KINESIOLOGY: ACTIVITY (KINACT)

1 Beginning Tennis (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Emphasis on court etiquette, history, and fundamental skills for tennis including singles and doubles play, so that students may participate in a lifetime activity. Fundamental instruction includes serving, forehand, backhand, volley shots, and game strategy.  
0835.10

2 Advanced Tennis (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Course emphasizes rules, court etiquette, history, and advanced skills of tennis.  
0835.10

9 Swimming (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Basic skills and safety precautions for swimming. Several different strokes are taught according to skill levels.  
0835.10

16 Volleyball (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Course emphasizes rules, strategy, and basic volleyball skill development such as setting, digging, serving, spiking and team strategies.  
0835.10

17 Advanced Volleyball (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Advanced volleyball skills with emphasis on strategy, skills, and complex offensive and defensive schemes.  
0835.10

20 Basketball (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Rules, court etiquette, basic offensive and defensive positions, and basic passing and dribbling techniques of basketball.  
0835.10

22 Soccer (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Introduction to the game of soccer, with emphasis on information and practice in the skills of kicking, trapping, shooting, passing, rules, and basic tactics. Class is suitable for both beginners and students who have played soccer.  
0835.10

23 Intermediate Soccer (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Advisory: Completion of Kinesiology: Activity 22.  
Designed for players with basic soccer playing skills and understanding of the game, who wish to improve their playing abilities. Topics include heading drills, systems of play, ball control skills, and advanced defense and offense tactics.  
0835.10

24 Low Impact Aerobics (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
High energy aerobic exercises to improve overall cardiovascular fitness including muscle strength and endurance, flexibility, and body composition. The use of step benches, medicine balls, hand weights, and flex bands along with discussions of health related topics.  
0835.10

25 Spinning for Fitness (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Use of indoor cycling bikes for improving overall physical fitness and health. Students develop a safe and efficient spinning program designed to meet their fitness goals. Suitable for both genders and all fitness levels.  
0835.10

28 Yoga (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Breath, postures, and relaxation techniques to improve health and fitness levels of the mind and body. Emphasis on gaining flexibility, muscle strength, endurance, and coordination through the physical postures. Relaxation techniques incorporated for stress reduction and mental calm.  
0835.10

29A Beginning Body Conditioning (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Course is designed to teach the student basic exercises for the development of the major muscle groups. Emphasis is placed on muscular strength, endurance and flexibility.  
0835.10

29B Intermediate Body Conditioning (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Prerequisite: Kinesiology: Activity 29A.  
Course is designed to teach the student intermediate exercises for the development of the major muscle groups. Emphasis is placed on muscular strength, endurance, flexibility and plyometrics. The student is introduced to interval training and plyometrics.  
0835.10

29C Advanced Body Conditioning (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Prerequisite: Kinesiology: Activity 29B.  
Course is designed to teach the student advanced exercises for the development of the major muscle groups. Emphasis is placed on muscular strength, endurance, flexibility, plyometrics, and Olympic strength training.  
0835.10

31 Introduction to Self-Defense and Personal Safety (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
0835.10

35 Cardio Fitness for Life (1)  
(CSU; UC credit limitations)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Walking or running for physical health, muscular strength, fitness, weight control, and general well-being. Students develop a personalized fitness program with the assistance of the instructor, allowing them to work at their own pace. Focus includes both cardiovascular efficiency and muscular strength. Suitable for all ages and fitness levels.  
0835.10

KINESIOLOGY: LECTURE (KINLEC)

2 Introduction to Athletic Training (3)  
(CSU; UC)  
Hours: 40-45 lecture; 24-27 laboratory.  
Grading: Letter grade only.  
Advisory: Possession of current first-aid and cardiopulmonary resuscitation cards. Concepts of prevention, recognition, emergency care, evaluation, management, treatment and rehabilitation and reconditioning resulting from physical activity and athletics. Legal and ethical issues, professionalism, organization and administration of a sports medicine facility. Course is intended for students interested in pursuing careers as Athletic Trainers and/or Coaches.  
0835.00


11 Theory and Analysis of Football (2) 
(CSU) 
Hours: 32-36 lecture. 
Grading: Letter grade only. 
Comprehensive video review of football techniques by football coaches. Video tape from four-year colleges, community colleges, and high schools will be reviewed and analyzed. For physical education majors who want to coach football. 0835.60*

13 Professional Activities: Coaching Team Sports (3) [Cx] 
(CSU; UC credit limitations) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Information and experience for prospective players, coaches, and teachers. Introduction to the physical, mental, and emotional aspects of playing and coaching competitive sports. 0835.60*

