tennis player. Pass/No Pass Option. CSUGE: E.

**KIN 095 SOCCER - INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: KIN 019B

Acceptable for credit: California State University, University of California

This course is designed to enhance the skills and abilities of students involved competitively in the game of soccer. Extensive soccer conditioning is stressed including strength training and speed conditioning. Skill development is covered in class. Pass/No Pass Option. CSUGE: E.

**KIN 096 BASKETBALL - INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: KIN 015C

Acceptable for credit: California State University, University of California

This class is designed for experienced basketball players who wish to learn advanced strategies of the game. Techniques such as full court press, press breakers, fast break, defensive schemes, and player to player and zone offenses are covered. Pass/No Pass Option. CSUGE: E.

**KIN 097 BASEBALL - INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: High school varsity or college baseball experience.

Acceptable for credit: California State University, University of California

This course is designed for students with previous baseball experience, who have aspirations of playing intercollegiate baseball. The history, rules, intermediate techniques and strategies, as well as conditioning for baseball are addressed. Intercollegiate Baseball requires playing the sport at a high level, and therefore, it is advised that students have prior high school or competitive baseball experience. Pass/No Pass Option. CSUGE: E.

**KIN 098 BADMINTON - INTERCOLLEGIATE TRAINING 2.0 UNITS**

Total Lab: 108 hours

Advisory: KIN 085

Acceptable for credit: California State University, University of California

This course introduces the student to the more advanced skills and strategies of the game of badminton. The main emphasis of this course is on drills, finesse shots, shot placement, court position, and singles and doubles strategy. Pass/No Pass Option. CSUGE: E.

**KIN 099 ATHLETIC TRAINING 1.0 UNIT**

Total Lab: 54 hours

Advisory: It is recommended that students have some previous experience with the activity prior to enrollment.

Acceptable for credit: University of California, California State University

This course is designed to develop a highly conditioned body for strength, flexibility, and endurance for the competing varsity athlete. This course may be offered via distance learning. Pass/No Pass Option. CSUGE: E.

## LANGUAGES (FOREIGN)

PLEASE REFER TO COURSES IN THE FOLLOWING LANGUAGES FOUND ALPHABETICALLY IN THE CATALOG.

ARABIC (ARB)

CHINESE (CHI)

FRENCH (FRN)

JAPANESE (JPN)

SPANISH (SPA)

VIETNAMESE (VIE)

## LEARNING SERVICES (LSR)

**LSR 900 STRATEGIES FOR BASIC SKILLS MATH 3.0 UNITS**

Total Lecture: 54 hours

This course is an introduction to basic skills math to assist in the completion of certificated programs. This course is approved for credit by exam. Pass/No Pass Option, Non-degree applicable course.

**LSR 940 LEARNING STRATEGIES FOR BASIC WRITING SKILLS 3.0 UNITS**

Total Lecture: 54 hours

This course stresses the practical application of strategies for students who experience difficulties with written language. The course focuses on simple sentence, paragraph, essay development, and grammar using multi-sensory techniques. Pass/No Pass Option, Non-degree applicable course.

**LSR 940A LEARNING STRATEGIES FOR BASIC WRITING SKILLS 3.0 UNITS**

Total Lecture: 54 hours

This course is the first part of a two-part learning sequence for effective college writing. The course focuses on sentence development, effective paragraphs, and grammar using multi-sensory techniques. Grade Only. Non-degree applicable course.

**LSR 940B LEARNING STRATEGIES FOR BASIC WRITING SKILLS 3.0 UNITS**

Total Lecture: 54 hours

Corequisite: ENG 001A or ENG 001AX

This course is the second part of a two-part learning sequence for effective college writing. The course focuses on college-level, essay development using multi-sensory techniques and other writing strategies. Grade Only. Non-degree applicable course.

**LSR 941 LEARNING STRATEGIES FOR COLLEGE SUCCESS 3.0 UNITS**

Total Lecture: 54 hours

This is an introductory course designed to accommodate the educational needs of students with disabilities. It stresses the practical application of learning strategies. Topics include auditory, visual, kinesthetic, and memory processing. The practical application of strategies within each modality is examined. Pass/No Pass Option, Non-degree applicable course.