Overview

The Kinesiology, Health and Athletics program provides a positive, educational setting in which students can achieve skills for the personal management of lifelong health and wellness. Within athletics, an integral part of the total educational process, we strive to promote the mission of the college through student-athlete participation in an integrity-based, collaborative, and equitable athletic program. Sacramento City College’s athletic program aims to provide the opportunity for student athletes to realize their full potential both academically and athletically.

Associate Degrees for Transfer

A.A.-T. in Kinesiology

This Kinesiology program is designed to provide an opportunity for students to complete the lower division coursework required for four-year programs in at least one kinesiology/physical education degree option. This program is for students who plan to transfer to a California State University (CSU). Completion of the CSU General-Breadth or IGETC general education pattern is required. It is highly recommended that students meet with a counselor because the degree options and general education requirements vary for each college/university.

The Associate Degree for Transfer (ADT) student completion requirements (as stated in SB1440 law):

1. Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
   (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements (CSU GE-Breadth).
   (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.

2. Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a “C” or better in all courses required for the major or area of emphasis.

Catalog Date: June 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
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</tbody>
</table>

A minimum of 3 units from the following:

Select one course maximum from three of the following areas.

Aquatics:

FITNS 442    Swimming III (1)
or FITNS 440 Swimming I (1)
or FITNS 441 Swimming II (1)
or FITNS 443 Swimming IV (1)
or FITNS 310 Aquatic Fitness I (1)
or FITNS 444 Swimming V (1)

Fitness:

FITNS 331    Boot Camp Fitness (1)
or FITNS 324 Mat Pilates (1)
or FITNS 390 Basic Yoga (1)
or FITNS 381 Weight Training (1)
or FITNS 336 Plyometrics: Advanced Conditioning (1)
or FITNS 306 Aerobics: Cardio-Kickboxing (1)
or FITNS 383 Olympic and Power Weight Lifting (1)
or FITNS 307 Aerobic Mix (1)
or FITNS 326 Mat Pilates II (1)
or FITNS 356 Core Conditioning V: Trim & Tone (0.5 - 1)
or FITNS 321 Core Conditioning (1)
or FITNS 343 Spin Bike (1)
or FITNS 344 Dynamic Fitness Training I (1)
or FITNS 412 Taekwondo I (1)
The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes
Upon completion of this program, the student will be able to:

- identify and apply standards required by the profession of choice.
- demonstrate and articulate a statement of values or code of ethics related to the major that reflects his or her respect for different ideas, peoples, and cultures.
- develop an understanding of the uses of technology in kinesiology, physical education, and sports analysis, research, and results.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.
- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- apply knowledge of the human body to develop appropriate fitness programs and fitness assessments to evaluate and analyze program and student success.

Career Information
The Kinesiology degree is designed to facilitate students’ successful transfer to the baccalaureate programs. Baccalaureate programs may include, but are not limited to, exercise science, health promotion, physical education, therapeutic exercise and rehabilitation, and exercise and movement science. The Associate in Arts in Kinesiology can provide a foundation for students interested in working in these careers or careers in related fields.

Associate Degrees

A.A. in Kinesiology—Exercise Science

The Kinesiology, Physical Education, Health Education, Mathematics, Nutrition, and Science courses provide a framework around which Kinesiology-Exercise students may structure a program to prepare them for obtaining a degree at a 4 year institution. Additionally, specific elective courses are designed to provide students professional development opportunities as well as to prepare them to pass the exams necessary to become fitness professionals; these courses will allow students the opportunity to seek entry level positions as personal trainers, group exercise instructors, and strength and conditioning instructors, or to seek employment at a fitness center or health club. Students are encouraged to refer to requirements from their designated transfer institution to assist them in planning their specific program of study.

Catalog Date: June 1, 2020

Degree Requirements
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
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</tr>
<tr>
<td>CHEM 305</td>
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<td>Health and Societal Issues</td>
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<td>or HEED 353</td>
<td>Healthy Eating, Stress Management, and Weight Control</td>
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<td>Personal Trainer Certification: Exercise Science &amp; Fitness Assessment</td>
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<td>or KINES 418</td>
<td>Nutrition for Physical Performance</td>
<td>(3)</td>
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<tr>
<td>or KINES 452</td>
<td>Psychology of Sport and Fitness</td>
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<td>Introduction to Recreation and Leisure Services</td>
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A minimum of 3 units from the following:

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<td>FITNS 307</td>
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<tr>
<td>FITNS 310</td>
<td>Aquatic Fitness I</td>
<td></td>
</tr>
<tr>
<td>FITNS 321</td>
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<td>FITNS 326</td>
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<td>FITNS 336</td>
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<td>FITNS 337</td>
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<td>FITNS 343</td>
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<td>FITNS 344</td>
<td>Dynamic Fitness Training I</td>
<td></td>
</tr>
<tr>
<td>FITNS 345</td>
<td>Dynamic Fitness Training II</td>
<td></td>
</tr>
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<td>FITNS 349</td>
<td>Spin Bike II</td>
<td></td>
</tr>
<tr>
<td>FITNS 356</td>
<td>Core Conditioning V: Trim &amp; Tone</td>
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</tr>
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<td>FITNS 371</td>
<td>Life Fitness Center Training (0.5 - 1)</td>
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<td>FITNS 372</td>
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<td>FITNS 374</td>
<td>Life Fitness Center Cross Training (0.5 - 1)</td>
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<td>FITNS 381</td>
<td>Weight Training</td>
<td></td>
</tr>
<tr>
<td>FITNS 383</td>
<td>Olympic and Power Weight Lifting</td>
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<td>FITNS 385</td>
<td>Weight Training for Competition</td>
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<td>FITNS 387</td>
<td>Weight Training for Speed, Agility, Quickness: Advanced</td>
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<tr>
<td>FITNS 390</td>
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<td>FITNS 401</td>
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<td>FITNS 402</td>
<td>Running for Fitness II (0.5 - 1)</td>
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<td>Walking III (0.5 - 1)</td>
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<td>FITNS 412</td>
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<td>FITNS 441</td>
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<tr>
<td>FITNS 443</td>
<td>Swimming IV</td>
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<td>PACT 391</td>
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<td>TMACT 304</td>
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<tr>
<td>TMACT 331</td>
<td>Volleyball II</td>
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</tbody>
</table>
The Kinesiology–Exercise Science Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- identify and apply standards required by the profession of choice.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- demonstrate oral and written competence in the major field.
- develop and articulate a statement of values or code of ethics related to the major that reflects one's respect for different ideas, peoples, and cultures and an understanding of the responsible uses of technology.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.

Career Information

Most career options require a Bachelor’s degree. Once a Bachelor’s degree is obtained, career opportunities include teaching, coaching, various recreation positions, various health careers, and athletic administration in elementary and secondary schools and colleges.

A.A. in Kinesiology–Teaching and Coaching

The Kinesiology, Physical Education, Health Education, Mathematics, Nutrition, and Science courses provide a framework around which Kinesiology-Exercise students may structure a program to prepare them for transfer to a four-year institution. Students are encouraged to refer to requirements from their designated transfer institution to assist them in planning their specific program of study.

