

# Kinesiology FITNS, KINES, PACT, SPORT, TMACT

## Degrees:

- A.A. – Kinesiology — Exercise Science
- AA-T – Kinesiology for Transfer

## Certificate of Achievement:

- Athletic Coaching Certification
- Fitness Instructor Certification

FITNS – Fitness

KINES – Kinesiology

PACT – Personal Activity

SPORT – Sports

TMACT – Team Activities

## Division of Kinesiology, Health, and Athletics

Mitchell Campbell, Dean/Athletic Director

Hughes Stadium, Section 1B

916-558-2425

## Athletic Coaching Certification

### Certificate of Achievement

#### Program Information

This certification for athletic coaching provides students the foundational knowledge necessary in preparing them to move into the professional area of an athletic coach and advance career opportunities.

#### Career Opportunities

This program of study will prepare students for national and state certification for employment as athletic coaches.

#### Gainful Employment

For more information about program costs, graduation rates, median debt of program graduates, and other important information regarding gainful employment, please visit: <http://www.losrios.edu/gainful-emp-info/gedt.php?major=051663C01>

#### Upon completion of this program, the student will be able to:

- analyze the numerous roles and responsibilities of coaching.
- analyze the different styles and philosophies of coaching.
- evaluate and develop a risk management plan for equipment, athletes, supervision, facilities, and additional areas that are specific to the sport.
- demonstrate an understanding of physical fitness, training, injury prevention, and time management related to specific sports.
- identify the effects of physical and emotional stress and develop management strategies.
- evaluate the various psychological skills and techniques that will enhance success.
- prepare necessary strategies that will build self-awareness and self confidence.
- describe the basic principles used in designing training programs for athletes.
- integrate the concepts of periodization in the development of a year round training program.
- evaluate the roles of strength endurance, agility, balance, coordination, speed, power, and flexibility in sport and conditioning performances.
- apply appropriate age specific psychological techniques to enhance communication for athletic performance.
- distinguish special considerations in coaching diverse athletes including age, gender, cultural background, and ability.
- demonstrate knowledge and understanding of the prevention, care, and management of injuries.
- define anatomy and sport injury terminology.
- explain the risks involved with substance abuse.
- evaluate dietary supplements and nutritional guidelines for performance

#### Required Program

#### Units

KINES 300 Introduction to Kinesiology.....	3
KINES 451 Principles and Theory of Athletic Coaching.....	3
KINES 452 Psychology of Sport and Fitness .....	3

KINES 457 Sport First Aid for Coaches .....	2
KINES 453 Training and Conditioning of Sports (2) .....	2
or KINES 454 Coaching the Young Athlete (2)	

A minimum of 5 units from the following:..... 5

Select courses not used from list above.

KINES 304 Introduction to Sports Management (3)

NUTRI 302 Nutrition for Physical Performance (3)

    or KINES 418 Nutrition for Physical Performance (3)

KINES 457 Sport First Aid for Coaches (2)

KINES 495 Independent Studies in Physical Education

    Theory (1 – 3)

#### Total Required Units

18

#### Certificate of Achievement

The Certificate of Achievement may be obtained by completion of all courses in the required program with a minimum grade of “C” or equivalent.

## Fitness Instructor Certification

### Certificate of Achievement

#### Program Information

This program will give students the opportunity to take a variety of courses that will prepare them for national exams needed for employment in the health and fitness industry by providing them with the theoretical knowledge and practical skills needed to be successful in the field. It also offers courses that can be used for continuing education in the field of fitness.

#### Career Opportunities

This fitness instructor certification program is designed to provide students professional development opportunities as well as to prepare them to pass the exams necessary to become fitness professionals. It will allow students the opportunity to seek entry level positions as personal trainers, group exercise instructors, and strength and conditioning instructors or to seek employment at a fitness center or health club.

#### Gainful Employment

For more information about program costs, graduation rates, median debt of program graduates, and other important information regarding gainful employment, please visit: <http://www.losrios.edu/gainful-emp-info/gedt.php?major=051665C01>

#### Upon completion of this program, the student will be able to:

- demonstrate and apply knowledge of anatomy, physiology, and kinesiology in order to develop and instruct safe and effective exercise programs.
- gain an understanding of the importance of comprehensive health screenings prior to initiating exercise programs for individuals.
- demonstrate effective communication and instructional methodology in various exercise settings, which includes an understanding of motivational techniques that might assist with performance and personal goals.

- comprehend a personal trainer’s scope of practice, professional responsibilities, and liability.
- evaluate the training environment for safety to prevent athletic injuries.
- integrate the principles of strength training into an individualized training regime.
- demonstrate an understanding of the fitness needs for special populations.
- evaluate the various psychological skills and techniques that will enhance success.
- demonstrate knowledge of promoting, marketing, and programming fitness and health centers.
- describe and analyze the basic principles of nutrition, which includes discussing the role of nutrients in the body in regard to nutrient intake, energy production and physical performance, and injuries and training.
- investigate development of an infrastructure supporting physical activity and healthy lifestyles.

Required Program	Units
HEED 300 Health Science (3) .....	3
or KINES 300 Introduction to Kinesiology (3)	
HEED 353 Health Eating, Stress Management, and Weight Control ...	3
KINES 381 Fitness and Weight Management.....	2
KINES 410 Personal Trainer Certification: Exercise Science & Fitness Assessment .....	3
KINES 412 Strength and Fitness Certification .....	3
KINES 418 Nutrition for Physical Performance (3) .....	3
or NUTRI 302 Nutrition for Physical Performance (3)	
KINES 452 Psychology of Sport and Fitness .....	3
A minimum of 1 unit from the following: .....	1
FITNS 306 Aerobics: Cardio-Kickboxing (1)	
FITNS 308 Step Aerobics (1)	
FITNS 324 Mat Pilates (1)	
FITNS 380 Circuit Weight Training (1)	
FITNS 381 Weight Training (1)	
FITNS 390 Basic Yoga (1)	

**Total Units Required** **21**

**Certificate of Achievement**

The Certificate of Achievement may be obtained by completion of all courses in the required program with a minimum grade of “C” or equivalent.



**Kinesiology-Exercise Science**

**Associate in Arts Degree**

**Program Information**

The Kinesiology, Physical Education, Health Education, Mathematics, Nutrition, and Science courses provide a framework around which Kinesiology-Exercise students may structure a program to prepare them for transfer to a four year institution. Students are encouraged to refer to requirements from their designated transfer institution to assist them in planning their specific program of study.

**Career Opportunities**

Most career options require a Bachelor’s degree. Once a Bachelor’s degree is obtained, career opportunities include teaching, coaching, various recreation positions, various health careers, and athletic administration in elementary and secondary schools and colleges.

**Upon completion of this program, the student will be able to:**

- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- identify and apply standards required by the profession of choice.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.

- demonstrate oral and written competence in the major field.
- develop and articulate a statement of values or code of ethics related to the major that reflects one’s respect for different ideas, peoples, and cultures and an understanding of the responsible uses of technology.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.

