JUS-20 - Introduction to Corrections 3 units
(Same as ADJ-20)
CSU
Prerequisite: None.
This course is designed to provide the student with an overview of the history and trends of adult and juvenile corrections, including probation and parole. The course will focus on the legal issues, specific laws and general operations of correctional institutions. The relationship between corrections and other components of the judicial system will also be examined. This course has been identified by the Correctional Peace Officer Standards and training Board of the Department of Corrections, California Youth Authority and the California Peace Officers Association to fulfill the educational requirements of the CPOST Certificate for apprentices hired after July 1, 1995 by CDC and CYA. 54 hours lecture.

JUS-25 - Introduction to Probation and Parole 3 units
(Same as ADJ-25)
CSU
Prerequisite: None.
This course provides an overview of the historical development of probation and parole from early court procedures through modern practices. Course study will emphasize organization, function, goals, development and treatment theory focusing on how these concepts are utilized in California. 54 hours lecture.

JUS-30 - Introduction to Family Support Law 3 units
(Same as ADJ-30)
CSU
Prerequisite: None.
This course introduces students to the comprehensive range of policy, procedure, philosophy and theory relevant to the practice of Family Support Law. The course examines Family Support laws as they relate to child and parental rights, establishment of paternity, the role of government and the courts and policies and procedures used in the administration of such laws in public agencies. 54 hours lecture.

KINESIOLOGY
(formerly Physical Education-PHP)
It is recommended that students enroll in kinesiology activity courses or academic kinesiology courses (that satisfy the Self Development requirement of the Associate of Arts Degree) during the first two semesters of full-time enrollment until the two or three unit requirement is completed. For further information, students should read the Associate of Arts Degree requirements in this catalog.

UNIFORMS
Students are requested to wear attire appropriate to the activity as requested by the instructor.

LOCKERS
A lock and locker for which the student is responsible will be issued to each student. A $5 charge will be assessed for a lost lock.

ACADEMIC COURSES
KIN-4 - Nutrition 3 units
UC, CSU
Prerequisite: None.
The principles of modern nutrition and its application. The importance of a scientific knowledge of nutrition, specific food nutrients and nutritional controversies. A study of modern convenience foods and their impact on present day diets. 54 hours lecture.

KIN-6 - Introduction to Physical Education for Pre-School and Elementary Children 3 units
CSU
Prerequisite: None.
This course provides a comprehensive overview of theories and methods relating to the development of a physical education program for children ages 2-11 years including children with special needs and abilities. Emphasis is on the application of principles of physical growth and development to the teaching and acquisition of specific physical skills. The course curriculum is consistent with the California State Department of Education Physical Education Framework. 45 hours lecture and 27 hours laboratory.

KIN-8 - Triathlon Techniques 2 units
UC, CSU
Prerequisite: None.
Provides instruction for the development of a multi-sport fitness program. Students will assess their personal fitness state, analyze their swimming, cycling and running skills and learn how to develop an individual program. Other topics will include injury prevention, nutrition, equipment technology and maintenance. 18 hours lecture and 54 hours laboratory.

KIN-10 - Introduction to Kinesiology 3 units
UC, CSU (C-ID KIN 100)
Prerequisite: None.
This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in Kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health and fitness professions. 54 hours lecture.

KIN-12 - Sport Psychology 3 units
UC, CSU
Prerequisite: None.
This course links research in sport psychology with techniques to implement the research in real world settings. This course describes, explains and applies sport psychology concepts and theories to practical experiences. 54 hours lecture.
KIN-14 - Athletic and Fitness Organization and Administration 3 units
CSU
Prerequisite: None.
This course presents a balance of theory and practice in organization and administration of athletic and fitness programs. It includes management functions such as facilities planning, finances, personal philosophy development and marketing analysis for high school, college and professional sport programs and recreation and fitness programs. 54 hours lecture.

KIN-16 - Introduction to Athletic Training 3 units
UC, CSU
Prerequisite: None.
This course will teach the basic concepts of athletic training with emphasis in the prevention and care of athletic injuries. Basic taping techniques will be presented and practiced. 45 hours lecture and 27 hours laboratory. (TBA option)

KIN-17 - Athletic Training, Fall Sports, Lower Extremity 2 units
UC*, CSU
Prerequisite: None.
Athletic training observation and experience in fall athletic contests; specifically, observation of game situations in football, volleyball, soccer, water polo, cross country, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the lower extremity. 18 hours lecture and 54 hours laboratory. (TBA option)

KIN-18 - Athletic Training, Spring Sports, Upper Extremity 2 units
UC*, CSU
Prerequisite: None.
Athletic training observation and experience in spring athletic contests; specifically, observation of game situations in baseball, softball, track, swimming, tennis, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the upper extremity. 18 hours lecture and 54 hours laboratory. (TBA option)

KIN-19 - Athletic Training, Fall Sports, Head, Neck, Spine, Torso, and Hip 2 units
UC*, CSU
Prerequisite: None.
Athletic training observation and experience in fall athletic contests; specifically, observation of game situations in football, volleyball, soccer, water polo, cross country, and basketball. The student will observe and experience pre and post practice situations in the Athletic Training Room. Study will cover anatomy, injury assessment, treatment and rehabilitation of the head, neck, spine, torso and hip. 18 hours lecture and 54 hours laboratory. (TBA option)

KIN-20 - Athletic Training, Spring Sports, General Medical 2 units
UC*, CSU
Prerequisite: None.
Athletic training observation and experience in spring athletic contests; specifically, observation of game situations in baseball, softball, track, swimming, tennis, and basketball. The student will observe and experience practice situations including pre and post practice in the Athletic Training Room. Study will cover various topics related to athletic training including heat illness, unconscious athlete, terminology, tissue response to injury, dietary supplements, pharmaceuticals, nutrition and rehabilitation. 18 hours lecture and 54 hours laboratory. (TBA option)

