

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

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 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 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 or demonstrated ability to pass, set and serve.
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 (Pending), 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 (Pending), 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.