

KIN 10A Fundamentals of Softball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Basic theory, strategy, technique, practice and conditioning of softball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 10A.

KIN 10B Fundamentals of Softball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course offers review and advanced instruction in the theory, strategies, and techniques of softball for the purposes of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 10B. ADVISORY: PE 10A or KIN 10A.

KIN 11A Fundamentals of Baseball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Theory, strategy, technique, practice and conditioning of baseball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 11A.

KIN 11B Fundamentals of Baseball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course offers review and advanced instruction in the theory, strategies, and techniques of baseball for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 11B. ADVISORY: PE 11A or KIN 11A.

KIN 12A Fundamentals of Football**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Basic organization and administration of a football program involving equipment, practice schedules, personnel, conditioning, scouting, weight training, and football specific drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 12A.

KIN 12B Fundamentals of Football**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

The administration and organization of a football program involving practice schedules, personnel, equipment scouting, conditioning, weight training, and football drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 12B. ADVISORY: PE 12B or KIN 12B.

KIN 13A Fundamentals of Volleyball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course offers review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in the fundamental aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 13A.

KIN 13B Fundamentals of Volleyball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course offers review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 13B. ADVISORY: PE 13A or KIN 13A.

KIN 14A Fundamentals of Basketball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Basic theory, strategy, technique, practice, and conditioning involved in basketball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 14A.

KIN 14B Fundamentals of Basketball**Units:** 2.0 **Hours:** 1.0 Lecture and 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

More in-depth and advanced instruction in the theory, strategy, practice, and conditioning in basketball to better prepare the individual student in all aspects of playing and coaching the sport. Designed for the student who has already completed KIN 14A. May be repeated once for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 14B. ADVISORY: KIN 14A or PE 14A.

KINESIOLOGY - ACTIVITIES**Formerly called Physical Education (PE)****Adapted Physical Education classes: page 209.****KIN 16 Swimming****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 all skill levels. The course teaches the techniques of a variety of strokes and includes conditioning activities. Instruction is tailored to meet individual and group needs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 16.

KIN 17 Golf**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 all skill levels. Fundamentals, techniques, rules and the etiquette of golf will be covered. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 17.

KIN 18 Tennis**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Coeducational activity stressing fundamentals of tennis such as forehand, backhand, serve, and volley, along with the rules, etiquette and strategies of the game. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 18.

KIN 19 Badminton**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 and intermediate badminton students. Includes rules, fundamentals, and strategies of the game. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 19.

KIN 20 Bowling**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 and intermediate bowlers; fundamentals and techniques of bowling. Scoring, bowling etiquette, terminology and team bowling are 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 20.

KIN 21 Volleyball

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 and intermediate volleyball students; rules, strategy and fundamentals of volleyball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as KIN 21

KIN 24 Individualized Weight Training

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 program using exercise machines and free weights. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 24.

KIN 25 Soccer

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 all skill levels. Fundamentals, strategy and rules of the game are 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 25.

KIN 27 Basketball

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 all skill levels. Fundamentals, strategy and rules of the game are 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 27.

KIN 37 Softball

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 all skill levels. Rules, fundamentals, and strategy and game play will 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 37.

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. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 39.

KIN 44 Aerobics

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

A program of aerobic fitness. Includes various forms of exercise to improve health, heart, and body composition. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 44.

KIN 46 Agility and Strength Development

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

An activity class designed to improve and increase agility and strength development through various exercise and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 46.

KIN 61 Swim for Fitness

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 swimming skills in order to maintain good cardiovascular/physical fitness. Intermediate swimming ability recommended. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 61.

KIN 62 Yoga

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 and intermediate yoga students. A program designed to improve flexibility and reduce stress by learning a series of poses and focusing on proper breathing techniques. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 62.

KIN 64 Individualized Cardiovascular Fitness

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

A fitness program which develops cardiovascular endurance through and individualized 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 64.

KIN 65 Baseball

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 for students of all skill levels who desire to learn the fundamentals, mechanics, strategy and rules of the game of baseball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 65.

KIN 66 Dance Fundamentals

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

Designed to introduce and develop movement principles and skills necessary to perform modern dance and ballet. May also include jazz and/or tap dance. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. Basic choreography skills will 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 66.

KIN 68 Bootcamp Fitness

Units: .5 OR 1.0 **Hours:** .0 Lecture and 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1

A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular activities. Designed for all levels of fitness. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously known as PE 68.

KIN 70 Pilates

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 flexibility and strength for the total body through a series of controlled movements. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 70.

KIN 73 Fitness Through Dance

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

Conditioning the body through the use of various dances and/or dance steps. This course is designed to strengthen and tone the body, assist in weight loss, and increase endurance. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously listed as PE 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 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