KIN-21A - Athletic Training Applications A 2 units
CSU
Prerequisite: None.
Corequisite: Completion of or concurrent enrollment in KIN-17 or 18 or 19 or 20.
The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible in assisting in daily procedures, modality treatment protocols, practice preparation and athletic training protocols. 108 hours laboratory. (TBA option)

KIN-21B - Athletic Training Applications B 2 units
CSU
Prerequisite: KIN-21A.
Corequisite: Completion of or concurrent enrollment in KIN-17 or 18 or 19 or 20.
The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for learning and performing tape jobs, bracing and padding, designing stretching programs, assisting in daily treatment protocols. 108 hours laboratory. (TBA option)

KIN-21C - Athletic Training Applications C 2 units
CSU
Prerequisite: KIN-21B.
Corequisite: Completion of or concurrent enrollment in KIN-17 or 18 or 19 or 20.
The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for assisting in pre-participation screenings, insurance protocols, injury management, lower extremity injury assessment and rehabilitation programs. 108 hours laboratory. (TBA option)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Prerequisites/Notes</th>
</tr>
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<tbody>
<tr>
<td>KIN-21D</td>
<td>Athletic Training Applications D</td>
<td>2</td>
<td>CSU</td>
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<tr>
<td></td>
<td>Prerequisite: KIN-21C.</td>
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<td>Corequisite: Completion of or concurrent enrollment in KIN-17 or 18 or 19 or 20.</td>
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<td></td>
<td>The student, under the supervision of a Certified Athletic Trainer, will be responsible for all aspects of the athletic training services provided to a Riverside Community College District athletic team. Students will be responsible for sport specific coverage, rehabilitation programs from start to finish, injury assessment and injury management. 108 hours laboratory. (TBA option)</td>
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<tr>
<td>KIN-22</td>
<td>Volleyball Coaching Theory</td>
<td>3</td>
<td>UC*, CSU</td>
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<td>Prerequisite: None.</td>
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<td></td>
<td>The course will consist of the various aspects of coaching volleyball. The emphasis of the course will be on the theory, structure, and organization of club, high school, collegiate and international volleyball programs. This course teaches team and individual offensive and defensive strategies, technical skills, and program management. 54 hours lecture.</td>
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<tr>
<td>KIN-23</td>
<td>Sports Officiating-Fall Sports</td>
<td>3</td>
<td>UC*, CSU</td>
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<td></td>
<td>Prerequisite: None.</td>
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<td></td>
<td>The mechanics, techniques, and rules of officiating football, basketball, and volleyball are defined, analyzed and applied to prepare students to become competent officials. 54 hours lecture plus required fieldwork.</td>
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<tr>
<td>KIN-24</td>
<td>Sports Officiating-Spring Sports</td>
<td>3</td>
<td>UC*, CSU</td>
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<td></td>
<td>Prerequisite: None.</td>
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<td></td>
<td>The mechanics, techniques, and rules of officiating baseball, softball and track and field are defined, analyzed and applied to prepare students to become competent officials. 54 hours lecture.</td>
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<tr>
<td>KIN-25</td>
<td>Foundations of Coaching</td>
<td>3</td>
<td>CSU</td>
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<td>Prerequisite: None.</td>
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<td></td>
<td>This course introduces the student to the professions of athletic coaching. Emphasis is on a comprehensive approach to the art and science of coaching including developing a coaching philosophy, sport psychology, sport physiology and sport management. Topics include coaching objectives and style, communication skills, motivation, teaching sport skills, principles for training, team management and self-management. 54 hours lecture.</td>
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<tr>
<td>KIN-26</td>
<td>Football Theory</td>
<td>3</td>
<td>UC*, CSU</td>
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<td></td>
<td>Prerequisite: None.</td>
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<td></td>
<td>The study of various aspects of coaching football with an emphasis on the theory of how to organize a football program, individual skills and offensive and defensive play. 54 hours lecture.</td>
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<tr>
<td>KIN-27</td>
<td>Basketball Theory</td>
<td>3</td>
<td>UC, CSU</td>
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<td>Prerequisite: None.</td>
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<td></td>
<td>This course includes the study of various aspects of coaching basketball. The emphasis of the class will be on the theory of how to organize a basketball program, individual skills and offensive and defensive play. 54 hours lecture.</td>
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<tr>
<td>KIN-28</td>
<td>Soccer Theory</td>
<td>3</td>
<td>UC*, CSU</td>
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<td>Prerequisite: None.</td>
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<td></td>
<td>This course includes the study of various aspects of coaching the sport of soccer. Students will learn rules, principles for training, team management, communication skills, how to recruit players and techniques for teaching individual skills, offensive and defensive play and team strategies. 54 hours lecture.</td>
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<tr>
<td>KIN-29</td>
<td>First Aid and CPR</td>
<td>3</td>
<td>UC, CSU (C-ID KIN 101)</td>
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<td>Prerequisite: None.</td>
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<td>This course involves the theory and detailed demonstration of first aid of the injured by the citizen responder. Students will learn how to assess a victim’s condition and incorporate proper treatment. Students who successfully pass all National Safety Council requirements will receive a National safety council Advanced First Aid Certificate. Students who successfully pass all American Heart Association requirements will receive a Healthcare Professional CPR Certificate. A fee of $20.00 for required certificates will be charged to the student and is not covered by BOGW. 54 hours lecture.</td>
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<tr>
<td>KIN-30</td>
<td>Baseball Theory</td>
<td>3</td>
<td>UC*, CSU</td>
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<td></td>
<td>Prerequisite: None.</td>
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<td></td>
<td>The course covers various aspects of coaching baseball which include theory, philosophy, organization and structure of a program, individual skills, and offensive and defensive team play. 54 hours lecture.</td>
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<tr>
<td>KIN-31</td>
<td>Softball Theory</td>
<td>3</td>
<td>UC, CSU</td>
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<td></td>
<td>Prerequisite: None.</td>
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<td></td>
<td>Various aspects of coaching softball which include theory, philosophy, organization and structure of a program, mental skills, individual skills, offensive and defensive team play and digital video analysis. 36 hours lecture and 54 hours laboratory.</td>
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<tr>
<td>KIN-32</td>
<td>Foundation for Fitness and Wellness</td>
<td>3</td>
<td>UC, CSU</td>
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<td>Prerequisite: None.</td>
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<td>This course will provide students with the ability to make informed choices and to take responsibility for those choices in the areas of fitness, nutrition and stress management. Emphasis is on the application of health and physical fitness principles. Each student will develop a personalized plan for the overall maintenance of their own wellness. 36 hours lecture and 54 hours laboratory. (TBA option)</td>
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</table>
KIN-36 - Wellness: Lifestyle Choices 3 units
UC, CSU
Prerequisite: None.
The course content focuses upon the dynamic and inter-related dimensions of wellness and how choices made by the individual may encourage an enhanced quality of life. The dimensions of wellness include the social, physical, emotional, occupational, intellectual, and spiritual. Potential student benefits include learning positive life skills through expanding self-awareness and the opportunity to enhance one’s personal, family and community wellness. 54 hours lecture.