Catalog Date: June 1, 2020

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<td>BIOL 430</td>
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<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
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<tr>
<td>or CHEM 309</td>
<td>Integrated General, Organic, and Biological Chemistry (5)</td>
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<td>or CHEM 400</td>
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<td>HEED 300</td>
<td>Health Science</td>
<td>3</td>
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<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
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<tr>
<td>KINES 304</td>
<td>Introduction to Sports Management (3)</td>
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</tr>
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<td>or KINES 412</td>
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<tr>
<td>or KINES 418</td>
<td>Nutrition for Physical Performance (3)</td>
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<td>or KINES 451</td>
<td>Principles and Theory of Athletic Coaching (3)</td>
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A minimum of 3 units from the following:

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<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
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<tbody>
<tr>
<td>FITNS 306</td>
<td>Aerobics: Cardio-Kickboxing (1)</td>
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<td>FITNS 307</td>
<td>Aerobic Mix (1)</td>
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<td>Aquatic Fitness I (1)</td>
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<td>Core Conditioning (1)</td>
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<td>Mat Pilates (1)</td>
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<td>FITNS 331</td>
<td>Boot Camp Fitness (1)</td>
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<tr>
<td>FITNS 336</td>
<td>Plyometrics: Advanced Conditioning (1)</td>
</tr>
<tr>
<td>FITNS 337</td>
<td>Boot Camp II (0.5 - 1)</td>
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<tr>
<td>FITNS 343</td>
<td>Spin Bike (1)</td>
</tr>
<tr>
<td>FITNS 344</td>
<td>Dynamic Fitness Training I (1)</td>
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<tr>
<td>FITNS 345</td>
<td>Dynamic Fitness Training II (1)</td>
</tr>
<tr>
<td>FITNS 356</td>
<td>Core Conditioning V: Trim &amp; Tone (0.5 - 1)</td>
</tr>
<tr>
<td>FITNS 371</td>
<td>Life Fitness Center Training (0.5 - 1)</td>
</tr>
<tr>
<td>FITNS 372</td>
<td>Life Fitness Strength Training (0.5 - 1)</td>
</tr>
<tr>
<td>FITNS 373</td>
<td>Life Fitness Center Functional Fitness Training (0.5 - 1)</td>
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<td>FITNS 374</td>
<td>Life Fitness Center Cross Training (0.5 - 1)</td>
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<tr>
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<td>Circuit Weight Training (1)</td>
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<tr>
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## Dance (DANCE) Courses

## Fitness (FITNS) Courses

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<td>Outdoor Soccer III (1)</td>
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<td>KINES 352</td>
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<tr>
<td>KINES 354</td>
<td>Theory of Soccer (2)</td>
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Total Units: 33

The Kinesiology--Teaching and Coaching Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

### Student Learning Outcomes

Upon completion of this program, the student will be able to:

- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- identify and apply standards required by the profession of choice.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- demonstrate oral and written competence in the major field.
- develop and articulate a statement of values or code of ethics related to the major that reflects one's respect for different ideas, peoples, and cultures and an understanding of the responsible uses of technology.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.

### Career Information

Most career options require a Bachelor's degree. Once a Bachelor's degree is obtained, career opportunities include teaching, coaching, various recreation positions, various health careers, and athletic administration in elementary and secondary schools and colleges.

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### Dance (DANCE) Courses

### Fitness (FITNS) Courses
FITNS 304 Cardio Circuit

This course is designed as a cardio circuit form of fitness training. It combines cardio and resistance training equipment in a circuit format. Emphasis will be on timed intervals to train major muscle groups and the cardiovascular system. It will include flexibility and core strengthening.

FITNS 306 Aerobics: Cardio-Kickboxing

This course emphasizes execution of the body movements, the mechanics, and the timing of exercises utilized in boxing, circuit training, and aerobics to improve general fitness and body toning. Students will be required to provide hand wraps.

FITNS 307 Aerobic Mix

This course is designed to help the student develop a balanced physical fitness profile and gain a firm understanding of physical fitness concepts. Class components will emphasize a variety of aerobic activities, calisthenics, resistance exercises, and flexibility.

FITNS 310 Aquatic Fitness I

This course is designed to improve the student’s fitness level through the use of shallow water aquatic exercises. Specifically, the student should increase muscular strength and endurance, as well as improve flexibility and cardio-respiratory fitness. Additionally, the student will learn about resting and training heart rates, weight management, and injury prevention as it relates to exercise. No swimming skills are needed.

FITNS 321 Core Conditioning

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body. Appropriate workout attire and shoes are required.

FITNS 324 Mat Pilates

This beginning course covers a method of body conditioning that includes a unique system of stretch and strength exercises. Mat Pilates is designed to work with the deepest muscles in the body while creating core strength without pain. The sequence of matwork exercises will strengthen and tone muscles, improve body posture, and increase flexibility and balance while unifying body and mind.

FITNS 326 Mat Pilates II
Mat Pilates II is a 2nd level course developed for the intermediate-level Pilates student. The course will include the basic foundation of mat exercises with the addition of intermediate and advanced level exercises. Routines will include resistance methods of training with focus on development of stronger core muscles.

FITNS 331 Boot Camp Fitness

Units: 1  
Hours: 54 hours LAB  
Course: Total Body Sculpting  
Prerequisite: FITNS 324 (Mat Pilates) with a grade of "C" or better. Students will be allowed enrollment in this course by completing a pre-test, which includes satisfactory demonstration of 1st level Pilates exercises.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

This course is designed as an intensive boot camp fitness class conducted on campus using indoor and outdoor facilities. Training includes aerobic and anaerobic conditioning, strength and endurance training, and individual and team fitness concepts.

FITNS 336 Plyometrics: Advanced Conditioning

Units: 1  
Hours: 54 hours LAB  
Course: High Intensity Training  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

Plyometrics is an advanced level conditioning course that will utilize a variety of equipment, training aids, and training methods to promote speed, power, agility, strength, endurance, and flexibility.

FITNS 337 Boot Camp II

Units: 0.5 - 1  
Hours: 27 - 54 hours LAB  
Course: High Intensity Training  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

This course is designed as an advanced boot camp fitness class that is conducted on campus using indoor and outdoor facilities and requires students to participate in various intermediate and high intensity workouts. Training methods may include activities not only related to strength, endurance, and flexibility, but also those requiring speed, power, and agility.

FITNS 343 Spin Bike

Units: 1  
Hours: 54 hours LAB  
Course: Group Cardio Fitness Training  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a)  
Catalog Date: June 1, 2020

Spin Bike is specifically designed for students to improve their cardiovascular and strength levels with low impact on the joints. This course will use basic cycling and fitness drills based on speed, work resistance, and recovery periods. There may be some conditioning techniques done off the bikes as well. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

FITNS 344 Dynamic Fitness Training I

Units: 1  
Hours: 54 hours LAB  
Course: High Intensity Training  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

Dynamic fitness training is a course designed to use cross training and functional movements performed with constantly changing and relatively high intensity intervals. This course emphasizes proper mechanics utilizing body weight resistance and other methodologies. The work out is varied and designed to optimize fitness levels.

FITNS 345 Dynamic Fitness Training II

Units: 1  
Hours: 54 hours LAB
This is a cross training and constantly changing functional movement course that uses Olympic weight lifting and varied cardiovascular training and conditioning.

FITNS 347 Dynamic Aquatic Fitness Training

Units: 1
Hours: 54 hours LAB
Course Family: Aerobic Water Fitness
Prerequisite: None.
Transferable: CSU (effective Summer 2020)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course provides a fast moving, challenging aquatic workout, integrating traditional swim training with the addition of weight-bearing exercises in and out of the pool for complete body strength and cardiovascular conditioning. A swim suit, swim cap, goggles, and running shoes are required.

