Kinesiology

Overview

The Kinesiology, Health and Athletics program provides a positive, educational setting in which students can achieve skills for the personal management of life-long health and wellness. Within athletics, an integral part of the total educational process, we strive to promote the mission of the college through student-athlete participation in an integrity-based, collaborative, and equitable athletic program. Sacramento City College’s athletic program aims to provide the opportunity for student athletes to realize their full potential both academically and athletically.

Career Options

The Kinesiology degree is designed to facilitate students’ successful transfer to a baccalaureate program. 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.

Associate Degrees for Transfer

A.A.-T. in Kinesiology

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 (ADT) 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 (CSU GE-Breadth).
   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.

Catalog Date: June 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
<td>5</td>
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<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>A minimum of 3 units from the following:</td>
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<tr>
<td></td>
<td>Aquatics:</td>
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<tr>
<td></td>
<td>FITNS 442 Swimming III (1)</td>
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<tr>
<td></td>
<td>or FITNS 440 Swimming I (1)</td>
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<tr>
<td></td>
<td>or FITNS 441 Swimming II (1)</td>
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<td>or FITNS 443 Swimming IV (1)</td>
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<tr>
<td></td>
<td>or FITNS 310 Aquatic Fitness I (1)</td>
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</tr>
<tr>
<td></td>
<td>or FITNS 444 Swimming V (1)</td>
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</table>

Select one course maximum from three of the following areas.

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
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</thead>
<tbody>
<tr>
<td>FITNS 331</td>
<td>Boot Camp Fitness (1)</td>
</tr>
<tr>
<td>or FITNS 324</td>
<td>Mat Pilates (1)</td>
</tr>
<tr>
<td>or FITNS 390</td>
<td>Basic Yoga (1)</td>
</tr>
<tr>
<td>or FITNS 381</td>
<td>Weight Training (1)</td>
</tr>
<tr>
<td>or FITNS 336</td>
<td>Plyometrics: Advanced Conditioning (1)</td>
</tr>
<tr>
<td>or FITNS 306</td>
<td>Aerobics: Cardio-Kickboxing (1)</td>
</tr>
<tr>
<td>or FITNS 383</td>
<td>Olympic and Power Weight Lifting (1)</td>
</tr>
<tr>
<td>or FITNS 307</td>
<td>Aerobic Mix (1)</td>
</tr>
<tr>
<td>or FITNS 326</td>
<td>Mat Pilates II (1)</td>
</tr>
</tbody>
</table>
COURSE CODE | COURSE TITLE                      | UNITS
-------------|----------------------------------|------
or FITNS 356 | Core Conditioning V: Trim & Tone (0.5 - 1)
or FITNS 321 | Core Conditioning (1)
or FITNS 343 | Spin Bike (1)
or FITNS 344 | Dynamic Fitness Training I (1)
or FITNS 412 | Taekwondo I (1)
or FITNS 401 | Walking I (0.5 - 1)
or FITNS 402 | Running for Fitness II (0.5 - 1)

**Individual Sports:**

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
</table>
or PACT 410  | Wrestling (1) |      |
or PACT 330  | Boxing (1)    |      |
or PACT 391  | Tennis II (1) |      |
or PACT 390  | Tennis I (1)  |      |
or PACT 351  | Golf II (1)   |      |
or PACT 350  | Golf I (1)    |      |

**Team Sports:**

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
</table>
or TMACT 340 | Football (1) |      |
or TMACT 330 | Volleyball (1)|      |
or TMACT 320 | Basketball (1)|      |
or TMACT 302 | Soccer - Outdoor (1) | |
or TMACT 303 | Outdoor Soccer II (1) | |
or TMACT 331 | Volleyball II (1) | |
or TMACT 333 | Volleyball III (1) | |
or TMACT 304 | Outdoor Soccer III (1) | |
or TMACT 322 | Basketball III (1) | |
or TMACT 321 | Basketball II (1) | |

A minimum of 4 units from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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<tbody>
<tr>
<td>BIOL 309</td>
<td>Contemporary Biology Laboratory (1)</td>
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<tr>
<td>and BIOL 308</td>
<td>Contemporary Biology (3)</td>
<td></td>
</tr>
<tr>
<td>PHYS 350</td>
<td>General Physics (4)</td>
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<tr>
<td>STAT 480</td>
<td>Introduction to Probability and Statistics - Honors (4)</td>
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</tr>
<tr>
<td>or STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
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A minimum of 5 units from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
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</thead>
<tbody>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
<td></td>
</tr>
<tr>
<td>CHEM 309</td>
<td>Integrated General, Organic, and Biological Chemistry (5)</td>
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</tr>
<tr>
<td>CHEM 400</td>
<td>General Chemistry I (5)</td>
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</table>

**Total Units: 25**

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.

**Student Learning Outcomes**

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.

**Career Information**

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.

**Associate Degrees**

**A.A. in Kinesiology–Exercise Science**

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 obtaining a degree at a 4 year institution. Additionally, specific elective courses are designed to provide students professional development opportunities as well as to prepare them to pass the exams necessary to become fitness professionals; these courses 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. Students are encouraged to refer to requirements from their designated transfer institution to assist them in planning their specific program of study.
## Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
<tbody>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
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<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
<td>5</td>
</tr>
<tr>
<td>or CHEM 400</td>
<td>General Chemistry I (5)</td>
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<tr>
<td>HEED 300</td>
<td>Health Science</td>
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<tr>
<td>HEED 301</td>
<td>Health and Societal Issues (3)</td>
<td>3</td>
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<tr>
<td>or HEED 353</td>
<td>Healthy Eating, Stress Management, and Weight Control (3)</td>
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<tr>
<td>or KINES 410</td>
<td>Personal Trainer Certification: Exercise Science &amp; Fitness Assessment (3)</td>
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<tr>
<td>or KINES 412</td>
<td>Strength and Fitness Certification (3)</td>
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<td>or KINES 418</td>
<td>Nutrition for Physical Performance (3)</td>
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<td>or KINES 452</td>
<td>Psychology of Sport and Fitness (3)</td>
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<tr>
<td>or RECR 300</td>
<td>Introduction to Recreation and Leisure Services (3)</td>
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<td>KINES 300</td>
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<td>STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
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<td>or STAT 480</td>
<td>Introduction to Probability and Statistics - Honors (4)</td>
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<td>A minimum of 3 units from the following:</td>
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<tr>
<td>FITNS 306</td>
<td>Aerobics: Cardio-Kickboxing (1)</td>
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<td>FITNS 307</td>
<td>Aerobic Mix (1)</td>
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<td>FITNS 326</td>
<td>Mat Pilates II (1)</td>
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<td>FITNS 331</td>
<td>Boot Camp Fitness (1)</td>
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<tr>
<td>FITNS 336</td>
<td>Plyometrics: Advanced Conditioning (1)</td>
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<tr>
<td>FITNS 337</td>
<td>Boot Camp II (0.5 - 1)</td>
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<tr>
<td>FITNS 343</td>
<td>Spin Bike (1)</td>
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<tr>
<td>FITNS 344</td>
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<td>FITNS 345</td>
<td>Dynamic Fitness Training II (1)</td>
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<td>FITNS 349</td>
<td>Spin Bike II (1)</td>
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<td>FITNS 356</td>
<td>Core Conditioning V: Trim &amp; Tone (0.5 - 1)</td>
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<td>FITNS 371</td>
<td>Life Fitness Center Training (0.5 - 1)</td>
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<tr>
<td>FITNS 372</td>
<td>Life Fitness Strength Training (0.5 - 1)</td>
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<td>FITNS 373</td>
<td>Life Fitness Center Functional Fitness Training (0.5 - 1)</td>
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<td>FITNS 374</td>
<td>Life Fitness Center Cross Training (0.5 - 1)</td>
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<td>FITNS 380</td>
<td>Circuit Weight Training (1)</td>
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<td>FITNS 381</td>
<td>Weight Training (1)</td>
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<tr>
<td>FITNS 383</td>
<td>Olympic and Power Weight Lifting (1)</td>
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<td>FITNS 385</td>
<td>Weight Training for Competition (1)</td>
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<tr>
<td>FITNS 387</td>
<td>Weight Training for Speed, Agility, Quickness: Advanced (1)</td>
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<tr>
<td>FITNS 390</td>
<td>Basic Yoga (1)</td>
<td></td>
</tr>
<tr>
<td>FITNS 392</td>
<td>Yoga (1)</td>
<td></td>
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<tr>
<td>FITNS 401</td>
<td>Walking I (0.5 - 1)</td>
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<tr>
<td>FITNS 402</td>
<td>Running for Fitness II (0.5 - 1)</td>
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<tr>
<td>FITNS 404</td>
<td>Walking III (0.5 - 1)</td>
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<tr>
<td>FITNS 412</td>
<td>Taekwondo I (1)</td>
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<tr>
<td>FITNS 440</td>
<td>Swimming I (1)</td>
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<tr>
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<td>FITNS 442</td>
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<td>FITNS 443</td>
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<td>FITNS 444</td>
<td>Swimming V (1)</td>
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<tr>
<td>PACT 330</td>
<td>Boxing (1)</td>
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<tr>
<td>PACT 350</td>
<td>Golf I (1)</td>
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<tr>
<td>PACT 351</td>
<td>Golf II (1)</td>
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<td>PACT 390</td>
<td>Tennis I (1)</td>
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<td>PACT 393</td>
<td>Tennis III (1)</td>
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<tr>
<td>PACT 394</td>
<td>Tennis, Doubles (1)</td>
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<tr>
<td>PACT 410</td>
<td>Wrestling (1)</td>
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<tr>
<td>TMACT 302</td>
<td>Soccer - Outdoor (1)</td>
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<tr>
<td>TMACT 303</td>
<td>Outdoor Soccer II (1)</td>
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<tr>
<td>TMACT 304</td>
<td>Outdoor Soccer III (1)</td>
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</table>
COURSE CODE | COURSE TITLE | UNITS
--- | --- | ---
TMACT 320 | Basketball (1) | 
TMACT 321 | Basketball II (1) | 
TMACT 322 | Basketball III (1) | 
TMACT 330 | Volleyball (1) | 
TMACT 331 | Volleyball II (1) | 
TMACT 333 | Volleyball III (1) | 
TMACT 340 | Football (1) | 
TMACT 341 | Theory of Football Lab (1) | 

Total Units: 31

The Kinesiology—Exercise Science Associate in Arts (A.A.) 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.

Student Learning Outcomes

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.

Career Information

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.

A.A. in Kinesiology—Teaching and Coaching

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.

