COURSES

ALL DEGREE APPLICABLE COURSES CARRY AN ADVISORY OF ELIGIBILITY FOR ENG 001A OR ENG 001AX AND REA 054

INS 947 SUPERVISED TUTORING NONCREDIT
Total Maximum: 54 hours
Corequisite: Enrollment in the course for which a student receives tutoring
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. This course may also be offered via distance learning. Non-degree applicable course.

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, note taking, preparation for and taking of examinations, textbook study strategies, and using campus support systems effectively. The emphasis is on metacognition and mastering and applying the skills needed in order to facilitate successful studying and independent learning. This course may be offered via distance learning. Pass/No Pass Option, Non-degree applicable course.

INS 990 CONVERSATION SKILLS DEVELOPMENT FOR NON-NATIVE ENGLISH SPEAKERS NONCREDIT
Total: 30 hours
Students participate in extended conversations on a variety of topics. This non-credit course is designed for non-native English speakers at the intermediate to advanced levels of ESL (ESL 940-970). It is also appropriate for students who have already completed the ESL program or lower level students and who want more advanced conversation practice. 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: C; IGETC: 6A.

JPN 002 SECOND SEMESTER JAPANESE 5.0 UNITS
Total Lecture: 90 hours
Prerequisite: JPN 001
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: C; 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 individual’s ability. Pass/No Pass Option. CSUGE: E.

KIN 001B ADAPTED PHYSICAL EDUCATION 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. Emphasis will be on flexibility and general conditioning 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 001D ADAPTED TENNIS 1.0 UNIT
Total Lab: 54 hours
Acceptable for credit: California State University, University of California
This course is designed to teach the basic fundamentals of tennis to students with verifiable disabilities. A personalized exercise program (PEP) is developed to identify each student’s adaptation needs to be successful in tennis. Pass/No Pass Option. CSUGE: E.

KIN 001E ADAPTED YOGA 1.0 UNIT
Total Lab: 54 hours
Acceptable for credit: California State University, University of California
This course is designed to introduce basic yoga poses to students with verifiable disabilities. Emphasis is placed on asanas (poses), breath awareness, and postural alignment in order to develop strength, endurance, flexibility and balance. Relaxation techniques are introduced to reduce stress and develop the mind/body connection. A personalized exercise plan (PEP) is developed to meet each student’s needs. Pass/No Pass Option. CSUGE: E.

KIN 001G ADAPTED BADMINTON 1.0 UNITS
Total Lab: 54 hours
Acceptable for credit: University of California, California State University
This course is designed to teach the basic fundamentals of badminton to students with verifiable disabilities. A personalized exercise plan (PEP) is developed to address adaptations needed by each student to be successful in badminton. Pass/No Pass Option. CSUGE: E.

KIN 001J ADAPTED BALANCE AND STABILITY 1.0 UNITS
Total Lab: 54 hours
Acceptable for credit: University of California, California State University
This course is designed to teach basic balance activities, core stability and flexibility. Activities focus on enhancing energy levels and increasing confidence to perform daily activities. Pass/No Pass Option. CSUGE: E.

KIN 001K ADAPTED BADMINTON 1.0 UNITS
Total Lab: 54 hours
Acceptable for credit: California State University, University of California
This course is designed to teach the basic fundamentals of badminton to students with verifiable disabilities. A personalized exercise plan (PEP) is developed to address adaptations needed by each student to be successful in badminton. Pass/No Pass Option. CSUGE: E.

KIN 001L ADAPTED TENNIS 1.0 UNITS
Total Lab: 54 hours
Acceptable for credit: California State University, University of California
This course is designed to teach the basic fundamentals of tennis to students with verifiable disabilities. A personalized exercise program (PEP) is developed to identify each student’s adaptation needs to be successful in tennis. Pass/No Pass Option. CSUGE: E.