FITNS 349 Spin Bike II

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC (effective Summer 2020)
General Education: AA/AS Area III(a)
Catalog Date: June 1, 2020

Spin Bike II is specifically designed for students to continue to improve their cardiovascular and strength levels with low impact exercise on the joints. This course will include an increased level of intensity using cycling workouts based on extended timed workload and recovery periods. Resistance training and core workouts are used off the bike for a total body workout. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

FITNS 356 Core Conditioning V: Trim & Tone

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Total Body Sculpting
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course is designed to improve an individual’s level of fitness, general appearance, and well-being. This course will concentrate on muscle toning and strength development through various activities, for example, exercises for abdomen and core, hamstrings and quadriceps, buttocks, and the upper body. This course may be offered as an open-entry, open-exit course. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester. ADAPTIVE PHYSICAL EDUCATION ADVISORY: This class has been designated as appropriate for students who will require adaptive physical education.

FITNS 371 Life Fitness Center Training

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Life Fitness Center
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course is an open-entry/open-exit course designed to increase cardiovascular endurance, strength, and flexibility through the use of circuit training. A required orientation includes performing an individualized fitness assessment, learning guidelines on accessing fitness, training and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education. Grades are Pass/No Pass.

FITNS 372 Life Fitness Strength Training

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Life Fitness Center
Prerequisite: FITNS 371 with a Pass grade.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course is an open-entry/open-exit course designed to provide instruction in proper training techniques for increasing muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, Olympic lifting techniques. A required orientation includes an individualized fitness assessment, learning guidelines on accessing fitness, training, and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

FITNS 373 Life Fitness Center Functional Fitness Training

Units: 0.5 - 1
Hours: 27 - 54 hours LAB

This course provides a cross training and constantly changing functional movement course that uses Olympic weight lifting and varied cardiovascular training and conditioning.
This course is an open-entry/open-exit course designed to provide instruction in functional fitness exercises. Functional fitness exercises are designed to train your muscles to work together and prepare them for daily tasks by simulating movements that individuals might do at home, work, or in sports. FITNS 371 and FITNS 372 with a Pass grade are prerequisites for this class. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

**FITNS 374 Life Fitness Center Cross Training**

Units: 0.5 - 1  
Hours: 27 - 54 hours LAB  
Course Family: Life Fitness Center (http://scc.losrios.edu/course-families#id_100064)  
Prerequisite: FITNS 371, 372, and 373  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020  

This course is an open-entry, open-exit, course designed to provide instruction in cross training fitness exercises. Cross training fitness programs are designed to help the student balance his or her fitness program by varying the workout routines engaging different muscle groups. Cross training improves overall fitness and helps prevent overuse injuries that are common in single activity programs. Emphasis is placed on the use of multiple aerobic activities (walking, running, biking, elliptical) plus muscular strength and functional fitness exercises. FITNS 371, FITNS 372, and FITNS 373 with a Pass grade are prerequisites for this course. This course is graded Pass/No Pass. Students may enroll in the course up to the fourth week of the semester. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

**FITNS 380 Circuit Weight Training**

Units: 1  
Hours: 54 hours LAB  
Course Family: Group Cardio Fitness Training (http://scc.losrios.edu/course-families#id_100072)  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020  

Circuit Weight Training combines machine weight training, some free-weight training, core medicine ball training, body weight training, cardiovascular endurance, muscular endurance, and flexibility while decreasing body fat. It is a wellness program in which a student, using different muscle groups, will alternate timed lifting with timed recovery.

**FITNS 381 Weight Training**

Units: 1  
Hours: 54 hours LAB  
Course Family: Weight Training (http://scc.losrios.edu/course-families#id_100065)  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020  

This course provides instruction in weight training and techniques that promote muscular strength and endurance. Proper use of free weights and machines along with safety rules will be discussed. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education. This course is graded Pass/No Pass.

**FITNS 383 Olympic and Power Weight Lifting**

Units: 1  
Hours: 54 hours LAB  
Course Family: Weight Training (http://scc.losrios.edu/course-families#id_100065)  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020  

This course is designed to introduce Olympic and power weight lifting to students interested in developing overall core strength and conditioning. Lifting techniques such as clean and jerk, snatch, squat, bench press, and deadlift will be taught through lifting progressions. The history of Olympic and power weight lifting and the development of individual lifting programs will be introduced and discussed. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester. This course is graded Pass/No Pass.

**FITNS 384 Weight Training II**

Units: 1  
Hours: 54 hours LAB  
Course Family: Weight Training (http://scc.losrios.edu/course-families#id_100065)  
Prerequisite: None.  
Advisory: FITNS 381 with a grade of "C" or better  
Transferable: CSU  
General Education: AA/AS Area III(a)  
Catalog Date: June 1, 2020  

This physical education course is designed to stress the proper guidelines, principles and techniques of weight lifting and the development of muscular strength and endurance at an intermediate level. The students will design and implement their own weight training program. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education. This course is graded Pass/No Pass.
FITNS 385 Weight Training for Competition

This course is a strength training program for students who are interested in preparing for competition or increased physical preparedness. It is designed to develop the strength, power, and muscular endurance appropriate for competition or any other physical activity. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester. This course is graded Pass/No Pass.

FITNS 387 Weight Training for Speed, Agility, Quickness: Advanced

This course is a strength and conditioning program for students interested in improving their physical performance. It is designed to develop a higher level of explosive movements for speed, agility, and quickness appropriate for other activities.

FITNS 390 Basic Yoga

This course is designed to enhance fitness levels in everyone. It is a complete fitness program to achieve a more limber body, regardless of age, increase physical coordination, improve posture, and improve flexibility. This form of exercise embodies controlled movement, concentration, and conscious breathing.

Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

FITNS 392 Yoga

This course allows students to explore and develop their yoga practice, whether the focus for the individual is on stress reduction and relaxation, for the variety of health benefits a yoga practice offers: for inner harmony, balance, and overall well-being, for spiritual connection and growth; or for stretching and strengthening a variety of muscle groups involved in a yoga practice. This course is designed to assist any and all of those goals through support and guidance in a safe and nurturing learning environment. Students will be required to purchase a yoga mat.

FITNS 400 Body Fitness (Walking or Jogging)

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, reduce stress and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance. The students may be required to use a heart rate monitor for the online course.

FITNS 401 Walking I

This is a physical education course designed to improve a student's level of fitness, physical appearance, and well being. This course will concentrate on techniques, cardiovascular endurance, muscle strengthening, and flexibility utilizing walking as an activity. Walking workouts use on and off-campus routes. Students will be advised to have proper walking shoes or running shoes. ADAPTIVE PHYSICAL EDUCATION ADVISORY: This course has been designated as appropriate for students who will require adaptive physical education.
FITNS 402 Running for Fitness II

This course is a physical education course that is designed to instruct the student in the basic fundamentals and techniques of running. The course will concentrate on improving the physical capacity and efficiency of the body with the emphasis on development of muscular and cardiovascular endurance and organic power, as influenced by such factors as body type, diet, health status, rest, and genetic potential. This course may be taken one time for credit.

FITNS 404 Walking III

This course promotes physical fitness with the primary activity of walking in environments of various intensity including, but not limited to, walking hills, speed intervals, and increased resistance (weighted devices and/or incline). The focus is on increasing cardiovascular efficiency, endurance, and muscular strength.

