

KINESIOLOGY

Program Purpose: Students who complete Kinesiology courses will apply the science of kinesiology to understand, appreciate and achieve the maximum benefits through physical movement for developing an individual's health and wellness as well as prepare for further education and/or various careers in kinesiology. Students who participate in Intercollegiate Athletics will develop their optimal athletic potential and skills in teamwork.

The Kinesiology Program is designed to prepare students for transfer to bachelor degree programs in Kinesiology, Exercise Science, Physical Education, Physical Therapy, Athletic Training, Coaching, and Fitness Management. Interested students may also pursue a career in the growing fitness industry. Kinesiology classes offer students an opportunity to enrich their education with emphasis on improved individual physical well-being as well as pursuing professional career options.

UC Credit Limitations on Activity and Theory Courses

The University of California (UC) system will accept a maximum of 4 units from the following Dance, Intercollegiate Athletic (ICA) and/or Kinesiology activity courses. In addition, the UC will accept up to 8 units of PE/KIN Theory based courses. Students planning to the more than 4 units of these courses should consult a counselor. The California State University (CSU) system does not have such limitations.

Kinesiology Courses

KIN M01 Introduction to Kinesiology 3 Units

Formerly: PE M90

In-Class Hours: 52.5 lecture

C-ID: KIN 100

Presents an overview of the importance of the sub-disciplines in kinesiology. Discusses career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M13 Prevention and Care of Athletic Injuries 3 Units

Formerly: HED M06

In-Class Hours: 52.5 lecture

C-ID: KIN 100

Introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries. This course is designed for future athletic trainers, physical educators, coaches, physical therapists, and any person who plans on working with active individuals. Does NOT fulfill KIN activity/Health requirement for Associate degree.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M13L Prevention and Care of Athletic Injuries Lab 1 Unit

Formerly: HED M06

In-Class Hours: 52.5 laboratory

Prerequisites: KIN M13 or concurrent enrollment

Introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries. Includes diagnostic techniques, stretching, wrapping/taping, protective devices/bracing, modalities, and therapeutic exercise, amongst others. This course is designed for future athletic trainers, physical educators, coaches, physical therapists, and any person who plans on working with active individuals. Does NOT fulfill KIN activity/Health requirement for Associate degree.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M16 Personal Training Principles 3 Units

Formerly: PE M95

In-Class Hours: 35 lecture, 52.5 laboratory

Introduces exercise physiology, biomechanics, and anatomy as foundational concepts for appropriate exercise programming. Includes learning and applying popular pre-exercise assessments for a variety of populations and abilities. Relates the principles of exercise science and program design to prepare students for successful completion of a personal training certification and for fitness business.

Advisories/Rec Prep: KIN M18

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M17 Teaching Group Fitness 3 Units*Formerly:* PE M96*In-Class Hours:* 35 lecture, 52.5 laboratory

Introduces exercise science concepts and their use in teaching group exercise. Emphasizes the integration of anatomy and applied kinesiology with teaching principles and techniques for a variety of group exercise formats. Stresses motor learning and effective group leadership, while teaching and monitoring human movement.

Catalog Notes: Provides technical information and practical experience as preparation for Group Fitness instructor certification and exam.

Advisories/Rec Prep: KIN M16 (Formerly PE M95) KIN M18 (Formerly PE M96)

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M18 Foundations of Fitness 3 Units*Formerly:* PE M91*In-Class Hours:* 52.5 lecture

Provides foundational information for fitness enthusiasts and those interested in pursuing a career as a fitness professional. Introduces muscular, cardiorespiratory, and other physiological systems essential for application to program design and its specificity to training goals. Includes muscular, neural, and skeletal anatomy in relation to proper movement, with the purpose of applying safe and effective exercise program design. Provides preparation for personal trainer certification exam.

Advisories/Rec Prep: KIN M16 OR KIN M17

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M20 Movement Analysis & Corrective Exercise 3 Units*In-Class Hours:* 35 lecture, 52.5 laboratory

Introduces advanced techniques in exercise science as they relate to postural analysis and movement impairments. Emphasizes an integrated approach to assessment and program design for correct exercise. Acts as preparation for industry-accepted corrective exercise credential.

