KINESIOLOGY (KIN)

KIN 100
Introduction to Kinesiology
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course introduces the interdisciplinary approach to the study of human movement and the significance of movement in daily life. In the course, students will explore an overview of the sub-disciplines of the field along with related career opportunities such as: sports fitness industry, allied health (physical/occupational/recreational therapy), sport/fitness management, and teaching/coaching.

KIN 101
Badminton
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 101
Grade Mode: Pass/No Pass, Standard Letter
Development of skills necessary to participate in a game of badminton. Course will improve skills through supervised instruction.

KIN 103
Golf
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 103
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will offer a non-competitive environment in which the student can develop the basic fundamentals of golf. Instruction will emphasize woods, long and short irons, bunker play, putting, golf terminology, rules and etiquette.

KIN 104
Self-Defense and Personal Safety
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 104
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
The theory and techniques of self-defense and personal safety. Content focuses on methods of recognizing and avoiding dangers plus skills and strategies of employing physical defense when necessary.

KIN 105
Pickleball
1 Unit (AA/AS; Citrus E3; CSU)
18 lecture hours, 18 lab hours
Grade Mode: Standard Letter
Development of skills necessary to participate in a game of pickleball. Instruction will be focused on individual growth of fundamental skills and techniques of pickleball that will allow the student to participate in a life-long activity.

KIN 108
Tennis
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 108
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Instruction will be concerned with individual growth of fundamentals and techniques of tennis that will allow the student to participate in a lifetime activity.

KIN 116
Yoga
1 Unit (AA/AS; Citrus E3; CSU; UC; CSUGE E)
18 lecture hours, 18 lab hours
Equivalent to: PE 116
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course focuses on the development of the body/mind through the use of specific Yoga postures, breathing techniques, stretches, mental exercises, and relaxation exercises. The goals are to instruct students to achieve greater concentration, self-discipline, and improved physical/emotional health through instruction and practice of these skills.

KIN 117
Vinyasa, Aerial, and Acroyoga
1 Unit (AA/AS; Citrus E3; CSU; UC; CSUGE E)
18 lecture hours, 18 lab hours
Grade Mode: Standard Letter
Strongly recommended: KIN 116.
Students continue to build upon fundamental skills by applying an assortment of ancient yoga techniques to enhance wellness and well-being with greater focus and specificity using more rigorous vinyasa, aerial yoga, and acroyoga therapeutic practices. Students will progress from basic to more advanced yoga postures (asana), breathing techniques (pranayama), and meditation techniques (dhyana) while also gaining greater awareness of ancient systems of the history, language, and practice of yoga. In this course students explore ancient systems of yoga practice in light of modern interpretations. The course presents an evolutionary approach to yoga asana (physical postures), pranayama (breathing), philosophy, and meditation. The emphasis is on application and theory through practice, discovery, reflection and discussion.

KIN 118
Meditation and Mindfulness
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Grade Mode: Standard Letter
Examines the theoretical concepts and practical application strategies in the field of stress management. Physiological and psychological consequences of prolonged stress responses are explored to assist the learner in determining their stress exposure in order to better observe behavioral patterns and clearly apply the various systems of meditation, mindfulness, and relaxation techniques that will be explored during the course.

KIN 119
Personal Training
3 Units (AA/AS; CSU)
54 lecture hours
Grade Mode: Standard Letter
Prerequisite(s): KIN 100 or KIN 170 or KIN 171 or KIN 171H or KIN 172 or KIN 173.
Strongly recommended: ENGL 101.
This course covers theoretical concepts, guidelines, and relevant information necessary to become a certified personal trainer and pass the NCSF-CPT (National Council On Strength and Fitness- Certified Personal Trainer) Exam. The course seeks to educate potential registrants for the NCSF-CPT exam on topics ranging from anatomy and biomechanics through nutrition, exercise prescription, and training. Instruction for a variety of able-bodied populations in order to enter the fitness industry as a competent and qualified personal trainer. Required printed materials for the course are the same as those required to register for the certification exam offered by the National Council on Strength and Fitness. Exam fees and materials may be purchased directly from NCSF.org.

KIN 120
Body Weight Suspension Training
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will include exercises using body weight as resistance with band suspension to develop muscular strength, muscular endurance, and core strength while improving balance, coordination, and flexibility.