FITNS 407 Walking II

This physical education course is designed to promote and improve the student's level of fitness, physical appearance, and well being as the foundation was established in Walking I. This course will concentrate on improving walking techniques, cardiovascular endurance, muscle strengthening, and flexibility utilizing walking as an activity. Walking workouts use on- and off-campus routes. Students will be advised to have proper walking shoes or running shoes.

FITNS 412 Taekwondo I

This course provides students with a basic knowledge of Taekwondo and its tradition. Proper technique, such as stance and postures, kicks, punches, blocks, poomsae (a series of defending and attacking movements), etiquette, and physical fitness, will also be included.

FITNS 436 Lifeguard Training

This course covers the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the Lifeguard Training course requirements and exams, students will earn American Red Cross certificates. The American Red Cross certificates are only valid for one year for the CPR portion, and three (3) years for the Lifeguard Training and First Aid portion of the American Red Cross certifications. This course may be taken two times for credit.

FITNS 440 Swimming I

Non-swimmers will learn basic water acclimation, water safety, and how to perform basic swimming skills. Students will learn the front and back float, front and back streamline glide, and introductory skills in freestyle stroke, backstroke, and proper breathing. This course is graded Pass/No Pass.
### FITNS 441 Swimming II

- **Units:** 1  
- **Hours:** 54 hours LAB  
- **Course Family:** [Swimming](http://scc.losrios.edu/course-families#id_100018)  
- **Prerequisite:** Students must demonstrate comfort and confidence in the water and in their ability to safely complete 25 yards of freestyle stroke.  
- **Transferable:** CSU; UC  
- **General Education:** AA/AS Area III(a); CSU Area E2  
- **Catalog Date:** June 1, 2020

This course is designed to teach mastery of basic water adjustment skills, floats, glides, freestyle and backstroke techniques to beginning swimmers with limited skills. It is appropriate for those who are uncomfortable in deep water or those who need to refine their ability to swim 25 yards without stopping. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

### FITNS 442 Swimming III

- **Units:** 1  
- **Hours:** 54 hours LAB  
- **Course Family:** [Swimming](http://scc.losrios.edu/course-families#id_100018)  
- **Prerequisite:** Students must demonstrate comfort and confidence in the water and in their ability to safely complete 50 yards of freestyle stroke.  
- **Transferable:** CSU; UC  
- **General Education:** AA/AS Area III(a); CSU Area E2  
- **Catalog Date:** June 1, 2020

This is an open-entry/open-exit course designed to provide intermediate swimmers, who have mastered basic water acclimation, water safety, and basic swimming skills, further instruction in freestyle, backstroke, and breaststroke technique. Students will be introduced to flip turns for freestyle and backstroke, proper diving technique, and development of cardiovascular capacity. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

### FITNS 443 Swimming IV

- **Units:** 1  
- **Hours:** 54 hours LAB  
- **Course Family:** [Swimming](http://scc.losrios.edu/course-families#id_100018)  
- **Prerequisite:** Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle.  
- **Transferable:** CSU; UC  
- **General Education:** AA/AS Area III(a); CSU Area E2  
- **Catalog Date:** June 1, 2020

This is an open-entry/open-exit course designed to teach advanced intermediate swimmers (those who have mastered intermediate swimming skills) to identify and demonstrate proper technique specific to the four competitive strokes, proper training protocols, and training design. Students will learn and refine proper stroke technique of freestyle, backstroke, breaststroke, and butterfly. Students will refine underwater efficiency in diving, turns, and breakouts for all competitive strokes. Students will develop more advanced swimming training protocols, drills, and workout designs. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

### FITNS 444 Swimming V

- **Units:** 1  
- **Hours:** 54 hours LAB  
- **Course Family:** [Swimming](http://scc.losrios.edu/course-families#id_100018)  
- **Prerequisite:** Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle with stroke and breathing proficiency.  
- **Transferable:** CSU; UC  
- **General Education:** AA/AS Area III(a); CSU Area E2  
- **Catalog Date:** June 1, 2020

This is an open-entry/open-exit course that includes a workout approach with emphasis on aerobic and anaerobic fitness. It is a self-paced course and utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic and anaerobic training principles. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

### FITNS 499 Experimental Offering in Fitness

- **Units:** 0.5 - 4  
- **Prerequisite:** None  
- **Transferable:** CSU; UC  
- **Catalog Date:** June 1, 2020

This course provides students with an orientation to the history and trends in kinesiology, physical education, fitness, and sport. Students will be introduced to various career, ethical, allied health, and professional issues in the kinesiology, physical education, and sports fields. An introduction to the major subfields including exercise physiology, biomechanics, motor learning, sport sociology, nutrition, and sport and exercise psychology will be discussed.

### Kinesiology (KINES) Courses

#### KINES 300 Introduction to Kinesiology

- **Units:** 3  
- **Hours:** 54 hours LEC  
- **Prerequisite:** None  
- **Advisory:** ENGWR 101 or ESLW 310 with a grade of "C" or better  
- **Transferable:** CSU; UC  
- **C-ID:** ID KIN 100  
- **Catalog Date:** June 1, 2020

This course provides students with an orientation to the history and trends in kinesiology, physical education, fitness, and sport. Students will be introduced to various career, ethical, allied health, and professional issues in the kinesiology, physical education, and sports fields. An introduction to the major subfields including exercise physiology, biomechanics, motor learning, sport sociology, nutrition, and sport and exercise psychology will be discussed.
KINES 304 Introduction to Sports Management

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Advisory: ENGW 300 or ESLW 310 with a grade of "C" or better
Transferable: CSU
Catalog Date: June 1, 2020

This course is designed to introduce students to the scope and career opportunities of sports management. Emphasis will be placed on current events in the world of sports management.

KINES 342 Theory of Baseball

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: CSU Area E2
Catalog Date: June 1, 2020

This course is designed for advanced analysis of baseball. Focus is placed on analysis and instruction of individual skills and team concepts. Specific areas of emphasis will include, but not be limited to, team selection, practice organization, individual fundamentals, drills to develop team fundamentals (bunt defenses, cutoffs and relays, pick-offs, 1st and 3rd defenses), charting, and scouting. Specific video analysis software and motion capture systems will be integrated into the course.

KINES 346 Theory of Basketball

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: CSU Area E2
Catalog Date: June 1, 2020

The course will give the students the opportunity to gain an understanding of coaching basketball beginning with conditioning for the pre-season and the regular season. Additionally, students will gain an understanding of how to teach basic fundamentals and learn various strategies including team offense and defense. Students will develop their own philosophies of coaching. Students will learn how to scout other teams and read and explain basketball diagrams and plays.

KINES 352 Theory of Football

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area II(b); AA/AS Area II(a); CSU Area E2
Catalog Date: June 1, 2020

This course will focus on offensive and defensive schemes and cover how each position fulfills a vital role toward successful execution at both the community college and four year level. These concepts will be divided into the various components of the sport to include offense, defense, and special teams. Emphasis shall be placed upon the student understanding the inherent role of each position assignment of a dynamic scheme and how that strengthens the relative efficiency of the unit in execution throughout the competitive environment.

KINES 354 Theory of Soccer

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: CSU Area E2
Catalog Date: June 1, 2020

This course will focus on the analysis of soccer. Students will gain an understanding of techniques and various tactics, including team offense and defense, and learn match analysis in connection with game preparation. Specific areas of emphasis will include, but not be limited to injury prevention, season planning, team management, systems of play, refereeing, and an understanding of applied psychology.

