

**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 county parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5-8 miles on moderate to steep terrain. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 74.

**KIN 75 Sports Conditioning**

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

This activity class is designed to improve the physical condition of our male and female student athletes. It includes strength training, cardiovascular endurance, plyometric training, and sport specific techniques through an open lab format. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 75.

**KIN 77 Flag Football**

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

Instruction in the fundamentals of flag football. Includes skills, rules, and strategy with emphasis on the application of skills and strategies in game play. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously known as PE 77.

**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. May be repeated three times for credit. 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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 80.

**KIN 81 Kickboxing**

**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. May be repeated three times for credit. 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; 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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 82.

**INTERCOLLEGIATE ATHLETICS****ATH 35 Intercollegiate Basketball**

**Units:** 1.0 TO 3.0 **Hours:** 3.3 TO 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate basketball. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**ATH 38 Intercollegiate Baseball**

**Units:** 2.0 **Hours:** 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate baseball for men. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**ATH 42 Intercollegiate Football**

**Units:** 2.0 **Hours:** 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate football. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**ATH 45 Intercollegiate Softball**

**Units:** 2.0 **Hours:** 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate softball for women. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**ATH 46 Intercollegiate Volleyball**

**Units:** 2.0 **Hours:** 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate volleyball for women. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

**ATH 47 Intercollegiate Soccer**

**Units:** 2.0 **Hours:** 10.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course provides practice and competition in intercollegiate soccer. Before participating, students must have completed a physical exam and their athletic eligibility paperwork. May be repeated three times for credit. 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. May be repeated once for credit. ADVISORY: Eligible for English 250 and 260.

General Education Requirements, pages 48-56