

JLE 180 Law Enforcement Seminar

Units: .5 TO 2.0 **Hours:** .2 TO 1.6 Lecture, .3 TO 3.0 Laboratory
Transferable: CSU

Selected topics are delivered as a symposium in Law Enforcement. Topics are designed for the in-service education and training of personnel employed by criminal justice agencies.

JLE 185 Field Training Program

Units: 1.0 TO 12.0 **Hours:** .4 Lecture and 32.0 Laboratory
Transferable: CSU

The Field Training Program is designed to provide a training continuum which integrates the acquired knowledge and skills from the Regular Basic Police Academy with the practical application of law enforcement services. This 80-960 hour variable course is certified by Peace Officers Standards and Training (POST). **PREREQUISITE:** POST Basic Certificate or Equivalent. Valid California Driver's License. Penal Code Section 13511.5 requires that each applicant for admission to the basic course of training certified by the Commission (including the P.C. 832 course) that includes the carrying and use of firearms, and who is not sponsored by a local or other law enforcement agency, or is not a peace officer employed by a state or local agency, department, or district, shall be required to submit written certification from the Department of Justice that the applicant has no criminal history background which would disqualify him or her, from owning, possessing, or having under his or her control a firearm.

JAPANESE**JPN 1A Elementary Japanese**

Units: 5.0 **Hours:** 5.0 Lecture
Transferable: CSU, UC; CSU-GE:C2, GAV-GE:C2, F

Beginning course with emphasis on understanding and speaking Japanese; introduction to reading and writing Japanese. This course will also introduce students to Japanese culture and institutions. This course has the option of a letter grade or pass/no pass.

JPN 1B Elementary Japanese

Units: 5.0 **Hours:** 5.0 Lecture
Transferable: CSU, UC; CSU-GE:C2, IGETC:6A, GAV-GE:C2, F

Continue Japanese 1A with an emphasis on understanding, speaking, reading, and writing Japanese. This course will continue to introduce students to Japanese culture and institutions. This course has the option of a letter grade or pass/no pass. **PREREQUISITE:** Japanese 1A or equivalent.

JOURNALISM**JOUR 10 Mass Media and Society**

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU, UC; CSU-GE:C2, D, IGETC:4J, GAV-GE:C2, D2

This course helps students understand the 20th century revolution in mass media by focusing on the history, economics and social impact of the newspaper, book publishing, magazine, film, television, public relations, advertising and music industries. Students will study audience, propaganda and mass communication theory; and discuss new technology, ethnic media in the United States, ethical issues and attempts to regulate or control the media. Honors students will complete more in-depth analysis of media issues and will finish a media-related research project. This course is also listed as SOC 10. This course has the option of a letter grade or pass/no pass. (C-ID: JOUR 100) **ADVISORY:** English 250, English 260.

JOUR 16A Writing for Print and Digital Media

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU; GAV-GE:C1

Fundamentals of journalistic writing and analysis of news values and news writing. This course stresses organization and structure of news stories; the language and style of news writing; the basic lead and story types for print and broadcast media. This course offers students an opportunity to practice the fundamental skills of print news writing, learning to use news judgment and to follow a set journalism format for the construction of news stories. (C-ID: JOUR 110) **ADVISORY:** Typing skill; English 1A eligibility.

JOUR 18A Print and Digital News I

Units: 3.0 **Hours:** 2.0 Lecture and 3.0 Laboratory
Transferable: CSU; GAV-GE:C1

Students interview, write, photograph and do computer assisted design and graphics for the college newspaper, The Gavilan Press. In doing this, they provide the community with an important first amendment forum, learn and educate about the first amendment rights and responsibilities, and acquire journalistic skills, ethics, and habits. (C-ID: JOUR 130). **ADVISORY:** Eligible for English 1A. Typing ability.

JOUR 18B Print and Digital News II

Units: 3.0 **Hours:** 2.0 Lecture and 3.0 Laboratory
Transferable: CSU; GAV-GE:C1

Students will take leadership roles and be placed in a deadline-driven newsroom environment with close attention to teamwork, responsibility and objectivity. Students will interview, write, photograph and do computer-assisted design and graphics for the college newspaper and/or online Gavilan Press. In doing this, they provide the community with an important first amendment forum, learn and educate about first amendment rights and responsibilities and acquire journalistic skills, ethics and habits. (C-ID: JOUR 131) **PREREQUISITE:** Journalism 18A.