Advisories/Rec Prep: KIN M18

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M21 Strength and Conditioning for Performance 3 Units*In-Class Hours:* 35 lecture, 52.5 laboratory

Instructs how to implement a comprehensive, systematic, and integrated training approach to address clientele's performance enhancement goals. Helps students bridge the gap between science and practical application to aid in human performance testing and implementation of proper progressive program design. Upon successful completion of the course, students will obtain the National Academy of Sports Medicine (NASM) Performance Enhancement Specialist credential.

Advisories/Rec Prep: KIN M18

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M22 Youth, Women, and Senior Training for Fitness Professionals 3 Units*In-Class Hours:* 52.5 lecture

Develops techniques to support the unique needs of various special populations including youth, women, and seniors. Covers safe and effective fitness program delivery in supporting health and fitness goals of these diverse populations. Does NOT fulfill KIN/PE activity/Health requirement for Associate Degree.

Advisories/Rec Prep: KIN M16 or KIN M17 or KIN M18 or Current Certified Fitness Professional

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M23 Walking for Fitness 1 Unit*Formerly:* PE M01A*In-Class Hours:* 52.5 laboratory

Provides exercise and fitness training through walking with the emphasis on improvements in cardiovascular conditioning and muscle tone. Stresses assessment and the challenge of overall development of personal fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M24 Running for Fitness and Conditioning 1 Unit*Formerly: PE M03A**In-Class Hours: 52.5 laboratory*

Emphasizes improved physical health and cardiovascular fitness through running and overall conditioning. Includes endurance training with a gradual increase in distance.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M25 Fitness Management 3 Units*In-Class Hours: 52.5 lecture*

Introduces the history of the health and fitness industry related to industry trends, consumer behaviors, and business challenges. Includes strategies for customer outreach, client retention, and staff recruitment. Applies effective practices for those seeking leadership roles in a variety of fitness business models. Prepares student for advancement opportunities in the corporate world or those seeking entrepreneurial careers.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M26 Fitness Coaching and Behavior Modification 3 Units*In-Class Hours: 52.5 lecture*

Implements health coaching strategies that promote behavior modification to achieve a variety of fitness and wellness goals. Details best practices for overcoming barriers to lifestyle change.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

KIN M31 Body Conditioning/Fitness 1 Unit*Formerly: PE M02A**In-Class Hours: 52.5 laboratory*

Develops and encourages positive, lifetime habits with regard to cardiovascular efficiency, muscular strength and endurance, flexibility and body composition. Uses cardiovascular and strength machines along with circuit training and other fitness devices.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M32 Body Conditioning/Free Weights 1 Unit*Formerly: PE M02B**In-Class Hours: 52.5 laboratory*

Introduces muscular conditioning, emphasizing muscular endurance, strength, and size improvements. Incorporates the use of a variety of resistance training systems and equipment to enhance flexibility, balance training, coordination, and body composition management.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M33 Power Lifting/Free Weights 1 Unit*Formerly: PE M08**In-Class Hours: 52.5 laboratory*

Builds strength, power and bulk; exercises center on the development of core strength and multi-joint power lifts. Emphasizes, in the conditioning phase, the development of agility, quickness, coordination, balance and speed through the implementation of competitive drills and routines.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M34 Body Conditioning Boot Camp 1 Unit*Formerly: PE M10**In-Class Hours: 52.5 laboratory*

Introduces boot camp style methods for total body conditioning designed to improve cardiovascular and muscle endurance, muscular strength, agility, and flexibility. Provides a wide-range of fitness activities with interval training. Includes both indoor and outdoor fast-paced activities over a variety of terrain, and emphasizes functionality that can enhance performance in everyday activities or sports. Allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M40 Cardio Step and Sculpt 1 Unit*Formerly: PE M07**In-Class Hours: 52.5 laboratory*