KINES 381 Fitness and Weight Management

Units: 2
Hours: 18 hours LEC; 54 hours LAB
Prerequisite: None.
Advisory: ESLR 320 and ESLW 320 with grades of "C" or better.
Transferable: CSU (formerly FITNS 350); UC (formerly FITNS 350)
General Education: AA/AS Area II(a); CSU Area E2
Catalog Date: June 1, 2020

This course is designed for students who wish to assess and improve physical fitness levels and encourage a healthy attitude toward body image and weight control. Students receive instruction concerning the theories and practical activities involved in obtaining and maintaining an appropriate level of physical fitness. This course was formerly known as FITNS 350, Fitness and Weight Control.

KINES 382 Wellness

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
This course allows students to work independently while monitoring their fitness program. This allows for a process that guides the students in strategies and decisions for healthy lifestyle habits.

KINES 410 Personal Trainer Certification: Exercise Science & Fitness Assessment

<table>
<thead>
<tr>
<th>Units: 3</th>
<th>Hours: 54 hours LEC</th>
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</thead>
<tbody>
<tr>
<td>Prerequisite: None.</td>
<td>Transferable: CSU</td>
</tr>
<tr>
<td>General Education: AA/AS Area III(a); CSU Area E2</td>
<td>Catalog Date: June 1, 2020</td>
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</tbody>
</table>

This course is designed to provide the theoretical knowledge necessary to prepare for the American Council on Exercise's National Personal Training Certification Exam. Topics include the following: introduction to exercise physiology and exercise adaptation, human anatomy, applied kinesiology, basic nutrition and nutritional strategies for exercise, obesity and weight management, fitness across the lifespan, and special considerations.

KINES 411 Personal Trainer Certification: Program Design & Instructional Methodology

<table>
<thead>
<tr>
<th>Units: 3.5</th>
<th>Hours: 54 hours LEC; 27 hours LAB</th>
</tr>
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<tbody>
<tr>
<td>Prerequisite: KINES 410 or PET 410 with a grade of &quot;C&quot; or better. HEED 314 with a grade of &quot;C&quot; or better or equivalent.</td>
<td>Transferable: CSU</td>
</tr>
<tr>
<td>General Education: AA/AS Area III(b); CSU Area E1</td>
<td>Catalog Date: June 1, 2020</td>
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</tbody>
</table>

This course is designed to provide the student with the theoretical knowledge and practical skills needed to prepare for the American Council on Exercise's National Personal Training Certification Examination. Topics include: application of the applied sciences, program design and implementation of integrated fitness training for healthy adults and special populations, communication, health psychology, teaching techniques, injury prevention and safety, professional responsibilities, and business fundamentals. This course was formerly known as PET 411.

KINES 412 Strength and Fitness Certification

<table>
<thead>
<tr>
<th>Units: 3</th>
<th>Hours: 54 hours LEC</th>
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<tbody>
<tr>
<td>Prerequisite: None.</td>
<td>Transferable: CSU</td>
</tr>
<tr>
<td>General Education: AA/AS Area III(b)</td>
<td>Catalog Date: June 1, 2020</td>
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</table>

This course will provide students with the necessary preparation for the National Council of Strength and Fitness (NCSF) personal training certification exam. The course includes topics on scientific foundations, nutrition, body composition, components of fitness, exercise prescription, specific needs in special populations, connections between physical activity and mental and emotional health, and exercise programming and assessments.

KINES 418 Nutrition for Physical Performance

<table>
<thead>
<tr>
<th>Units: 3</th>
<th>Hours: 54 hours LEC</th>
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</thead>
<tbody>
<tr>
<td>Prerequisite: None.</td>
<td>Transferable: CSU; UC</td>
</tr>
<tr>
<td>General Education: AA/AS Area III(b); CSU Area E1</td>
<td>Catalog Date: June 1, 2020</td>
</tr>
</tbody>
</table>

This course will explore nutrition and fitness with emphasis on the relationship among nutrition, physical activity, lifelong fitness, and health. Credit will be awarded for NUTRI 302 or KINES 418 but not both.

KINES 450 Sport in Society

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<tr>
<th>Units: 3</th>
<th>Hours: 54 hours LEC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prerequisite: None.</td>
<td>Adviser: ENGR 300 or ES 310 with a grade of &quot;C&quot; or better</td>
</tr>
<tr>
<td>Transferable: CSU; UC</td>
<td>Catalog Date: June 1, 2020</td>
</tr>
</tbody>
</table>

This course will provide students with an examination of sport as a significant influence in society. Topics will include the importance of gender, race and ethnicity, social class, religion, politics, media, and economical impact of sport with society. Additional topics will include the role of the media, ethics, education, and community impact.

KINES 451 Principles and Theory of Athletic Coaching

<table>
<thead>
<tr>
<th>Units: 3</th>
<th>Hours: 54 hours LEC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prerequisite: None.</td>
<td>Adviser: ENGR 101 with a grade of &quot;C&quot; or better.</td>
</tr>
<tr>
<td>Transferable: CSU; UC</td>
<td>Catalog Date: June 1, 2020</td>
</tr>
</tbody>
</table>

This course will introduce philosophy, theories, and development of athletic coaching. The course will include topics on philosophy, team management, risk management, behavior management and planning that will assist new and experienced coaches to develop strategies necessary for success.
KINES 452 Psychology of Sport and Fitness

This course will provide students with an orientation to psychological and mental factors that influence participation and performance in sport, exercise, and physical activity. The course will include topics that will assist coaches, personal trainers, and group leaders in enhancing the level of success in performance for their athletes, students, and clients.

KINES 453 Training and Conditioning of Sports

This course will introduce students to the concepts of training and conditioning of sports. Topics will include foundational principles of training, stages of athletic development, motor skills training, and designing programs specific to the needs of the sport. This course was formerly known as PET 453.

KINES 454 Coaching the Young Athlete

In this course, students will be introduced to the challenges of age and gender specific considerations in training of young athletes. Topics will include training guidelines for young athletes, stages of athletic development, long-term training plans, specific strategies of motivation related to age groups, and providing an environment that promotes learning and fun. This course was formerly known as PET 454.

KINES 457 Sport First Aid for Coaches

This course will provide new and experienced coaches the action steps for the care and prevention of athletic injuries and illnesses. Topics will include performing physical assessments; strategies for reducing athletes’ risk of injury or illness; developing a medical emergency plan; returning athletes to play; and educating athletes and coaches on the effects and dangers of performance enhancers. This course was formerly known as PET 457.

KINES 495 Independent Studies in Physical Education Theory

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among college, faculty members, and students. Independent studies in Physical Education Theory offer students a chance to do research that is more typical of community and graduate student work. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

KINES 497 Internship in Physical Education - Theory

The student will be exposed to soft tissue techniques, advanced athletic taping, and wrapping, emergency scenarios, physiology of injury recovery, and rehabilitation programs as prescribed by the teams physicians and supervision by a certified athletic trainer. Units are awarded on the basis of one unit per 60 hours of unpaid work or 75 hours of paid work. This course may be taken four times for a maximum of 16 units for credit.

KINES 499 Experimental Offering in Kinesiology

This course will explore issues and concepts related to the field of kinesiology that are not covered in other courses. Topics may vary from year to year and will be announced in advance. Units credit awarded for this course may not be counted towards the minimum 60 units required for admissions.
Personal Activity (PACT) Courses

PACT 310 Badminton I

The course is an introduction to a lifelong of physical activity and provides basic fundamental skills, techniques and rules necessary for participation in badminton at the beginner level. The emphasis is on skills and techniques, such as play strategies for singles and doubles and shot selection for various play situations.