JOUR 18C Working on the Newspaper

Units: 2.0 TO 5.0 **Hours:** 2.0 Lecture, .0 TO 3.0 Laboratory
Transferable: CSU; GAV-GE:C1

Students interview, write, photograph and do computer assisted design and graphics for the college newspaper, The Gavilan Press. In doing this, they provide the community with an important first amendment forum, learn and educate about the first amendment rights and responsibilities and acquire journalistic skills, ethics and habits. **ADVISORY:** Journalism 18B.

JOUR 18D Working on the Newspaper

Units: 2.0 TO 5.0 **Hours:** .0 TO 2.0 Lecture, .0 TO 3.0 Laboratory
Transferable: CSU; GAV-GE:C1

Students interview, write, photograph and do computer assisted design and graphics for the college newspaper, The Gavilan Press. In doing this, they provide the community with an important first amendment forum, learn and educate about the first amendment rights and responsibilities and acquire journalistic skills, ethics and habits. **ADVISORY:** Journalism 18C.

JOUR 190 Occupational Work Experience / Journalism

Units: 1.0 TO 4.0 **Hours:** 5.0 TO 20.0 Laboratory
Transferable: CSU

Occupational work experience for students who have a job related to their major. A training plan is developed cooperatively between the employer, college and student. (P/NP grading) 75 hours per semester paid work = 1 unit. 60 hours non-paid (volunteer) work per semester = 1 unit. May be taken for a maximum total of 16 units. Minimum 2.00 GPA. **REQUIRED:** Declared vocational major.

KINESIOLOGY

Formerly called Physical Education
Adapted Physical Education classes, page 211

KIN 1 Orientation for Student - Athlete Success

Units: 1.0 **Hours:** 1.0 Lecture
Transferable: CSU; CSU-GE:E, GAV-GE:E

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 4A Athletic Training Practicum I

Units: 2.0 **Hours:** 6.0 Laboratory
Transferable: CSU

This course provides students majoring in Kinesiology with the opportunity to apply the knowledge and skills in KIN 3. Emphasis is placed on handling an emergency situation, acute injury management, prevention of athletics injuries, wrapping and taping techniques and basic injury rehabilitation. This course has the option of a letter grade or pass/no pass. Successful completion (C grade) requires the students to complete 75 hours of lab work in addition to the course's academic requirements. This course was previously listed as KIN 3A. ADVISORY: KIN 3

KIN 4B Athletic Training Practicum II

Units: 2.0 **Hours:** 6.0 Laboratory
Transferable: CSU, UC

This course provides students with an opportunity to apply the knowledge and skills acquired in KIN 3 and KIN 4A. Emphasis is placed on taping, bracing, padding, splinting, protective equipment, recognition and management of specific sports injuries and conditions and formulating treatment plans. Provides practical exposure to the athletic training profession and increases student's proficiency in athletic training competencies. This course has the option of a letter grade or pass/no pass. Successful completion (C Grade) requires students to complete 75 hours of lab work in addition to the course's academic requirements. PREREQUISITES: KIN 3 AND KIN 4A

KIN 4C Athletic Training Practicum III

Units: 2.0 **Hours:** 6.0 Laboratory
Transferable: CSU, UC

This course provides students with the opportunity to apply the knowledge and skills acquired in KIN 3, KIN 4A and KIN 4B. Emphasis is placed on the hands-on experience of recognition, management and evaluation of athletic injuries and assisting the Certified Athletic Trainer with daily management of an athletic training facility. Provides continued practical exposure to the athletic training profession and increases student's proficiency in athletic training competencies. This course has the option of a letter grade or pass/no pass. Successful completion (C grade) requires the students to complete 75 hours of lab work in addition to the course's academic requirements. PREREQUISITES: KIN 3, KIN 4A and KIN 4B.

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 covered. 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; CSU-GE:E, GAV-GE:E

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:E, GAV-GE:E1

Co-educational activity designed for the beginning swimmer. Instruction on floating, rhythmic breathing, freestyle, elementary backstroke, and backstroke is included. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16. Courses should be taken in sequential order.

KIN 16B Swimming - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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 backstroke. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 16. Courses should be taken in sequential order.

