**KINESIOLOGY**

**KIN 1  Orientation for Student-Athlete Success**  
Units: 1.0  
Hours: 1.0 Lecture  
Transferable: CSU; CSU-GE:E; GAV-GE:E1  
This course identifies and clarifies issues relevant to student-athletes. Students will be exposed to the student services available to them and learn practical skills which will assist them in obtaining their educational objectives. Time management techniques, goal setting, test and note taking skills, academic eligibility, and transfer rules will be covered. Previously listed as PE 1.

**KIN 2  Introduction to Kinesiology**  
Units: 3.0  
Hours: 3.0 Lecture  
Transferable: CSU, UC  
This course is designed to examine the field of Kinesiology from a historical, ethical, philosophical, and contemporary viewpoint. The broad spectrum of kinesiology, using the interdisciplinary approach to the study of human movement will be discussed. Sub-disciplines in the field along with career options will be introduced. This course has the option of a letter grade or pass/no pass. Previously listed as PE 2.  
(C-ID: KIN 100) ADVISORY: Eligible for English 250 and English 260.

**KIN 3  Introduction to Athletic Training**  
Units: 4.0  
Hours: 3.0 Lecture and 3.0 Laboratory  
Transferable: CSU, UC  
An introductory course in athletic training/sports medicine. This course will familiarize the student with the six domains of athletic training: prevention; clinical evaluation and diagnosis; immediate care; treatment, rehabilitation, and reconditioning; organization and administration; and professional responsibility. Also included is hands-on experience in the training room and at athletic events. Previously listed as PE 3. ADVISORY: Allied Health 30 (may be concurrent) and eligible for English 260.

**KIN 3A  Athletic Training Field Experience**  
Units: 2.0  
Hours: 6.0 Laboratory  
Transferable: CSU  
This course is designed to provide the prospective athletic trainer, physical therapist, or physical educator with a practical hands-on experience. This course will apply the concepts and terminology learned in KIN 3, Introduction to Athletic Training. This course has the option of a letter grade or pass/no pass. Previously listed as PE 3A. ADVISORY: KIN 3 Introduction to Athletic Training.

**KIN 5  Individual and Dual Sports**  
Units: 3.0  
Hours: 2.0 Lecture and 3.0 Laboratory  
Transferable: CSU, UC; GAV-GE:E1  
Designed for those planning to work with children in the field of physical education or recreation. Activities such as badminton, bowling, golf, tennis, and archery may be included. This course has the option of a letter grade or pass/no pass. Previously listed as PE 5. ADVISORY: Eligible for English 250 and English 260.

**KIN 6  Games and Rhythms for Children**  
Units: 3.0  
Hours: 3.0 Lecture  
Transferable: CSU; GAV-GE:E1  
Nature, function and organization of physical activities for the pre-school and elementary school age child. Emphasis is given to the understanding of psychomotor development and spatial awareness. Designed for those planning to work with children. This course has the option of a letter grade or pass/no pass. Also listed as Child Development 6. Previously listed as PE 6. ADVISORY: Eligible for English 250 and English 260.

**KIN 7  Theory of Sports Management**  
Units: 3.0  
Hours: 3.0 Lecture  
Transferable: CSU  
This course introduces the theory of organizing, planning, directing and controlling a sports program. Areas such as budgeting, fundraising, advertising, marketing, and studying contract law will also be included. Previously listed as PE 7.

**KIN 8  Introduction to Sports Psychology**  
Units: 3.0  
Hours: 3.0 Lecture  
Transferable: CSU  
A course designed to provide the student with some of the theoretical and practical knowledge of applying psychological techniques within sport situations and to better understand the relevance of mental factors necessary to maximize athletic performance. Some of the areas that will be addressed are motivation, goal setting, the use of mental imagery, time management, and deal with stress. The relationship between life in sport and life outside of sport and how each affect performance will also be covered. This class has the option of a letter grade or pass/no pass. Previously listed as PE 8.

