**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
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 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 or demonstrated ability to pass, set and serve. Acceptable for credit: California State University, University of California
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 shots 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 or demonstrated ability to pass, set and serve. 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, 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.