KIN 16C Swimming - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 17A Golf - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

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.

KIN 17B Golf - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 17C Golf - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 18A Tennis - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 18B Tennis - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 18C Tennis - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 19A Badminton - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 19B Badminton - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 19C Badminton - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 20A Bowling - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 20B Bowling - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 20C Bowling - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 24A Individualized Weight Training - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 24B Individualized Weight Training - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 24C Individualized Weight Training - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, GAV-GE:E1

An open laboratory for those who desire an individualized strength training program using strength and strength endurance training including plyometrics. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 24. Courses should be taken in sequential order.

KIN 24D Individualized Weight Training - Level 4

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 39 Fencing

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 44B Aerobics - Level 2

Units: .5 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 44C Aerobics - Level 3

Units: .5 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 61A Swim for Fitness - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 61B Swim for Fitness - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, GAV-GE:E1

Designed to improve endurance in order to maintain one's cardiovascular fitness. Includes use of streamlining 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. Courses should be taken in sequential order.

KIN 61C Swim for Fitness - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 62A Yoga - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 62B Yoga - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 62C Yoga - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 64A Individualized Cardiovascular Fitness - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 64B Individualized Cardiovascular Fitness - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 64C Individualized Cardiovascular Fitness - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 64D Individualized Cardiovascular Fitness - Level 4

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 66A Dance Fundamentals - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 66B Dance Fundamentals - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 66C Dance Fundamentals - Advanced

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 68A Bootcamp Fitness - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

A challenging series of drills and exercises that develop, improve an increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass.

KIN 68B Bootcamp Fitness - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass.

KIN 68C Bootcamp Fitness - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular fitness. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity level. This course has the option of a letter grade or pass/no pass.

KIN 70A Pilates - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 70B Pilates - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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 strength, stamina, and flexibility. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 70. Courses should be taken in sequential order.

KIN 70C Pilates - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 71A Self-Defense - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 71B Self-Defense - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 71C Self-Defense - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 73A Fitness Through Dance - Level 1

Units: .5 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 73B Fitness Through Dance - Level 2

Units: .5 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 73C Fitness Through Dance - Level 3

Units: .5 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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. Courses should be taken in sequential order.

KIN 74A Hiking - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

Introduces the Santa Clara and San Benito County parks, trails, and surrounding areas. Includes fun hikes which average 4-6 miles on easy to moderate terrain. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 74B Hiking - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

Introduces the Santa Clara and San Benito County parks, trails, and surrounding areas. Includes fun, challenging hikes which average 6-8 miles on moderate to steep terrain. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 79A Indoor Racket Sports - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This coeducational class includes the net games of badminton, pickleball, and table tennis. Instruction in the basic skills along with an introduction to the court markings and basic rules will be provided. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 79B Indoor Racket Sports - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This coeducational class includes the net games of Badminton, pickleball, and table tennis. Instruction in the skills, rules, strategies and their application to singles and double play will be provided. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 80 Ultimate Frisbee

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E, 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 80A Ultimate Frisbee - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

A coeducational course designed for the beginning skill level. Includes instruction in basic throwing, catching, and the passing skills in ultimate Frisbee. Basic rules and introduction to team play will be presented. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 80B Ultimate Frisbee - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

A coeducational activity designed for the intermediate skill level. Includes instruction in throwing and catching variations 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. Courses should be taken in sequential order.

KIN 81A Kickboxing for Fitness - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course utilizes basic kickboxing techniques and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 81B Kickboxing for Fitness - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course utilizes intermediate level kickboxing techniques and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 81C Kickboxing for Fitness - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course utilizes punches and kicks in a combination kickboxing routine and physical conditioning in a cardio exercise program. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 82A Circuit Training - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course 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 exercise. Emphasis will be on students exercising at a moderate (40% - 50% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 82B Circuit Training - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course is a combination of aerobic exercise and resistance training designed to simultaneously improve mobility, strength and stamina. Students rotate from station to station, alternating between cardio and muscle toning exercises. Emphasis will be on student's exercising at an intermediate (50% - 60% THR) exertion level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 82C Circuit Training - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course 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. Emphasis will be on student's exercising at a high (60% - 80% THR) intensity level. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

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, UC; CSU-GE:E

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.