PACT 330 Boxing

This course will cover the basic fundamentals and techniques of boxing. Methodology, strategy, and self-defense applications will also be included.

PACT 340 Fencing

This is a physical education course that will cover the basic fundamentals and techniques of foil fencing. Rules and strategy will also be included.

PACT 350 Golf I

Golf I covers the basic skills and knowledge necessary to play the game of golf. Instruction for this course is provided at an off-campus location. The student will need transportation to the facility. This course focuses on the fundamental skills necessary to strike and putt the ball. Course management strategies will also be discussed. Some sections of this course are held on area regulation golf courses. Students must have their own sets of golf clubs and equipment.

PACT 351 Golf II

Golf II covers the skills and knowledge necessary to play the game of golf. Instruction for this course is provided at an off-campus location. The student will need transportation to the facility. This course includes a review of the basic golf skills and continues with analysis of the full swing, approach shots, and putting. Course management strategies for negotiating a golf course is also covered. Students must have their own sets of golf clubs and equipment.

PACT 390 Tennis I

This course in tennis covers the basic fundamentals, stroke techniques, and strategies for singles and doubles play. Tennis I will cover the basic fundamentals, techniques, rules, strategies, and etiquette of the activity; singles and doubles play strategies will be included as well as refining stroke techniques.
PACT 391 Tennis II

This course reviews and refines basic fundamentals, techniques, rules, and social courtesies of tennis. Intermediate players are defined as having completed beginning tennis skill sets in volleys, ground strokes, serves, point play, and basic rules knowledge. Intermediate tennis players are encouraged to take this course.

PACT 393 Tennis III

Tennis III focuses on improving and refining the competitive physical skill, mental skills and overall techniques of the sport. Particular attention will be given to the strategic development of the player while refining racket strokes and court positioning that complete points. Hitting patterns, serving placement, and tactical movement will also be developed.

PACT 394 Tennis, Doubles

This course provides instruction for intermediate and advanced players in competitive doubles tennis applications and for enjoyment of the sport. Game tactics, strategies, and skills development are emphasized.

PACT 410 Wrestling

The wrestling course is a physical education course that will cover the fundamentals of intercollegiate wrestling. The student will have the opportunity to obtain knowledge and practical experience of intercollegiate wrestling.

PACT 430 Pickleball I

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of Pickleball. As a relative newcomer in the field, Pickleball combines the court dimensions of "Pop" or "Spec" Tennis with a whiffle-like ball and a larger version of a table tennis paddle to be enjoyed as an active and safe sport for a diversity of age and athletic backgrounds.

PACT 499 Experimental Offering in Personal Activity

Sports (SPORT) Courses

SPORT 90 Academic Study Skills for Student Athletes
This lab course is an open-entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn and apply time and stress management techniques, note taking techniques, and test taking techniques. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

SPORT 91 Academic Study Skills for Student Athletes

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 91 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

This lab course is being offered as an open-entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. Memory and visualization techniques, "muscle" reading, and learning styles will be included. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

SPORT 92 Academic Study Skills for Student Athletes

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 92 class, each student must be listed as a student athlete, by the head coach, on the official team roster. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

This lab course is being offered as an open-entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn about the rules and regulations for the local governing conference, California Community College Athletic Association (CCCAA), National Collegiate Athletic Association (NCAA), and National Association of Intercollegiate Athletics (NAIA). Academic and athletic requirements at each organizational level will be presented. Social issues that affect athletics will also be discussed such as performance enhancement drugs (PEDs), substance abuse, violence, athletes with disabilities, and diversity. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

SPORT 93 Academic Study Skills for Student Athletes

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 93 class, each student must be listed as a student athlete, by the head coach, on the official team roster. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
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</tbody>
</table>

This lecture/lab course is being offered as an open-entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. Learning from your mistakes and using your critical thinking skills will be presented. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

SPORT 300 Baseball, Intercollegiate-Men

<table>
<thead>
<tr>
<th>Units:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>175 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 300 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

This is an advanced baseball team activity course that provides competition with other community college teams. Team dynamics and their relationship to intercollegiate competition will be developed and enhanced. Mental skills pertaining to "being present" on each pitch, maintaining one's ability to compete with less than one's best, and the pitcher-versus-hitter confrontation will be taught and explored. The ultimate objective is to prepare students for an opportunity to compete for the California state championship and for higher levels of baseball competition after community college. This course may be taken four times for credit.

SPORT 301 Off Season Conditioning for Baseball

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 301 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>
This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, pyrometrics, speed training, and flexibility exercises. This course may be taken four times for credit.

**SPORT 303 Pre-Season Conditioning for Baseball**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |

In order to take the SPORT 303 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:**
CSU; UC (Varied units)

**General Education:**
AA/AS Area III(a); CSU Area E2

**Catalog Date:**
June 1, 2020

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, pyrometrics, speed training, and flexibility exercises.

**SPORT 311 Basketball, Intercollegiate-Men, Fall**

| Units: | 1.5 |
| Hours: | 81 hours LAB |
| Prerequisite: | None. |

In order to take the SPORT 311 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:**
CSU; UC

**General Education:**
AA/AS Area III(a); CSU Area E2

**Catalog Date:**
June 1, 2020

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. This course may be taken four times for credit.

**SPORT 312 Basketball, Intercollegiate-Men, Spring**

| Units: | 1.5 |
| Hours: | 81 hours LAB |
| Prerequisite: | SPORT 311 with a grade of "C" or better |

In order to take the SPORT 312 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:**
CSU; UC

**General Education:**
AA/AS Area III(a); CSU Area E2

**Catalog Date:**
June 1, 2020

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the league and post-season competition phases of the season. This course may be taken four times for credit.

**SPORT 313 Off Season Conditioning for Basketball**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |

In order to take the SPORT 313 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:**
CSU; UC

**General Education:**
AA/AS Area III(a); CSU Area E2

**Catalog Date:**
June 1, 2020

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of basketball. Course content will include: collegiate level basketball-specific skill development, sport specific strength training, agility work, pyrometrics, speed training, and flexibility exercises. The course is repeatable up to four times.

**SPORT 314 Pre-Season Conditioning for Basketball**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |

In order to take the SPORT 314 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. The student should contact the instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:**
CSU; UC

**General Education:**
AA/AS Area III(a); CSU Area E2

**Catalog Date:**
June 1, 2020

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of basketball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate basketball competition and may be taken for a maximum of 4 units to meet California Community College Athletic Association requirements for eligibility.

**SPORT 316 Basketball, Intercollegiate-Women, Fall**
This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. The course is repeatable up to four times.

**SPORT 317 Basketball, Intercollegiate-Women, Spring**

- **Units:** 1.5
- **Hours:** 81 hours LAB
- **Prerequisite:** SPORT 316 with a grade of “C” or better
- **Enrollment Limitation:** In order to take the SPORT 317 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the league and post-season competition phases of the season. The course is repeatable up to four times.

**SPORT 318 Post-Season Conditioning for Basketball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** SPORT 316 with a grade of “C” or better
- **Enrollment Limitation:** In order to take the SPORT 318 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of basketball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate basketball competition and may be taken for a maximum of 4 units to meet California Community College Athletic Association requirements for eligibility.

**SPORT 320 Cross Country, Intercollegiate-Men**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 320 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken four times for credit.

**SPORT 325 Cross Country, Intercollegiate-Women**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 325 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken four times for credit.