**KIN 15  Sports and Society**  
Units: 3.0  
Hours: 3.0 Lecture  
Transferable: CSU, UC; GAV-GE:F  
This course examines the role of sports in society. It will look at how sports influences and shapes the world by investigating the historical, social, economic and political impact of sports on society.

**KIN 16A  Swimming - Beginning**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for the beginning swimmer. Instruction on floating, rhythmic breathing, freestyle, elementary backstroke, and breaststroke is included. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16.

**KIN 16B  Swimming - Intermediate**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for the intermediate swimmer. Instruction on the sidestroke and breaststroke is included as well as continued improvement on the freestyle, elementary backstroke and breaststroke. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16.

**KIN 16C  Swimming - Advanced**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for the advanced swimmer. Continued improvement on all strokes. Variations of the sidestroke and the butterfly will be covered. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16.

**KIN 17A  Golf - Beginning**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity stressing the basic rules and etiquette with emphasis on the 7 iron, putting, and the 3 wood. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 17.

**KIN 17B  Golf - Intermediate**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity with emphasis on low iron play, wedge play, and the driver. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 17.

**KIN 17C  Golf - Advanced**  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity with emphasis on all irons, wedges, and woods. Includes course play. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 17.
KIN 18A  Tennis - Beginning  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity stressing the basic tennis forehand, backhand, serve, and volley along with an introduction to the court markings. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 18.

KIN 18B  Tennis - Intermediate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity stressing various tennis stroke techniques, such as a topspin and slice forehand, backhand, and serve. The lob, overhead and rules of the game, including scoring and etiquette will be introduced. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 18.

KIN 18C  Tennis - Advanced  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity which incorporates tennis skills into game play, utilizing singles and doubles strategies. Introduces the drop shot, half volley, a tiebreak, and no-ad scoring. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 18.

KIN 19A  Badminton - Beginning  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for beginning badminton students. Includes the fundamentals of the badminton forehand, backhand, overhead clear, and serve as well as the court markings. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 19.

KIN 19B  Badminton - Intermediate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for intermediate badminton students. Includes the fundamentals of the clear, drive, smash, drop shot, net play, and the rules for singles and doubles games. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 19.

KIN 19C  Badminton - Advanced  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for advanced badminton students. Includes the techniques for the advanced skills of the around the head clear, smash and drop shot, variation of the net shot and serve, as well as strategies of the game. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 19.

KIN 20A  Bowling - Beginning  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity for beginning bowling students. Includes the benefits, rules, safety, and etiquette of bowling. Also includes the acquisition and application of motor skills appropriate to beginning bowling. Previously listed as KIN 20.

KIN 20B  Bowling - Intermediate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for intermediate bowling students. This course is designed to review the fundamentals of bowling and to introduce more ball delivery skills and lane strategy. Previously listed as KIN 20.

KIN 20C  Bowling - Advanced  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Coeducational activity designed for advanced bowling students. Includes the 3-6-9 spare system and adjustments required on lane conditions. Previously listed as KIN 20.

KIN 24A  Individualized Weight Training - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An open laboratory for those who desire an individualized strength training program using the stations from the resistance machines. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24.

KIN 24B  Individualized Weight Training - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An open laboratory for those who desire an individualized strength training program using the stations from the resistance machines and hand weights as well as body weight exercises using stability equipment. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24.

KIN 24C  Individualized Weight Training - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An open laboratory for those who desire an individualized strength training program using Olympic lifts and the kettle ball to develop maximum strength, hypertrophy, and power. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24.

KIN 24D  Individualized Weight Training - Level 4  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An open laboratory for those who desire an individualized strength training program using the stations from the resistance machines and hand weights as well as body weight exercises using stability equipment. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24.

KIN 39  Fencing  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course will explore the offensive and defensive fencing skills with a foil. This course has the option of a letter grade or pass/no pass. Previously listed as PE 39.

KIN 44A  Aerobics - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course utilizes a variety of activities to improve one’s aerobic fitness. Emphasis will be on student’s exercising at a high intensity level. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 44.