**Required Program**

	Units
KINES 300 Introduction to Kinesiology.....	3
CHEM 305 Introduction to Chemistry (5) .....	5
or CHEM 400 General Chemistry I (5)	
BIOL 430 Anatomy and Physiology.....	5
BIOL 431 Anatomy and Physiology.....	5
STAT 300 Introduction to Probability and Statistics (4) .....	4
or STAT 480 Introduction to Probability and Statistics – Honors (4)	
HEED 300 Health Science.....	3
PHYS 350 General Physics .....	4
BIOL 402 Cell and Molecular Biology.....	5
A minimum of 3 units from the following:.....	3
FITNS 381 Weight Training (1)	
FITNS 440 Swimming I (1)	
FITNS 324 Mat Pilates (1)	
KINES 381 Fitness and Weight Management (2)	
Any Theory of Sport course under the Kinesiology designator.	
KINES 418 Nutrition for Physical Performance (3) .....	3
or NUTRI 302 Nutrition for Physical Performance (3)	
or NUTRI 300 Nutrition (3)	
or NUTRI 480 Nutrition Honors (3)	

**Total Units Required** **40**

**Associate in Arts (A.A.) Degree**

The Associate in Arts Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

**Kinesiology**

**Associate in Arts for Transfer**

**Program Information**

This Kinesiology program is designed to provide an opportunity for students to complete the lower division coursework required for four-year programs in at least one kinesiology/physical education degree option. This program is for students who plan to transfer to a California State University (CSU). Completion of the CSU General-Breadth or IGETC general education pattern is required. It is highly recommended that students meet with a counselor because the degree options and general education requirements vary for each college/university.

The Associate Degree for Transfer student completion requirements (as stated in SB1440 law):

- (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
  - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
  - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- (2) Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis.

**Career Opportunities**

The Kinesiology degree is designed to facilitate students' successful transfer to the baccalaureate programs. Baccalaureate programs may include, but are not limited to, exercise science, health promotion, physical education, therapeutic exercise and rehabilitation, and exercise and movement science. The Associate in Arts in Kinesiology can provide a foundation for students interested in working in these careers or careers in related fields.

**Upon completion of this program, the student will be able to:**

- identify and apply standards required by the profession of choice.
- demonstrate and articulate a statement of values or code of ethics related to the major that reflects his or her respect for different ideas, peoples, and cultures.
- develop an understanding of the uses of technology in kinesiology, physical education, and sports analysis, research, and results.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.
- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- apply knowledge of the human body to develop appropriate fitness programs and fitness assessments to evaluate and analyze program and student success.

Required Program	Units
KINES 300 Introduction to Kinesiology.....	3
BIOL 430 Anatomy and Physiology.....	5
BIOL 431 Anatomy and Physiology.....	5

A minimum of 3 units from the following: ..... 3  
 Select one course maximum from three of the following areas.

**Aquatics:**

- FITNS 442 Swimming III (1)
- or FITNS 443 Swimming IV (1)
- or FITNS 444 Swimming V (1)
- or FITNS 440 Swimming I (1)
- or FITNS 312 Aquatic Fitness (1)
- or FITNS 310 Aquatic Fitness I (1)
- or FITNS 441 Swimming II (1)

**Fitness:**

- FITNS 390 Basic Yoga (1)
- or FITNS 401 Walking (0.5 – 1)
- or FITNS 402 Running for Fitness (0.5 – 1)
- or FITNS 412 Martial Arts: Taekwondo (1)
- or FITNS 306 Aerobics: Cardio-Kickboxing (1)
- or FITNS 383 Olympic and Power Weight Lifting (1)
- or FITNS 381 Weight Training (1)
- or FITNS 356 Trim and Tone Conditioning (0.5 – 1)
- or FITNS 344 Dynamic Fitness Training I (1)
- or FITNS 343 Spin Bike (1)
- or FITNS 336 Plyometrics: Advanced Conditioning (1)
- or FITNS 331 Boot Camp Fitness (1)
- or FITNS 326 Mat Pilates II (1)
- or FITNS 324 Mat Pilates (1)
- or FITNS 321 Core Conditioning (1)
- or FITNS 308 Step Aerobics (1)
- or FITNS 307 Aerobic Mix (1)

**Individual Sports:**

- PACT 410 Wrestling (1)
- or PACT 351 Golf II (1)
- or PACT 350 Golf I (1)
- or PACT 340 Fencing (1)
- or PACT 330 Boxing (1)
- or PACT 390 Tennis I (1)
- or PACT 391 Tennis II (1)

**Team Sports:**

- TMACT 320 Basketball (1)
- or TMACT 333 Volleyball III (1)
- or TMACT 331 Volleyball II (1)
- or TMACT 330 Volleyball (1)
- or TMACT 322 Basketball III (1)
- or TMACT 321 Basketball II (1)
- or TMACT 304 Outdoor Soccer III (1)
- or TMACT 302 Soccer – Outdoor (1)
- or TMACT 303 Outdoor Soccer II (1)
- or TMACT 370 Water Polo (1)
- or TMACT 340 Football (1)
- or TMACT 300 Soccer, Indoor (1)
- or TMACT 301 Indoor Soccer II (1)

A minimum of 4 units from the following: ..... 4  
 BIOL 309 Contemporary Biology Laboratory (1)  
 and BIOL 308 Contemporary Biology (3)  
 PHYS 350 General Physics (4)  
 STAT 480 Introduction to Probability and Statistics – Honors (4)  
 or STAT 300 Introduction to Probability and Statistics (4)

A minimum of 5 units from the following: ..... 5  
 CHEM 305 Introduction to Chemistry (5)  
 CHEM 309 Integrated General, Organic, and Biological Chemistry (5)  
 CHEM 400 General Chemistry I (5)

**Total Required Units** **25**

**Associate in Arts for Transfer Degree**

The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

**Kinesiology/Physical Education**

NOTE: The University of California has a limitation on the number of units of kinesiology/physical education activity courses that can be transferred (four units maximum). The California State University System has no such limitation, but there are restrictions placed on the number of kinesiology/physical education units that can be applied toward the major. (Refer to the catalog of the transfer institution of your choice for detailed information.)

All activity courses are open to both men and women. Students may be concurrently enrolled in more than one kinesiology/physical education activity course.

FITNS (Fitness), KINES (Kinesiology), PACT (Personal Activity), SPORT (Intercollegiate), and TMACT (Team Activity) prefixes refer to physical education activity courses meeting the General Education requirement for graduation unless identified otherwise. Several activity areas are separated into distinct levels or families of courses. The beginning courses (lowest course number in the family) concentrate on fundamental skills and topics such as rules, scoring, equipment, dress, etiquette, and basic strategy. The courses that follow in the family continue the progression of skill development while concentrating on topics such as strategy and competitive play. The highest numbered courses in the family emphasize high level skills or sports techniques.

The kinesiology/physical education activity courses are one-unit courses and require three hours of activity each week, unless identified otherwise. Each course, unless specifically identified otherwise, may be taken one time. In addition, a student may take a maximum of four courses within any identified family of courses.