KIN 122
Outdoor Fitness
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will focus on utilizing features of the natural and manmade landscape as our workout tools. The goal is to learn how to use the body in this environment for the purpose of general conditioning which includes: aerobic, anaerobic, flexibility and strength development activities.

KIN 130
Basketball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 130
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Techniques in basketball such as ball handling, passing, receiving, screening, cutting, shooting, team play and strategy of the game. Rules are included.

KIN 133
Soccer
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 133
Grade Mode: Pass/No Pass, Standard Letter
Course is designed to teach fundamentals of soccer and to develop physical stamina and neuromuscular coordination. Active participation will take place in interclass competition. Improve skills by repetition and supervised instruction.

KIN 134
Softball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 134
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Instruction in the basic skills and techniques of play in softball. Students will be required to understand the statistical aspect of the game. Course will improve proficiency in skills by repetition and supervised instruction.

KIN 135
Volleyball
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 135
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Instruction will be centered upon improving proficiency on the development of basic volleyball skills with an emphasis on setting, digging, serving, spiking and team strategies. Development of offensive and defensive strategies for doubles, 3 on 3, 4 on 4.

KIN 141
Lifeguard Training
1 Unit (AA/AS; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 141
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Successful completion of pretest assessment of swimming strokes; ENGL 101.
This course is designed to develop and perfect the basic swimming strokes needed to successfully execute the various water safety & lifeguarding skills needed to prevent, recognize, and respond to aquatic emergencies. Upon completion of the course a student who successfully passes written and practical exams will be eligible to be certified for an American Red Cross Lifesaving and the American Red Cross CPR for the professional Rescuer Cards. If a student wishes to receive a certification card they must pay the required Red Cross fee.

KIN 142
Swimming - Beginning
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 142
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic swim strokes.

KIN 143
Swimming - Intermediate/Advanced
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 143
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: KIN 142.
This course is designed to develop knowledge and skill in competitive swimming strokes. Swimming strokes to be taught are the freestyle, back stroke, breast stroke, and dolphin butterfly. The class will emphasize the development of cardiovascular aerobic conditioning.

KIN 144
Water Safety Instructor
1 Unit (AA/AS; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 144
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Successful completion of pretest assessment of swimming strokes; ENGL 101.
This course provides an opportunity for the student to qualify for the American Red Cross Safety Instructor Certificate. The class is designed to instruct the student how to teach swimming on all levels as well as basic and advanced lifeguarding. If a student wishes to receive a card they must pay the required Red Cross fee.

KIN 145
Strength Training, Balance and Agility
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 145
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Designed to introduce students to proprioceptive training. Proprioceptive training can improve balance, core strength, quickness, and agility and reduce the risk of injury. This type of training can benefit all movements performed in our daily life, not just those dealing with sports or athletic movements.

KIN 146
Water Exercise
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 146
Grade Mode: Pass/No Pass, Standard Letter
Low impact water exercise class provides a better understanding of body movement while in the water. Designed to develop strength, flexibility, cardiovascular endurance, and coordination.

KIN 147
Swimming for Cardiovascular Improvement
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 147
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will emphasize swimming for health and physical fitness. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through the use of aerobic and anaerobic conditioning. Participating adults and others seeking a fitness program may expect to improve their overall fitness level through aquatic training.

KIN 148
Adapted Aquatic Exercises
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 148
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Physician's written diagnosis of physical disability and exercise limitations.
Designed for the student with a disability who is unable to participate in a non-Adapted Physical Education class. A medical doctor's written prescription of exercise limitations is required.

KIN 150
Adapted Physical Education
1 Unit (AA/AS; Citrus E3; CSU; UC)
54 lab hours
Equivalent to: PE 150
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Physician's written diagnosis of physical disability and exercise limitations.
Designed for the student with a disability who is unable to safely participate in a non-Adapted Physical Education class. A medical doctor's written prescription of exercise limitations is required.

KIN 151
Body Conditioning
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 151
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength.

KIN 152
Weight Training
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 152
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is designed to develop both the large and small group skeletal muscles through a program of weight lifting, circuit training, power lifting, Olympic lifting, and conditioning.