**SPORT 326 Off-Season Conditioning for Women's Cross Country**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 326 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. The student should contact the instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
This course involves sport specific training, conditioning, and technical skill development specific to the sport of cross country for the off-season student athlete. Course content includes: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken up to four times for credit.

SPORT 327 Off-Season Conditioning for Men's Cross Country

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 327 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course involves sport specific training, conditioning, and technical skill development specific to the sport of cross country for the men’s off-season student-athletes. The course content includes: sport specific skill development, cross country specific strength training, cardiovascular conditioning, agility training, plyometric drills, speed improvement, and enhancement of flexibility. This course may be taken up to four times for credit.

SPORT 330 Football, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 330 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This is an advanced course designed to provide specialized training for competition against other community college programs. Fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of the competitors.

SPORT 331 Off Season Conditioning for Football

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 331 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course will involve sport specific training and technical skill development in the sport of football for off-season student athletes. Course content will include: sport specific skill development, sport specific strength training, speed development, agility training, plyometric drills, cardiovascular conditioning, and an increase in flexibility.

SPORT 332 Pre-Season Conditioning for Football

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 332 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes and tackling techniques, as well as offensive, defensive and special teams formations are discussed. Strength and conditioning drills are implemented to enhance football skills. This course may be taken up to four times for credit.

SPORT 345 Golf, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 345 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills, as determined by the coaching staff, to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This is an advanced golf team activity that provides competition against other community college teams. Fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.
## SPORT 346 Off Season Conditioning for Women's Golf

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 346 class, each student must: 1) be listed as a student athlete, by the head coach, on the official roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This course will involve training, conditioning, and technical skill development specific to the sport of golf for the off-season student athlete. Course content will include: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken four times for a maximum of 12 units for credit.

## SPORT 355 Soccer, Intercollegiate-Women

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 355 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This course is an advanced soccer team activity to provide female student athletes with an opportunity for competition against other community college teams. This course is designed to build the student athlete’s soccer fundamentals and skills, psychological components, review rules of the game, and teach individual and/or team strategies appropriate to intercollegiate athletic competition. Students will be required to purchase soccer cleats and shin guards.

## SPORT 356 Off Season Conditioning for Women's Soccer

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 356 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This physical education course involves sport specific training and conditioning skills and techniques. There is a concentration on basic concepts with emphasis on conditioning. Students will have the opportunity to obtain knowledge and practical experience in a specific intercollegiate soccer. This course may be taken four times for credit.

## SPORT 357 Pre-Season Conditioning For Women's Soccer

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 357 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This is a pre-season conditioning course for student-athletes who would recondition their soccer specific skills such as muscle endurance, strength, speed, agility, and do a quickness (SAQ) workout before their regular practices begin. Therefore, this course is designed as an intense workout for college soccer players to perform for a prolonged period of time at a variety of speeds. This course may be taken up to four times for credit.

## SPORT 365 Softball, Intercollegiate-Women

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 365 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This is an advanced softball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

## SPORT 366 Off Season Conditioning for Softball

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
This physical education course involves a combination of basic skills and strategy tactics with an emphasis on a fitness component for the sport of softball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate softball competition and may be taken four times for credit to meet California Community College Athletic Association requirements for eligibility.

SPORT 370 Swimming and Diving, Intercollegiate-Men

**Units:** 3
**Hours:** 175 hours LAB
**Prerequisite:** None.
**Enrollment Limitation:** None. In order to take the SPORT 366 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

SPORT 375 Swimming and Diving, Intercollegiate-Women

**Units:** 3
**Hours:** 175 hours LAB
**Prerequisite:** None.
**Enrollment Limitation:** None. In order to take the SPORT 375 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

SPORT 376 Off Season Swim & Dive

**Units:** 0.5 - 3
**Hours:** 27 - 175 hours LAB
**Prerequisite:** None.
**Enrollment Limitation:** None. In order to take the SPORT 366 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swimming. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swimming competition. Athletes are required to have a competitive swim-suit and goggles. It may be taken up to four times for credit.

SPORT 377 Pre-Season Conditioning Swim & Dive

**Units:** 0.5 - 3
**Hours:** 27 - 162 hours LAB
**Prerequisite:** None.
**Enrollment Limitation:** None. In order to take the SPORT 377 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. Athletes are required to have a competitive swim-suit and goggles. It may be taken up to four times for credit.

SPORT 380 Tennis, Intercollegiate-Men

**Units:** 3
**Hours:** 175 hours LAB
**Prerequisite:** None.
**Enrollment Limitation:** Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.
**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

This is an advanced tennis team activity that provides competition with other community college teams. Knowledge of fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate
athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 385 Tennis, Intercollegiate-Women**

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 385 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

This is an advanced tennis team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 386 Off Season Conditioning for Tennis**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

This course prepares the intercollegiate tennis player for the competitive season and is intended to reduce the risk of injury. Course content includes collegiate level tennis specific skill development, aerobic conditioning, sport specific strength training, agility, plyometrics, speed training, and joint flexibility along with associated activities to prepare the athlete physically and mentally. This course may be repeated as needed to meet requirements for California Community College Athletic Association eligibility standards.

**SPORT 390 Track and Field, Intercollegiate-Men**

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 390 class, each student must: 1) Be listed as a student-athlete by the Head Coach on the official team roster; and 2) Obtain medical clearance, including a physical exam performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

The intercollegiate track and field course provides training for competition with other community college teams. Each student will be trained in the fundamental and advanced techniques needed for his specific events, along with the rules, strategies, sportsmanship, and teamwork appropriate for intercollegiate competition. This course may be taken four times for credit.

**SPORT 395 Track and Field, Intercollegiate-Women**

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 395 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

The intercollegiate track and field course is an advanced program to provide specialized training for competition with other community college teams. Students will be trained in the fundamental and advanced techniques needed for their specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken four times for credit.

**SPORT 396 Off Season Conditioning for Track and Field**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

This course will involve sport specific training, conditioning, and technical skill development specific to the sport of track and field for the off-season student athlete. Course content will include: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility.

**SPORT 403 Pre-Season Conditioning for Volleyball**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 403 class, each student must: 1) be listed as a student athlete by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate
This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of volleyball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition and may be taken up to 4 times for a maximum of 3 units.

**SPORT 405 Volleyball, Intercollegiate-Women**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 405 class, each student must: 1) be listed as a student athlete by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:** CSU; UC

**General Education:** AA/AS Area III(a); CSU Area E2

**Catalog Date:** June 1, 2020

This is an advanced, competitive volleyball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 406 Off Season Conditioning for Volleyball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 406 class, each student must: 1) be listed as a student athlete by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:** CSU; UC

**General Education:** AA/AS Area III(a); CSU Area E2

**Catalog Date:** June 1, 2020

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of volleyball. Course content will include: collegiate level volleyball-specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises.

**SPORT 415 Water Polo, Intercollegiate-Women**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 415 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:** CSU; UC

**General Education:** AA/AS Area III(a); CSU Area E2

**Catalog Date:** June 1, 2020

This is an advanced water polo team activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 416 Off Season Water Polo**

- **Units:** 0.5 - 3
- **Hours:** 27 - 175 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 416 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:** CSU; UC

**General Education:** AA/AS Area III(a); CSU Area E2

**Catalog Date:** June 1, 2020

This course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition. Athlete must provide their own water polo training swim suit. This course may be taken up to four times for credit.