KIN 001M 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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Course Description</th>
<th>Acceptable for credit</th>
<th>Advisory Requirement</th>
<th>Total Lab: 54 hours</th>
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</thead>
<tbody>
<tr>
<td>KIN 014A</td>
<td>VOLLEYBALL – INTRODUCTION</td>
<td>1.0</td>
<td>This course is designed to introduce students to the basic rules, skills and techniques of volleyball. Players learn to serve, pass, set, and employ the basic strategies of the game. Pass/No Pass Option. CSUGE: E.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 014B</td>
<td>VOLLEYBALL – BEGINNING</td>
<td>1.0</td>
<td>Advisory: KIN 014A or demonstrated ability to pass, set and serve. Acceptable for credit: California State University, University of California This course is designed to teach the fundamentals 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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 015A</td>
<td>BASKETBALL – INTRODUCTION</td>
<td>1.0</td>
<td>Total Lab: 54 hours Acceptable for credit: California State University, University of California This course is designed to teach the basic rules, skills and techniques 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.</td>
<td>University of California, California State University</td>
<td>KIN 015A</td>
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<tr>
<td>KIN 015B</td>
<td>BASKETBALL – BEGINNING</td>
<td>1.0</td>
<td>Total Lab: 54 hours Advisory: KIN 015A Acceptable for credit: University of California, California State University This course is designed to teach the intermediate rules 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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 015C</td>
<td>BASKETBALL: INTERMEDIATE</td>
<td>1.0</td>
<td>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 strategies 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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 015D</td>
<td>BASKETBALL - ADVANCED</td>
<td>1.0</td>
<td>Total Lab: 54 hours 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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 019A</td>
<td>SOCCER – INTRODUCTION</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 019B</td>
<td>SOCCER – BEGINNING</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 020A</td>
<td>BADMINTON- INTRODUCTION</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 020B</td>
<td>BADMINTON – BEGINNING</td>
<td>1.0</td>
<td>Total Lab: 54 hours Advisory: KIN 020A 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 to refine the technique and improve the proficiency of the basic skills of the game. Pass/No Pass Option. CSUGE: E.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 020C</td>
<td>BADMINTON – INTERMEDIATE</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 020D</td>
<td>BADMINTON – ADVANCED</td>
<td>1.0</td>
<td>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.</td>
<td>University of California, California State University</td>
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<tr>
<td>KIN 021A</td>
<td>TENNIS – INTRODUCTION</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 021B</td>
<td>TENNIS – BEGINNING</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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<tr>
<td>KIN 021C</td>
<td>TENNIS – INTERMEDIATE</td>
<td>1.0</td>
<td>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.</td>
<td>California State University, University of California</td>
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</table>
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
Acceptable for credit: University of California, California State University
Advisory: KIN 023A
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 024A  BOWLING INTRODUCTION  1.5 UNITS
Total Lecture: 18 hours, Total Lab: 27 hours
Acceptable for credit: University of California, California State University
This course is designed to teach the theory and application of bowling. The course covers the theoretical application and proper mechanics to develop the fundamental skills of bowling. Students compare and contrast basic skills of the 3-step, 4-step, and 5-step delivery. Additionally, students recognize and demonstrate proper alignment and geometry when shooting spares. Rules, scoring, historical overview, and theoretical case analysis are examined in this course. 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
Acceptable for credit: University of California, California State University
This course is the study and practice of Joseph Pilates’ Physicalmind 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 UNIT
Total Lab: 54 hours
Acceptable for credit: University of California, California State University
Advisory: KIN 030B
This course is the study and practice of Joseph Pilates’ Physicalmind 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 the step as a means for improving cardiovascular fitness. A thorough warm-up and cool-down is included in each class. Knowledge of proper step technique as well as an understanding of ways to improve all aspects of 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 build upon the skills learned in KIN 031A. Proper step technique, body alignment and basic choreography are taught. Pass/No Pass Option. CSUGE: E.

KIN 032A  AEROBICS - INTRODUCTION  1.0 UNIT
Total Lab: 54 hours
Acceptable for credit: California State University, University of California
This course is designed to satisfy the needs for cardiovascular activity and to develop and maintain cardiovascular fitness through the use of continuous rhythmic movements and general overall exercise. Pass/No Pass Option. CSUGE: E.

KIN 032B  AEROBICS - 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 designed to satisfy the needs for cardiovascular activity for individuals who are developing a fitness routine. Students maintain cardiovascular fitness through the use of continuous rhythmic movements, weights, and various forms of stretching to complete their workouts. Pass/No Pass Option. CSUGE: E.
KIN 032C AEROBICS – 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 designed to help students maintain cardiovascular fitness through the use of continuous rhythmic movements, weights, and various forms of stretching to complete their workouts. 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
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 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
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
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: Recommended to have passed KIN 38A or KIN 35A
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 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 037D CARDIO-CROSS TRAINING – ADVANCED 1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 037C
Acceptable for credit: California State University, University of California
This course is designed to enhance the student’s cardiovascular condition at the advanced 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 038A LOWER BODY CONDITIONING – INTRODUCTION 1.0 UNIT
Total Lab: 54 hours
Advisory: Familiar with variety of Conditioning Skills Develop proper footwork Experience in speed and endurance training
Acceptable for credit: California State University, University of California
This course is designed to improve middle and lower extremity muscular strength, condition, and shape at the introductory level. The student participates in a program with specialized exercises that are designed to only work the legs, gluteal, and abdominal areas. Information is presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues are also addressed. Strength testing and body composition measurements are performed to monitor progress. Pass/No Pass Option. CSUGE: E.
KIN 038B  LOWER BODY CONDITIONING – 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 improve middle and lower extremity muscular strength, condition, and shape for the beginning level of lower body conditioning. The student participates in a program with specialized exercises that are designed to only work the legs, gluteal, and abdominal areas. Information is presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues are also addressed. Strength testing and body composition measurements are performed to monitor progress. Pass/No Pass Option. CSUGE: E.