**FITNS 337 High Intensity Boot Camp Fitness .5-1 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a)*

*Course Transferable to CSU*

*Hours: 54 hours LAB*

This course is designed as an advanced boot camp fitness class that is conducted on campus using indoor and outdoor facilities and requires students to participate in various intermediate and high intensity workouts. Training methods may include activities not only related to strength, endurance, and flexibility, but also those requiring speed, power, and agility.

**FITNS 343 Spin Bike 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a)*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

Spin Bike is specifically designed for students to improve their cardiovascular and strength levels with low impact on the joints. This course will use basic cycling and fitness drills based on speed, work resistance, and recovery periods. There may be some conditioning techniques done off the bikes as well.

**FITNS 344 Dynamic Fitness Training I 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

Dynamic fitness training is a course designed to use cross training and functional movements performed with constantly changing and relatively high intensity intervals. This course emphasizes proper mechanics utilizing body weight resistance and other methodologies. The work out is varied and designed to optimize fitness levels.

**FITNS 345 Dynamic Fitness Training II 1 Unit**

*Course Family: Dynamic Fitness*

*Prerequisite: None.*

*General Education: AA/AS Area III(a)*

*Course Transferable to CSU*

*Hours: 54 hours LAB*

This is a cross training and constantly changing functional movement course that uses Olympic weight lifting and varied cardiovascular training and conditioning.

**FITNS 356 Trim and Tone Conditioning .5-1 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is designed to improve an individual's level of fitness, general appearance, and well-being. This course will concentrate on muscle toning and strength development through various activities, for example, exercises for abdomen and core, hamstrings and quadriceps, buttocks, and the upper body. This course may be offered as an open-entry, open-exit course. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 359 Intermediate Trim and Tone Conditioning .5 – 1 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a)*

*Hours:-27 - 54 hours LAB*

This course is designed to improve an individual's level of core functional fitness through the use of a variety of exercise to engage the body's core while using a fitness ball. This course concentrates on muscle toning and strength development while creating instability through the use of a fitness ball adding to the challenge of general core conditioning exercises. Exercises involving hand weights, flexibility, and balance will be the primary focus in the course.

**FITNS 371 Life Fitness Center Training .5-1 Units**

*Course Family: Life Fitness Center*

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is an open-entry/open-exit course designed to increase cardiovascular endurance, strength, and flexibility through the use of circuit training. A required orientation includes performing an individualized fitness assessment, learning guidelines on accessing fitness, training and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. Grades are Pass/No Pass.

**FITNS 372 Life Fitness Strength Training .5-1 Units**

*Course Family: Life Fitness Center*

*Prerequisite: FITNS 371 with a Pass grade.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is an open-entry/open-exit course designed to provide instruction in proper training techniques for increasing muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, and Olympic lifting techniques. A required orientation includes an individualized fitness assessment, learning guidelines on accessing fitness, training, and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 373 Life Fitness Center Functional Fitness Training .5-1 Units**

*Course Family: Life Fitness Center*

*Prerequisite: FITNS 371 (Life Fitness Center Training) and 372 (Life Fitness Strength Training) with Pass grades.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is an open-entry/open-exit course designed to provide instruction in functional fitness exercises. Functional fitness exercises are designed to train your muscles to work together and prepare them for daily tasks by simulating movements that individuals might do at home, work, or in sports. FITNS 371 and FITNS 372 with a Pass grade are prerequisites for this class. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

- FITNS 374 Life Fitness Center Cross Training .5-1 Units**
- Course Family: Life Fitness Center*  
*Prerequisite: FITNS 371, 372, and 373*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This course is an open-entry, open-exit, course designed to provide instruction in cross training fitness exercises. Cross training fitness programs are designed to help the student balance his or her fitness program by varying the workout routines engaging different muscle groups. Cross training improves overall fitness and helps prevent over-use injuries that are common in single activity programs. Emphasis is placed on the use of multiple aerobic activities (walking, running, biking, elliptical) plus muscular strength and functional fitness exercises. FITNS 371, FITNS 372, and FITNS 373 with a Pass grade are prerequisites for this course. This course is graded Pass/No Pass. Students may enroll in the course up to the fourth week of the semester.
- FITNS 380 Circuit Weight Training 1 Unit**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- Circuit Weight Training combines machine weight training, some free-weight training, core medicine ball training, body weight training, cardiovascular endurance, muscular endurance, and flexibility while decreasing body fat. It is a wellness program in which a student, using different muscle groups, will alternate timed lifting with timed recovery.
- FITNS 381 Weight Training 1 Unit**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This course provides instruction in weight training and techniques that promote muscular strength and endurance. Proper use of free weights and machines along with safety rules will be discussed. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester.
- FITNS 383 Olympic and Power Weight Lifting 1 Unit**
- Prerequisite: FITNS 381 with a grade of "C" or better*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This course is designed to introduce Olympic and power weight lifting to students interested in developing overall core strength and conditioning. Lifting techniques such as clean and jerk, snatch, squat, bench press, and deadlift will be taught through lifting progressions. The history of Olympic and power weight lifting and the development of individual lifting programs will be introduced and discussed. This course will be offered as an open-entry/open-exit course. Students may enroll in this open-entry/open-exit course up to the fourth week of the semester.
- FITNS 387 Weight Training for Speed, Agility, Quickness: Advanced 1 Unit**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This course is a strength and conditioning program for students interested in improving their physical performance. It is designed to develop a higher level of explosive movements for speed, agility, and quickness appropriate for other activities.
- FITNS 390 Basic Yoga 1 Unit**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This course is designed to enhance fitness levels in everyone. It is a complete fitness program to achieve a more limber body, regardless of age, increase physical coordination, improve posture, and improve flexibility. This form of exercise embodies controlled movement, concentration, and conscious breathing.
- FITNS 392 Yoga 1 Unit**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a)*  
*Course Transferable to CSU*  
*Hours: 54 hours LAB*
- This course allows students to explore and develop their yoga practice, whether the focus for the individual is on stress reduction and relaxation, for the variety of health benefits a yoga practice offers: for inner harmony, balance, and overall well-being, for spiritual connection and growth; or for stretching and strengthening a variety of muscle groups involved in a yoga practice. This course is designed to assist any and all of those goals through support and guidance in a safe and nurturing learning environment. Students will be required to purchase a yoga mat.
- FITNS 401 Walking .5-1 Units**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- This is a physical education course designed to improve a student's level of fitness, physical appearance, and well being. This course will concentrate on techniques, cardiovascular endurance, muscle strengthening, and flexibility utilizing walking as an activity. Walking workouts use on and off-campus routes. Students will be advised to have proper walking shoes or running shoes.
- FITNS 402 Running for Fitness .5-1 Units**
- Prerequisite: None.*  
*General Education: AA/AS Area III(a); CSU Area E2*  
*Course Transferable to UC/CSU*  
*Hours: 54 hours LAB*
- Running for Fitness is a physical education course that is designed to instruct the student in the basic fundamentals and techniques of running. The course will concentrate on improving the physical capacity and efficiency of the body with the emphasis on development of muscular and cardiovascular endurance and organic power, as influenced by such factors as body type, diet, health status, rest, and genetic potential. This course may be taken one time for credit.