Catalog Date: June 1, 2020

Degree Requirements

COURSE CODE | COURSE TITLE | UNITS
--- | --- | ---
BIOL 430 | Anatomy and Physiology | 5
BIOL 431 | Anatomy and Physiology | 5
CHEM 305 | Introduction to Chemistry (5) | 5
or CHEM 309 | Integrated General, Organic, and Biological Chemistry (5) | 
or CHEM 400 | General Chemistry I (5) | 
HEED 300 | Health Science | 3
KINES 300 | Introduction to Kinesiology | 3
KINES 304 | Introduction to Sports Management (3) | 3
or KINES 412 | Strength and Fitness Certification (3) | 
or KINES 418 | Nutrition for Physical Performance (3) | 
or KINES 451 | Principles and Theory of Athletic Coaching (3) | 
or KINES 452 | Psychology of Sport and Fitness (3) | 
STAT 300 | Introduction to Probability and Statistics (4) | 4
or STAT 480 | Introduction to Probability and Statistics - Honors (4) | 

A minimum of 3 units from the following:

- FITNS 306 | Aerobics: Cardio-Kickboxing (1) | 
- FITNS 307 | Aerobic Mix (1) | 
- FITNS 310 | Aquatic Fitness I (1) | 
- FITNS 321 | Core Conditioning (1) | 
- FITNS 324 | Mat Pilates (1) | 
- FITNS 326 | Mat Pilates II (1) | 
- FITNS 331 | Boot Camp Fitness (1) | 
- FITNS 336 | Plyometrics: Advanced Conditioning (1) | 
- FITNS 337 | Boot Camp II (0.5 - 1) | 
- FITNS 343 | Spin Bike (1) | 
- FITNS 344 | Dynamic Fitness Training I (1) | 
- FITNS 345 | Dynamic Fitness Training II (1) | 
- FITNS 356 | Core Conditioning V: Trim & Tone (0.5 - 1) | 
- FITNS 371 | Life Fitness Center Training (0.5 - 1) |
### Dance (DANCE) Courses

- **FITNS 372**: Life Fitness Strength Training (0.5 - 1)
- **FITNS 373**: Life Fitness Center Functional Fitness Training (0.5 - 1)
- **FITNS 374**: Life Fitness Center Cross Training (0.5 - 1)
- **FITNS 380**: Circuit Weight Training (1)
- **FITNS 381**: Weight Training (1)
- **FITNS 383**: Olympic and Power Weight Lifting (1)
- **FITNS 385**: Weight Training for Competition (1)
- **FITNS 387**: Weight Training for Speed, Agility, Quickness: Advanced (1)
- **FITNS 390**: Basic Yoga (1)
- **FITNS 392**: Yoga (1)
- **FITNS 401**: Walking I (0.5 - 1)
- **FITNS 402**: Running for Fitness II (0.5 - 1)
- **FITNS 404**: Walking III (0.5 - 1)
- **FITNS 412**: Taekwondo I (1)
- **FITNS 440**: Swimming I (1)
- **FITNS 441**: Swimming II (1)
- **FITNS 442**: Swimming III (1)
- **FITNS 443**: Swimming IV (1)
- **FITNS 444**: Swimming V (1)
- **PACT 330**: Boxing (1)
- **PACT 350**: Golf I (1)
- **PACT 351**: Golf II (1)
- **PACT 390**: Tennis I (1)
- **PACT 391**: Tennis II (1)
- **PACT 393**: Tennis III (1)
- **PACT 394**: Tennis, Doubles (1)
- **PACT 410**: Wrestling (1)
- **TMACT 302**: Soccer - Outdoor (1)
- **TMACT 303**: Outdoor Soccer II (1)
- **TMACT 304**: Outdoor Soccer III (1)
- **TMACT 320**: Basketball (1)
- **TMACT 321**: Basketball II (1)
- **TMACT 322**: Basketball III (1)
- **TMACT 330**: Volleyball (1)
- **TMACT 331**: Volleyball II (1)
- **TMACT 333**: Volleyball III (1)
- **TMACT 340**: Football (1)
- **TMACT 341**: Theory of Football Lab (1)

**A minimum of 2 units from the following:**

- **KINES 342**: Theory of Baseball (2)
- **KINES 346**: Theory of Basketball (2)
- **KINES 352**: Theory of Football (2)
- **KINES 354**: Theory of Soccer (2)

**Total Units:** 33

The Kinesiology–Teaching and Coaching Associate in Arts (A.A.) 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.

### Student Learning Outcomes

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.

### Career Information

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.

### Dance (DANCE) Courses
Fitness (FITNS) Courses

FITNS 304 Cardio Circuit

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU (effective Summer 2020)
General Education: AA/AS Area III(a)
Catalog Date: June 1, 2020

This course is designed as a cardio circuit form of fitness training. It combines cardio and resistance training equipment in a circuit format. Emphasis will be on timed intervals to train major muscle groups and the cardiovascular system. It will include flexibility and core strengthening.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- measure improvements in cardiovascular efficiency, muscular strength and endurance, flexibility, and body composition.
- safely operate cardiovascular and resistance training equipment.
- discuss various workout strategies.
- set goals for cardiovascular and strength improvement.
- design a fitness plan that promotes life-long health and fitness.

FITNS 306 Aerobics: Cardio-Kickboxing

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course emphasizes execution of the body movements, the mechanics, and the timing of exercises utilized in boxing, circuit training, and aerobics to improve general fitness and body toning. Students will be required to provide hand wraps.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- identify and demonstrate the punches and kicks involved in cardio-kickboxing.
- locate and discuss the major muscle groups involved in exercises specific to cardio-kickboxing.
- apply techniques for using pulse rate to establish an individualized target exercise rate.
- improve general body fitness through cardio-kickboxing.

FITNS 307 Aerobic Mix

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course is designed to help the student develop a balanced physical fitness profile and gain a firm understanding of physical fitness concepts. Class components will emphasize a variety of aerobic activities, calisthenics, resistance exercises, and flexibility.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- measure an improvement in aerobic capacity, body composition, muscular endurance, and flexibility through participation in a pre-training and post-training fitness assessment.
- calculate a personalized target heart rate zone and self monitor exercise intensity via pulse monitoring, the talk test, or rate of perceived exertion (RPE).
- define and properly execute methods for modification of aerobic exercise skills.
- implement methods learned for altering body composition through proper nutrition and exercise.

FITNS 310 Aquatic Fitness I

Units: 1
This course is designed to improve the student’s fitness level through the use of shallow water aquatic exercises. Specifically, the student should increase muscular strength and endurance, as well as improve flexibility and cardio-respiratory fitness. Additionally, the student will learn about resting and training heart rates, weight management, and injury prevention as it relates to exercise. No swimming skills are needed.

**Student Learning Outcomes**

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

- demonstrate improvement in the following fitness categories: muscular strength, muscular endurance, flexibility, and cardio-respiratory fitness.
- demonstrate an understanding of proper form and techniques for aqua-aerobic exercises.
- design a series of aqua-aerobic workouts designed to meet their desired fitness outcome.
- evaluate their level of fitness, as well as their body’s response to various exercises and intensity levels.

### FITNS 321 Core Conditioning

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:**  
**Prerequisite:** None.  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body. Appropriate workout attire and shoes are required.

**Student Learning Outcomes**

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

- develop better posture, body alignment, and balance.
- demonstrate proper form and techniques when executing various skills.
- increase and balance muscle strength, particularly of the abdominals, lower back, hips, and gluteals.
- create a personalized exercise program for lifelong fitness.

### FITNS 324 Mat Pilates

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** Total Body Sculpting  
**Prerequisite:** None.  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

This beginning course covers a method of body conditioning that includes a unique system of stretch and strength exercises. Mat Pilates is designed to work with the deepest muscles in the body while creating core strength without pain. The sequence of matwork exercises will strengthen and tone muscles, improve body posture, and increase flexibility and balance while uniting body and mind.

**Student Learning Outcomes**

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

- identify and perform all matwork exercises while creating a natural flow of movement and increasing the energy with which the student performs the movements without sacrificing control.
- demonstrate improved strength, stamina, and flexibility.
- demonstrate improved length of breath.

### FITNS 326 Mat Pilates II

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** Total Body Sculpting  
**Prerequisite:** FITNS 324 (Mat Pilates) with a grade of "C" or better. Students will be allowed enrollment in this course by completing a pre-test, which includes satisfactory demonstration of 1st level Pilates exercises.  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

Mat Pilates II is a 2nd level course developed for the intermediate-level Pilates student. The course will include the basic foundation of mat exercises with the addition of intermediate and advanced level exercises. Routines will include resistance methods of training with focus on development of stronger core muscles.

**Student Learning Outcomes**
Upon completion of this course, the student will be able to:

- recall intermediate-level exercises and execute routines with use of resistance equipment.
- demonstrate improved strength, stamina, and flexibility.
- create and perform a personalized routine.

FITNS 331 Boot Camp Fitness

This course is designed as an intensive boot camp fitness class conducted on campus using indoor and outdoor facilities. Training includes aerobic and anaerobic conditioning, strength and endurance training, and individual and team fitness concept.

Student Learning Outcomes

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

- demonstrate an improvement in overall fitness.
- identify and discuss changes in body composition.
- design a consistent fitness program and apply this to his/her every day activities.
- compare and contrast the elements of aerobic and anaerobic exercises.
- demonstrate proper form when performing strength and plyometric exercises.
- demonstrate an understanding of the importance of being fit for life.

FITNS 336 Plyometrics: Advanced Conditioning

Plyometrics is an advanced level conditioning course that will utilize a variety of equipment, training aids, and training methods to promote speed, power, agility, strength, endurance, and flexibility.

Student Learning Outcomes

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

- demonstrate proper form needed for specific speed and power development drills.
- create conditioning plans according to precise needs of activity.
- develop improved base of fitness components.
- recognize the selection of specific training modes to further develop strength.
- demonstrate an understanding of the importance of proper nutrition during training.

FITNS 337 Boot Camp II

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.

Student Learning Outcomes

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

- demonstrate an improvement in muscular endurance, strength, agility, speed, and power.
- identify and discuss changes in fitness components.
- demonstrate proper form needed for specific speed and power development drills.
- demonstrate an understanding of the importance of being fit for life.
FITNS 343 Spin Bike

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. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

Student Learning Outcomes

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

- develop increased aerobic capacity.
- demonstrate proper technique while using the spin bikes.
- discuss various workout strategies on the spin bike.
- assess heart rate.

FITNS 344 Dynamic Fitness Training I

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.

Student Learning Outcomes

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

- develop and improve overall fitness.
- perform proper functional non-weight bearing and cross training movements.
- perform various cardiovascular work outs of varied intensities and time increments.

FITNS 345 Dynamic Fitness Training II

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

Student Learning Outcomes

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

- develop and improve overall fitness.
- perform proper functional non-weight bearing and cross training movements.
- perform proper functional weight bearing movements and proper Olympic lifts.
- perform various cardiovascular work outs of varied intensities and time increments.