**SPORT 417 Pre-Season Conditioning for Water Polo**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** In order to take the SPORT 417 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

**Transferable:** CSU; UC

**General Education:** AA/AS Area III(a); CSU Area E2

**Catalog Date:** June 1, 2020

This course is designed for current and new student athletes trying out for the collegiate water polo team. The course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers dry-land training for peak performance. This course is designed to prepare students for intercollegiate water polo competition. Athletes must provide their own competitive water polo training suit.
SPORT 420 Wrestling, Intercollegiate-Men

This is an advanced wrestling team activity that provides competition with other community college teams or Frosh/Soph teams from four-year institutions. Techniques, rules, strategies and conditioning appropriate for intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

SPORT 421 Off Season Conditioning for Wrestling

This physical education course involves training and conditioning skills and techniques specific to wrestling. Students will have the opportunity to obtain knowledge and practical experience in intercollegiate wrestling. This course may be repeated for credit.

Team Activity (TMACT) Courses

TMACT 300 Soccer, Indoor

The purpose of this course is to provide the student with beginning level knowledge and skills associated with indoor soccer. Students will learn the differences between indoor and outdoor soccer. History, techniques, rules, and strategies of the game of indoor soccer will be taught throughout the class. As a result of the class, the students will improve their general physical fitness and skill performance.

TMACT 301 Indoor Soccer II

Indoor Soccer II is an intermediate level course to help students develop and improve intermediate indoor soccer knowledge and skills beyond the beginning level of soccer. This course emphasizes an intermediate level of technical skills, tactical knowledge, and modified US indoor soccer rules, as well as defensive and offensive systems to play indoor soccer in intermediate 6 versus 6 environments. It also helps students develop a lifetime interest in the sport of indoor soccer.

TMACT 302 Soccer - Outdoor

The purpose of this course is to provide students with the basic knowledge and skills needed to play outdoor soccer. The course introduces beginner level techniques and skills, which emphasizes defense, offense, passing, dribbling, ball control, and shooting. It covers the skills, strategy, tactics, and the rules that govern the play of outdoor soccer.

TMACT 303 Outdoor Soccer II

The purpose of this course is to provide students with the basic knowledge and skills needed to play outdoor soccer. The course introduces beginner level techniques and skills, which emphasizes defense, offense, passing, dribbling, ball control, and shooting. It covers the skills, strategy, tactics, and the rules that govern the play of outdoor soccer.
The purpose of this course is to provide the students with an intermediate level of soccer knowledge and skills beyond the beginning level of soccer. This course emphasizes an intermediate level of technical skills, tactical knowledge, and rules of the game, as well as defensive and offensive patterns of play-to-play soccer. This class is not designed for beginning soccer players.

**TMACT 304 Outdoor Soccer III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer
- **Prerequisite:** TMACT 303 with a grade of "C" or better
- **Advisory:** None.
- **Transferable:** CSU; UC
- **General Education:** None.
- **Catalog Date:** June 1, 2020

The purpose of this course is to provide the students with an advanced level of soccer knowledge and skills beyond the intermediate level of soccer. This course emphasizes an advanced level of technical and conditioning drills, game preparations, match analysis, and tactical knowledge as well as defensive and offensive drills of play to play in an advanced soccer environment. The course also offers the students the opportunity to broaden their ability and knowledge of coaching to expand an individual’s development as an advanced player in coaching.

**TMACT 320 Basketball**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball
- **Prerequisite:** None.
- **Advisory:** None.
- **Transferable:** CSU; UC
- **General Education:** None.
- **Catalog Date:** June 1, 2020

This is a beginning basketball course. Instruction, demonstration, and participation will provide the student with ample knowledge of beginning level basketball. This course will cover the individual fundamental skills of basketball, including: shooting, passing, ball-handling, individual defense, and rebounding. Rules, tactics, and etiquette of the game will be introduced.

**TMACT 321 Basketball II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball
- **Prerequisite:** TMACT 320 (Basketball I) or equivalent skills demonstrated through an assessment process with the instructor.
- **Advisory:** Intermediate level basketball students must demonstrate a post-beginning level of basketball knowledge and skill in this process to be considered for enrollment in this intermediate basketball class.
- **Transferable:** CSU; UC
- **General Education:** None.
- **Catalog Date:** June 1, 2020

This is an intermediate basketball course. Instruction, demonstration, and participation will provide the student with an understanding of intermediate level basketball. This course will cover intermediate level skills and tactics of basketball.

**TMACT 322 Basketball III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball
- **Prerequisite:** TMACT 321 (Basketball II) or equivalent skills demonstrated through an assessment process with the instructor.
- **Advisory:** Advanced level basketball students must demonstrate a post-intermediate level of basketball knowledge and skill in this process to be considered for enrollment in this advanced basketball course.
- **Transferable:** CSU; UC
- **General Education:** None.
- **Catalog Date:** June 1, 2020

This is an advanced basketball course. Instruction, demonstration, and participation will provide the student with sufficient knowledge for participation in basketball at an advanced level. This course will focus on improving the student’s basketball skill set, while competitive play is emphasized.

**TMACT 330 Volleyball**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Volleyball
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** None.
- **Catalog Date:** June 1, 2020

This is a beginning volleyball course. Instruction, demonstration, and participation will provide the student with ample knowledge of beginning level volleyball. This course will cover the basic fundamentals of the sport of volleyball including: serving, passing, setting, spiking, blocking, digging, serve receive, and defense. NCAA collegiate rules, etiquette, and strategy will be taught.

**TMACT 331 Volleyball II**

- **Units:** 1
- **Hours:** 54 hours LAB
This is an intermediate volleyball course. Instruction, demonstration, and participation will provide the student with ample knowledge for continued participation in volleyball. This course will focus on refining basic skills including: serving, passing, setting, spiking, blocking, digging, serve receive, and defense. Challenging techniques and strategies will be taught using NCAA collegiate rules and etiquette.

**TMACT 333 Volleyball III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Volleyball
- **Prerequisite:** TMACT 330 (Volleyball I) or equivalent skills demonstrated through an assessment process with the instructor.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This is an advanced volleyball course. This course will focus on developing and improving more challenging skills and techniques of the sport, and competitive play takes a higher priority.

**TMACT 340 Football**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Football
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed.

**TMACT 341 Theory of Football Lab**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Prerequisite:** PET 352 with a grade of "C" or better
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

This course is designed to enhance football fundamentals and conditioning drills for the advanced football player. Focus is placed on the physical development of individual skills and team concepts. Specific areas of emphasis will include but not be limited to: team selection; individual fundamentals and drills to develop those fundamentals; team strategies; conditioning; and explosive power development.

**TMACT 342 Flag Football**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Football
- **Prerequisite:** None.
- **Transferable:** CSU (effective Summer 2020)
- **General Education:** AA/AS Area III(a) (effective Summer 2020)
- **Catalog Date:** June 1, 2020

This is an activity course introducing students to the fundamentals of flag football. Rules of the game, safety, offensive and defensive skills, and game strategy.

**TMACT 370 Water Polo**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Prerequisite:** Student must achieve a passing standard on the swim test of 100 yards of freestyle with proficient breathing to the side and 50 yards of backstroke.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** June 1, 2020

Water Polo will cover the basic fundamentals, skills, and techniques of the game. Rules and strategies will also be included in the course. This course may be taken four times for credit.

**TMACT 499 Experimental Offering in Team Activity**

- **Units:** 0.5 - 4
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **Catalog Date:** June 1, 2020