Introduces a wide variety of movement skills integrating a STEP platform, aerobic intervals, and other techniques to improve cardiovascular endurance, muscular conditioning, agility, balance, and flexibility. Allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M42 Aerobic Dance Fitness 1 Unit*Formerly: PE M04**In-Class Hours: 52.5 laboratory*

Introduces cardiovascular conditioning with dance-like rhythmic movement blending a variety of contemporary and global dance styles with traditional aerobic fitness practices. Improves cardiovascular and muscular endurance, flexibility, mind-body connection, and stress reduction. Allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M43 Cardio Kickboxing 1 Unit*Formerly: PE M15**In-Class Hours: 52.5 laboratory*

Introduces cardiovascular conditioning combining elements of martial arts, boxing, and aerobics to provide overall physical conditioning and toning. Improves cardiovascular and muscular endurance, coordination, and strength. Uses equipment such as punching bags, jump ropes, and weights, and does not involve physical contact between competitors. Allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M50 Pilates Mat 1 Unit*Formerly: PE M16**In-Class Hours: 52.5 laboratory*

Introduces the study and practice of Pilates, a conditioning program based on the teachings of Joseph H. Pilates. Emphasizes activities designed to correct muscular imbalances and improve body alignment by incorporating strength, flexibility, and relaxation techniques. Integrates controlled body movement, mental focus, and breathing techniques, to enhance postural symmetry, core stabilization, and joint mobility.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M51 Core Stability and Stretch 1 Unit*Formerly: PE M18**In-Class Hours: 52.5 laboratory*

Introduces a wide variety of concepts and physical conditioning techniques focusing on core musculature, balance, coordination, and flexibility. Includes movement skills using a variety of fitness modalities, body weight, and props, to elicit both intrinsic and extrinsic core conditioning. Improves balance, flexibility, mobility, strength, enhances posture, body awareness, and reduces stress. Adapts activities to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M52 Core Fitness with Cardio 1 Unit

Formerly: PE M40

In-Class Hours: 52.5 laboratory

Introduces a variety of concepts and practices for muscular and cardiovascular conditioning, focusing on the core of the body. Presents movement skills using aerobics, body weight, balance or resistance props, and other appropriate techniques to enhance core and cardiovascular fitness, and weight management. Allows activities to be adapted to varied levels of ability and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M53 T'ai Chi 1 Unit

Formerly: PE M35

In-Class Hours: 52.5 laboratory

Introduces the study and practice of T'ai Chi and Qigong, an internal martial art designed to increase physical and mental strength by incorporating energy circulation, breathing, and mindfulness. Focuses on stances, footwork, and whole body movement sequences that improve agility, postural alignment, balance, and relaxation to rejuvenate the body, reduce stress, and improve health.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M54 Yoga 1 Unit

In-Class Hours: 52.5 laboratory

Introduces the concepts and practices of fundamental yoga-based poses, breathing techniques, and mental focus designed to enhance strength, flexibility, balance, body awareness, and stress reduction. Emphasizes on safety, proper body alignment, posture, and movement efficiency.

Catalog Notes: This class is geared for those new to yoga, and is adaptable to a variety of fitness levels and abilities;.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M55 Mind Body Fitness 1 Unit

In-Class Hours: 52.5 laboratory

Introduces mindful movement practices that integrate breathing techniques, mental focus, and controlled body movements to enhance somatic awareness, posture, holistic wellness, and stress reductions. Explores a variety of mindful movement arts like Yoga, Ta Chi, Pilates, dance fitness, and somatics. Includes activities that are adaptable to varied abilities and fitness.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M71 Golf 1 Unit

Formerly: PE M06A; PE M06C; PE M06D

In-Class Hours: 52.5 laboratory

Introduces the fundamental skills of golf. Covers rules, etiquette, equipment and strategies needed for playing golf.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M72 Tennis 1 Unit

Formerly: PE M11A; PE M11C; PE M11D

In-Class Hours: 52.5 laboratory

Introduces the development of basic skills and techniques of tennis. Covers etiquette, rules and strategies of the game, including both singles and doubles.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