KIN 153
Walking/Jogging
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lab hours
Equivalent to: PE 153
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
A walking/jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve pyschological tension, and enhance one's sense of well-being. 18 lecure hours,

KIN 159
Cardiovascular Training
1 Unit (AA/AS; Citrus E3; CSU; UC)
18 lecture hours, 18 lab hours
Equivalent to: PE 159
Grade Mode: Pass/No Pass, Standard Letter
This class will focus on full-body conditioning workouts, combining resistance training and high-intensity aerobics to improve cardiovascular fitness. This class provides an intense workout as you move through a circuit of stations designed to elevate your heart rate and improve your muscular fitness. Stations may include weight machines, stationary bikes, treadmills, and elliptical machines.

KIN 163
Sports Officiating
3 Units (AA/AS)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course introduces the skills and techniques applied to sports officiating. Basic principles covered will include officiating conduct, communication, decision making, conflict management, fitness and injury prevention, legal rights and responsibilities, and professional development.

KIN 164
Functional Anatomy
3 Units (AA/AS; CSU; UC)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course will focus on learning the basics of human movement and understanding the the skeletal system, muscular system, and nervous system as applied to body movement during physical activity. Anatomical terminology will be used when analyzing muscle contractions and movement patterns.

KIN 165
Introduction to Recreation, Individual, and Team Sports
3 Units (AA/AS; CSU)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
A course of study to give the student entering the field of physical education and kinesiology a survey and basic analysis of individual, dual, and the team sports: badminton, bowling, golf, tennis, track and field, disc golf, weightlifting, as well as flag football, baseball, basketball, softball, soccer, water polo and team handball.

KIN 166
American Food And Culture: Global Origins, History, and Current Impacts
3 Units (AA/AS; Citrus C2; Citrus E2; CSU; IGETC 3B; UC; IGETC 4; CSUGE C2; CSUGE D; CSUGE E)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
The evolution of American food culture is examined from a historical, contemporary, economic, political and scientific survey of ethnic groups in America, including Native Americans, European Americans, African Americans, Asian Americans, and Latinos. These factors are compared and contrasted across the ethnic groups and regions in America as students learn about basic concepts of nutrition and healthy diet based on current research to develop an awareness and impact of the American diet.

KIN 167
Women in Sport
3 Units (AA/AS; Citrus D1; CSU; UC; IGETC 4; CSUGE D; CSUGE E)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
Title IX has afforded women and girls a wealth of opportunities to participate in sport and the broader society. As we move toward gender equity in sport, research has shown that these increased opportunities have had a tremendous impact on the mental, physical, social, and moral development of young girls. This course will analyze the relationship between gender and sport from multiple perspectives in addition to investigating the economic, cultural, political, social, and educational influences on women in sport and the impact that women have as active participants within a predominantly male sphere.

KIN 168
Introduction to Public Health
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, and an in-depth examination of the core public health disciplines is covered. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

KIN 169
Introduction to Coaching
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 169
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course is to study the different aspects of coaching including philosphies and techniques. It will provide the student with a basic understanding of coaching on all levels. The topics included will be recruiting, tryouts, pre and post season development, conditioning, weight training, practice organization, game strategies, motivation techniques, legal aspects, public relations, media, fundraising and ethics.

KIN 170
Fitness for Life
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: PE 170
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course explains the mechanics of a proper exercise and diet program through lecture and exercise activities. Various forms of exercise will be presented for trial by each student to develop a personal fitness prescription.

KIN 171
Health and Wellness
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: KIN 171H, PE 171, PE 171H
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course emphasizes the information required to make important decisions concerning lifestyle, health, and wellness. An exploration is done in stress management, drugs, alcohol, tobacco, weight control, nutrition, fitness, sexuality, fertility/reproduction, chronic and infectious diseases, heart disease, cancer, consumer health, aging, environmental issues, and other topics related to health care and wellness.

KIN 171H
Health and Wellness - Honors
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: KIN 171, PE 171, PE 171H
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Student must be eligible for the Citrus College Honors Program or obtain a recommendation from an Honors instructor.
Strongly recommended: ENGL 101.
This course emphasizes the information required make important decisions concerning lifestyle, health, and wellness. An exploration is done in stress management, drugs, alcohol, tobacco, weight control, nutrition, fitness, sexuality, fertility/reproduction, chronic and infectious diseases, heart disease, cancer, consumer health, aging, environmental issues, and other topics related to health care and wellness. Students are expected to work and participate at an honors level which includes strong critical thinking skills, thorough analysis of readings, presentation, and leadership skills demonstrated through class participation/presentation during the investigation of health/fitness topics.