KIN-38 - Stress Management 3 units
UC, CSU
Prerequisite: None.
This course addresses the nature, physiology, and psychology of stress. Students will explore perceptions, attitudes, beliefs, and lifestyle factors that may be pre-curors and contributors to distress. Students will also explore a variety of coping strategies and relaxation techniques. The lab portion of this class provides the opportunity for students to practice techniques and develop a personalized stress management program. 45 hours lecture and 27 hours laboratory.

KIN-42 - Lifeguarding/Title 22 First Aid/ Water Safety 4 units
Instructor
UC, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on the ability to complete a 300 yard swim utilizing the front crawl and breast stroke and surface dive to retrieve a weight from a 10 foot depth of the pool, demonstrate competence in a 25 yard swim of the elementary backstroke, sidestroke, and butterfly. This course is designed to drill the competent swimmer in life saving and water safety techniques, professional first aid and CPR care to develop the necessary understanding and knowledge to teach American Red Cross courses in swimming. Students successfully completing the requirements will be awarded the American Red Cross CPR for the Professional Rescuer, Title 22 First Aid, Lifeguarding and Water Safety Instructor Certificates. 54 hours lecture and 54 hours laboratory. A fee of $75.65 for required certificates will be charged to the student and is not covered by BOGW.

KIN-43 - Personal Training 3 units
CSU
Prerequisite: None.
This course includes experience in applying foundations in basic exercise physiology, biomechanics, fitness assessments, exercise prescriptions and instructional techniques. Professional responsibilities of personal trainers will be covered. This course provides the necessary information to pass the Personal Trainer Certification Exam for national certifying organizations (ACE, IFPA, NCSA, etc.). 36 hours lecture and 54 hours laboratory. (TBA option)

KIN-44 - Yoga Instructor Training 3 units
CSU
Prerequisite: None.
Advisory: Two units of KIN-A47.
This course covers yoga philosophy and practice. Topics include teaching postures in a safe manner, breathing techniques and how to observe and assist students. This course may be used as partial fulfillment of the requirements to be a Registered Yoga Teacher through the Yoga Alliance. 36 hours lecture and 54 hours laboratory.

KIN-45 - Group Fitness Instructor 3 units
CSU
Prerequisite: None.
This course covers fitness both in theory and practice. Topics include how to teach exercise, the essentials of exercise, nutrition and weight management, and safety guidelines. This course provides the foundation for becoming a nationally certified (ACE, AFAA, etc.) group fitness instructor. 36 hours lecture and 54 hours laboratory.

KIN-47 - Hiking and Backpacking 2 units
UC*, CSU
Prerequisite: None.
The purpose of this course is to introduce the student to hiking and backpacking. Topics to be covered include selection of equipment, clothing and food. Safety, first aid, survival and map reading will also be discussed. Participation in weekend field trips will be required. 18 hours lecture and 54 hours laboratory. (TBA option)

KIN-59 - Athletic Advisement 1 unit
Prerequisite: None.
Limitation on enrollment: Recommended for first year RCCD athletes.
The course assists student-athletes to transfer successfully to four-year institutions. Emphasis is on CCCAA, NCAA and NAIA rules and regulations; covers financial aid options, recruiting and eligibility rules for athletes; and the development of responsibilities and time management skills unique to student-athletes. 18 hours lecture.

KIN-200 - Kinesiology Work Experience 1-2-3-4 units
CSU*
Prerequisite: None.
Advisory: Students should have paid or voluntary employment.
This course is designed to coordinate the student’s occupational on-the-job training with related instruction in work-related skills. Students may earn up to four (4) units each semester for a maximum of 16 units of work experience. No more than 20 hours per week may be applied toward the work requirement. Students enrolling in WKX-200 are administratively moved to the appropriate general or occupational work experience course after the first class meeting based upon several factors, including the number of hours worked during the semester, occupational program requirements, and type of work in which the student is engaged. 18 hours orientation and 60 hours of volunteer work experience (maximum of 240 hours) or 75 hours of paid work experience (maximum of 300 hours) are required for each enrolled unit. (Letter Grade or Pass/No Pass option.)
ACTIVITY COURSES

Besides fulfilling the Self Development requirement, activity classes can be used as electives for the Associate of Arts Degree and the Associate of Science Degree.

KIN-A03 - Adaptive Physical Fitness 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Medical approval and verification of a physical disability.
Provides physical education for students with a physical disability to promote the total growth including better self-awareness, physical development and fitness. This course facilitates the student’s participation in his/her environment. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A04 - Adaptive Water Exercise 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Medical approval and verification of a physical disability.
Provides physical education for students with a physical disability to gain increased strength, flexibility, balance, movement memory and coordination in a shallow water pool. Students will use flotation devices, strength and balance equipment in a basic movement and exercise format. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A07 - Badminton 1 unit
UC*, CSU
Prerequisite: None.
This course is designed to introduce the basic footwork and racquet skills of badminton. Emphasis is placed on learning the rules, techniques and fundamental strategies for the singles and doubles game of badminton. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A09 - Racquetball 1 unit
UC*, CSU
Prerequisite: None.
This course is designed to introduce students to the rules and fundamental skills of racquetball. Students will also develop an understanding of basic strategy involved in racquetball and have the opportunity to participate in a class tournament. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A11 - Tennis, Beginning 1 unit
UC*, CSU
Prerequisite: None.
This beginning course is for the inexperienced or starting player. Emphasis is placed on the basic forehand, backhand, serve and volley strokes. Basic strategies for doubles and singles will be introduced. KIN-A11, A12, and A13 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.