FITNS 347 Dynamic Aquatic Fitness Training

This course provides a fast moving, challenging aquatic workout, integrating traditional swim training with the addition of weight-bearing exercises in and out of the pool for complete body strength and cardiovascular conditioning. A swim suit, swim cap, goggles, and running shoes are required.
Upon completion of this course, the student will be able to:

- identify improved overall fitness and how they improved.
- perform proper functional non-weight bearing movements.
- perform various cardiovascular workouts of varied time increments.
- read and understand a pace clock for interval training.
- perform proper stroke drills for freestyle and backstroke.
- compose a dry land and water workout utilizing target training zones.

FITNS 349 Spin Bike II

Spin Bike II is specifically designed for students to continue to improve their cardiovascular and strength levels with low impact exercise on the joints. This course will include an increased level of intensity using cycling workouts based on extended timed workload and recovery periods. Resistance training and core workouts are used off the bike for a total body workout. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

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

- demonstrate improved aerobic capacity.
- demonstrate improved muscle strength and core strength.
- demonstrate various training strategies on the bike.
- sustain extended periods of ride time on the bike for endurance.
- assess working heart rate and recovery heart rate during training periods.

FITNS 356 Core Conditioning V: Trim & Tone

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. ADAPTIVE PHYSICAL EDUCATION ADVISORY: This class has been designated as appropriate for students who will require adaptive physical education.

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

- develop strength, flexibility, balance, and coordination.
- demonstrate the proper techniques of various exercises and proper use of the equipment.
- compare and assess a variety of nutrition and weight management strategies.
- improve overall fitness level.
FITNS 372 Life Fitness Strength Training

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

- evaluate an individual fitness assessment.
- demonstrate increased fitness levels in cardiovascular endurance, flexibility, muscular strength, and endurance.
- explain and demonstrate proper training techniques utilizing fitness equipment.
- create and evaluate an individual fitness program.

FITNS 373 Life Fitness Center Functional Fitness Training

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

- evaluate an individual functional fitness assessment.
- explain and demonstrate proper functional fitness training techniques utilizing functional fitness equipment.
- create an individual functional fitness program.
- demonstrate increased functional fitness.
- analyze a planned functional fitness program.
- define what it takes to be a self-managed exerciser.

FITNS 374 Life Fitness Center Cross Training

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

- evaluate an individual functional fitness assessment.
- demonstrate increased fitness levels in cardiovascular endurance, flexibility, muscular strength, and endurance.
- explain and demonstrate proper training techniques utilizing fitness equipment.
- create and evaluate an individual fitness program.
FITNS 380 Circuit Weight Training

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- develop muscular strength, muscular endurance, cardiovascular endurance, flexibility, and positively affect body composition.
- decrease or maintain body fat at an appropriate level.
- evaluate and create a personal circuit weight training program.
- compare and assess the available nutrition and exercise programs.

FITNS 381 Weight Training

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education. This course is graded Pass/No Pass.

Student Learning Outcomes

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

- demonstrate safe and proper technique while performing basic weight training exercises.
- design and supplement a basic weight training program with varied program designs in order for the program to meet their individual goals.
- identify and evaluate the proper sequence of exercises in a weight training program.
- evaluate training programs by applying strength training principles.

FITNS 383 Olympic and Power Weight Lifting

Units: 1
Hours: 54 hours LAB
Course Family: Group Cardio Fitness Training
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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. This course is graded Pass/No Pass.

Student Learning Outcomes

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

- demonstrate the ability to perform the clean and jerk, snatch, squat, bench press, and dead lift.
- demonstrate an understanding and appreciation of the history of the power and Olympic lifts.
- practice and demonstrate proper safety techniques.
- design a program based on periodization of training.
FITNS 384 Weight Training II

This physical education course is designed to stress the proper guidelines, principles and techniques of weight lifting and the development of muscular strength and endurance at an intermediate level. The students will design and implement their own weight training program. 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. Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education. This course is graded Pass/No Pass.

Upon completion of this course, the student will be able to:
- evaluate muscular strength, muscular endurance and cardiorespiratory fitness levels using standard fitness testing.
- identify goals and design weight training programs based upon personal goals as recorded on workout logs.
- compare strength tests, analyze results, and formulate new strategies at an intermediate level.
- identify and apply concepts and differentiate between types of strength training programs at an intermediate level.
- explain principles and concepts of progressive resistance training at the intermediate level as it applies to their individual program.
- experiment with different types of training programs to find one which best suits individual needs.
- design, implement, and critique a personalized strength training program.
- conceptualize the mechanics of lifts.
- modify exercises to suit changing levels of strength.
- demonstrate proper lifting techniques at an intermediate level.
- practice safety in weight training including spotting, collars and spatial awareness.

FITNS 385 Weight Training for Competition

This course is a strength training program for students who are interested in preparing for competition or increased physical preparedness. It is designed to develop the strength, power, and muscular endurance appropriate for competition or any other physical activity. 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. This course is graded Pass/No Pass.

Upon completion of this course, the student will be able to:
- explain the importance of flexibility and range of motion.
- demonstrate common strengthening techniques to improve general muscle strength and power.
- identify strengthening techniques to improve muscular endurance.
- explain programming as it relates to the training cycle.

FITNS 387 Weight Training for Speed, Agility, Quickness: Advanced

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.

Upon completion of this course, the student will be able to:
- discuss the importance of flexibility and range of motion to decrease injury and improve performance.
- examine and demonstrate advanced strength and conditioning techniques to improve speed, agility, and quickness.
- evaluate and demonstrate stabilization, balance, and core exercises to improve performance.
- demonstrate and execute four concepts of weight training for speed, agility, and quickness in athletic performance.
- demonstrate an understanding of the principle of specificity, the overload principle, and the principle of progressive overload.
FITNS 390 Basic Yoga

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.

Adaptive Physical Education Advisory: This class has been designated as appropriate for students who will require adaptive physical education.

Student Learning Outcomes

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

- demonstrate and recall the Sun Salutation.
- demonstrate and recall the Moon Salutation.
- skillfully demonstrate and compare the benefits of at least 12 yoga postures.
- evaluate the benefits of yoga for fitness and wellness.
- relate the origins of yoga and review its culture, history, and philosophy.
- continue to build confidence and balance in her or his life.

FITNS 392 Yoga

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.

Student Learning Outcomes

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

- safely and effectively execute asanas (poses).
- perform Vinyasa Yoga (continuous sequence of breath-linked postures) by consciously connecting the body-breath-mind while executing variations of poses and movements.
- create awareness of different body parts while incorporating visualization techniques to bring concentrated awareness to the mind-body connection awakening the energy pathways of the chakra system.
- improve muscular strength and flexibility by moving from pose to pose and while holding poses for various lengths of time and practicing necessary breathing techniques.

FITNS 400 Body Fitness (Walking or Jogging)

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, reduce stress and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance. The students may be required to use a heart rate monitor for the online course.

Student Learning Outcomes

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

- practice proper biomechanics techniques for walking and jogging for lifelong health and fitness.
- calculate resting and training heart rates.
- demonstrate measurable improvement in cardiovascular fitness.
- create a personal fitness program for individual needs.

FITNS 401 Walking I

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, reduce stress and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance. The students may be required to use a heart rate monitor for the online course.
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. ADAPTIVE PHYSICAL EDUCATION ADVISORY: This course has been designated as appropriate for students who will require adaptive physical education.

Student Learning Outcomes

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

- demonstrate an understanding of the importance of fitness through a walking program.
- explain the physical effects of training heart rate when developing a walking program.
- identify the necessary components of a good walking shoe.
- demonstrate and identify stretches to enhance flexibility.
- design and implement a personal walking program for individual fitness needs.

FITNS 402 Running for Fitness II

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Cardio Fitness [link]
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course 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.

Student Learning Outcomes

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

- demonstrate proper running techniques.
- demonstrate increased aerobic capacity and overall physical fitness.
- create a fitness program based on proper running and fitness fundamentals.

FITNS 404 Walking III

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Group Cardio Fitness Training [link]
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course promotes physical fitness with the primary activity of walking in environments of various intensity 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.

Student Learning Outcomes

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

- calculate and monitor heart rate to achieve high intensity levels of periodic exertion.
- design a personalized walking program to meet fitness goals and desired body composition.
- compare and contrast the benefit of combining various walking methodologies (speed walking on a flat course versus hills or steps) and how the methodologies affect fitness goal attainment.
- evaluate the benefits and effects of using resistance training (hills, steps, weighted vest/back pack) to achieve improved body composition, speed, and endurance.

FITNS 407 Walking II

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Group Cardio Fitness Training [link]
Prerequisite: None.
Transferable: CSU; UC (effective Summer 2020)
General Education: AA/AS Area III(a); CSU Area E2 (effective Fall 2020)
Catalog Date: June 1, 2020

This physical education course is designed to promote and improve the student's level of fitness, physical appearance, and well being as the foundation was established in Walking I. This course will concentrate on improving walking 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.
Student Learning Outcomes

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

- explain the importance of fitness through a walking program.
- explain the physical effects of training heart rate when developing a walking program.
- monitor and calculate their individual target heart rate during and post exercise.
- demonstrate and identify stretches to enhance flexibility.
- design and implement a personal walking program for individual fitness needs.
- identify the necessary components of a good walking shoe.

FITNS 412 Taekwondo I

Units: 1
Hours: 54 hours LAB
Course Family: Martial Arts (http://www.scc.losrios.edu/course-families#id_100067)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate the basic techniques of punching, kicking, and blocking.
- execute basic skills of Taekwondo through participation in individual and group training.
- perform basic attacking and defensive techniques at the beginner level.
- demonstrate appropriate technique of self-defense.
- improve their physical fitness.
- demonstrate and understand the history and philosophy of Taekwondo and its tradition.

FITNS 436 Lifeguard Training

Units: 2
Hours: 28 hours LEC; 24 hours LAB
Prerequisite: FITNS 440 - Advanced Swimming with a grade of "C" or better or equivalent.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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. This course may be taken two times for credit.

Student Learning Outcomes

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

- assess common hazards associated with various types of aquatic facilities and develop the knowledge and skills to eliminate such hazards.
- identify a person in distress or in a drowning situation and how to effectively rescue that person.
- demonstrate the essential skills for lifeguarding.
- demonstrate an awareness and an enthusiasm to be a responsible lifeguard.
- demonstrate the ability to perform CPR and rescue breathing.

FITNS 440 Swimming I

Units: 1
Hours: 54 hours LAB
Course Family: Swimming (http://www.scc.losrios.edu/course-families#id_100018)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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. This course is graded Pass/No Pass.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
 FITNS 441 Swimming II

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

- demonstrate mastery of proper posture and streamlined position and demonstrate understanding and recognition of basic swimming techniques and training methods.
- explain and demonstrate the fundamental techniques of hydrodynamics.
- recognize, develop, practice, and demonstrate proper stroke mechanics and progressions; freestyle and backstroke, kicking, and sculling will be emphasized.
- comprehend, recognize, and demonstrate proper water safety techniques associated with maintaining personal water safety, treading, survival floating, and helping in an emergency.
- choose, differentiate, and demonstrate the proper use of the swimming equipment.
- demonstrate comfort with swimming etiquette and the social aspects of group training.
- develop and improve their comfort level in and around shallow water.
- develop and improve their comfort level in and around deep water.