KIN 172
Introduction to Physical Education
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 172
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course explores the history and principles of physical education, exercise science, and sport. The objectives are to define and investigate the importance of physical education with a view toward developing a basic philosophy and background for professional education.

KIN 173
Introduction to Nutrition
3 Units (AA/AS; Citrus E2; CSU; UC; CSUGE E)
54 lecture hours
Equivalent to: PE 173
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is designed to provide knowledge about the essential nutrients in a diet and their function in health and disease prevention throughout life. Recommended intakes of nutrients needed during different life stages for healthy function of the body to prevent deficiencies, toxicities, and chronic disease is instructed, as well as kilocalorie balance, metabolism, and adjustment in nutrient intakes based on physical activity.

KIN 176
Elementary School Physical Education
3 Units (AA/AS; CSU)
54 lecture hours
Equivalent to: PE 176
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
An introductory course that will aquaint students with physical education programs for grades K-6. The course will include observation and visitation with elementary age students. The course will include methods, skills, and activities used in teaching elementary physical education. The class is recommended for elementary education and physical education majors.

KIN 177
First-Aid Responding To Emergencies
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 177
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course involves the theory and management of emergency situations, including demonstration of cardiopulmonary resuscitation and first aid care of the injured. The student will learn to assess an individual's condition, activation of emergency action plan, and demonstrate proper treatment of the injured. The course will also introduce key issues for leading a healthy lifestyle, including heart disease risk factor identification, health and safety considerations, legal issues, and injury prevention. Upon successful completion of course, students would be eligible for first aid, CPR and AED for adult, child, and infant certification. Complies with requirements as set forth by the American National Red Cross for first aid responding to emergencies. There is a lab fee to receive the certification that will be collected in class.

KIN 178
Race, Gender and Sports
3 Units (AA/AS; Citrus E2; CSU; IGETC 4; CSUGE D)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Influence of racial and ethnic groups in sports in the United States: cultural, historical, political and economic influences associated with gender participation and race relations.

KIN 179
Health and Social Justice
3 Units (AA/AS; Citrus D2; CSU; IGETC 4; CSUGE D)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

KIN 180
Introduction to Sport Management
3 Units (AA/AS; CSU)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course will introduce organization and management of sport programs and events. Management and marketing principles will be applied to sport programs, including legal and ethical principles, budgeting, fundraising, and event management for recreational, amateur, and professional industries.

KIN 181
Sport and Exercise Psychology
3 Units (AA/AS; CSU; UC)
54 lecture hours
Grade Mode: Standard Letter
Strongly recommended: ENGL 101.
This course utilizes research in sport psychology with techniques to implement the research in lifestyle settings. Students will learn an academic and practical approach to sport psychology concepts and theories and how to implement them in practical experiences through fundamentals of communication, counseling, and motivational techniques. This course will concentrate on the scientifically proven methods of enhancing athletic performance through psychological training.

KIN 182
Care and Prevention of Athletic Injuries
3 Units (AA/AS; CSU; UC)
54 lecture hours
Equivalent to: PE 182
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course is an overview of sports medicine, intended for those students in the fields of physical education, coaching and athletic training. This course covers the basics of exercise physiology, biomechanics, human motor learning, sports injuries and other special topics in sports medicine. Material fee.

KIN 183
Introduction to Sports Information
3 Units (AA/AS; CSU)
54 lecture hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course will introduce the sports information field. Public relations, website management, marketing, statistical tracking, and office management for the covering and promotion of collegiate and professional sports.

KIN 185
Softball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 185
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course prepares the student to administer a softball program. It will include practice organization, administration, and live game strategy.

KIN 186
Baseball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 186
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
This course prepares the student to administer a baseball program. It will include teaching methods, practice organization, administration, scouting and live game strategy.

KIN 188
Basketball Theory
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 188
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Development of game techniques and strategy used in intercollegiate basketball. The course will also include teaching methods, practice organization, scouting and administration.

KIN 192
Aquatic Theory and Techniques
2 Units (AA/AS; CSU; UC)
36 lecture hours
Equivalent to: PE 192
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: ENGL 101.
Content focuses on the biomechanical and technical analysis of intercollegiate water polo, swimming, and diving.