KIN M80 Internship in Kinesiology 1-4 Units*In-Class Hours:* 52.5 laboratory*Prerequisites:* Completion of or concurrent enrollment in one course in the discipline and instructor approval

Provides on-the-job learning to develop effective work habits, attitudes, and career awareness in paid or unpaid internships that are related to the discipline. Involves the development and documentation of learning objectives and the completion of an internship paper, presentation, or project. Includes both workplace supervisor and faculty adviser feedback and/or written evaluations. OTHER: To take this course, contact the Career Transfer Center; Requires orientation session. Students receive one unit of credit for each 60 hours unpaid or 75 hours paid work. May enroll in up to 4 units a semester with a maximum of 16 total units of any type of work experience.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** None**Transfer Credit:** CSU**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**KIN M82 Basketball 1 Unit***Formerly:* PE M24C*In-Class Hours:* 52.5 laboratory

Introduces the fundamentals of basketball. Develops offensive and defensive skills and techniques through drills and games.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None**KIN M84 Soccer 1 Unit***Formerly:* PE M27A; PE M27C; PE M27D*In-Class Hours:* 52.5 laboratory

Introduces the fundamentals of soccer. Develops the offensive and defensive skills and techniques through competitive drills and games.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None**KIN M85 Softball 1 Unit***Formerly:* PE M28A; PE M28C; PE M28D*In-Class Hours:* 52.5 laboratory

Introduces basic rules, sportsmanship, fundamental skills, and strategies needed for playing softball.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None**KIN M87 Volleyball 1 Unit***Formerly:* PE M30A; PE M30C; PE M30D*In-Class Hours:* 52.5 laboratory

Introduces the basic skills and techniques of volleyball. Covers rules and strategies of volleyball as a team sport.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None**KIN M92 Hiking and Backpacking 1 Unit***Formerly:* PE M13*In-Class Hours:* 52.5 laboratory

Introduces the adventure of hiking and backpacking. Covers conditioning, skills, information and resources for the sport covered. Emphasizes safety procedures.

Grade Modes: Letter Graded, Credit/No Credit Grading, Student Option- Letter/Credit**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None

KIN M122 Independent Study- Kinesiology 0.5-3 Units

Formerly: PE M22A

In-Class Hours: 26.25-157.5 laboratory

Prerequisites: Completion of one course in kinesiology and instructor approval

Allows independent study for students who wish to extend their knowledge of a particular area of kinesiology through research and study. Utilizes an approved independent project. Includes one-on-one work with instructor. Interested students should contact a Kinesiology instructor for assistance in developing a contract for learning about a specific topic.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Degree Applicability: Applies to Associate Degree

AA/AS GE: None

Transfer Credit: CSU

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

Intercollegiate Athletics Courses

ICA M01A Intercollegiate Baseball - Men 4 Units

Formerly: KIN M100A; PE M66

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in baseball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M01B Intercollegiate Baseball-Men/Off Season 1 Unit

Formerly: KIN 100B; PE M23D

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in baseball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M02A Intercollegiate Basketball-Men/Fall 4 Units

Formerly: KIN M101A; PE M67

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M02B Intercollegiate Basketball-Men/Spring 2.5 Units

Formerly: PE M67; KIN M101B

In-Class Hours: 43.75 lecture, 87.5 laboratory

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M03A Intercollegiate Cross Country - Men 4 Units

Formerly: KIN M102A; PE M69

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in cross country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M03B Intercollegiate Cross Country - Men/Off Season 1 Unit

Formerly: KIN M102B; PE M03B

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in cross country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M04A Intercollegiate Football - Men 4 Units

Formerly: KIN M103A; PE M71

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Football. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M04B Intercollegiate Football-Men/Off Season 1 Unit

Formerly: KIN M103B; PE M25D

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Football. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M07A Intercollegiate Soccer - Men 4 Units

Formerly: KIN M105A; PE M64A

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops participants skills and playing intensity in Soccer to the highest level. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M07B Intercollegiate Soccer-Men/Off Season 1 Unit