 FITNS 442 Swimming III

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

- recognize, develop, practice, and demonstrate proper form and technique in the standard swimming strokes (freestyle, backstroke, and breaststroke).
- choose, differentiate, and demonstrate the proper use and care of swim training equipment.
- demonstrate proper form and technique stroke drills, turns, sculling and treading water, and diving technique and safety.
- demonstrate proper swimming etiquette of group training, including: self-reflection and assessment, assessment of peers, constructive critiques of training group performance.
- demonstrate and intermediate swimming fitness level by completing a 500-yard swim test.
- conceive and construct swim training workouts.

 FITNS 443 Swimming IV

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

- demonstrate improved cardiovascular fitness and endurance.
- demonstrate the basic stroke techniques of freestyle and backstroke.
- demonstrate proper form and technique in the front and back float, front and back glide.
- demonstrate the ability to kick in streamline position.
- demonstrate the ability to kick in streamline position.
- demonstrate basic stroke techniques of freestyle and backstroke.

Student Learning Outcomes

- demonstrate comfort in the water.
- demonstrate proper form and technique in the front and back float, front and back glide.
- demonstrate the ability to kick in streamline position.
- demonstrate basic stroke techniques of freestyle and backstroke.
- demonstrate improved cardiovascular fitness and endurance.
Upon completion of this course, the student will be able to:
- recognize, develop, practice, and demonstrate proper form and technique in the standard swimming strokes (freestyle, backstroke, breaststroke, and butterfly).
- choose, differentiate, and demonstrate the proper use and care of swim training equipment.
- demonstrate proper form and technique of stroke drills, turns and breakouts, and diving.
- create fitness-level appropriate swim workouts for self and peers.
- demonstrate an intermediate swimming fitness level by completing a 1000-yard swim test.

FITNS 444 Swimming V

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | Swimming (http://www.scc.losrios.edu/course-families/id_100018) |
| Prerequisite: | Students must demonstrate comfort and confidence in the water and in their ability to safely complete 100 yards of freestyle with stroke and breathing proficiency. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- demonstrate an increased level of physical fitness through swimming.
- demonstrate endurance and speed for aerobic and anaerobic training.
- distinguish among and implement endurance training techniques.
- demonstrate mastery of freestyle flip turns.

FITNS 499 Experimental Offering in Fitness

| Units: | 0.5 - 4 |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| Catalog Date: | June 1, 2020 |

Kinesiology (KINES) Courses

KINES 300 Introduction to Kinesiology

| Units: | 3 |
| Hours: | 54 hours LEC |
| Prerequisite: | None. |
| Advisory: | ENGW 101 or ESLW 310 with a grade of "C" or better. |
| Transferable: | CSU; UC |
| C-ID: | C-ID KIN 100 |
| Catalog Date: | June 1, 2020 |

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- discuss and understand the basic concepts of kinesiology.
- analyze the history, philosophy, sociology, and psychology of kinesiology, physical education, fitness, and sport.
- describe the theories and concepts inherent in the applied sciences of the sub-disciplines, which include: biomechanics, exercise physiology, nutrition, and motor learning.
- analyze the emergence of the various professions and how specializations from these disciplines have emerged.
- evaluate the changing philosophies of kinesiology, sport, fitness, and physical education.
- examine problems and issues in kinesiology, sport, fitness, and physical education.
- investigate development of an infrastructure supporting physical activity and healthy lifestyles.
- discuss and understand how to prepare for a variety of career opportunities in the fields of kinesiology, physical education, fitness, and sport.

KINES 304 Introduction to Sports Management

| Units: | 3 |
| Hours: | 54 hours LEC |
| Prerequisite: | None. |
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.

Student Learning Outcomes

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

- differentiate between the specific needs of sports administration at the professional, collegiate, and other levels of sports, as well as within the recreation industry.
- differentiate between career paths in a variety of sports administration areas.
- critique current events regarding the business aspects of the sports and recreation industries.
- assess the current trends in the field of sports management.

KINES 342 Theory of Baseball

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: CSU Area E2
Catalog Date: June 1, 2020

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. Specific video analysis software and motion capture systems will be integrated into the course.

Student Learning Outcomes

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

- use motivational techniques to maximize the ability to improve in the sport.
- implement safety, prevention, and pre-habilitation of athletic injuries.
- explain the value of active participation and design team building exercises.
- explain the need to function effectively as a team in game-like situations.
- analyze and apply individual skills to a team situation.
- develop skills in using advanced technologies, software and equipment to better understand the data, metrics and statistics used in collegiate and professional levels of the sport.

KINES 346 Theory of Basketball

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: CSU Area E2
Catalog Date: June 1, 2020

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 and plays.

Student Learning Outcomes

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

- formulate a personal coaching philosophy.
- compile a series of techniques for teaching individual fundamentals of basketball.
- integrate individual offensive and defensive skills into a team format.
- design and implement a conditioning program for a basketball team.
- choose appropriate strategy for specific basketball situations (ie. out-of-bounds plays, press break, late in shot-clock, etc.).
- analyze video of basketball games.

KINES 352 Theory of Football

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(b); AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course will focus on 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.
Upon completion of this course, the student will be able to:

- explain different techniques for specific positions.
- implement and evaluate pre and post skills tests for specific positions.
- analyze various offensive, defensive, and special teams scheme concepts.
- compare and contrast various football schemes to analyze the relative strength and weakness inherent in that philosophy.
- appraise and evaluate how the execution of a current scheme can formulate a successful execution toward team success.

**KINES 354 Theory of Soccer**

This course will focus on the analysis of soccer. Students will gain an understanding of techniques and various tactics, including team offense and defense, and learn match analysis in connection with game preparation. Specific areas of emphasis will include, but not be limited to injury prevention, season planning, team management, systems of play, refereeing, and an understanding of applied psychology.

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

- identify the procedures of various physical fitness testing and programs such as the beep test and the maximal oxygen uptake test.
- define training methods, principles of attack and defense, and systems of play.
- analyze and evaluate matches in connection with game preparation and adjustment.
- identify and analyze players as they do their tasks within functions of defending, attacking, and transition.
- describe knowledge of coaching techniques, theories, and philosophies.
- discuss and apply care and prevention of athletic injuries.

**KINES 381 Fitness and Weight Management**

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, Fitness and Weight Control.

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

- participate in a regular physical conditioning program.
- demonstrate an understanding of and appreciation for the need for lifelong fitness.
- discuss the importance of physical activity and diet in setting up an individual fitness program.
- analyze goals for specific fitness assessment achievements.
- demonstrate improvement in physical condition in terms of muscle strength and endurance, flexibility, cardiovascular conditioning, and body composition.

**KINES 382 Wellness**

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.

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

- devise strategies in development of lifelong fitness activities.
- demonstrate an understanding of wellness by participating in a regular physical activity.
- write a personal fitness program based upon results from fitness assessments that meets the student's lifestyle and includes the necessary components of wellness and fitness.
- explain the basic principles of wellness.
- measure body composition utilizing Body Mass Index.
- analyze results of BMI and determine a target body weight.

KINES 410 Personal Trainer Certification: Exercise Science & Fitness Assessment

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- analyze and compare the dynamics of physiological changes that occur from rest to exercise.
- locate the major bones and musculature of the human body.
- apply biomechanical knowledge of human movement to exercise programming and critique movement citing anatomical and kinesiological terminology.
- synthesize nutritional information to evaluate substrate utilization during both anaerobic and aerobic exercise and the influence of caloric balance on weight management.
- conceptualize the importance of a comprehensive health screening prior to initiating an exercise program and justify the necessity for ongoing fitness assessments.
- evaluate and discuss the physiological adaptations to exercise including adaptations associated with cardiovascular, progressive resistance, and flexibility training.
- apply the principles of exercise physiology and kinesiology to develop integrated fitness training exercise programs for healthy adults and those with health concerns.
- perform health risk screenings and fitness assessments on a variety of populations.
- demonstrate effective communication and instructional methodology in the exercise setting.
- synthesize theoretical knowledge to recommend effective cardiovascular, muscular fitness, and flexibility programs.
- apply strategies for maintaining client adherence and motivation.
- examine biomechanical principles to demonstrate the proper usage of resistance equipment and spotting techniques.
- demonstrate an understanding of a personal trainer’s scope of practice, business fundamentals, professional responsibilities, and liability.
- evaluate the training environment for safety to prevent athletic injuries and demonstrate proficiency in conducting emergency procedures.

KINES 411 Personal Trainer Certification: Program Design & Instructional Methodology

Units: 3.5
Hours: 54 hours LEC, 27 hours LAB
Prerequisite: KINES 410 or PET 410 with a grade of "C" or better. HEED 314 with a grade of "C" or better or equivalent.
Transferable: CSU
General Education: AA/AS Area III(b); CSU Area E1
Catalog Date: June 1, 2020

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 Exam. 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.

Student Learning Outcomes

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

- apply the principles of exercise physiology and kinesiology to develop integrated fitness training exercise programs for healthy adults and those with health concerns.
- perform health risk screenings and fitness assessments on a variety of populations.
- demonstrate effective communication and instructional methodology in the exercise setting.
- synthesize theoretical knowledge to recommend effective cardiovascular, muscular fitness, and flexibility programs.
- apply strategies for maintaining client adherence and motivation.
- examine biomechanical principles to demonstrate the proper usage of resistance equipment and spotting techniques.
- demonstrate an understanding of a personal trainer’s scope of practice, business fundamentals, professional responsibilities, and liability.
- evaluate the training environment for safety to prevent athletic injuries and demonstrate proficiency in conducting emergency procedures.

KINES 412 Strength and Fitness Certification

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(b)
Catalog Date: June 1, 2020

This course will provide students with the necessary preparation for the National Council of Strength and Fitness (NCSF) personal training certification exam. 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.
Upon completion of this course, the student will be able to:

- examine functional anatomy and biomechanics.
- describe the anatomical and physiological changes that occur with strength and fitness training.
- analyze the various components of fitness.
- integrate the principles of strength training into an individualized training regime.
- apply an exercise prescription program for individuals utilizing the components of fitness.
- explain the fitness needs for special populations.
- explain the methods for measuring fitness.
- investigate the connections between physical activity and mental and emotional health.

KINES 418 Nutrition for Physical Performance

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.

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

- describe the basic principles of nutrition.
- discuss the role of nutrients in the body, especially in regard to energy production and physical performance.
- describe effectiveness and safety concerns of various nutritional supplements.
- discuss the prevalence of disordered eating in male and female athletes and in the general populations.
- analyze diets to determine adequate nutrient intake.
- discuss the role that fluid plays in body temperature regulation during exercise and on performance and health.
- describe and measure the five components of fitness.
- describe an understanding of body composition and body weight.