KIN 038C  LOWER BODY CONDITIONING – INTERMEDIATE  1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 035B
Acceptable for credit: California State University, University of California
This course is designed to improve middle and lower extremity muscular strength, condition, and shape at the intermediate level. The student participates in a program with specialized exercises that are designed to only work the legs, gluteal, and abdominal areas. Information is presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues are also addressed. Strength testing and body composition measurements are performed to monitor progress. Pass/No Pass Option. CSUGE: E.

KIN 038D  LOWER BODY CONDITIONING – ADVANCED  1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 035B
Acceptable for credit: California State University, University of California
This course is designed to improve middle and lower extremity muscular strength, condition, and shape for the advanced level of lower body conditioning. The student participates in a program with specialized exercises that are designed to only work the legs, gluteal, and abdominal areas. Information is presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues are also addressed. Strength testing and body composition measurements are performed to monitor progress. Pass/No Pass Option. CSUGE: E.

KIN 038E  LOWER BODY CONDITIONING - ENDURANCE TRAINING 1.0 UNITS
Total Lab: 54 hours
Acceptable for credit: University of California, California State University
This course is designed for the introductory, intercollegiate level of lower body conditioning. Students improve middle and lower extremity strength through muscular strength and endurance training and cardio conditioning. Pass/No Pass Option. CSUGE: E.

KIN 038F  LOWER BODY CONDITIONING - SPEED TRAINING  1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 038E
Acceptable for credit: University of California, California State University
This course is designed to improve middle and lower extremity through speed training for the beginning intercollegiate level of lower body conditioning. Pass/No Pass Option. CSUGE: E.

KIN 038G  LOWER BODY CONDITIONING - AGILITY TRAINING  1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 038F
Acceptable for credit: University of California, California State University
This course is designed to improve core strength and lower extremity agility for lower body conditioning at the intermediate collegiate level. Pass/No Pass Option.

KIN 038J  LOWER BODY CONDITIONING - PLYOMETRIC TRAINING  1.0 UNIT
Total Lab: 54 hours
Advisory: KIN 038G
Acceptable for credit: University of California, California State University
This course is designed to improve core and lower extremity strength through plyometric training and conditioning for the advanced intercollegiate level. Pass/No Pass Option. CSUGE: E.

KIN 039A  FIRE AGILITY– INTRODUCTION  2.0 UNIT
Total Lab: 108 hours
Advisory: KIN 039A
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 and introduce them to specific skills required to successfully complete Fire Department physical agility tests. The emphasis is on improving both cardiovascular and anaerobic endurance plus muscle strength and endurance. Intense resistance training, anaerobic and cardiovascular workouts are utilized. Non-Fire Technology students are also welcome. Pass/No Pass Option. CSUGE: E.

KIN 039B  FIRE AGILITY– BEGINNING  2.0 UNITS
Total Lab: 108 hours
Advisory: KIN 039A
Acceptable for credit: California State University, University of California
This course is designed to enhance the overall fitness level of the Fire Technology student and introduce them to Fire Department physical agility tests. Building upon the skills learned in KIN 039A and KIN 039B, the emphasis is on improving cardiovascular endurance, muscle strength, and endurance. Intense resistance training, plyometric training, anaerobic, and cardiovascular workouts are utilized. Non-Fire Technology students are also welcome. 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 Fire Department 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, KIN 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
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
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 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
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
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
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 UNIT  
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
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 046D  BALLROOM DANCE – ADVANCED  1.0 UNIT  
Total Lab: 54 hours
Acceptable for credit: California State University, University of California  
This is an advanced level course covering various ballroom dances. Advanced techniques for styling and performance are emphasized.  
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.
ALL DEGREE APPLICABLE COURSES CARRY AN ADVISORY OF ELIGIBILITY FOR ENG 001A OR ENG 001AX AND REA 054