KIN-A12 - Tennis, Intermediate 1 unit
UC*, CSU
Prerequisite: None.
Advisory: KIN-A11.
Intermediate tennis is designed for the player wishing to review basic strokes and develop intermediate level skills. KIN-A11, A12, and A13 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.

KIN-A13 - Tennis, Advanced 1 unit
UC*, CSU
Prerequisite: None.
Advisory: KIN-A12.
This course is designed for the advanced player interested in improving both their knowledge and skill in tennis. Emphasis is placed on advanced skills and competition. KIN-A11, A12, and A13 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.

KIN-A20 - Golf, Beginning 1 unit
UC*, CSU
Prerequisite: None.
Designed to serve as an opportunity for the students to develop fundamental skills such as grip, stance and address and swing. Class competitive play and skill contests are conducted to further develop the students’ interest in the game. KIN-A20 and A21 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.

KIN-A21 - Golf, Intermediate 1 unit
UC*, CSU
Prerequisite: None.
Advisory: KIN-A20.
This course is designed to serve as an opportunity for students to develop golf skills at the intermediate level. The mental approach to golf as well as intermediate drills and practice techniques will be employed to further enhance the students’ skill level. KIN-A20 and A21 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory.

KIN-A28 - Swimming, Beginning 1 unit
UC*, CSU
Prerequisite: None.
The beginning course introduces the skills and techniques of safety in and around a body of water. Emphasis is placed on acquiring the skills necessary to swim efficiently, safely and proficiently enough to use swimming as a means of physical exercise; i.e. flexibility, endurance and strength. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)
KIN-A29 - Swimming, Intermediate
1 unit UC*, CSU
Prerequisite: None.
Advisory: KIN-A28.
This course is designed to provide the student with a review of the skills learned in beginning swimming classes, in addition to teaching new intermediate level skills and techniques. Endurance swimming is encouraged and the swimmer is allowed time to practice distance swims. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A30 - Swimming, Advanced Skills and Conditioning
1 unit UC*, CSU
Prerequisite: None.
Advisory: KIN-A29.
Advanced swimming is designed to develop strength, endurance and skill in all swimming strokes. Emphasis is placed on a swimmer acquiring the knowledge, skill and strength to use swimming for physical conditioning. KIN-A28, A29, and A30 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A31A - Beginning Water Aerobics and Conditioning
CSU
Prerequisite: None.
Students will develop basic strength, flexibility, coordination and cardiovascular fitness within a shallow/deep water aerobic format. The student will also be introduced to deep water workouts with the aid of a flotation device (belt or noodle). KIN-A31A, A31B and A31C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A31B - Intermediate Water Aerobics and Conditioning
CSU
Prerequisite: KIN-A31A.
This course introduces intermediate water aerobic skills. Students will increase their coordination and balance along with strength, flexibility and cardiovascular fitness with in a shallow/deep water format. The student will be introduced to intermediate interval aerobic workouts with the addition of water resistance toys and flotation devices. Nutrition concepts and goal setting will be applied. KIN-A31A, A31B and A31C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A31C - Advanced Water Aerobics and Conditioning
CSU
Prerequisite: KIN-A31B.
Using advanced water aerobic skills, this course will broaden the students water aerobic experience. Advanced interval aerobic shallow/ deep water exercises, with the aid of a flotation device and toys, will increase strength, flexibility, cardiovascular endurance, muscle movement memory and coordination. Personal dietary plans, long term nutritional concepts and fitness goal setting are introduced and implemented. KIN-A31A, A31B and A31C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A40 - Karate, Beginning
1 unit UC*, CSU
Prerequisite: None.
This course in beginning karate will develop the basic skills needed for the art of unarmed self-defense. This includes the use of blocking, shifting, punching, striking, and kicking. Karate will also develop speed, grace of movement, self-confidence, poise, mental alertness, strength, endurance, and muscular control. Karate is a physical art and a sport that anyone, irrespective of size, age, or sex, can practice according to his or her own capabilities. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A41 - Karate, Intermediate
1 unit UC*, CSU
Prerequisite: None.
Advisory: Course is designed for students with proficient skills in blocking, shifting, punching, striking and kicking and the knowledge of basic katas or for those who have completed KIN-A40.
This course in intermediate karate is designed for the student wishing to review basic self defense skills and begin work on higher skills, develop intermediate level skills in unarmed self defense, and learn basic skills in kumite (free fighting). KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A43 - T’ai-chi Ch’uan, Beginning
1 unit UC*, CSU
Prerequisite: None.
Teaches the student the first Yang Style T’ai-chi ch’uan (taijiquan) routine, section one. The first t’ai-chi form is a 28 movement symmetrical choreographed routine. The students will learn proper posture, relaxation methods, stances, hand and foot motions. Benefits include improved balance, coordination and stress reduction. Supplemental exercises will include stretching methods, ch’i kung (qigong) and Chinese therapeutic exercises. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)
KIN-A44 - T’ai-chi Ch’uan, Intermediate 1 unit
UC*, CSU
Prerequisite: KIN-A43.
A continuation of Yang Style T’ai-chi Ch’uan. It will teach the student more advanced forms and training methods. Students will learn the Yang Style T’ai-chi Ch’uan (taijiquan) Long Form. Students will also learn the partner T’ai-chi San Shou application form, advanced pushing hands training methods and supplemental exercises. This class will prepare the student to test for the NWTCCA T’ai-chi Ch’uan certification. KIN-A40, A41, A43, and A44 are courses related in content and are limited in enrollment according to Title 5, section 55040. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A46 - Hatha Yoga, Beginning 1 unit
UC*, CSU
Prerequisite: None.
This course offers beginning Hatha yoga exercises to improve students’ physical and mental wellness. The yoga exercises will be taught to promote improvement in yoga breathing techniques, concentration, muscular flexibility, strength and endurance, balance and meditation techniques. KIN-A46 and A47 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A47 - Hatha Yoga, Intermediate 1 unit
UC*, CSU
Prerequisite: None. Advisory: KIN-A46.
This course offers intermediate Hatha yoga exercises to improve students’ physical and mental wellness. The yoga exercises will be taught to promote improvement in yoga breathing techniques, concentration, muscular flexibility, strength and endurance, balance and meditation techniques. KIN-A46 and A47 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A54 - Fastpitch Softball Fundamentals 1 unit
UC*, CSU
Prerequisite: None.
This course emphasizes core softball skills and techniques as the basis for advanced level competitive play. The student will be provided the opportunity to develop individual skills, defensive and offensive capabilities, and knowledge of fastpitch rules and strategy with the eventual goal being participation on a collegiate level team. KIN-A54 and A55 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (TBA option)