KIN 88A Social Dance - Beginning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU, UC

Designed to teach the basic skills and partnering techniques of social dance through participation in selected dances such as the merengue, tango, swing, waltz, cha cha, and rumba. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 88B Social Dance - Intermediate

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Lecture
Transferable: CSU, UC

This course is designed to develop the students' artistry and technique of social dance at an intermediate level. Students will learn intermediate steps, rhythms and partnering techniques across a wide range of social dances. This course has the option of a letter grade or pass/no pass. Courses should be taken in sequential order.

KIN 89A Stability Ball Training - Level 1

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course is designed to increase overall fitness using a stability ball. The class will introduce exercises used for strengthening core muscles and developing endurance and balance. Students will supply their own stability ball and exercise mat. This course has the option of a letter grade or pass/no pass.

KIN 89B Stability Ball Training - Level 2

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course is designed to increase overall fitness using a stability ball. The class will focus on intermediate level exercises used for strengthening core muscles and developing endurance and balance. Students will supply their own stability ball and exercise mat. This course has the option of a letter grade or pass/no pass.

KIN 89C Stability Ball Training - Level 3

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory
Transferable: CSU; GAV-GE:E1

This course is designed to increase overall fitness using a stability ball. The class will focus on advanced level exercises used for strengthening core muscles and developing endurance and balance. Students will supply their own stability ball and exercise mat. This course has the option of a letter grade or pass/no pass.

LIBRARY**LIB 3 Research Skills**

Units: 2.0 **Hours:** 2.0 Lecture
Transferable: CSU

Research and evaluation skills using the Internet and other electronic resources, as well as traditional printed materials. Also listed as CSIS 3. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and 260.

LIB 6 Web Page Authoring I

Units: 2.0 **Hours:** 2.0 Lecture
Transferable: CSU; GAV-GE:E2

A introduction to using Hypertext Mark-Up Language (HTML) and Extensible HTML (XHTML) to create web pages which can be uploaded and displayed on the World Wide Web. Students will use HTML/XHTML to create web pages with text in various sizes and colors, links to other sites, background color or patterns, graphics, tables, and mailto links. Principles of design and color as they apply to screen presentations will be included. This course has the option a letter grade or pass/no pass. Also listed as CSIS 6 and DM 6. ADVISORY: CSIS 1 or CSIS 2 or CSIS/LIB 3 advised.

LIB 99 Research Skills for English 1A

Units: 1.0 **Hours:** 1.0 Lecture
Transferable: CSU

This course develops information competency skills as defined by the Academic Senate for CA Community Colleges. It is designed to be integrated with English 1A curriculum, so that these skills are developed in a meaningful context. It includes lessons and activities related to understanding the research process; developing a research question and a research strategy; taking notes for research; general principles of searching; effective use of the library catalog and online databases; finding and evaluating internet sources; citing sources; and creating an annotated bibliography. ADVISORY: This course will be part of a Learning Community. This course will be paired with specific sections of ENGL 1A.

LIB 140 Online Health Research

Units: 2.0 **Hours:** 2.0 Lecture
Transferable: CSU

A beginning course on how to find reliable and current health-related information, using the Internet and other electronic resources. This course is also listed as AH 140.

MANAGEMENT**MGMT 101 Introduction to Management**

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU

This is a basic course in management introducing a variety of modern management concepts. This course includes the basic management functions of planning, organization, staffing, leadership, and control. In addition, such concepts as team development, communication, business ethics, and global management perspectives will be discussed. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

MGMT 102 Retail Management

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU

Principles and practices used in management of retail businesses such as foods, motels, service stations, and direct channels. Includes site selection, layout, organization, staffing, positioning, customer service, promotional techniques, and all aspects of the critical buying function. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

MGMT 104 Leadership/Human Relations in Business

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU

This course is designed to aid future employees and employers to understand and utilize human relations concepts as they apply to the business environment. It will cover such area as morale, personal efficiency, leadership, personality, motivation, and communication. This course has the option of a letter grade or pass/no pass. ADVISORY: Eligible for English 250 and English 260.

MGMT 120 Human Resource Management

Units: 3.0 **Hours:** 3.0 Lecture
Transferable: CSU

This course introduces human resource management as a staff function in the administration of an organization. The course examines techniques of human resource planning, recruiting, selecting, training, and evaluating personnel; compensation and benefits administration; and union/management relations. 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.