**FITNS 404 High Intensity Walking .5-1 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a)

*Course Transferable to CSU*

*Hours:* 54 hours LAB

This course promotes physical fitness with the primary activity of walking in various intensity environments including but not limited to walking hills, speed intervals, and increased resistance (weighted devices and/or incline). The focus is on increasing cardiovascular efficiency, endurance, and muscular strength.

**FITNS 412 Martial Arts: Taekwondo 1 Unit**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course provides students with a basic knowledge of Taekwondo and its tradition. Proper technique, such as stance and postures, kicks, punches, blocks, poomsae (a series of defending and attacking movements), etiquette, and physical fitness, will also be included.

**FITNS 436 Lifeguard Training 2 Units**

*Prerequisite:* FITNS 440 – Advanced Swimming with a grade of “C” or better or equivalent.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 28 hours LEC; 24 hours LAB

This course covers the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the Lifeguard Training course requirements and exams, students will earn American Red Cross certificates. The American Red Cross certificates are only valid for one year for the CPR portion, and three (3) years for the Lifeguard Training and First Aid portion of the American Red Cross certifications.

**FITNS 440 Swimming I 1 Unit**

*Course Family:* Swimming

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

Non-swimmers will learn basic water acclimation, water safety, and how to perform basic swimming skills. Students will learn the front and back float, front and back streamline glide, and introductory skills in freestyle stroke, backstroke, and proper breathing.

**FITNS 441 Swimming II 1 Unit**

*Course Family:* Swimming

*Prerequisite:* Students must demonstrate comfort and confidence in the water and in their ability to demonstrate proper floating, gliding, and basic freestyle and backstroke technique.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This is an open-entry/open-exit course designed to teach mastery of basic water adjustment skills, floats, glides, freestyle and backstroke techniques to beginning swimmers with limited skills. It is appropriate for those who are uncomfortable in deep water or those who need to refine their ability to swim 25 yards without stopping. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 442 Swimming III 1 Unit**

*Course Family:* Swimming

*Prerequisite:* Students must achieve a passing standard on the swim test of 50 yards of freestyle with proficient breathing to the side and 50 yards of backstroke.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This is an open-entry/open-exit course designed to provide intermediate swimmers, who have mastered basic water acclimation, water safety, and basic swimming skills, further instruction in freestyle, backstroke, and breaststroke technique. Students will be introduced to flip turns for freestyle and backstroke, proper diving technique, and development of cardiovascular capacity. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 443 Swimming IV 1 Unit**

*Course Family:* Swimming

*Prerequisite:* Students must achieve a passing standard on the swim test of 100 yards of freestyle, backstroke, and breaststroke demonstrating proficient stroke, breathing, and turn technique.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This is an open-entry/open-exit course designed to teach advanced intermediate swimmers (those who have mastered intermediate swimming skills) to identify and demonstrate proper technique specific to the four competitive strokes, proper training protocols, and training design. Students will learn and refine proper stroke technique of freestyle, backstroke, breaststroke, and butterfly. Students will refine underwater efficiency in diving, turns, and breakouts for all competitive strokes. Students will develop more advanced swim training protocols, drills, and workout designs. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 444 Swimming V 1 Unit**

*Course Family:* Swimming

*Prerequisite:* Student must achieve a passing standard on the swim test of 100 yards of freestyle with proficient breathing to the side, 50 yards of backstroke, and 50 yards of breaststroke.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This is an open-entry/open-exit course that includes a workout approach with emphasis on aerobic and anaerobic fitness. It is a self-paced course and utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic and anaerobic training principles. A required orientation includes explanation of class rules, procedures, safety, course objectives, and methods of instruction. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester.

**FITNS 499 Experimental Offering in Fitness .5-4 Units**

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 216 hours LAB*

This is an experimental course offering designed to provide students with courses not normally offered by the Physical Education Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions

**Kinesiology (KINES)****KINES 300 Introduction to Kinesiology 3 Units**

*Prerequisite: None.*

*Advisory: ENGWR 101 or ESLW 310 with a grade of "C" or better.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course provides students with an orientation to the history and trends in kinesiology, physical education, fitness, and sport. Students will be introduced to various career, ethical, allied health, and professional issues in the kinesiology, physical education, and sports fields. An introduction to the major subfields including exercise physiology, biomechanics, motor learning, sport sociology, nutrition, and sport and exercise psychology will be discussed. This course was formerly known as PET 300.

**KINES 304 Introduction to Sports Management 3 Units**

*Prerequisite: None.*

*Advisory: ENGWR 101 or ESLW 310 with a grade of "C" or better.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course is designed to introduce students to the scope and career opportunities of sports management. Emphasis will be placed on current events in the world of sports management. This course was formerly known as PET 304.

**KINES 342 Theory of Baseball 2 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course is designed for advanced analysis of baseball. Focus is placed on analysis and instruction of individual skills and team concepts. Special emphasis will be placed on a model for instruction. Specific areas of emphasis will include, but not be limited to, team selection, practice organization, individual fundamentals, drills to develop team fundamentals (bunt defenses, cutoffs and relays, pick-offs, 1st and 3rd defenses), charting, and scouting. This course was formerly known as PET 342.

**KINES 346 Theory of Basketball 2 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

The course will give the students the opportunity to gain an understanding of coaching basketball beginning with conditioning for the

pre-season and the regular season. Additionally, students will gain an understanding of how to teach basic fundamentals and learn various strategies including team offense and defense. Students will develop their own philosophies of coaching. Students will learn how to scout other teams and to read and explain basketball diagrams. This course was formerly known as PET 346.

**KINES 352 Theory of Football 2 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course will implement current offensive and defensive schemes and cover how each position fulfills a vital role toward successful execution at both the community college and four year level. These concepts will be divided into the various components of the sport to include offense, defense, and special teams. Emphasis shall be placed upon the student understanding the inherent role of each position assignment of a dynamic scheme and how that strengthens the relative efficiency of the unit in execution throughout the competitive environment.

**KINES 354 Theory of Soccer 2 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course will give students the opportunity to gain the knowledge of coaching soccer. In addition, students will gain an understanding of how to teach techniques and various tactics, including team offense and defense and learn match analysis in connection with game preparation. This course will also include injury prevention, season planning, team management, systems of play, refereeing, and an understanding of applied psychology. This course was formerly known as PET 354.

**KINES 364 Theory of Swimming 2 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LAB*

The Theory of Swimming course covers all aspects of competitive swimming, including the scientific principles of stroke biomechanics, physiology, psychology of training, workout design, and meet management. The course will include a review of current regulations of the National Collegiate Athletic Association and the Commission of Athletics. This course was formerly known as PET 364.