Formerly: KIN M105B; PE M27D; PE M65B

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M10A Intercollegiate Track and Field - Men 4 Units

Formerly: KIN M107A; PE M76

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in track and field. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M10B Intercollegiate Track and Field - Men/Off Season 1 Unit*Formerly:* KIN M107B; PE M29D*In-Class Hours:* 52.5 laboratory

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M11A Intercollegiate Volleyball - Men 4 Units*Formerly:* KIN M108A; PE M63A*In-Class Hours:* 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M11B Intercollegiate Volleyball-Men/Off Season 1 Unit*Formerly:* KIN M108B; PE M63B*In-Class Hours:* 52.5 laboratory

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M20A Intercollegiate Basketball-Women/Fall 4 Units*Formerly:* KIN M130A; PE M68*In-Class Hours:* 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M20B Intercollegiate Basketball-Women/Spring 2.5 Units

Formerly: KIN M130B; PE M24C

In-Class Hours: 43.75 lecture, 87.5 laboratory

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M21A Intercollegiate Cross Country-Women 4 Units

Formerly: KIN M131A; PE M70

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Cross Country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M21B Intercollegiate Cross Country-Women/Off Season 1 Unit

Formerly: KIN M131B; PE M03B

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Cross Country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M24A Intercollegiate Soccer - Women 4 Units

Formerly: KIN M133A; PE M65A

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M24B Intercollegiate Soccer - Women/Off Season 1 Unit

Formerly: KIN M133B; PE M65B

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M25A Intercollegiate Softball-Women 4 Units

Formerly: KIN M134A; PE M73

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Softball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M25B Intercollegiate Softball-Women/Off Season 1 Unit

Formerly: KIN M134A; PE M28C

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Softball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M28A Intercollegiate Track and Field - Women 4 Units

Formerly: KIN M136A; PE M77

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M28B Intercollegiate Track and Field-Women/Off Season 1 Unit

Formerly: KIN M136B; PE M29D

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M29A Intercollegiate Volleyball - Women 4 Units

Formerly: KIN M137A; PE M78

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops participants skills and playing intensity in volleyball to the highest level.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M29B Intercollegiate Volleyball-Women/Off Season 1 Unit

Formerly: KIN M137B; PE M30D

In-Class Hours: 52.5 laboratory

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M35A Conditioning and Training for Athletic Competition 1 Unit

Formerly: KIN M35; ICA M35

In-Class Hours: 52.5 laboratory

Develops skills and conditioning for prospective athletes who are entering intercollegiate competition.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M35B In-Season Conditioning for Athletic Competition 1 Unit*In-Class Hours:* 52.5 laboratory

Develops strength and conditioning for in season athletes who are participating in intercollegiate competition. Includes powerlifting and sports nutrition.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M36 Intercollegiate Women's Golf 4 Units*Formerly:* PE M62*In-Class Hours:* 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in golf. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M38A Intercollegiate Wrestling 4 Units*Formerly:* PE M38*In-Class Hours:* 17.5 lecture, 157.5 laboratory

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M38B Intercollegiate Wrestling/Off Season 1 Unit*In-Class Hours:* 17.5 lecture, 35.0 laboratory

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

ICA M40 Intercollegiate Beach Volleyball-Women 4 Units

In-Class Hours: 17.5 lecture, 157.5 laboratory

Develops participants' skills and playing intensity in Beach Volleyball to the highest level.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

CSU GE-Breadth: E

IGETC: None

- Kinesiology, Associate in Arts for Transfer (<http://catalog.vcccd.edu/moorpark/programs-courses/kinesiology/kinesiology-aat/>)
- Exercise Science, Associate in Science (<http://catalog.vcccd.edu/moorpark/programs-courses/kinesiology/exercise-science-as/>)
- Exercise Science: Fitness Specialist, Certificate of Achievement (<http://catalog.vcccd.edu/moorpark/programs-courses/kinesiology/exercise-science-fitness-specialist-coa/>)

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