KIN 44B  Aerobics - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course utilizes a variety of activities to improve one’s aerobic fitness. Emphasis will be on student’s exercising at an intermediate exertion level. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 44.

KIN 44C  Aerobics - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course utilizes a variety of activities to improve one’s aerobic fitness. Emphasis will be on student’s exercising at a moderate exertion level. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 44.
KIN 61A  Swim for Fitness - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Designed to develop endurance and improve swimming skills in order to work on one's cardiovascular fitness. Includes use of the dolphin kick and alternate breathing. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61.

KIN 61B  Swim for Fitness - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Designed to improve endurance in order to maintain one's cardiovascular fitness. Includes use of streamlined and flip turns. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61.

KIN 61C  Swim for Fitness - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Designed to provide the student with a lap swimming experience to maintain their physical fitness. Intermediate swimming ability is recommended. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 61.

KIN 62A  Yoga - Beginning  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Coeducational activity designed for beginning yoga students. The emphasis will be on physical alignment and form, accessing postures through the use of props. This is a program designed to improve flexibility and reduce stress by learning a series of poses and focusing on the proper breathing techniques. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 62.

KIN 62B  Yoga - Intermediate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Coeducational activity designed for intermediate yoga students. Emphasis will be on strength, stamina, and flexibility. This is a program designed to improve flexibility and reduce stress by learning a series of poses and focusing on proper breathing techniques. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 62.

KIN 62C  Yoga - Advanced  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Coeducational activity designed for advanced yoga students. Emphasis will be on linking the breath, drishti, and mudras with the appropriate pose. This is a program designed to improve flexibility and reduce stress by learning a series of poses and focusing on proper breathing techniques. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 62.

KIN 64A  Individualized Cardiovascular Fitness - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An open laboratory for those who desire an individualized cardiovascular fitness training program of moderate exertion using the FITTE principles. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64.

KIN 64B  Individualized Cardiovascular Fitness - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An open laboratory for those who desire an intermediate level fitness program utilizing an individualized cardiovascular training approach. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64.

KIN 64C  Individualized Cardiovascular Fitness - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An open laboratory for those who desire an individualized cardiovascular fitness training program of high intensity activities using the FITTE principles. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64.

KIN 64D  Individualized Cardiovascular Fitness - Level 4  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An open laboratory for those who desire an individualized cardiovascular fitness program utilizing the FITTE principles. High intensity training programs such as stage training and circuit training will be included. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 64.

KIN 66A  Dance Fundamentals - Beginning  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This course is designed to develop the student's technique of Dance Fundamentals (Ballet, Modern, Jazz) at the beginning level. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 66.

KIN 66B  Dance Fundamentals - Intermediate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This course is designed to develop the student's technique of Dance Fundamentals (Ballet, Modern, Jazz) at the intermediate level. Basic choreography skills will be included. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 66.

KIN 66C  Dance Fundamentals - Advanced  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This course is designed to develop the student's technique of Dance Fundamentals (Ballet, Modern, Jazz) at the advanced level. Choreography assignments will be included. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 66.

KIN 70A  Pilates - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This class utilizes the Pilates exercise system focused on improving the total body through a series of controlled movements. Emphasis will be on developing core awareness, physical alignment, and form. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 70.

KIN 70B  Pilates - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This class utilizes the Pilates exercise system focused on improving the total body through a series of controlled movements. Emphasis will be on developing core awareness, physical alignment, and form. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 70.

KIN 70C  Pilates - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This class utilizes the Pilates exercise system focused on improving the total body through a series of controlled movements. Emphasis will be on performing all thirty-four (34) exercises in the complete Pilates mat routine. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 70.
KIN 71A  Self-Defense - Level 1  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course is an introduction and exploration of self-defense and personal safety. Emphasis on basic physical combative skills such as punches, strikes, blocks, and escape holds. It will also include basic non-combative skills such as risk reduction techniques, body language, positioning tactics, and verbal responses to threats. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 71.