**KINES 365 Theory of Water Polo 2 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course is designed for the advanced analysis of water polo. Focus will be placed on analysis and instruction of fundamental individual and team concepts. Specific areas of emphasis will include, but not be limited to, individual skills such as passing, shooting, goalie work, and team concepts of offensive and defensive strategies. This course will include a review of current rules and regulations of the National Collegiate Athletic Association (NCAA) and Commission on Athletics (COA). This course was formerly known as PET 365.



**KINES 374 Theory of Volleyball 2 Units**

*Prerequisite:* None.

*General Education:* CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 18 hours LEC; 54 hours LAB

This course is designed to develop a thorough understanding of the many aspects of Volleyball including training/conditioning programs, individual techniques, offense strategy/systems, defense strategy/systems, rules, drill development, practice plans, and team management. Emphasis will also be placed upon the importance of individual proficiency and team strategy/play. This course was formerly known as PET 374.

**KINES 376 Theory of Wrestling 2 Units**

*Prerequisite:* None.

*General Education:* CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 36 hours LEC

This course provides the foundation for advanced analysis of wrestling. Focus is placed on analysis and instruction of individual wrestling skills and team concepts. Specific areas of emphasis will include, but not be limited to, fund raising, practice organization, individual fundamentals, and drills to develop those fundamentals. Also included will be analysis of various coaching techniques, theories, and philosophies. This course was formerly known as PET 376.

**KINES 381 Fitness and Weight Management 2 Units**

*Prerequisite:* None.

*Advisory:* ESLR 320 and ESLW 320 with grades of "C" or better.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 18 hours LEC; 54 hours LAB

This course is designed for students who wish to assess and improve physical fitness levels and encourage a healthy attitude toward body image and weight control. Students receive instruction concerning the theories and practical activities involved in obtaining and maintaining an appropriate level of physical fitness. This course was formerly known as FITNS 350.

**KINES 382 Wellness 1 Unit**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course allows students to work independently while monitoring their fitness program. This allows for a process that guides the students in strategies and decisions for healthy lifestyle habits.

**KINES 410 Personal Trainer Certification: Exercise Science & Fitness Assessment 3 Units**

*Prerequisite:* None.

*Course Transferable to CSU*

*Hours:* 54 hours LEC

This course is designed to provide the theoretical knowledge necessary to prepare for the American Council on Exercise's National Personal Training Certification Exam. Topics include the following: introduction to exercise physiology and exercise adaptation, human anatomy, applied kinesiology, basic nutrition and nutritional strategies for exercise, obesity and weight management, fitness across the lifespan, and special considerations.

**KINES 411 Personal Trainer Certification: Program Design & Instructional Methodology 3.5 Units**

*Prerequisite:* KINES 410 or PET 410 with a grade of "C" or better.

*HEED 314 with a grade of "C" or better or equivalent.*

*General Education:* AA/AS Area III(b); CSU Area E1

*Course Transferable to CSU*

*Hours:* 54 hours LEC; 27 hours LAB

This course is designed to provide the student with the theoretical knowledge and practical skills needed to prepare for the American Council on Exercise's National Personal Training Certification Examination. Topics include: application of the applied sciences, program design, and implementation of integrated fitness training for healthy adults and special populations, communication, health psychology, teaching techniques, injury prevention and safety, professional responsibilities, and business fundamentals. This course was formerly known as PET 411.

**KINES 412 Strength and Fitness Certification 3 Units**

*Prerequisite:* None.

*Course Transferable to CSU*

*Hours:* 54 hours LEC

This course will provide students with the necessary preparation for the National Council of Strength and Fitness (NCSF) personal training certification. The course includes topics on scientific foundations, nutrition, body composition, components of fitness, exercise prescription, specific needs in special populations, connections between physical activity and mental and emotional health, and exercise programming and assessments. This course was formerly known as PET 412.

**KINES 418 Nutrition for Physical Performance 3 Units**

*Same As:* NUTRI 302

*Prerequisite:* None.

*General Education:* AA/AS Area III(b); CSU Area E1

*Course Transferable to UC/CSU*

*Hours:* 54 hours LEC

This course will explore nutrition and fitness with emphasis on the relationship among nutrition, physical activity, lifelong fitness, and health. Credit will be awarded for NUTRI 302 or KINES 418 but not both.

**KINES 451 Principles and Theory of Athletic Coaching 3 Units**

*Prerequisite:* None.

*Advisory:* ENGWR 101 with a grade of "C" or better.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LEC

This course will introduce philosophy, theories, and development of athletic coaching. The course will include topics on philosophy, team management, risk management, behavior management and planning that will assist new and experienced coaches to develop strategies necessary for success. This course was formerly known as PET 451.

**KINES 452 Psychology of Sport and Fitness 3 Units**

*Prerequisite: None.*

*Advisory: ENGWR 101 with a grade of "C" or better.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course will provide students with an orientation to psychological and mental factors that influence participation and performance in sport, exercise, and physical activity. The course will include topics that will assist coaches, personal trainers, and group leaders in enhancing the level of success in performance for their athletes, students, and clients. This course was formerly known as PET 452.

**KINES 453 Training and Conditioning of Sports 2 Units**

*Prerequisite: None.*

*Advisory: ENGWR 101 with a grade of "C" or better.*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course will introduce students to the concepts of training and conditioning of sports. Topics will include foundational principles of training, stages of athletic development, motor skills training, and designing programs specific to the needs of the sport. This course was formally known as PET 453.

**KINES 454 Coaching the Young Athlete 2 Units**

*Prerequisite: None.*

*Advisory: ENGWR 101 with a grade of "C" or better. KINES 451 with a grade of "C" or better or one year minimum coaching experience at high school level.*

*Course Transferable to CSU*

*Hours: 36 hours LEC*

In this course, students will be introduced to the challenges of age and gender specific considerations in training of young athletes. Topics will include training guidelines for young athletes, stages of athletic development, long-term training plans, specific strategies of motivation related to age groups, and providing an environment that promotes learning and fun. This course was formally known as PET 454.

**KINES 457 Sport First Aid for Coaches 2 Units**

*Prerequisite: None.*

*Course Transferable to CSU*

*Hours: 36 hours LEC*

This course will provide new and experienced coaches with the action steps for the care and prevention of athletic injuries and illnesses. Topics will include performing physical assessments; strategies for reducing athletes' risk of injury or illness; developing a medical emergency plan; returning athletes to play; and educating athletes and coaches on the effects and dangers of performance enhancers. This course was formally known as PET 457.

**KINES 495 Independent Studies in Physical Education Theory 1-3 Units**

*Prerequisite: None.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among college, faculty members, and students. Independent studies in Physical Education Theory offer students a chance to do research that is more typical of community and graduate student work. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

**KINES 497 Internship in Physical Education – Theory 1-4 Units**

*Prerequisite: PET 330 and 331 with grades of "C" or better or concurrent enrollment in KINES 330 and 331 or proof of knowledge and skills of preventative taping and recognition of basic athletic injuries.*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 162 hours LAB*

The student will be exposed to soft tissue techniques, advanced athletic taping, and wrapping, emergency scenarios, physiology of injury recovery, and rehabilitation programs as prescribed by the teams physicians and supervision by a certified athletic trainer. Units are awarded on the basis of one unit per 60 hours of unpaid work or 75 hours of paid work. This course may be taken four times for a maximum of 16 units for credit.