KINES 450 Sport in Society

This course will provide students with an examination of sport as a significant influence in society. Topics will include the importance of gender, race and ethnicity, social class, religion, politics, media, and economical impact of sport with society. Additional topics will include the role of the media, ethics, education, and community impact.

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

- examine the influence of sport in politics and religion.
- identify the historical impact of sport within society.
- discuss the role of the changing landscape of media affecting sport.
- identify the role and influence of coaches, spectators, participants, and cultural shifts within sport.
- discuss the historical perspective of women, gender, race and ethnicity, in sport.
- recognize the role of religious and political influences within sport.
- evaluate the relationship between sport and social institutions.
- develop an understanding of how the future of sport depends on inclusion and positive change.

KINES 451 Principles and Theory of Athletic Coaching

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.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- examine the numerous roles and responsibilities of coaching.
- analyze the different styles and philosophies of coaching.
- identify the various tasks and responsibilities associated with team management.
- 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.
- design a sport-specific training plan.
- define the signs of substance abuse and provide preventive education for team members.

KINES 452 Psychology of Sport and Fitness

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Advisory: ENGW 101 with a grade of "C" or better.
Transferable: CSU
Catalog Date: June 1, 2020

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.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- demonstrate an understanding of the motivational techniques that will assist with performance and personal goals.
- analyze the appropriate skills and techniques necessary to achieve positive change.
- identify the effects of physical and emotional stress and develop management strategies.
- prepare necessary strategies that will build self-awareness and self confidence.
- evaluate the role that injuries, nutrition, training, and emotional energy play in performance.
- evaluate the various psychological skills and techniques that will enhance success.

KINES 453 Training and Conditioning of Sports

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Advisory: ENGW 101 with a grade of "C" or better.
Transferable: CSU; UC
Catalog Date: June 1, 2020

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 formerly known as PET 453.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- 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.
- apply age and gender related considerations in developing training programs for athletes.
- evaluate the roles of strength endurance, agility, balance, coordination, speed, power, and flexibility in sport and conditioning performances.

KINES 454 Coaching the Young Athlete

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Advisory: ENGW 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.
Transferable: CSU
Catalog Date: June 1, 2020

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 formerly known as PET 454.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- apply appropriate age specific psychological techniques to enhance communication for athletic performance.
- demonstrate an understanding of the training guidelines according to the athlete's stage of maturation.
- define his/her coaching philosophy and the characteristics of different coaching styles.
- evaluate the role of the coach in prevention and rehabilitation of common sport injuries.
- design a parent orientation program to assist parents in understanding their roles in their children’s sports experience.
- describe how coaches can develop good character and sportmanship in their athletes.
- distinguish special considerations in coaching diverse athletes including age, gender, cultural background, and ability.

KINES 457 Sport First Aid for Coaches

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: June 1, 2020

This course will provide new and experienced coaches 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 formerly known as PET 457.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- demonstrate knowledge and understanding of the prevention, care, and management of injuries.
- design a sport first aid game plan.
- demonstrate an understanding of physical assessments and first aid techniques.
- identify the necessary steps to manage injuries and develop strategies to get the athletes healthy and participating.
- define anatomy and sport injury terminology.
- explain the risks involved with substance abuse.
- evaluate dietary supplements and nutritional guidelines for performance.

KINES 495 Independent Studies in Physical Education Theory

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- produce work independently on physical education related topics.

KINES 497 Internship in Physical Education - Theory

Units: 1 - 4
Hours: 18 hours LEC; 27 - 162 hours LAB
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.
Transferable: CSU
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

Upon completion of this course, the student will be able to:
- identify injuries and set an immediate course of action to treat the injury.
- tape athletes in an accurate and expedient manner.
- set up rehabilitation programs to get athletes back to practice and competition.
- use emergency and first aid equipment.
- demonstrate the basic skills of fitting protective and preventative equipment.

KINES 499 Experimental Offering in Kinesiology

Units: 0.5 - 4
Personal Activity (PACT) Courses

PACT 310 Badminton I

The course is an introduction to a lifelong of physical activity and provides basic fundamental skills, techniques and rules necessary for participation in badminton at the beginner level. The emphasis is on skills and techniques, such as play strategies for singles and doubles and shot selection for various play situations.

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

- demonstrate and perform proper types of grips, specific skills for serving and various types of strokes.
- develop fitness skills such as speed, coordination, agility, balance, and endurance.
- understand the rules for singles, doubles, and mixed doubles.
- develop tactical skills and strategies for singles, doubles, and mixed doubles matches.
- experience a positive image of badminton as a lifetime sport, while learning and engaging in badminton.

PACT 330 Boxing

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

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

- demonstrate an ability to apply concepts specific to hand and footwork principles while engaging in a variety of offensive and defensive boxing strategies.
- apply various footwork and punch combinations to shadow boxing as well as full spar situations.
- increase the necessary fitness level to acquire skill base for preparation and execution of full spar situations.
- experiment with differing types and constructs of patterns to find which best suits individual strengths and needs.

PACT 340 Fencing

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

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

- demonstrate an understanding of fencing rules.
- demonstrate basic fencing skills (lunge, parry, riposte, beat, etc.)
- demonstrate proper fencing etiquette.
- judge an informal fencing match.
- critique the fencing skills of classmates.
- create a fencing style suitable for their individual strengths and weaknesses.

PACT 350 Golf I
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. Course management strategies will also be discussed. Some sections of this course are held on area regulation golf courses. Students must have their own sets of golf clubs and equipment.

Student Learning Outcomes

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

- acquire the basic skills and knowledge of the rules to play the game.
- demonstrate proper execution of the golf swing through participation in drills and practice.
- achieve a level of interest and skill that will allow continuation of the game as a means of physical activity throughout life.
- analyze the putting stroke with regard to distance control and direction control.
- demonstrate approach shots with regard to when to use which shot under what circumstances.
- analyze the full swing.
- organize a practice session for driving range, bunker practice, and short game.
- analyze the golf swing with regard to proper swing plane and faults that occur with improper swing plane.

PACT 351 Golf II

This course in golf 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 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.

Student Learning Outcomes

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

- describe the variety of golf equipment currently on the market and the advantages of various types of clubs.
- analyze the putting stroke with regard to distance and direction control.
- demonstrate approach shots with regard to when to use which shot under what circumstances.
- analyze the full swing.
- organize a practice session for driving range, bunker practice, short game - pitching and chopping, putting.
- demonstrate course management strategies based on course and weather conditions.

PACT 390 Tennis I

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.

Student Learning Outcomes

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

- demonstrate basic stroke skills (forehand, backhand, volley, serve, overhead, lob, and approach techniques).
- application of game rules and scoring methods.
- apply execution of game fundamentals (singles and doubles play).
- demonstrate skill base of point progression and creation versus various opponents (advanced play).

PACT 391 Tennis II
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.

**Student Learning Outcomes**

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

- apply the basic knowledge and skills learned to enjoy the sport of tennis.
- demonstrate advanced strokes (forehand, backhand, serves, volleys) and implement advanced strategical and tactical play in both singles and doubles.
- utilize a variety of conditioning drills and techniques associated with improving the physical skills required in tennis.
- identify and employ various training exercises to help condition and refine the skill set of the intermediate tennis athlete.
- apply mental strategies to effectively compete at their respective ability level.
- analyze on court positioning and how to play to their individual respective strengths.
- relate to other players and doubles partners in a manner that is appropriate to tennis etiquette and respectful of all participants.
- apply tennis rules and regulations and utilize proper tennis etiquette during game/point play.

### PACT 393 Tennis III

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | Tennis (http://www.scc.losrios.edu/course-families#id_100022) |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

**Student Learning Outcomes**

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

- identify, implement, and demonstrate competency in tennis techniques and tactics as they best apply to their respective skill level.
- assemble a variety of conditioning drills and strategies associated with improving the physical skills required in tennis.
- apply mental strategies to effectively compete at his/her respective ability level.
- relate to other players, instructors, and personnel in a manner associated with respectful actions and etiquette in the game of tennis.

### PACT 394 Tennis, Doubles

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | Tennis (http://www.scc.losrios.edu/course-families#id_100022) |
| Prerequisite: | None. |
| Transferable: | CSU |
| General Education: | AA/AS Area III(a) |
| Catalog Date: | June 1, 2020 |

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.

**Student Learning Outcomes**

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

- demonstrate and explain the importance of tennis specific footwork, balance, and movement.
- demonstrate the stroke variations required for doubles tennis with an emphasis to include service returns, serve variations, volleys, approach shots, lobs, and overheads.
- differentiate and appraise shot selection strategies and court positioning in relation to doubles offense and defense.
- explain the rules and etiquette necessary for competitive doubles tennis.
- identify psychological aspects of the game and implement strategies for development of a team approach that promotes good performance in competitive doubles tennis.

### PACT 410 Wrestling

| Units: | 1 |
| Hours: | 54 hours LAB |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |
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.

Student Learning Outcomes

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

- demonstrate proper intercollegiate wrestling techniques.
- identify the rules and regulations of intercollegiate wrestling.
- duplicate drills and games that help with learning the techniques.
- build wrestling skill level as well as fitness levels.

PACT 430 Pickleball I

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | Pickleball (http://www.scc.losrios.edu/course-families#id_100066) |
| Prerequisite: | None. |
| Transferable: | CSU; UC (effective Summer 2020) |
| General Education: | AA/AS Area III(a); CSU Area E2 (effective Fall 2020) |
| Catalog Date: | June 1, 2020 |

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of Pickleball. As a relative newcomer in the field, Pickleball combines the court dimensions of "Pop" or "Spec" Tennis with a whiffle like ball and a larger version of a table tennis paddle to be enjoyed as an active and safe sport for a diversity of age and athletic backgrounds.

Student Learning Outcomes

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

- execute the basic pickleball strokes including forehand, backhand, serve, volley, dink, lob, overhead, and serve return.
- apply the rules and etiquette of pickleball.
- apply a basic strategy to competitive match-play situations.

PACT 499 Experimental Offering in Personal Activity

| Units: | 0.5 - 4 |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| Catalog Date: | June 1, 2020 |

Sports (SPORT) Courses

SPORT 90 Academic Study Skills for Student Athletes

| Units: | 0.5 - 1 |
| Hours: | 27 - 54 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 90 class, each student must be listed as a student athlete, by the head coach, on the official team roster. 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. |
| Catalog Date: | June 1, 2020 |

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.

Student Learning Outcomes

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

- apply study skills techniques in reading, writing, note taking, and test taking to improve their ability and success in the classroom.
- identify support services offered by the college.
- utilize tutoring services for math and English, when necessary.
- review Individual Student Education Plan (iSep) every semester with the athletic counselor and revise, if necessary, for either graduation or transfer.
- prioritize assignments and schedule daily and weekly to-do lists.