14 Lifeguard Training (3) [Cx] 
(CSU; UC) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Limitation on Enrollment: Students must be able to: (a) Swim 300 yards continuously, and (b) Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object, and exit the water without using a ladder or steps, all within 1 minute, 40 seconds. 
Designed primarily for special-interest groups responsible for preventing water accidents and making water rescues. Information and practice to develop functional water rescues and accident prevention required by lifeguard crews. Upon successful completion of this course, students receive the following certificates: 
• American Red Cross Lifeguard Training 
• American Red Cross Standard First Aid 
• American Red Cross CPR for the Professional Rescuer 0835.70*

15 Diet and Fitness (3) 
(CSU) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
A lifestyle approach to fitness, including the study of nutrition, disease prevention, increased cardiovascular endurance, increased strength, flexibility, stress management, and considerations of aging on the body. 0835.00

16 First Aid (3) 
(CSU; UC) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Theory and detailed demonstration of the first aid care of the injured. Students learn to assess a victim's condition and incorporate proper treatment. Standard first aid, CPR, and AED certification(s) are granted upon successful completion of requirements. (C-ID KIN 101) 0835.00

17 First Aid and Emergency Response to Community Disasters (3) 
(CSU; UC) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Advisory: Students should be able to work in confined spaces and in different positions (e.g. on the ground or the floor). 
Prepares the participant to make appropriate decisions in an emergency situation to help sustain life, reduce pain, and minimize the consequence of sudden injury or illness until more advanced medical help can arrive. Course covers triage; professional CPR for adult, child and infant; use of automated external defibrillators, OSHA guidelines for the isolation of blood-borne pathogens in the workplace; open/closed wounds; broken bones; drowning; childbirth; and spinal injuries. Those who successfully complete this course, will be awarded an American Red Cross certificate qualifying the holder to be entered into the National American Red Cross database and be called upon in the case of disasters. Holders of the certificate are also qualified to work at first aid stations at public events such as sporting events, concerts and parades. 0835.00

18 Introduction to Kinesiology (3) 
(CSU; UC) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Introduction to an interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology is discussed, along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. (C-ID KIN 100) 0835.00

19 Practical Applications in Athletic Training I (2) 
(CSU) 
Hours: 9-9 lecture; 72-81 laboratory 
Grading: Letter grade only. 
Prerequisite: Kinesiology: Lecture 2. 
Course provides first semester students with the opportunity to observe and learn the basic principles and protocols of athletic training during day-to-day sports activities in a supervised lab setting. Basic athletic training room and event observation with an emphasis on prevention, care, evaluation, treatment and rehabilitation for the lower extremities. Helps prepare students for transfer to a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program. 1228.00*

21 Practical Applications in Athletic Training II (2) 
(CSU) 
Hours: 9-9 lecture; 72-81 laboratory 
Grading: Letter grade only. 
Prerequisite: Kinesiology: Lecture 19. 
Course provides second semester students with the opportunity to observe and learn the basic principles and protocols of athletic training during day-to-day sports activities in a supervised lab setting. Basic athletic training room and event observation with an emphasis on prevention, care, evaluation, treatment, and rehabilitation for the upper extremities. This course will help the student prepare for transfer to a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program. This course is a continuation of PELEC 19. 1228.00*

22 Practical Applications in Athletic Training III (2.5) 
(CSU) 
Hours: 9-9 lecture; 96-108 laboratory 
Grading: Letter grade only. 
Prerequisite: Kinesiology: Lecture 21. 
Course provides third semester student with the opportunity to observe and learn the advanced principles and protocols of athletic training during day-to-day sports activities in a supervised lab setting. Advanced athletic training room and event observation with an emphasis on prevention, care, evaluation, treatment, and rehabilitation for the upper and lower extremities. This course will help the student prepare for transfer to a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program. This course is a continuation of PELEC 21. 1228.00*

24 Biomechanics (3) 
(CSU; UC) 
Hours: 48-54 lecture. 
Grading: Letter grade only. 
Advisory: Completion of Biology 20. 
An introductory study of anatomical and mechanical analysis of motion as it pertains to exercise and sport. Students will study muscles, joints, bones, nerves and muscle analysis of movement patterns. 0835.20*

32 Outdoor Adventures (2) 
(CSU; UC credit limitations) 
Hours: 16-18 lecture; 48-54 laboratory. 
Grading: Letter grade only. 
Advisory: Comfort in an outdoors environment and good physical fitness are recommended for course success. 
Introduces the techniques of environmentally-sensitive backpacking, evaluation and selection of backpacking equipment, group planning, conditioning, back country safety and first aid, and survival information. Team work and leadership skills appropriate for the back country are introduced. Field trips are required. 0835.10
Kinesiology: Team (KINTM)

In-season (competition) intercollegiate Kinesiology: Team courses (KINTM-41 through 59) are open-entry activity.