KIN-A44A - FastPitch Softball Fundamentals, Beginning 1 unit
Prerequisite: None.
Core softball skills and techniques as the basis for beginning - intermediate level competitive play. The student will be provided the opportunity to develop individual skills and the knowledge of fastpitch rules and strategy with the eventual goal being participation on a collegiate level team. 54 hours laboratory.

KIN-A54B - FastPitch Softball Fundamentals, Advanced 1 unit Prerequisite: KIN-A54A. Specialized softball skills and techniques for advanced level competitive play. The student will be provided the opportunity to develop defensive and offensive strategies, base running, advanced batting techniques and team situations to prepare for intercollegiate play. 54 hours laboratory.

KIN-A55 - Slow Pitch Softball 1 unit
UC*, CSU
Prerequisite: None.
Designed to give students the basic skills, rules and strategies for team play in the sport of slow pitch softball. KIN-A54 and A55 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A57 - Basketball 1 unit
UC*, CSU
Prerequisite: None.
The basketball course is designed to introduce the basic skill and leisure time potential of basketball. Emphasis is placed on learning the techniques and strategy of the game of basketball. Improvement in fundamentals, and two and three man situations, as well as five man situations, are stressed. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A62 - Flag Football 1 unit
UC*, CSU
Prerequisite: None.
The activities in this course provide for instruction in the skills, techniques, strategy, and rules of flag football. The class emphasizes skill improvement, team unity, and safety procedures. This course is designed to contribute to the physical well being of all participating students. KIN-A62 and A62A are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A62A - Flag Football .5 unit
UC*, CSU
Prerequisite: None.
The activities in this course provide for the introductory instruction in the skills, techniques, strategy and rules of flag football. The class emphasizes skill improvement, team unity, and safety procedures. KIN-A62 and A62A are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 27 hours laboratory. (Letter Grade, or Pass/No Pass option.)
KIN-A64 - Soccer 1 unit  
UC*, CSU  
Prerequisite: None.  
This course is designed to introduce students to the rules, basic skills, and offensive/defensive strategy in soccer. Emphasis will be placed on improving individual skills and applying these skills to game situations. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A67 - Volleyball, Beginning 1 unit  
UC*, CSU  
Prerequisite: None.  
This volleyball course is designed to introduce the skills and lifetime potentials of volleyball. Emphasis is placed on learning the techniques, rules, and strategies of volleyball. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A68 - Volleyball, Intermediate 1 unit  
UC*, CSU  
Prerequisite: None.  
Advisory: KIN-A67.  
Reviews basic volleyball skills and begins work on more advanced skills and playing strategies. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A69 - Volleyball, Advanced 1 unit  
UC*, CSU  
Prerequisite: None.  
Advisory: KIN-A67.  
This course is designed to introduce advanced techniques of volleyball skills. Individual skill work, along with various team offensive systems and team defensive patterns, will be taught and analyzed. KIN-A67, A68, and A69 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A71 - Sand Volleyball: Intermediate/Advanced 1 unit  
UC*, CSU  
Prerequisite: None.  
Advisory: KIN-A67 or proficient skills in sand volleyball.  
Course provides intermediate and advanced instruction and strategies in sand volleyball. Designed to develop advanced skills, knowledge of rules, team strategies and desire for future participation during leisure times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-A74 - Hiking and Backpacking Activities 1 unit  
UC*, CSU  
Prerequisite: None.  
Advisory: KIN-47.  
This course will provide additional experience for students to study hiking and backpacking in a safe and pleasurable environment. Proper permit procedures, respect for the wilderness environment, and enjoyment of the sport will be emphasized. Participation in weekend field trips will be required. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-A75A - Walking for Fitness: Beginning 1 unit  
UC*, CSU  
Prerequisite: None.  
This course is designed for all students with an emphasis on cardiovascular fitness, setting personal fitness goals and understanding the physiological benefits of a walking program. Walking programs will be established to improve cardiorespiratory endurance. KIN-A75A and A75B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade or Pass/No Pass option.)

KIN-A75B - Walking for Fitness: Intermediate 1 unit  
UC*, CSU  
Prerequisite: None.  
Advisory: KIN-A75A.  
This course is designed for students of intermediate fitness levels who would like to enhance and improve their cardiovascular fitness, basic strength and flexibility with more advanced walking strategies. Intermediate walking techniques will be utilized in establishing walking programs designed to promote improvements in cardiorespiratory endurance and body composition. KIN-A75A and A75B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information, see section VIII regarding course repetition. 54 hours laboratory. (Letter grade or Pass/No Pass option.)