**KINES 499 Experimental Offering Physical Education Theory .5-4 Units**

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

See Experimental Offering. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

**Personal Activity (PACT)****PACT 330 Boxing 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course will cover the basic fundamentals and techniques of boxing. Methodology, strategy, and self-defense applications will also be included.

**PACT 340 Fencing 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This is a physical education course that will cover the basic fundamentals and techniques of foil fencing. Rules and strategy will also be included.

**PACT 350 Golf I 1 Unit**

*Course Family: Golf*

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

Golf I covers the basic skills and knowledge necessary to play the game of golf. Instruction for this course is provided at an off-campus location. The student will need transportation to the facility. This course focuses on the fundamental skills necessary to strike and putt the ball to play the game and on course management strategies in order to negotiate a golf course. Some sections of this course are held on area regulation golf courses. Students must have their own sets of golf clubs and equipment.

**PACT 351 Golf II 1 Unit**

*Course Family: Golf*

*Prerequisite: PACT 350 with a grade of "C" or better; or equivalent.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

Golf II covers the skills and knowledge necessary to play the game of golf. Instruction for this course is provided at an off-campus location. The student will need transportation to the facility. This course includes a review of the basic golf skills and continues with analysis of the full swing, approach shots, and putting. Course management strategies for negotiating a golf course is also covered. Students must have their own sets of golf clubs and equipment.

**PACT 390 Tennis I 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course in Tennis covers the basic fundamentals, stroke techniques, and strategies for singles and doubles play. Tennis I will cover the basic fundamentals, techniques, rules, strategies, and etiquette of the activity; singles and doubles play strategies will be included as well as refining stroke techniques.

**PACT 391 Tennis II 1 Unit**

*Course Family: Tennis*

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course reviews and refines basic fundamentals, techniques, rules, and social courtesies of tennis. Intermediate players are defined as having completed beginning tennis skill sets in volleys, ground strokes, serves, point play, and basic rules knowledge. Intermediate tennis players are encouraged to take this course.

**PACT 393 Tennis III 1 Unit**

*Course Family: Tennis*

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

Tennis III focuses on improving and refining the competitive physical skill, mental skills and overall techniques of the sport. Particular attention will be given to the strategic development of the player while refining racket strokes and court positioning that complete points. Hitting patterns, serving placement, and tactical movement will also be developed.

**PACT 394 Tennis, Doubles 1 Unit**

*Course Family: Tennis*

*Prerequisite: None.*

*General Education: AA/AS Area III(a)*

*Course Transferable to CSU*

*Hours: 54 hours LAB*

This course provides instruction for intermediate and advanced players in competitive doubles tennis applications and for enjoyment of the sport. Game tactics, strategies, and skills development are emphasized.

**PACT 410 Wrestling 1 Unit**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

The wrestling course is a physical education course that will cover the fundamentals of intercollegiate wrestling. The student will have the opportunity to obtain knowledge and practical experience of intercollegiate wrestling.

**PACT 499 Experimental Offering in Personal Activity .5-4 Units**

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 270 hours LAB*

This is an experimental course offering designed to provide students with courses not normally offered by the Physical Education Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.

**Sports (SPORT)****SPORT 90 Academic Study Skills for Student Athletes .5-1 Units**

*Prerequisite: None.*

*Enrollment Limitation: Must be a student-athlete registered in an intercollegiate sport at Sacramento City College.*

*Hours: 54 hours LAB*

This lab course is an open-entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn and apply time and stress management techniques, note taking techniques, and test taking techniques. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

**SPORT 91 Academic Study Skills for Student Athletes .5-1 Units**

*Prerequisite: None.*

*Enrollment Limitation: Must be a student-athlete registered in an intercollegiate sport at Sacramento City College.*

*Hours: 54 hours LAB*

This lab course is being offered as an open-entry/open – exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. Memory and visualization techniques, "muscle" reading, and learning styles will be included. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

**SPORT 92 Academic Study Skills for Student Athletes .5-1 Units**

*Prerequisite:* None.

*Enrollment Limitation:* Must be a student-athlete registered in an intercollegiate sport at Sacramento City College.

*Hours:* 54 hours LAB

This lab course is being offered as an open-entry/open – exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn about the rules and regulations for the local governing conference, California Community College Athletic Association (CCCCA), National Collegiate Athletic Association (NCAA), and National Association of Intercollegiate Athletics (NAIA). Academic and athletic requirements at each organizational level will be presented. Social issues that affect athletics will also be discussed such as performance enhancement drugs (PEDs), substance abuse, violence, athletes with disabilities, and diversity). Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

**SPORT 93 Academic Study Skills for Student Athletes .5-1 Units**

*Prerequisite:* None.

*Enrollment Limitation:* Must be a student-athlete registered in an intercollegiate sport at Sacramento City College.

*Hours:* 54 hours LAB

This lecture/lab course is being offered as an open – entry/open-exit course designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. Learning from your mistakes and using your critical thinking skills will be presented. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. Grades are Pass/No Pass.

**SPORT 300 Baseball, Intercollegiate-Men 3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 175 hours LAB

This is an advanced baseball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and /or team strategies appropriate to intercollegiate athletics competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 301 Off Season Conditioning for Baseball .5-3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken four times for credit.

**SPORT 303 Pre-Season Conditioning for Baseball .5-3 Units**

*Prerequisite:* None.

*General Education:* CSU Area E2

*Enrollment Limitation:* In order to take the SPORT 303 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises.

**SPORT 311 Basketball, Intercollegiate-Men, Fall 1.5 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 88 hours LAB

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. This course may be taken four times for credit.

**SPORT 312 Basketball, Intercollegiate-Men, Spring 1.5 Units**

*Prerequisite:* SPORT 311 with a grade of “C” or better

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 87 hours LAB

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the league and post-season competition phases of the season. This course may be taken three times for credit.

**SPORT 313 Off Season Conditioning for Basketball .5-3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment, the student must show proof of physical and medical clearance and demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of

basketball. Course content will include: collegiate level basketball-specific skill development, sport specific strength training, agility work, plyometrics, speed training, and flexibility exercises.

**SPORT 314 Pre-Season Conditioning for Basketball .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 314 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. The student should contact the instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of basketball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate basketball competition and may be taken for a maximum of 4 units to meet California Community College Athletic Association requirements for eligibility.

**SPORT 316 Basketball, Intercollegiate-Women, Fall 1.5 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 88 hours LAB*

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season.

**SPORT 317 Basketball, Intercollegiate-Women, Spring 1.5 Units**

*Prerequisite: SPORT 316 with a grade of "C" or better*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 87 hours LAB*

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the league and post-season competition phases of the season.