Off-season (conditioning) intercollegiate Kinesiology: Team courses (KINTM-1 through 15, 27, and KINTM-61A-69) are structured/scheduled activity.

Students may take all KINTM courses (excluding KINTM-16, 18, and 19) up to four times, restricted to 175 hours of competition and 175 hours of conditioning per sport, per year.

1 Football Team Activity (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Information and practice in the development of football basic skills and techniques. Primarily intended for students who wish to compete in the sport of football. May be taken four times.

1A Football Team Activity (0.5) (CSU)
Hours: 24-27 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Designed for women interested in learning competitive volleyball and joining the women’s intercollegiate team. May be taken four times.

2 Volleyball Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Designed for women interested in competitive volleyball and joining the women’s intercollegiate team. May be taken four times.

3 Basketball Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Focus on history, conditioning, rules, and fundamental and advanced skills needed for competitive women’s basketball. May be taken four times.

3A Basketball Team Activity, Women (0.5) (CSU)
Hours: 24-27 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Focus on history, conditioning, rules, and fundamental skills needed for competitive women’s basketball. May be taken four times.

4 Softball Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Overall development of basic skills and knowledge needed for competitive women’s softball play. May be taken four times.

5 Water Polo Team Activity, Men (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Rules, etiquette, history, and advanced skills of water polo, designed for the prospective men’s water polo team participant. May be taken four times.

6 Basketball Team Activity, Men (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Designed for men interested in playing competitive men’s basketball. May be taken four times.

6A Basketball Team Activity, Men (0.5) (CSU)
Hours: 24-27 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Advisory: Competitive basketball background is recommended.
Designed for men interested in playing competitive men’s basketball. May be taken four times.

7 Cross Country Team Activity, Men (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Provides training in skills, techniques, strategies, and conditioning for cross country runners. Designed for men interested in competitive cross country at the college level. May be taken four times.

8 Cross Country Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Provides training in skills, techniques, strategies, and conditioning for cross country runners. Designed for women interested in competitive cross country at the college level. May be taken four times.

9 Water Polo Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Rules, etiquette, history, and advanced skills of water polo. Course is designed for prospective women’s water polo team participants. May be taken four times.

11 Swimming Team Activity, Men and Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout. Above average swimming ability is required.
Rules and fundamental skills involved in competitive swimming strokes. Designed for students interested in competitive swimming. May be taken four times.

12 Track and Field Team Activity, Men (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Specific experience in track and field. Emphasis on fundamental theory and basic skills. Designed for men interested in competitive track and field events at the college level. May be taken four times.

13 Track and Field Team Activity, Women (1) (CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Enrollment is based on a successful tryout.
Specific experience in track and field. Emphasis on fundamental theory and advanced skills. Designed for women interested in competitive track and field events at the college level. May be taken four times.
14 Soccer Team Activity, Men (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is based on a successful tryout.  
Information and practice to develop basic soccer skills, techniques, and strategies.  
Designed for men interested in playing competitive soccer at the college level. May be taken four times. 0835.50

15 Soccer Team Activity, Women (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is based on a successful tryout.  
Information and practice to develop basic soccer skills, techniques, and strategies.  
Designed for women interested in playing competitive soccer at the college level. May be taken four times. 0835.50

16 Dance/Spirit Team (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Admission is by audition.  
Advisory: Previous dance training is recommended.  
Opportunity for women to compete at the intercollegiate level in volleyball. May be taken four times. 0835.50

18 Beginning Dance/Cheer Team (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Admission is by audition.  
Advisory: Previous dance training is recommended.  
Beginning skills in cheer techniques, conditioning, jumping, and dance. Course is for students who will represent the college at athletic contests, national dance competitions, and community events. Emphasis on competition-level performance skills, as well as dance team protocol and etiquette. 0835.10

19 Intermediate Dance/Cheer Team (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Admission is by audition.  
Advisory: Previous dance training is recommended.  
Intermediate skills in cheer techniques, motivation and dance. Course is for students who will represent the college at athletic contests, national dance competitions, and community events. 0835.10