**KIN 047C HIP HOP – INTERMEDIATE 1.0 UNIT**
Total Lab: 54 hours
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
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 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
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 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
Acceptable for credit: California State University, University of California
This class provides instruction and practice of yoga poses with an emphasis on form and body alignment. Strength, flexibility and balance are emphasized. Relaxation and meditation techniques are also incorporated into the practice of poses. 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
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
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 069  STRESS MANAGEMENT THROUGH EXERCISE  2.0 UNITS
Total Lecture: 18 hours Total Lab: 54 hours
Acceptable for credit: University of California, California State University
Students learn to understand and identify the stress process and how it relates to personal health and exercise. The relationship between stress reduction and exercise is discussed. Exercise routines and intervention strategies and techniques are developed and practiced during this course to help students effectively deal with 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 designed 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 needs a basic understanding of 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 specifically 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 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. This course may also be offered via distance learning.* Pass/No Pass Option. C-ID # KIN 100. 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 083 VOLLEYBALL - INTERCOLLEGIATE TRAINING 2.0 UNITS
Total Lab: 108 hours
Advisory: KIN 014A
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 Women’s varsity volleyball player. CSUGE: E.

KIN 084 INTERCOLLEGIATE VOLLEYBALL 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 volleyball skills at a competitive, intercollegiate level. Pass/No Pass Option. CSUGE: E.

KIN 085 INTERCOLLEGIATE BADMINTON 2.0 UNITS
Total Lab: 108 hours
Advisory: KIN 098
Acceptable for credit: California State University, University of California
This course is designed to provide an opportunity for students with advanced badminton skills to participate in and learn an activity geared to their level of ability. Pass/No Pass Option. CSUGE: E.

KIN 086 INTERCOLLEGIATE BASKETBALL 3.0 UNITS
Total Lab: 162 hours
Advisory: KIN 096
Acceptable for credit: University of California, California State University
This course is designed for women students interested in competing for 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
Advisory: KIN 095 or Prior participation in high school soccer athletics
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: KIN 093
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
Acceptable for credit: California State University, University of California
This course is designed for women students interested in intercollegiate tennis competition. Practice consists of both mental and physical training. This course may be repeated three times. Pass/No Pass Option. CSUGE: E.

KIN 090 INTERCOLLEGIATE BASEBALL 3.0 UNITS
Total Lab: 162 hours
Advisory: KIN 097, High school or higher baseball experience is recommended
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 2.0 UNITS
Total Lab: 108 hours
Advisory: Completion of KIN 095 is recommended
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: Recommended High School or travel softball experience
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, and strategies of softball. This course is approved for credit by exam. Pass/No Pass Option. CSUGE: E.

KIN 094  TENNIS - INTERCOLLEGIATE TRAINING  1.0 UNIT
Total Lab: 54 hours
Advisory: Recommended High School or Tournament experience
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: Recommended High School or soccer travel ball experience
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: Recommended High School or travel ball experience
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. Pass/No Pass Option. CSUGE: E.

KIN 098  BADMINTON - INTERCOLLEGIATE TRAINING  2.0 UNITS
Total Lab: 108 hours
Advisory: Recommended High School or tournament experience
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: Recommended (one) KIN 35A, KIN 37A, KIN 38A
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. Pass/No Pass Option. CSUGE: E.

LRS 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.

LRS 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.

LRS 941  LEARNING STRATEGIES 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. This course may be offered via distance learning. Pass/No Pass Option, Non-degree applicable course.

LRS 942A  LEARNING SERVICES MATH STRATEGIES  3.0 UNITS
Total Lecture: 54 hours
This course is an introduction to mathematical strategies for students with disabilities who have had difficulty mastering the basic concepts of fractions, variables, and simple equations. Students are introduced to techniques that focus on developing compensatory strategies for visual processing, short-term memory, long-term memory, and auditory processing disabilities. Manipulative modules, supportive devices, computer software, web sites, as well as drill and practice exercises are stressed in order to assist in the understanding and mastery of these basic concepts. Pass/No Pass Option, Non-degree applicable course.

LRS 942B  LEARNING SERVICES MATH STRATEGIES  3.0 UNITS
Total Lecture: 54 hours
This course is the second of a two-course sequence covering mathematical strategies for students with disabilities who have had difficulty mastering the basic concepts of decimals, ratios/proportions, percents, and other pre-algebraic concepts. Students are introduced to techniques that focus on developing compensatory strategies for visual processing, short-term memory, long-term memory, and auditory processing disabilities. Manipulative modules, supportive devices, computer software, websites, as well as drill and practice exercises are stressed in order to assist in the understanding and mastery of these basic concepts. Pass/No Pass Option, Non-degree applicable course.