**SPORT 318 Pre-Season Conditioning for Women's Basketball .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 318 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of basketball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate basketball competition and may be taken for a maximum of 4 units to meet California Community College Athletic Association requirements for eligibility.

**SPORT 320 Cross Country, Intercollegiate-Men 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken four times for credit.

**SPORT 325 Cross Country, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken four times for credit.

**SPORT 326 Off-Season Conditioning for Women's Cross Country .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course involves sport specific training, conditioning, and technical skill development specific to the sport of cross country for the off-season student athlete. Course content includes: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken up to four times for credit.

**SPORT 330 Football, Intercollegiate-Men 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced football team activity, which provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of the competitors.

**SPORT 331 Off Season Conditioning for Football .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course will involve sport specific training and technical skill development in the sport of football for off-season student athletes. Course content will include: sport specific skill development, sport specific strength training, speed development, agility training, plyometric drills, cardiovascular conditioning, and an increase in flexibility.

**SPORT 332 Pre-Season Conditioning for Football .5-3 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 332 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes and tackling techniques, as well as offensive and defensive formations are discussed. Strength and conditioning drills are implemented to enhance football skills. This course may be taken up to four times for credit.

**SPORT 345 Golf, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced golf team activity that provides competition against other community college teams. Fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 346 Off Season Conditioning for Women's Golf 1-3 Units**

*Prerequisite: None.*

*General Education: CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course will involve training, conditioning, and technical skill development specific to the sport of golf for the off-season student athlete. Course content will include: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken four times for a maximum of 12 units for credit.

**SPORT 355 Soccer, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

The purpose of this class is to provide the student with an advanced level of knowledge and skills for competition with other community college teams. Principles, advanced techniques, psychological components, and defense/offense strategies of soccer will be taught throughout the class for intercollegiate competition. This course may be taken four times for credit.

**SPORT 356 Off Season Conditioning for Women's Soccer 1-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This physical education course involves sport specific training and conditioning skills and techniques. There is a concentration on basic concepts with emphasis on conditioning. Students will have the opportunity to obtain knowledge and practical experience in a specific intercollegiate soccer.

**SPORT 357 Pre-Season Conditioning for Women's Soccer .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 357 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This is a pre-season conditioning course for student-athletes who would recondition their soccer specific skills such as muscle endurance, strength, speed, agility, and do a quickness (SAQ) workout before their regular practices begin. Therefore, this course is designed as an intense workout for college soccer players to perform for a prolonged period of time at a variety of speeds. This course may be taken up to four times for credit.

**SPORT 365 Softball, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced softball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 366 Off Season Conditioning for Softball .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This physical education course involves a combination of basic skills and strategy tactics with an emphasis on a fitness component for the sport of softball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate softball competition and may be taken four times for credit to meet California Community College Athletic Association requirements for eligibility.

**SPORT 370 Swimming and Diving, Intercollegiate-Men 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 375 Swimming and Diving, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 376 Off Season Swim & Dive .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Try out. This course is designed for athletes on the swim team.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This course combines basic skills and stroke technique with an em-

phasis on a fitness component for the sport of swimming. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swimming competition. It may be taken up to four times for credit.

**SPORT 377 Pre-Season Conditioning Swim & Dive .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 377 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. It may be taken up to four times for credit.

**SPORT 380 Tennis, Intercollegiate-Men 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced tennis team activity that provides competition with other community college teams. Knowledge of fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 385 Tennis, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced tennis team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 386 Off Season Conditioning for Tennis .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course prepares the intercollegiate tennis player for the competitive season and is intended to reduce the risk of injury. Course content includes collegiate level tennis specific skill development, aerobic conditioning, sport specific strength training, agility, plyometrics, speed training, and joint flexibility along with associated activities to prepare the athlete physically and mentally. This course may be repeated as needed to meet requirements for California Community College Athletic Association eligibility standards.

**SPORT 390 Track and Field, Intercollegiate-Men 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

The intercollegiate track and field course provides training for competition with other community college teams. Each student will be trained in the fundamental and advanced techniques needed for his specific events, along with the rules, strategies, sportsmanship, and teamwork appropriate for intercollegiate competition. This course may be taken four times for credit.

**SPORT 395 Track and Field, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

The intercollegiate track and field course is an advanced program to provide specialized training for competition with other community college teams. Students will be trained in the fundamental and advanced techniques needed for their specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken four times for credit.

**SPORT 396 Off Season Conditioning for Track and Field .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must show proof of physical and medical clearance and demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course will involve sport specific training, conditioning, and technical skill development specific to the sport of track and field for the off-season student athlete. Course content will include: sport specific skill development, event specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility.

**SPORT 403 Pre-Season Conditioning for Volleyball .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: In order to take the SPORT 403 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Student should contact instructor for process and required forms*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of volleyball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition and may be taken for a maximum of 3 units to meet California Community College Athletic Association requirements for eligibility.

**SPORT 405 Volleyball, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment, the student must be physically cleared through the Athletic Training Room with appropriate physical paperwork. The student must also be eligibility cleared through the Athletic Department with appropriate paperwork. Prior to enrollment the student must also demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced, competitive volleyball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 406 Off Season Conditioning for Volleyball .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Course Transferable to UC/CSU*

*Hours: 162 hours LAB*

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of volleyball. Course content will include: collegiate level volleyball-specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises.

**SPORT 415 Water Polo, Intercollegiate-Women 3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Prior to enrollment the student must demonstrate intercollegiate athletic skills as determined by the coaching staff.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This is an advanced water polo team activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 416 Off Season Water Polo .5-3 Units**

*Prerequisite: None.*

*General Education: AA/AS Area III(a); CSU Area E2*

*Enrollment Limitation: Try out.*

*Course Transferable to UC/CSU*

*Hours: 175 hours LAB*

This course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition. This course may be taken up to four times for credit.



**SPORT 417 Pre-Season Conditioning for Water Polo .5-3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* In order to take the SPORT 417 class, each student must: 1) Be listed as a student athlete, by the head coach, on the official team roster; and 2) Obtain medical clearance, including a physical performed by a licensed physician. Students should contact the instructor for process and required forms.

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This course is designed for student athletes on or trying out for the water polo collegiate team. The course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition.

**SPORT 420 Wrestling, Intercollegiate-Men 3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment, the student must demonstrate intercollegiate athletic skills as by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 175 hours LAB

This is an advanced wrestling team activity that provides competition with other community college teams or Frosh/Soph teams from four-year institutions. Techniques, rules, strategies and conditioning appropriate for intercollegiate athletic competition will be expected of the competitors. This course may be taken four times for credit.

**SPORT 421 Off Season Conditioning for Wrestling 1-3 Units**

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Enrollment Limitation:* Prior to enrollment the student must show proof of physical and medical clearance as required by the Los Rios Community College District based on CCAA regulations. This class is for individuals who have a background in wrestling, and they must demonstrate intercollegiate wrestling skills as determined by a tryout conducted by the coaching staff.