27 Baseball Team Class, Men (2)  
(CSU; UC credit limitations)  
Hours: 96-108 laboratory  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is based on a successful tryout.  
Designed for men interested in playing competitive intercollegiate baseball. May be taken four times. 0835.50

41 Intercollegiate Football (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Advanced skills for competing in football contests. Information and daily practice to develop a high level of proficiency in football skills and techniques. May be taken four times. 0835.50

42 Intercollegiate Volleyball Team, Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in volleyball. May be taken four times. 0835.50

44 Intercollegiate Softball Team, Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in softball. May be taken four times. 0835.50

45 Intercollegiate Water Polo Team, Men (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Competitive intercollegiate water polo team involving skills and knowledge of all aspects of competitive play. May be taken four times. 0835.50

47 Intercollegiate Baseball Team, Men (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in baseball. May be taken four times. 0835.50

48 Intercollegiate Cross Country, Men (3)  
(CSU)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in cross country. Advanced training techniques, strategies, and conditioning developed for successful participation. May be taken four times. 0835.50

49 Intercollegiate Cross Country, Women (3)  
(CSU)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in cross country. Advanced training techniques, strategies, and conditioning developed for successful participation. May be taken four times. 0835.50

51 Intercollegiate Swimming Team, Men and Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men and women to compete at the intercollegiate level in swimming. May be taken four times. 0835.50

52 Intercollegiate Track and Field Team, Men (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in track and field events. May be taken four times. 0835.50

53 Intercollegiate Track and Field Team, Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in track and field events. May be taken four times. 0835.50
54 Intercollegiate Soccer Team, Men (3)  
(CSU; UC credit limitations)  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in soccer. May be taken four times. 0835.50

55 Intercollegiate Soccer Team, Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in soccer. May be taken four times. 0835.50

56A Intercollegiate Basketball Team, Women Fall (1.5)  
(CSU; UC credit limitations)  
Hours: 87.5 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for women to compete at the intercollegiate level in basketball during the fall semester. Information and daily practice to develop a high level of proficiency in basketball skills and techniques during the pre-season and non-conference schedule. May be taken four times. 0835.50

56B Intercollegiate Basketball Team, Women Spring (1.5)  
(CSU; UC credit limitations)  
Hours: 87.5 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Advanced sport-specific drills and exercises designed for water polo athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50

57A Intercollegiate Basketball Team, Men Fall (1.5)  
(CSU; UC credit limitations)  
Hours: 87.5 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in basketball during the fall semester. Information and daily practice to develop a high level of proficiency in basketball skills and techniques during conference play and post-season schedule. May be taken four times. 0835.50

57B Intercollegiate Basketball Team, Men Spring (1.5)  
(CSU; UC credit limitations)  
Hours: 87.5 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Opportunity for men to compete at the intercollegiate level in basketball during the spring semester. Information and daily practice to develop a high level of proficiency in basketball skills and techniques during the pre-season and non-conference schedule. May be taken four times. 0835.50

59 Intercollegiate Water Polo Team, Women (3)  
(CSU; UC credit limitations)  
Hours: 175 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Enrollment is restricted to student athletes who meet both skill and eligibility requirements.  
Competitive intercollegiate women’s water polo team, involving skills and knowledge of all aspects of competitive play. May be taken four times. 0835.50

61A Basketball Strength and Conditioning for Athletes (0.5)  
(CSU)  
Hours: 24-27 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Concurrent or previous enrollment in any Basketball Kinesiology: Team course.  
Advanced sport-specific drills and exercises designed for basketball athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50

62 Football Strength and Conditioning for Athletes (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Concurrent or previous enrollment in any Football Kinesiology: Team course.  
Advanced sport-specific drills and exercises designed for pre-season football athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50

64 Softball Strength and Conditioning for Athletes (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Concurrent or previous enrollment in any Softball Kinesiology: Team course.  
Advanced sport-specific drills and exercises designed for softball athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50

65 Water Polo Strength and Conditioning for Athletes (1)  
(CSU)  
Hours: 48-54 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Concurrent or previous enrollment in any Water Polo Kinesiology: Team course.  
Advanced sport-specific drills and exercises designed for water polo athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50

65A Water Polo Strength and Conditioning for Athletes (0.5)  
(CSU)  
Hours: 24-27 laboratory.  
Grading: Letter grade only.  
Limitation on Enrollment: Concurrent or previous enrollment in any Water Polo Kinesiology: Team course.  
Advanced sport-specific drills and exercises designed for water polo athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals’ capabilities. May be taken four times. 0835.50
Increased volume, intensity, frequency, and duration of specific activities improve demands of the sport and individuals' capabilities. May be taken four times.