KIN-A77A - Jogging for Fitness, Beginning 1 unit  
UC*, CSU  
Prerequisite: None.  
This course is designed to introduce basic fitness concepts to improve each individual's physical health and general well being. The course is geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis will be on building endurance and strength through jogging. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)
KIN-A77B - Jogging for Fitness, Intermediate 1 unit
CSU
Prerequisite: None.
Advisory: KIN-A77A.
This course is designed for students of intermediate fitness levels who would like to enhance and improve their cardiovascular fitness and flexibility with jogging strategies. Jogging techniques will be utilized in establishing programs designed to promote improvements in cardiorespiratory endurance and body composition. The course is geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis will be on building endurance and strength by using stretching and jogging techniques for conditioning. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A77C - Jogging for Fitness, Advanced 1 unit
CSU
Prerequisite: None.
Advisory: KIN-A77B.
This course is designed for students of advanced fitness levels who would like to enhance and improve their cardiovascular fitness, overall strength and flexibility with more advanced jogging strategies. Progressive jogging techniques will be utilized in establishing jogging programs designed to promote improvements in cardiorespiratory endurance and body composition. The course is geared to all ages and is concerned with aspects of cardiovascular health and weight control. Emphasis will be on building endurance and strength by using advanced stretching, muscle strengthening and jogging techniques for conditioning. KIN-A77A, A77B, and A77C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A80 - Triathlon Techniques 1 unit
UC*, CSU
Prerequisite: None.
Advisory: KIN-8.
Provides additional participation in the development of a multi-sport fitness program. Students will assess their personal fitness state, analyze their swimming, cycling, and running skills and develop an individual training program. KIN-A80 and A82 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A81A - Physical Fitness, Beginning 1 unit
UC*, CSU
Prerequisite: None.
This course is designed to give the student an overview of the basic concepts that affect total fitness. Personalized exercise programs in cardiovascular endurance, muscular strength, muscular endurance and flexibility will be developed. KIN-A81A and A81B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-A81B - Physical Fitness, Intermediate 1 unit
CSU
Prerequisite: None.
This course is designed to provide nutritional, cardiovascular, strength, flexibility and assessment concepts to enhance the personalized exercise program. KIN-A81A and A81B are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-A82 - Speed, Agility, and Quickness Training 1 unit
UC*, CSU
Prerequisite: None.
This course brings together traditional resistance training and speed-specific movements. Students will participate in drills and activities that will improve muscular power in all movements, fundamentals of athleticism, running technique and body control, and first step explosiveness and balance. KIN-A80 and A82 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-A83 - Kickboxing Aerobics 1 unit
UC*, CSU
Prerequisite: None.
This course is designed to introduce basic fitness concepts as well as basic movement skills and exercises. Students will develop strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness. KIN-A83, A86, A87, and A88 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A86 - Step Aerobics 1 unit
UC*, CSU
Prerequisite: None.
Students will develop strength, flexibility, endurance, movement memory, balance, coordination, and cardiovascular fitness with the use of the step unit in an aerobic format. This course is designed to introduce basic fitness concepts as well as basic movement skills and exercise. KIN-A83, A86, A87, and A88 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)
KIN-A87 - Step Aerobics, Intermediate 1 unit 
UC*, CSU
Prerequisite: None.
Advisory: KIN-A86 or proficient skills in step aerobics.
This course will broaden students’ aerobic experience using intermediate step combinations and various class formats such as circuit training and interval step. The students will be exposed to choreography that will improve their balance, coordination and memory skills. Students will improve their cardiovascular fitness and aerobic endurance. KIN-A83, A86, A87, and A88 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A88 - Step Aerobics, Advanced 1 unit 
UC*, CSU
Prerequisite: None.
Advisory: KIN-A87 or proficient skills in step aerobics.
For students who have already taken Physical Education A87, this course will broaden their aerobic experience using advanced step combinations and various class formats such as circuit training and interval step. The students will be exposed to challenging choreography, which will improve their balance, coordination, and memory skills. Using the FIT principle of Frequency, Intensity, and Time, students will improve their cardiovascular fitness and aerobic endurance by increasing the intensity of the movements and the length of the aerobic segment. KIN-A83, A86, A87, and A88 are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A89A - Beginning Body Sculpting 1 unit 
UC*, CSU
Prerequisite: None.
Students will develop muscular strength and endurance along with flexibility using a variety of hand weights, body bars, elastic bands and exercise balls. Emphasis is placed on safety and proper technique while training basic muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A89B - Intermediate Body Sculpting 1 unit 
UC*, CSU
Prerequisite: KIN-A89A.
Students will increase and maintain their body development through core strength, resistance and endurance training, along with body sculpting techniques. Personal fitness plans will be developed and incorporated based on personal health and fitness. Emphasis is placed on safety, core strength and major and minor muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A89C - Advanced Body Sculpting 1 unit 
UC*, CSU
Prerequisite: KIN-A89B.
Students will develop personal and nutritional lifetime fitness goals and create a lifetime fitness plan. Muscular strength, cardiovascular endurance, flexibility and aerobic fitness will be developed and assessed. Emphasis will be placed on safety, proper body alignment and major and minor muscle groups. KIN-A81, A89A, A89B, and A89C are courses related in content and are limited in enrollment according to Title 5, section 55040. For further information see section VIII regarding course repetition. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-A90A – Weight Training – Beginning 1 unit 
Prerequisite: None.
Weight training course designed to teach students the basic exercises for the development of the major muscles. Emphasis is placed on muscular strength, endurance and flexibility. 54 hours laboratory. (Letter grade, Pass/No pass option)

KIN-A90B – Weight Training – Intermediate 1 unit 
Prerequisite: KIN-A90A
Weight training course for students who have a basic background in weight lifting. Emphasis is places on furthering strength development, cardiovascular endurance and flexibility. 54 hours laboratory. (Letter grade or Pass/No pass option)

KIN-A90C – Weight Training – Advanced Prerequisite: KIN-A90B.
Weight training course for students who have an extensive background in weight lifting. Emphasis is placed on strength development, cardiovascular endurance and flexibility. 54 hours laboratory. (Letter grade or Pass/No pass option)