*Course Transferable to UC/CSU*

*Hours:* 162 hours LAB

This physical education course involves training and conditioning skills and techniques specific to wrestling. Students will have the opportunity to obtain knowledge and practical experience in intercollegiate wrestling.

**Team Activities (TMACT)****TMACT 300 Soccer, Indoor 1 Unit**

*Course Family:* Soccer

*Prerequisite:* None.

*General Education:* CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

The purpose of this course is to provide the student with beginning level knowledge and skills associated with indoor soccer. Students will learn the differences between indoor and outdoor soccer. History, techniques, rules, and strategies of the game of indoor soccer will be taught throughout the class. As a result of the class, the students will improve their general physical fitness and skill performance.

**TMACT 301 Indoor Soccer II 1 Unit**

*Course Family:* Soccer

*Prerequisite:* None.

*Advisory:* TMACT 300 with a grade of "C" or better

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

Indoor Soccer II is an intermediate level course to help students develop and improve intermediate indoor soccer knowledge and skills beyond the beginning level of soccer. This course emphasizes an intermediate level of technical skills, tactical knowledge, and modified US indoor soccer rules, as well as defensive and offensive systems to play indoor soccer in intermediate 6 versus 6 environments. It also helps students develop a lifetime interest in the sport of indoor soccer.

**TMACT 302 Soccer – Outdoor 1 Unit**

*Course Family:* Soccer

*Prerequisite:* None.

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

The course introduces fundamental techniques and skills, which include inside passing, dribbling, trapping, kicking, and shooting. The intermediate course is designed to further develop individual skills for organized soccer. Advanced passing, dribbling with feinting, first touch, small-sided games, individual and group attacking, crossing, heading, and FIFA rules will be taught. Students will participate in advanced team tactics and strategies such as zonal defending, group and team attacking, variety team formations, restart plays, and communication with teammates in the advanced class.

**TMACT 303 Outdoor Soccer II 1 Unit**

*Course Family:* Soccer

*Prerequisite:* None.

*Advisory:* TMACT 302 with a grade of "C" or better

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

The purpose of this course is to provide the students with an intermediate level of soccer knowledge and skills beyond the beginning level of soccer. This course emphasizes an intermediate level of technical skills, tactical knowledge, and rules, as well as defensive and offensive patterns of play to play soccer in an intermediate environment.

**TMACT 304 Outdoor Soccer III 1 Unit**

*Course Family:* Soccer

*Prerequisite:* None.

*Advisory:* TMACT 303 with a grade of "C" or better

*General Education:* AA/AS Area III(a); CSU Area E2

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

The purpose of this course is to provide the students with an advanced level of soccer knowledge and skills beyond the intermediate level of soccer. This course emphasizes an advanced level of technical and conditioning drills, game preparations, match analysis, and tactical knowledge as well as defensive and offensive drills of play to play in an advanced soccer environment. The course also offers the students the opportunity to broaden their ability and knowledge of coaching to expand an individual's development as an advanced player in coaching.

**TMACT 320 Basketball****1 Unit***Course Family: Basketball**Prerequisite: None.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is a beginning basketball course. Instruction, demonstration, and participation will provide the student with ample knowledge of beginning level basketball. This course will cover the individual fundamental skills of basketball, including: shooting, passing, ball-handling, individual defense, and rebounding. Rules, tactics, and etiquette of the game will be introduced.

**TMACT 321 Basketball II****1 Unit***Course Family: Basketball**Prerequisite: None.*

*Advisory: TMACT 320 (Basketball I) or equivalent skills demonstrated through an assessment process with the instructor. Intermediate level basketball students must demonstrate a post-beginning level of basketball knowledge and skill in this process to be considered for enrollment in this intermediate basketball class.*

*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is an intermediate basketball course. Instruction, demonstration, and participation will provide the student with an understanding of intermediate level basketball. This course will cover intermediate level skills and tactics of basketball.

**TMACT 322 Basketball III****1 Unit***Course Family: Basketball**Prerequisite: None.*

*Advisory: TMACT 321 (Basketball II) or equivalent skills demonstrated through an assessment process with the instructor. Advanced level basketball students must demonstrate a post-intermediate level of basketball knowledge and skill in this process to be considered for enrollment in this advanced basketball course.*

*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is an advanced basketball course. Instruction, demonstration, and participation will provide the student with sufficient knowledge for participation in basketball at an advanced level. This course will focus on improving the student's basketball skill set, while competitive play is emphasized.

**TMACT 330 Volleyball****1 Unit***Course Family: Volleyball**Prerequisite: None.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is a beginning volleyball course. Instruction, demonstration, and participation will provide the student with ample knowledge of beginning level volleyball. This course will cover the basic fundamentals of the sport of volleyball including: serving, passing, setting, spiking, blocking, digging, serve receive, and defense. NCAA collegiate rules, etiquette, and strategy will be taught.

**TMACT 331 Volleyball II****1 Unit***Course Family: Volleyball*

*Prerequisite: TMACT 330 (Volleyball I) or equivalent skills demonstrated through an assessment process with the instructor.*

*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is an intermediate volleyball course. Instruction, demonstration, and participation will provide the student with ample knowledge for continued participation in volleyball. This course will focus on refining basic skills including: serving, passing, setting, spiking, blocking, digging, serve receive, and defense. Challenging techniques and strategies will be taught using NCAA collegiate rules and etiquette.

**TMACT 333 Volleyball III****1 Unit***Course Family: Volleyball*

*Prerequisite: TMACT 331 (Volleyball II) or equivalent skills demonstrated through an assessment process with the instructor.*

*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is an advanced volleyball course. This course will focus on developing and improving more challenging skills and techniques of the sport, and competitive play takes a higher priority.

**TMACT 340 Football****1 Unit***Prerequisite: None.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed.

**TMACT 341 Theory of Football Lab****1 Unit***Prerequisite: None.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course is designed to enhance football fundamentals and conditioning drills for the advanced football player. Focus is placed on the physical development of individual skills and team concepts. Specific areas of emphasis will include but not be limited to: team selection; individual fundamentals and drills to develop those fundamentals; team strategies; conditioning; and explosive power development.

**TMACT 370 Water Polo****1 Unit**

*Prerequisite: Student must achieve a passing standard on the swim test of 100 yards of freestyle with proficient breathing to the side and 50 yards of backstroke.*

*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

Water Polo will cover the basic fundamentals, skills, and techniques of the game. Rules and strategies will also be included in the course.

**TMACT 499 Experimental Offering  
in Team Activity** **.5-4 Units***Prerequisite: None**Course Transferable to UC/CSU**Hours: 18 hours LEC; 216 hours LAB*

This is an experimental course offering designed to provide students with courses not normally offered by the Kinesiology, Health, and Athletics Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units. UC transfer credit will be awarded only after the course has been evaluated by the enrolling UC campus. The units completed for this course cannot be counted towards the minimum 60 units required for admissions.