67A Swimming Strength and Conditioning for Athletes (0.5)
(CSU)
Hours: 24-27 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Concurrent or previous enrollment in any Swimming Kinesiology: Team course.
Advanced sport-specific drills and exercises designed for swimming athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals' capabilities. May be taken four times.

68 Track/Field Strength and Conditioning for Athletes (1)
(CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Concurrent or previous enrollment in any Track/Field Kinesiology: Team course.
Advanced sport-specific drills and exercises designed for track/field athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals' capabilities. May be taken four times.

69 Cross Country Strength and Conditioning for Athletes (1)
(CSU)
Hours: 48-54 laboratory.
Grading: Letter grade only.
Limitation on Enrollment: Concurrent or previous enrollment in any Cross Country Kinesiology: Team course.
Advanced sport-specific drills and exercises designed for cross country athletes. Increased volume, intensity, frequency, and duration of specific activities improve strength, speed, flexibility, and overall conditioning to enhance athletic performance. Exercises are prescribed by the instructor and are tailored to the physical demands of the sport and individuals' capabilities. May be taken four times.

4 Mathematical Concepts for Elementary School Teachers (4)
(CSU; UC)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Eligibility for Mathematics 25 as determined by the Chaffey assessment process, or completion of Mathematics 425.
Study of mathematical concepts, targeted primarily to students preparing to teach elementary school mathematics. For such students, this course fulfills the same transfer requirement as MATH-25, College Algebra. Topics include: real number systems and sub-systems, patterns and sequences, basic set theory, logic, and mathematical induction. Emphasis is on comprehension of concepts and application of logical reasoning and critical analysis in problem-solving.

25 College Algebra (4)
(CSU; UC credit limitations)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Eligibility for Mathematics 25 as determined by the Chaffey assessment process, or completion of Mathematics 425.
Coordinate geometry and graphing techniques; conic sections; solutions to higher degree polynomial equations; functions; polynomial, rational, inverse, exponential and logarithmic functions; systems of nonlinear equations and inequalities; matrices and determinants; sequences and series; binomial expansion; mathematical induction; and introduction to mathematical proof.

31 Plane Trigonometry (4)
(CSU)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Mathematics 25.
Advisory: Completion of 1 year of high school geometry.
Trigonometric functions including definitions of the circular functions. Radian measure, graphs, inverse trigonometric functions, trigonometric equations and identities, solution of right and oblique triangles, applications, vectors, complex numbers, polar coordinates and graphs, equations of conics, and rotation of axes. Students may be required to obtain a graphing utility calculator for the course.

60 Calculus for Business (4) [Cx]
(CSU; UC credit limitations)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Eligibility: Eligibility for Mathematics 61 as determined by the Chaffey assessment process, or completion of Mathematics 25.
Further studies in algebra and trigonometry for students intending to take calculus. Polynomial equations, functions and inverses, factoring techniques, nonlinear inequalities including absolute values, partial fractions, introduction to limits, graphing polynomial and rational functions, conic sections, trigonometric functions and their inverses, parametric equations, exponential and logarithmic functions, polar coordinates, and vectors. Trigonometric concepts emphasized as needed for calculus, including identities, equations, and applications. A graphing calculator is required; students should see instructor for specifics, since CAS-based calculators may be prohibited.

61 Pre-Calculus (4) [Cx]
(CSU; UC credit limitations)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Eligibility for Mathematics 61 as determined by the Chaffey assessment process, or completion of Mathematics 25 and 31.
Further studies in algebra and trigonometry for students intending to take calculus. Polynomial equations, functions and inverses, factoring techniques, nonlinear inequalities including absolute values, partial fractions, introduction to limits, graphing polynomial and rational functions, conic sections, trigonometric functions and their inverses, parametric equations, exponential and logarithmic functions, polar coordinates, and vectors. Trigonometric concepts emphasized as needed for calculus, including identities, equations, and applications. A graphing calculator is required; students should see instructor for specifics, since CAS-based calculators may be prohibited.

65A Calculus I (4) [Cx]
(CSU; UC credit limitations)
Hours: 64-72 lecture.
Grading: Letter grade only.
Prerequisite: Mathematics 61.
Functions, limits, and continuity; differentiation of algebraic, trigonometric, logarithmic, and exponential functions with applications; integration of algebraic, trigonometric, logarithmic, and exponential functions; and the definite integral and some applications, including rectilinear motion and average value. Students may be required to obtain a graphing utility for the course.