SPORT 91 Academic Study Skills for Student Athletes

| Units: | 0.5 - 1 |
| Hours: | 27 - 54 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 91 class, each student must: 1) be listed as a student athlete, by the head coach, on the official team roster. 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. |
| Catalog Date: | June 1, 2020 |
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.

**Student Learning Outcomes**

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

- apply memory and visualization techniques in reading, writing, note taking, and test taking to improve their ability and success in the classroom.
- identify the best learning styles for different subject areas.
- identify your personal learning style.
- review Individual Student Education Plan (iSEP) every semester with the Athletic Counselor and revise, if necessary, for either graduation or transfer.

**SPORT 92 Academic Study Skills for Student Athletes**

**Units:** 0.5 - 1  
**Hours:** 27 - 54 hours LAB  
**Prerequisite:** None.  
**Enrollment Limitation:** In order to take the SPORT 92 class, each student must be listed as a student athlete, by the head coach, on the official team roster. 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.  
**Catalog Date:** June 1, 2020

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. The student-athlete will learn about the rules and regulations for the local governing conference, California Community College Athletic Association (CCCAA), 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.

**Student Learning Outcomes**

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

- identify the requirements of each athletic organization.
- identify the academic, mental, emotional, and athletic attributes most desired by Division I coaches (use Division I as the highest standard of achievement).
- acknowledge social issues that are reflected in athletics (LGBT, violence, integrity, diversity).
- review Individual Student Education Plan (iSEP) every semester with the Athletic Counselor and revise, if necessary, for either graduation or transfer.

**SPORT 93 Academic Study Skills for Student Athletes**

**Units:** 0.5 - 1  
**Hours:** 27 - 54 hours LAB  
**Prerequisite:** None.  
**Enrollment Limitation:** In order to take the SPORT 93 class, each student must be listed as a student athlete, by the head coach, on the official team roster. 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.  
**Catalog Date:** June 1, 2020

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.

**Student Learning Outcomes**

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

- acknowledge athletic and "life" mistakes and make the appropriate steps to minimize future mistakes.
- apply problem solving techniques.
- identify and apply the qualities of a successful student athlete.
- review Education Plan every semester with the athletic counselor and revise, if necessary, for either graduation or transfer.

**SPORT 300 Baseball, Intercollegiate-Men**

**Units:** 3  
**Hours:** 175 hours LAB  
**Prerequisite:** None.  
**Enrollment Limitation:** In order to take the SPORT 300 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.  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

This is an advanced baseball team activity course that provides competition with other community college teams. Team dynamics and their relationship to intercollegiate competition will be developed and enhanced. Mental skills pertaining to "being present" on each pitch, maintaining one's ability to compete with less than one's best, and the pitcher-versus-hitter confrontation will be taught and explored. The
ultimate objective is to prepare students for an opportunity to compete for the California state championship and for higher levels of baseball competition after community college. This course may be taken four times for credit.

Student Learning Outcomes

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

- apply advanced baseball tactics and skills appropriate to intercollegiate level athletic competition.
- apply proper etiquette and sportsmanship during the athletic experience.
- acquire knowledge necessary to assess various contest situations and apply appropriate solutions.
- apply baseball teamwork.
- improve individual’s level of fitness.

SPORT 301 Off Season Conditioning for Baseball

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 301 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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

Student Learning Outcomes

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

- demonstrate proper form and techniques when executing various drills for baseball.
- understand and apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper form in executing: strength training techniques, plyometrics, agility skills, and functional sport-specific drills.

SPORT 303 Pre-Season Conditioning for Baseball

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC (Varied units)</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

Student Learning Outcomes

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

- demonstrate a level of fitness necessary to be a competitive college baseball player.
- identify and apply fitness concepts specific to their individual position.
- develop fitness plans specific to individual positions.
- demonstrate an understanding of the importance of nutrition as it relates to developing baseball specific fitness.

SPORT 311 Basketball, Intercollegiate-Men, Fall

<table>
<thead>
<tr>
<th>Units:</th>
<th>1.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>81 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 311 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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- increase their level of physical conditioning.
- incorporate individual skill sets with others in a mutually beneficial manner.
- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

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

**Units:** 1.5
**Hours:** 81 hours LAB
**Prerequisite:** SPORT 311 with a grade of "C" or better

Enrollment Limitation: In order to take the SPORT 312 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.

**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

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 four times for credit.

**Student Learning Outcomes**

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

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

**SPORT 313 Off Season Conditioning for Basketball**

**Units:** 0.5 - 3
**Hours:** 27 - 162 hours LAB
**Prerequisite:** None.

Enrollment Limitation: In order to take the SPORT 313 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.

**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

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. The course is repeatable up to four times.

**Student Learning Outcomes**

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

- demonstrate proper form and techniques when executing various drills for basketball.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper form in executing the following: strength training techniques, plyometrics, agility skills, and functional sports specific drills.

**SPORT 314 Pre-Season Conditioning for Basketball**

**Units:** 0.5 - 3
**Hours:** 27 - 162 hours LAB
**Prerequisite:** None.

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.

**Transferable:** CSU; UC
**General Education:** AA/AS Area III(a); CSU Area E2
**Catalog Date:** June 1, 2020

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.

**Student Learning Outcomes**

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

- demonstrate improved anaerobic training in fitness tests and drills.
- execute offensive and defensive skills correctly.
implement appropriate offensive and defensive strategies in game-like situations.

- demonstrate improvement in strength training exercises.
- execute speed, agility, and quickness drills correctly.

SPORT 316 Basketball, Intercollegiate-Women, Fall

| Units:     | 1.5 |
| Hours:     | 81 hours LAB |
| Prerequisite: | None. |
| Enrollment Limitation: | In order to take the SPORT 316 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. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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. The course is repeatable up to four times.

Student Learning Outcomes

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

- increase their level of physical conditioning.
- incorporate individual skill sets with others in a mutually beneficial manner.
- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

SPORT 317 Basketball, Intercollegiate-Women, Spring

| Units:     | 1.5 |
| Hours:     | 81 hours LAB |
| Prerequisite: | SPORT 316 with a grade of "C" or better |
| Enrollment Limitation: | In order to take the SPORT 317 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. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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. The course is repeatable up to four times.

Student Learning Outcomes

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

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

SPORT 318 Post-Season Conditioning for Basketball

| Units:     | 0.5 - 3 |
| Hours:     | 27 - 162 hours LAB |
| Prerequisite: | None. |
| 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. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

Student Learning Outcomes

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

- demonstrate improved anaerobic training in fitness tests and drills.
- execute offensive and defensive skills correctly.
- implement appropriate offensive and defensive strategies in game-like situations.
• demonstrate improvement in strength training exercises.
• execute speed, agility, and quickness drills correctly.

SPORT 320 Cross Country, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 320 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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

• demonstrate advanced cross country skills and tactics appropriate for intercollegiate level competition.
• demonstrate the skills for proper etiquette in the use of the rules and sportsmanship for the athletic experience.
• demonstrate a sense of the importance of teamwork in cross country.

SPORT 325 Cross Country, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 325 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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

• demonstrate advanced cross country skills/tactics appropriate for intercollegiate level competition.
• demonstrate the skills for proper etiquette in the use of the rules and sportsmanship for the athletic experience.
• achieve higher levels of fitness, along with improvement in individual techniques for practice and competition.
• demonstrate a sense of the importance of teamwork in cross country.

SPORT 326 Off-Season Conditioning for Women's Cross Country

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 326 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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

• demonstrate skill and techniques that are specific to cross country running.
• demonstrate increased cardiovascular endurance, muscular strength, and flexibility.
• apply appropriate warm up and cool down procedures.
• demonstrate proper running mechanics.

SPORT 327 Off-Season Conditioning for Men's Cross Country
This course involves sport specific training, conditioning, and technical skill development specific to the sport of cross country for the men's off-season student- athletes. The course content includes: sport specific skill development, cross country specific strength training, cardiovascular conditioning, agility training, plyometric drills, speed improvement, and enhancement of flexibility. This course may be taken up to four times for credit.

Student Learning Outcomes

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

- identify the various warm-ups and cool-downs of dynamic and static stretching.
- discuss the benefits of endurance training, flexibility, and body composition.
- demonstrate an understanding of running techniques and mechanics for cross country runners.
- learn to utilize the principles of running conditions such as hot, humid, or windy settings, nutrition, goal-settings, and motivation.

SPORT 330 Football, Intercollegiate-Men

This is an advanced course designed to provide specialized training for competition against other community college programs. Fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of the competitors.

Student Learning Outcomes

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

- apply advanced football tactics and skills appropriate to intercollegiate level athletic competition.
- demonstrate proper etiquette and sportsmanship during athletic competition.
- demonstrate an understanding of the importance of teamwork.
- describe and illustrate an understanding of the concepts for the offensive, defensive, and special teams playbook.
- demonstrate physical improvement through a strength and conditioning program to compete athletically.
- critique individual performance through video analysis to provide an enhancement of skills.

SPORT 331 Off Season Conditioning for Football

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, strength training, speed development, agility training, plyometric drills, cardiovascular conditioning, and an increase in flexibility.

Student Learning Outcomes

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

- demonstrate skill and techniques that are specific to football.
- exhibit an increase in speed, agility, and quickness as used in football.
- demonstrate increased cardiovascular endurance, muscular strength, and anaerobic power needed to be competitive football.
- demonstrate proper form executing the drills and exercises in strength training, cardiovascular training, anaerobic training, and flexibility work to ensure safety.
- apply appropriate warm up and cool down procedures for injury prevention.

SPORT 332 Pre-Season Conditioning for Football
This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes and tackling techniques, as well as offensive, defensive and special teams formations are discussed. Strength and conditioning drills are implemented to enhance football skills. This course may be taken up to four times for credit.

**Student Learning Outcomes**

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

- define the benefits of a lifetime fitness program as it relates to football.
- demonstrate the skills necessary to participate in game situations while playing various positions.
- evaluate team play concept in practice and game situations.
- interact with classmates as teammates in a collaborative and competitive environment.
- compare and contrast pre-season, in-season, and off-season training.
- understand the various components which enhance teamwork.

**SPORT 345 Golf, Intercollegiate-Women**

Units: 3  
Hours: 175 hours LAB  
Prerequisite: None.  
Enrollment Limitation: In order to take the SPORT 345 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.

Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

**Student Learning Outcomes**

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

- demonstrate advanced golf skills appropriate to the level of intercollegiate athletic competition.
- demonstrate proper etiquette and sportsmanship during competition.
- apply proper course management decisions during competition.
- improve individual skill level in areas such as mid iron, long iron, and short game.
- identify the rules of the game of golf.
- increase individual fitness levels.

**SPORT 346 Off Season Conditioning for Women's Golf**

Units: 1 - 3  
Hours: 54 - 162 hours LAB  
Prerequisite: None.  
Enrollment Limitation: In order to take the SPORT 346 class, each student must: 1) be listed as a student athlete, by the head coach, on the official 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.

Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

**Student Learning Outcomes**

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

- demonstrate techniques that are specific to the event areas in golf.
- develop an increase in cardiovascular endurance, muscular strength, and anaerobic power needed for competitive performances.
- demonstrate proper form while executing drills and exercises in strength training, cardiovascular training, anaerobic training, and flexibility work.
- apply appropriate warm up and cool down procedures for injury prevention.
This course is an advanced soccer team activity to provide female student athletes with an opportunity for competition against other community college teams. This course is designed to build the student athlete's soccer fundamentals and skills, psychological components, review rules of the game, and teach individual and/or team strategies appropriate to intercollegiate athletic competition. Students will be required to purchase soccer cleats and shin guards.

Student Learning Outcomes

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

- apply advanced soccer skills appropriate to intercollegiate competition.
- assess various contest situations and apply appropriate solutions.
- demonstrate an understanding of tactical and psychological components of the game.
- demonstrate proper etiquette and sportsmanship during practice and competition.
- organize short term and long term plans to accomplish individual and team goals.

SPORT 356 Off Season Conditioning for Women's Soccer

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. This course may be taken four times for credit.

Student Learning Outcomes

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

- demonstrate proper footwork techniques specific to soccer.
- engage in cardiovascular endurance and muscular strength training needed in order to be competitive in soccer.
- demonstrate proper form and techniques when executing various drills for soccer.
- perform a variety of endurance tests such as a mile and beep test to find out the student's progress in cardiovascular fitness.
- perform a variety of strength tests such as push-ups, sit-ups, plank, and pull-ups to find out the student's progress in muscular strength fitness.

SPORT 357 Pre-Season Conditioning For Women's Soccer

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.

Student Learning Outcomes

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

- demonstrate proper footwork techniques specific to soccer.
- evaluate an individual's speed, agility, and quickness.
- demonstrate proper techniques of endurance and muscle strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- apply the knowledge of cardiovascular endurance, muscle strength, and self assessment to improve an individual's fitness.
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.

**Student Learning Outcomes**

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

- develop a high degree of softball skills and be able to demonstrate them in a game situation.
- demonstrate specific offensive and defensive techniques in a match situation.
- demonstrate a high degree of physical fitness: cardiovascular efficiency, speed, coordination, and strength.
- transfer the skills and knowledge gained to the competitive matches including non-conference games, conference games, and post-season competition.
- demonstrate knowledge of the rules of the game and apply them in a competitive situation.
- provide a verbal and written critique of other participants.
- officiate a softball game at the high school level.
- demonstrate true sportsmanship in a competitive situation.

**SPORT 366 Off Season Conditioning for Softball**

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 3</th>
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</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>27 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 366 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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

**Student Learning Outcomes**

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

- demonstrate proper footwork techniques specific to the sport.
- increase cardiovascular endurance and muscular strength needed in order to be competitive in the sport.
- demonstrate proper form and techniques when executing various drills for the sport of softball.
- demonstrate proper form and techniques when executing various base running drills for the sport of softball.
- demonstrate proper form and techniques when executing various short games drills, such as bunting and slapping for the sport of softball.
- demonstrate proper form and techniques when executing various defensive drills for infielders in the sport of softball.
- demonstrate proper form and techniques when executing various defensive drills for outfielders in the sport of softball.
- demonstrate proper form and techniques when executing various drills for the pitching position in the sport of softball.
- demonstrate proper form and techniques when executing various drills for the catching position in the sport of softball.

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

<table>
<thead>
<tr>
<th>Units:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>175 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>In order to take the SPORT 370 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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

**Student Learning Outcomes**

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

- demonstrate advanced swimming and diving skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during the athletic experience.
SPORT 375 Swimming and Diving, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 375 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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate advanced swimming and diving skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during the athletic experience.
- evaluate various contest situations and integrate appropriate solutions.
- demonstrate an appreciation of swimming and diving.
- show an improved individual level of fitness.
- demonstrate the concept of teamwork.

SPORT 376 Off Season Swim & Dive

Units: 0.5 - 3
Hours: 27 - 175 hours LAB
Prerequisite: None.
Enrollment Limitation: In order to take the SPORT 376 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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

This course combines basic skills and stroke technique with an emphasis 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. Athletes are required to have a competitive swim-suit and goggles. It may be taken up to four times for credit.

Student Learning Outcomes

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

- demonstrate proper strength and endurance specific to the sport of swimming and diving.
- perform weight lifting and/or body weight lifting techniques.
- perform the basic fundamentals of freestyle, backstroke, breaststroke, and butterfly, including corresponding turns, flip turns and touch turns.
- apply and demonstrate speed, agility, and endurance training to the sport of swimming.

SPORT 377 Pre-Season Conditioning Swim & Dive

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
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. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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. Athletes will be required to have a competitive swim-suit and goggles. It may be taken up to four times for credit.

Student Learning Outcomes

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

- demonstrate improved cardiovascular endurance.
- demonstrate proper strength and endurance specific to the sport of swimming.
- perform weight lifting and/or body lifting techniques.
SPORT 380 Tennis, Intercollegiate-Men

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

- apply advanced tennis tactics appropriate to intercollegiate level athletic competition.
- assess and apply proper etiquette and sportsmanship during competition.
- comprehend, recognize, and demonstrate strategies of play when competing against different styles of players.
- develop, adapt, and improve in skills required for competition in both singles and doubles play.
- evaluate and comprehend how each team member contributes to the team concept.
- explain and demonstrate the preparation necessary to compete at the intercollegiate level of tennis.

SPORT 385 Tennis, Intercollegiate-Women

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

- apply advanced tennis tactics appropriate to intercollegiate level athletic competition.
- assess and apply proper etiquette and sportsmanship during competition.
- comprehend, recognize, and demonstrate strategies of play when competing against different styles of players.
- develop, adapt, and improve in skills required for competition in both singles and doubles play.
- evaluate and comprehend how each team member contributes to the team concept.
- explain and demonstrate the preparation necessary to compete at the intercollegiate level of tennis.

SPORT 386 Off Season Conditioning for Tennis

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.

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

- assess fitness level for competition by applying the following tests: body fat composition, flexibility, and strength.
- demonstrate increased cardiovascular endurance, flexibility, and strength.
- perform and execute various baseline shots directed to specific targets on the court.
- explain and demonstrate tactics and strategies as they relate to both singles and doubles play.
- employ goal setting techniques toward establishing a fitness program specific for tennis athletes.
apply safety techniques and training along with tennis etiquette to workouts.

SPORT 390 Track and Field, Intercollegiate-Men

Units: 3  
Hours: 175 hours LAB  
Prerequisite: None  
Enrollment Limitation: In order to take the SPORT 390 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 exam performed by a licensed physician. 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.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate advanced track and field skills, techniques/tactics that are appropriate for intercollegiate level athletic competition.
- identify rules and display sportsmanship during the athletic experience.
- increase level of fitness, along with improvements in techniques and performance in practice and competition settings.
- demonstrate an understanding of teamwork, fair play, an appreciation of the sport.

SPORT 395 Track and Field, Intercollegiate-Women

Units: 3  
Hours: 175 hours LAB  
Prerequisite: None  
Enrollment Limitation: In order to take the SPORT 395 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.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate advanced track and field skills, techniques, and tactics that are appropriate for the intercollegiate level athletic competition.
- identify rules and display sportsmanship during the athletic experience.
- increase levels of fitness, along with improvements in their techniques and performances in practice and competition settings.
- discover an appreciation for teamwork.

SPORT 396 Off Season Conditioning for Track and Field

Units: 0.5 - 3  
Hours: 27 - 162 hours LAB  
Prerequisite: None  
Enrollment Limitation: In order to take the SPORT 396 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.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate skill specific techniques that are characteristic of the event areas in track and field.
- develop an increase in cardiovascular endurance, muscular strength, and anaerobic power needed for competitive performances.
- demonstrate proper form executing the drills and exercises in strength training, cardiovascular training, anaerobic training, and flexibility work.
- apply appropriate warm up and cool down procedures for injury prevention.

SPORT 403 Pre-Season Conditioning for Volleyball
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 up to 4 times for a maximum of 3 units.

**Student Learning Outcomes**

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

- demonstrate improved anaerobic training in fitness tests and drills.
- execute offensive and defensive skills correctly.
- implement appropriate offensive and defensive strategies in game-like situations.
- demonstrate improvement in strength training exercises.
- execute speed, agility, and quickness drills correctly.

**SPORT 405 Volleyball, Intercollegiate-Women**

<table>
<thead>
<tr>
<th>Units</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>175 hours LAB</td>
</tr>
<tr>
<td>Prerequisite</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation</td>
<td>In order to take the SPORT 405 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.</td>
</tr>
<tr>
<td>Transferable</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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.

**Student Learning Outcomes**

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

- demonstrate individual and team volleyball skills, strategies, and tactics that are appropriate for intercollegiate athletic practice and competition.
- demonstrate game etiquette and sportsmanship in a highly competitive intercollegiate environment.
- evaluate one’s level of volleyball fitness practicing appropriate strength and conditioning exercises.
- demonstrate volleyball teamwork and appreciation of the sport of volleyball within practice sessions and games.
- improve one’s mental performance using visualization and imagery preparation techniques.

**SPORT 406 Off Season Conditioning for Volleyball**

<table>
<thead>
<tr>
<th>Units</th>
<th>0.5 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>27 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation</td>
<td>In order to take the SPORT 406 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.</td>
</tr>
<tr>
<td>Transferable</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date</td>
<td>June 1, 2020</td>
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</tbody>
</table>

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.

**Student Learning Outcomes**

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

- demonstrate proper form and techniques when executing various drills for volleyball.
- demonstrate an understanding of and apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper form in executing: strength training techniques, plyometrics, agility skills, and functional sports specific drills.

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

<table>
<thead>
<tr>
<th>Units</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours</td>
<td>175 hours LAB</td>
</tr>
<tr>
<td>Prerequisite</td>
<td>None.</td>
</tr>
<tr>
<td>Enrollment Limitation</td>
<td>In order to take the SPORT 415 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.</td>
</tr>
<tr>
<td>Transferable</td>
<td>None.</td>
</tr>
<tr>
<td>General Education</td>
<td>AA/AS Area II(b); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date</td>
<td>June 1, 2020</td>
</tr>
</tbody>
</table>

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. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
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.

**Student Learning Outcomes**

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

- demonstrate advanced water polo tactics and skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during the athletic experience.
- exhibit the knowledge necessary to assess various contest situations and utilize appropriate solutions.
- demonstrate the concept of teamwork.
- show an improved individual level of fitness.

**SPORT 416 Off Season Water Polo**

| Units: | 0.5 - 3 |
| Hours: | 27 - 175 hours LAB |
| Prerequisite: | None. |

In order to take the SPORT 416 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.