KIN 71B  Self-Defense - Level 2  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course will focus on increasingly complex self-defense situations such as attacks on the ground, counter tactics to a variety of advance chokes, bear hugs, hair pulls, and headlocks. Emphasis will be placed on distraction and de-escalation techniques as well as clinch and close-range fighting and survival skills. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 71.

KIN 71C  Self-Defense - Level 3  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course will cover more depth into defenses against a variety of advanced attacks including submission holds, throws, and a diverse range of weapons. Includes defensive falling techniques, use of personal weapons, tactics against multiple attackers, and third party protection. Increased focus on mind-body balance, awareness and avoidance capabilities, kicking and striking techniques, and adrenaline and trauma management. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 71.

KIN 73A  Fitness Through Dance - Level 1  
Units: .5 TO 1.0  Hours: 1.5 TO 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course introduces the student to the elementary skills of movement and dance through fitness. Focus will be on alignment and coordination. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 73.

KIN 73B  Fitness Through Dance - Level 2  
Units: .5 TO 1.0  Hours: 1.5 TO 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course continues to develop the student’s skills of movement and dance through fitness. Focus will be on intermediate movements in a variety of dance styles. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 73.

KIN 73C  Fitness Through Dance - Level 3  
Units: .5 TO 1.0  Hours: 1.5 TO 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course develops the student’s skills of movement and dance through fitness by utilizing more advanced movements in a variety of dance styles. Focus will be on cardiovascular fitness as the dance routines increase in length. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 73.

KIN 74  Hiking  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
Introduces the Santa Clara and San Benito County parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5 - 8 miles on moderate to steep terrain. This course has the option of a letter grade or pass/no pass. Previously listed as PE 74.

KIN 79  Indoor Racket Sports  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This coeducational class will include lessons in the net games of badminton, pickleball and table tennis. Instruction in the basic skills, rules, strategies, and application to game situations will be provided. This course has the option of a letter grade or pass/no pass. Previously listed as PE 79.

KIN 80  Ultimate Frisbee  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
A coeducational activity designed for all skill levels. Includes instruction in throwing, catching, and the passing skills in ultimate frisbee. Team strategy, team play and the rules will be presented. Other disc activities, such as frisbee golf, may be included. This course has the option of a letter grade or pass/no pass. Previously listed as PE 80.

KIN 81  Kickboxing for Fitness  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course utilizes basic kickboxing techniques and physical conditioning in a cardio exercise program. This course has the option of a letter grade or pass/no pass. Previously listed as PE 81.

KIN 82  Circuit Training  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This class is a combination of aerobic exercise and resistance training designed to simultaneously improve mobility, strength, and stamina. Students will rotate from station to station, alternating between cardio and muscle toning exercises. This course has the option of a letter grade or pass/no pass. Previously listed as PE 82.

KIN 83  Karate  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC  
An introduction to the basic skills and techniques of Japanese Karate. Emphasis will be on the fundamentals of martial arts, including safety skills and etiquette, kicking, punching, striking, blocking, and Kata forms. This course has the option of a letter grade or pass/no pass.

KIN 84  Assessment of Fitness Techniques  
Units: 3.0  Hours: 2.0 Lecture and 3.0 Laboratory  
Transferable: CSU  
This course is designed to provide the student with a foundation of the principles and techniques of conducting assessments for each of the health related components of fitness. This includes health screening details, how to use them in the determination of program design, and medical referral prior to exercise participation testing. This course provides practical lab application of the material presented in lecture.

KIN 85  Concepts / Program Design of Strength / Cardiovascular Fitness  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU  
This course is designed for the fitness specialist who wants knowledge of all aspects of resistance training and cardiovascular fitness. Emphasis will be on developing a physiologically sound and client-centered exercise prescription program. Students will learn program design, periodization training, effective exercises and stretches to improve client goals.

KIN 87  Indoor Soccer  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU  
Coeducational activity designed for all skill levels. Instruction will be provided in individual and team indoor soccer skills and strategies. This course has the option of a letter grade or pass/no pass.

All courses listed here are part of Gavilan College’s approved curriculum. All courses are not offered every semester. Check the Class Schedule for current offerings.