

## 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 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

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

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.

### 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 backstroke. 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 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.

**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 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 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 TO 1.0 **Hours:** 1.5 TO 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 44B Aerobics - 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 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 TO 1.0 **Hours:** 1.5 TO 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 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 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.

**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 TO 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 strength, stamina, and flexibility. 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:E; 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.

**Formerly called Physical Education  
 Adapted Physical Education classes, page 199**

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.