**Student Learning Outcomes**

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

- increase proper strength and endurance specific to the sport of water polo.
- perform weight lifting and/or body lifting techniques specific to water polo training.
- demonstrate the basic fundamentals of offense formation and set up.
- demonstrate the basic fundamentals of defensive formation and set up.
- combine the basic water polo skills and distinguish which skills are most appropriate for specific game situations.
- develop ways to support, lead, and communicate amongst teammates.

**SPORT 417 Pre-Season Conditioning for Water Polo**

| Units: | 0.5 - 3 |
| Hours: | 27 - 162 hours LAB |
| Prerequisite: | None. |

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. 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.

**Student Learning Outcomes**

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

- increase proper strength and endurance specific to the sport of water polo.
- demonstrate the basic fundamentals of offense formation and set up.
- demonstrate the basic fundamentals of defensive formation and set up.
- combine the basic water polo skills and determine which skills are most appropriate for specific game situations.
- develop ways to support, lead, and communicate amongst teammates.
- perform weight lifting and/or body lifting techniques specific to water polo training.

**SPORT 420 Wrestling, Intercollegiate-Men**

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None. |

This course is designed for current and new student athletes trying out for the collegiate water polo 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 dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition. Athletes must provide their own competitive water polo training suit. This course may be taken up to four times for credit.
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.

Student Learning Outcomes

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

- apply advanced wrestling techniques appropriate to intercollegiate level of athletic competition.
- demonstrate proper etiquette and sportsmanship during the athletic experience.
- organize goals and apply the necessary steps to reach those goals.
- demonstrate teamwork.
- demonstrate an understanding of appropriate fitness levels.
- decrease body fat.
- increase hydration levels.

SPORT 421 Off Season Conditioning for Wrestling

In order to take the SPORT 421 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.

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. This course may be repeated for credit.

Student Learning Outcomes

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

- demonstrate proper footwork techniques specific to wrestling.
- increase cardiovascular endurance and muscular strength needed in order to be competitive in wrestling.
- demonstrate proper form and techniques when executing various drills for wrestling.

Team Activity (TMACT) Courses

TMACT 300 Soccer, Indoor

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.

Student Learning Outcomes

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

- demonstrate basic understanding of formations, tactics, and terminology associated with indoor soccer.
- demonstrate an understanding of indoor soccer rules.
- execute the basic soccer skills (e.g. passing and trapping, dribbling and shooting).
- execute some of the intermediate skills (e.g. passing and trapping with the outside of the foot, chest traps and heading).
- demonstrate and apply the proper sequence of warm-up drills.

TMACT 301 Indoor Soccer II

This is a required course for students who have successfully completed TMACT 300 Soccer, Indoor, and have been evaluated by the head coach as meeting the physical fitness requirements for this course. Enrollment in this course is limited to 48 students. This course may be repeated for credit.

Student Learning Outcomes

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

- execute basic soccer skills (e.g. passing and trapping, dribbling and shooting).
- execute some of the intermediate skills (e.g. passing and trapping with the outside of the foot, chest traps and heading).
- gain a greater understanding of the rules of indoor soccer.
- demonstrate and apply the proper sequence of warm-up drills.
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.

Student Learning Outcomes
Upon completion of this course, the student will be able to:

- evaluate a participant’s current technical skills.
- develop and demonstrate intermediate technical and tactical game strategies for indoor soccer.
- demonstrate offensive as well as defensive systems playing off of walls and formations for indoor soccer.
- develop and demonstrate knowledge of modified US indoor soccer rules.
- improve physical fitness for a lifetime of physical activity, health, and wellness.

TMACT 302 Soccer - Outdoor

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

- demonstrate beginning-level skills such as passing, dribbling, trapping, kicking, and shooting.
- apply and demonstrate basic soccer tactics.
- develop physical skills that are required for success in the game of soccer.
- execute a basic game plan in match competition.
- demonstrate an understanding of outdoor soccer rules.

TMACT 303 Outdoor Soccer II

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

- understand and demonstrate intermediate technical skills.
- execute and demonstrate systematic and organized offensive patterns.
- execute and demonstrate organized zone defense systems.
- demonstrate knowledge of formations and systems such as 1-4-4-2, 1-4-2-3-1, 1-4-3-3, and 1-3-5-2.
- apply standard training concepts to improve physical fitness levels adequate for the performance of intermediate soccer skills.
- understand the Fédération Internationale de Football Association (FIFA) laws of the game.
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.

Student Learning Outcomes

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

- evaluate and understand how to apply advanced and intermediate technical skills in game situations.
- develop and demonstrate advanced tactical game awareness, strategies, and conditioning.
- develop game preparations including mental factors, food, and nutrition in soccer.
- understand how to identify factors to analyze games in matches.
- improve and demonstrate soccer coaching ability, method, and knowledge of soccer.

TMACT 320 Basketball

Units: 1
Hours: 54 hours LAB
Course Family: Basketball [http://www.scc.losrios.edu/course-families#id_100024]
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate beginning level individual basketball-related skills including shooting, passing, ball-handling, rebounding, and defensive techniques.
- apply individual skills with similarly skilled beginning basketball players in an informal team environment.
- adapt to changing game situations within an informal basketball game.
- demonstrate proper etiquette and sportsmanship during drills and during competition.
- demonstrate an understanding of the rules and regulations of the game of basketball.

TMACT 321 Basketball II

Units: 1
Hours: 54 hours LAB
Course Family: Basketball [http://www.scc.losrios.edu/course-families#id_100024]
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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

Student Learning Outcomes

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

- demonstrate intermediate level individual basketball-related skills including shooting, passing, ball-handling, rebounding, and defensive techniques.
- apply individual skills with similarly skilled intermediate basketball players in a informal team environment.
- demonstrate knowledge of intermediate level team offense and team defense.
- demonstrate proper sportsmanship during drills and competition.

TMACT 322 Basketball III

Units: 1
Hours: 54 hours LAB
Course Family: Basketball [http://www.scc.losrios.edu/course-families#id_100024]
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.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.
Upon completion of this course, the student will be able to:

- demonstrate advanced level individual basketball-related skills including shooting, passing, ball-handling, rebounding, and defensive techniques.
- apply individual skills with similarly skilled advanced basketball players in a informal team environment.
- demonstrate knowledge of advanced level team offense and team defense.
- demonstrate proper sportsmanship during drills and competition.

**TMACT 330 Volleyball**

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** Volleyball  
**Prerequisite:** None.  
**Transferable:** CSU; UC  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

**Student Learning Outcomes**

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

- execute volleyball skills of serving, passing, setting, spiking, blocking, and digging in drills in game-like settings.
- apply basic knowledge of offensive systems including, but not limited to, 6-6 and 4-2 serve receive system in drills and game-like settings.
- apply basic knowledge of defensive systems including, but not limited to, middle-middle defense and perimeter defense in drills and game-like settings.
- demonstrate proper game etiquette and application of NCAA rules in drills and game-like settings.
- demonstrate volleyball teamwork in game-like settings.
- demonstrate proficiency through proper execution and playing techniques in drills, games, and tournament situations.

**TMACT 331 Volleyball II**

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** TMACT 330 (Volleyball I) or equivalent skills demonstrated through an assessment process with the instructor.  
**Prerequisite:** CSU; UC  
**Transferable:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

**Student Learning Outcomes**

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

- apply basic and intermediate level knowledge and learned skills for the sport of volleyball in drills, games and tournament situations.
- execute and refine all of the skills in volleyball including serving, passing, setting, spiking, blocking and digging while following the NCAA rules of volleyball.
- demonstrate intermediate offensive systems including, but not limited to, 4-2, 6-2, and 5-1 serve receive.
- demonstrate intermediate defensive systems including, but not limited to, perimeter defense and rotation defense.
- demonstrate volleyball teamwork in game-like setting.

**TMACT 333 Volleyball III**

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** TMACT 331 (Volleyball II) or equivalent skills demonstrated through an assessment process with the instructor.  
**Prerequisite:** CSU; UC  
**Transferable:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

**Student Learning Outcomes**

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

- apply advanced level play for the sport of volleyball in drills, games, and tournament situations.
- execute and refine all of the skills in volleyball including serving, passing, setting, spiking, blocking, and digging while following the NCAA rules of volleyball in challenging settings.
- demonstrate advanced offensive systems including, but not limited to, 6-2 and 5-1 serve receive.
demonstrate advanced defensive systems including, but not limited to, perimeter defense, rotation defense, and modified defense.

demonstrate volleyball teamwork in game-like settings.

**TMACT 340 Football**

Units: 1  
Hours: 54 hours LAB  
Course Family: [Football](http://www.scc.losrios.edu/course-families#id_100073)  
Prerequisite: None.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

**Student Learning Outcomes**

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

- demonstrate an advanced knowledge in the game of football.
- demonstrate the skills necessary to participate in game situations while playing various positions.
- evaluate team play concept in practice and game situations.

**TMACT 341 Theory of Football Lab**

Units: 1  
Hours: 54 hours LAB  
Prerequisite: PET 352 with a grade of "C" or better  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

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.

**Student Learning Outcomes**

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

- demonstrate the ability to perform various skills and footwork necessary for individual positions.
- apply fundamentals necessary to perform various skills such as kicking, passing, and receiving.
- analyze skills needed to execute various man and zone defenses.
- recognize various passing plays and other offensive formations.

**TMACT 342 Flag Football**

Units: 1  
Hours: 54 hours LAB  
Course Family: [Football](http://www.scc.losrios.edu/course-families#id_100073)  
Prerequisite: None.  
Transferable: CSU (effective Summer 2020)  
General Education: AA/AS Area III(a) (effective Summer 2020)  
Catalog Date: June 1, 2020

This is an activity course introducing students to the fundamentals of flag football. Rules of the game, safety, offensive and defensive skills, and game strategy.

**Student Learning Outcomes**

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

- describe the history, rules, safety, and strategies of flag football.
- recognize the value of and be able to design proper warm up and cool down.
- develop and execute offensive and defensive skills necessary to perform in a game of flag football.
- organize a game of flag football.

**TMACT 370 Water Polo**

Units: 1  
Hours: 54 hours LAB  
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.  
Transferable: CSU; UC  
General Education: AA/AS Area III(a); CSU Area E2  
Catalog Date: June 1, 2020

Water Polo will cover the basic fundamentals, skills, and techniques of the game. Rules and strategies will also be included in the course. This course may be taken four times for credit.
Upon completion of this course, the student will be able to:

- demonstrate the basic skills essential to participate in water polo.
- participate in this activity utilizing the rules of water polo.
- demonstrate and integrate offensive and defensive skills.
- assess the game strategy and adapt the appropriate tactics.
- exhibit proper sportsmanship during the athletic experience.
- demonstrate an improved level of fitness.

TMACT 499 Experimental Offering in Team Activity

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<th>0.5 - 4</th>
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<tr>
<td>Transferable:</td>
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</tr>
<tr>
<td>Catalog Date:</td>
<td>June 1, 2020</td>
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This program is part of the Health and Health Professions meta major.