VARSITY SPORTS
Students intending to participate in a varsity sport should contact the coach of that sport before enrolling. Students are limited to 350 hours of attendance in each fiscal year for each sport for which no more than 175 hours is dedicated to the sport and no more than 175 hours is for conditioning or skill development in the sport. The varsity sports are:

KIN-V01 - Cross Country, Varsity, Men 3 units 
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to serve as an opportunity for cross country runners to improve skills, knowledge and strategy of the sport of cross country. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in cross country. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)
KIN-V02 - Football, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
Opportunity for football players to improve skills, knowledge and strategy of the game of football. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in football. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V04 - Basketball, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
This course is designed for collegiate athletic competition in basketball including games, practice and tournaments. This program will consist of a highly organized and intense setting of lecture, individual, group, team sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in basketball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V05 - Baseball, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
This course is designed to assist advanced baseball players in improving their skills, knowledge and strategy of the game through a highly organized, intense program of activity drills, lecture and inter-squad practice leading to intercollegiate competition. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V06 - Track and Field, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
This course is designed to serve as an opportunity for track and field competitors to improve skills, knowledge and strategy of the sport of track and field. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in track and field. Repeating the course provides the student an opportunity for a leadership role and for additional skill and competency development within the sport. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V07 - Golf, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
This course will provide an opportunity for experienced golfers to improve skills, knowledge, and strategies for intercollegiate competition. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V08 - Tennis, Varsity, Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
Opportunity for tennis players to improve their skills, knowledge and strategy of the game of tennis. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in tennis. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V09 - Swimming and Diving, Varsity Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
Opportunity for swimmers and divers to develop the fundamental skills and strategies along with a physical conditioning program necessary for the sport of competitive swimming and diving. It will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare the students for intercollegiate competition in swimming and diving. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V10 - Soccer, Varsity Men 3 units
UC*, CSU

Prerequisite: None.

Limitation on enrollment: Retention based on successful tryout.
This course prepares the student athletes to practice and compete at the intercollegiate level in soccer. Athletes will demonstrate proficiency and knowledge of advanced principles of offensive and defensive team concepts. Student athletes will participate in a physical conditioning program designed to prepare them for intercollegiate competition in soccer. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)
KIN-V11 - Pep Squad, Varsity, Men and Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for students to advance in the skills of tumbling, jumping, dance, cheer, partner stunts and pyramids. It will consist of highly organized lectures, individual and team practice sessions, physical conditioning programs and video/DVD/film evaluation to prepare students for college activities and athletic competitions in pep squad. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option)

KIN-V12 - Cross Country, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to serve as an opportunity for cross country runners to improve skills, knowledge and strategy of the sport of cross country. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in cross country. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V14 - Track and Field, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to serve as an opportunity for track and field competitors to improve skills, knowledge and strategy of the sport of track and field. The program will consist of a highly organized program of lecture, and individual and group practice sessions to prepare students for intercollegiate competition in track and field. Repeating the course provides the student an opportunity for a leadership role and for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V18 - Tennis, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for tennis players to improve their skills, knowledge and strategy of the game of tennis. The program will consist of a highly organized and intense setting of lecture, individual, group and team practice sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in tennis. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V19 - Swimming and Diving, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for swimmers and divers to develop the fundamental skills and strategies along with a physical conditioning program necessary for the sport of competitive swimming and diving. It will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare the students for intercollegiate competition in swimming and diving. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option)

KIN-V20 - Basketball, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed for collegiate athletic competition in basketball including games, practice and tournaments. This program will consist of a highly organized and intense setting of lecture, individual, group, team sessions, and video/DVD/film evaluation to prepare students for intercollegiate competition in basketball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V21 - Volleyball, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to serve as an opportunity for volleyball players to improve skills, knowledge and strategy of the game of volleyball. This program will consist of a highly organized lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in volleyball. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V22 - Fastpitch, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based upon successful tryout.
This course is designed to serve as an opportunity for advanced fastpitch players to improve skills, knowledge and strategy of the game of fastpitch softball. This program will consist of highly organized lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in fastpitch. Repeating the course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)
KIN-V23 - Water Polo, Varsity, Men 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for water polo players to develop and improve fundamental skills, along with offensive and defensive skills of the game of water polo. It will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in water polo. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option)

KIN-V24 - Water Polo, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for water polo players to develop and improve fundamental skills, along with offensive and defensive skills of the game of water polo. It will consist of a highly organized and intense setting of lectures, individual and team practice sessions and video/DVD/film evaluation to prepare students for intercollegiate competition in water polo. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option)

KIN-V25 - Soccer, Varsity, Women 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course prepares the student athlete to practice and compete at the intercollegiate level in soccer. Athletes will demonstrate proficiency and knowledge of advanced principles of offensive and defensive team concepts. Student athletes will participate in a physical conditioning program designed to prepare them for intercollegiate competition in soccer. Repeating this course provides the student an opportunity for additional skill and competency development. May be taken a total of four times. 175 hours laboratory. (TBA option)

KIN-V26 - Songleading and Cheerleading 3 units
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to give students the opportunity to review or learn the basic defensive skills of baseball. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity baseball. Intrasquad and interschool games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 108 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V33 - Track and Field Techniques: Running Event Techniques 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Beginning and advanced techniques and current methods of training for sprints, middle distance, distance and hurdle events are taught. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V34 - Track and Field Techniques: Field Event Techniques 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Beginning and advanced techniques and current methods of training for decathlon, pole vault, long jump, triple jump, shot put, discus, javelin, and hammer throw. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V50 - Baseball Fundamentals, Defensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to give students the opportunity to review or learn the basic defensive skills of baseball. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity baseball. Intrasquad and interschool games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V51 - Baseball Fundamentals, Offensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to give students the opportunity to review or learn the basic offensive skills of baseball. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity baseball. Intrasquad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)
KIN-V52 - Fastpitch Fundamentals, Offensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to give students the opportunity to review or learn the basic offensive skills of fastpitch. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity fastpitch. Intrasquad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option)

KIN-V53 - Fastpitch Fundamentals, Defensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to give students the opportunity to review or learn the basic defensive skills of fastpitch. These fundamentals are both individual and team oriented with the purpose of improving to the point whereby the student is able to play varsity fastpitch. Intrasquad and inter-school games are played in order for the student to use the learned skills in competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option)

KIN-V60 - Football Fundamentals, Defensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity to learn general and specific individual defensive football fundamentals, techniques and strategies emphasizing active participation. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V61 - Football Fundamentals, Offensive 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity to learn general and specific individual offensive football fundamentals, techniques, and strategies emphasizing active participation. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V70 - Water Polo Techniques 3 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
Opportunity for students to develop fundamental skills in the sport of water polo. Drills and various practice techniques will be used to develop all aspects of the game. The student will participate in an extensive physical conditioning program, which will include stretching, swimming, strength building and kicking exercises. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development within the activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V71 - Women’s Sand Volleyball 3 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course prepares student athletes to practice and compete at the intercollegiate level in sand volleyball. May be taken a total of four times. 175 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V78 - Long Distance Running 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course will provide general and specific long distance running principles, conditioning methods, and race tactics involved in competitive long distance running. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development within each activity area. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KIN-V92 - Weight Training, Varsity Athletes 1 unit
CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This weight training course is designed for varsity athletes who have an extensive background in weight lifting. Emphasis is placed on strength development, cardiovascular endurance and flexibility. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill and competency development. May be taken a total of four times. 54 hours laboratory. (Letter Grade, or Pass/No Pass option.)

KIN-V94 - In-Season Varsity Sport Conditioning 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to teach advanced conditioning principles for the design and implementation of an in-season training program during varsity sport competition. Subsequent enrollment in additional semesters will provide the student an opportunity for added skill competency development. May be taken a total of four times. 54 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)
KIN-V95 - Out-of-Season Varsity Sport Conditioning 1 unit
UC*, CSU
Prerequisite: None.
Limitation on enrollment: Retention based on successful tryout.
This course is designed to teach advanced conditioning principles for the design and implementation of our out-of-season training programs in preparation for varsity sport competition. Subsequent

KOREAN
KOR-1 - Korean 1 5 units
UC*, CSU
Prerequisite: None.
This course concentrates on developing basic skills in listening, reading, speaking and writing. Emphasis is placed on acquisition of vocabulary, structures and grammatical patterns necessary for comprehension of native spoken and written Korean at the beginning level. This course includes discussion of Korean culture and daily life. 90 hours lecture and 18 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KOR-2 - Korean 2 5 units
UC, CSU
Prerequisite: KOR-1.
Further development of basic skills in listening, reading, speaking and writing. A continued emphasis on the acquisition of vocabulary, structures and grammatical patterns necessary for comprehension of standard spoken and written Korean at the beginning level. This course includes an expanded discussion of Korean culture and daily life. 90 hours lecture and 18 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

KOR-11 - Culture and Civilization 3 units
UC, CSU
Prerequisite: None.
Introductory survey of Korean culture and civilization as reflected in language, literature, art, history, politics, customs and social institutions. Class conducted in English. 54 hours lecture. (Letter Grade, or Pass/No Pass option.)

LATIN
LAT-1 - Latin 1 5 units
UC*, CSU
Prerequisite: None.
This course concentrates on developing basic skills in reading, writing, listening and pronouncing classical Latin. Emphasis is placed on vocabulary acquisition, elementary morphology and syntax, translation techniques and practice, and introduction to cultural and historical topics. 90 hours lecture and 18 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

LAT-2 - Latin 2 5 units
UC, CSU
Prerequisite: LAT-1.
This course concentrates on developing intermediate skills in reading, writing listening to and pronouncing classical Latin. Emphasis is placed on vocabulary, acquisition, basic morphology and syntax, translation techniques and practice, and introduction to culture and historical topics. 90 hours lecture and 18 hours laboratory. (TBA option) (Letter Grade, or Pass/No Pass option.)

LIBRARY
LIB-1 - Introduction to Information Literacy 1 unit
UC, CSU
Prerequisite: None.
Presents the fundamentals of the effective use of libraries to find, evaluate, interpret, and organize information from a variety of formats, both online and in print, to answer research questions and develop new ones. Through the use of information retrieval systems students will develop an understanding of and practices for the legal access to and ethical use of information. 18 hours lecture. (Letter Grade, or Pass/No Pass option.)

MANAGEMENT
MAG-44 - Principles of Management 3 units
CSU
Prerequisite: None.
For those who are in management, preparing for a potential promotion or interested in the management process. Includes the primary functions of planning, organizing, controlling and leading as well as related skills such as team development, motivation and communication techniques, and quality management. Also social responsibility and a global perspective are emphasized. 54 hours lecture.

MAG-46 - Contemporary Quality Systems Management 3 units
CSU
Prerequisite: None.
An introduction to Quality Management principles and to their application in business, industry, and public service organizations including Deming’s 14 points, process management, ISO 9000 certification, Six Sigma efforts, Baldrige criteria and introductory statistical process control. 54 hours lecture. (Letter Grade, or Pass/No Pass option.)

MAG-47 - Applied Business and Management Ethics 3 units
(Same as BUS-47)
CSU
Prerequisite: None.
An examination of ethical concerns in business decision making. Includes corporate, personal, global, governmental, public, environmental, product, and job-related issues. Case studies and corporate ethics programs and audits also covered. 54 hours lecture. (Letter Grade, or Pass/No Pass option.)

MAG-51 - Elements of Supervision 3 units
Prerequisite: None.
Gives an overview of responsibilities of a supervisor in industry including organizational structure, training, work assignments, productivity, quality control, evaluations, and management-employee relations. 54 hours lecture. (Letter Grade, or Pass/No Pass option.)

MAG-52 - Employee Training and Development 3 units
Prerequisite: None.
This course examines the forces influencing employee development through various methods such as training, strategic thinking, needs assessments, training evaluation, learning theories, e-learning and career development. 54 hours lecture.