

# KINESIOLOGY

## Associate Degree

Kinesiology - Associate in Arts for Transfer

### **KINS 008A Pickleball Beginning 1 Unit**

Pickleball is a simple paddle game played using a special slow moving ball over a tennis-type net on a badminton-sized court. Students will develop introductory Pickleball skills and learn the rules and basic tactics of the game. Students will practice and play in matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 008B Pickleball Intermediate 1 Unit**

This course is an intermediate level class in Pickleball. Ground strokes and serves will be refined. Overhead smashes and poaching shots will be introduced. Tactics for the experienced player will be developed around personal strengths.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 008C Pickleball Advanced 1 Unit**

This course will provide instruction in Pickleball at the advanced level including tactics in poaching, varying the service, anticipating shots and adjusting tactics in singles and doubles play. Students will play competitive matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 009A Badminton, Beginning 1 Unit**

Students develop badminton skills and tactics for the beginner. They will also develop and improve shots and tactics in competitive play in both singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 009B Badminton Intermediate 1 Unit**

Students will learn necessary skills for performing in badminton at the intermediate level including developing effective short, drive and long serves. Shots developed include backcourt clears, drops, smashes, and blocks. Students will refine their ability to apply tactics in doubles, mixed and singles play. Competitive games will be played regularly.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: KINS 009A or equivalent  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 009C Badminton Advanced 1 Unit**

Students will learn necessary skills for performing in badminton at the advanced level including footwork and court positioning, reading the opponents' strengths and weaknesses and adjusting tactics, developing greater power with control in all shots. Students will learn techniques for improved quickness and shot anticipation. Competitive matches are played regularly.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Completion of KINS 009B or equivalent  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 009D Badminton Tournament Play 1 Unit**

Students will learn necessary skills and strategies for performing in badminton tournaments. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, rest and nutrition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Completion of KINS 009B or equivalent  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 012A Beginning Basketball 1 Unit**

This course is designed to introduce the basic skills, techniques and rules of basketball. This is an excellent class for the student who took basketball in junior high/high school, but has not played the game for several years.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

### **KINS 012B Intermediate Basketball 1 Unit**

Students learn intermediate basketball skills such as passing, shooting different shots, and dribbling. Team play includes some introduction to 2-3 zone defense and person to person defense, and strategies of team play. Students will also learn team unity and respect.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Previous experience playing basketball  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 012C Advanced Basketball 1 Unit**

Advanced basketball is designed for the competitive player having a high level of experience in basketball. This course will prepare students for participation in tournament play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous experience playing basketball  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 012D Basketball Tournament Play 1 Unit**

Students will learn necessary skills and strategies for performing in basketball tournaments or club play. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, and strategies will be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Recommended: Skills demonstration on the first day of class  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: None IGETC: None District GE: None

**KINS 021 Step Aerobics 1 Unit**

This course is an introduction to step aerobics. Students will learn techniques and choreography related to step aerobics, as well as the four health-related components of fitness: cardiorespiratory, flexibility, muscular strength and endurance, and body composition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 022 Ultimate Fitness 1 Unit**

This course teaches the principles and concepts of cardiovascular fitness through activity in step training, aerobics with music, kickboxing, jogging and walking and use of variety aerobics exercise machines. Body mechanics, safe exercise parameters, tracking fitness levels and utilization of supplemental exercise apparatus will be accentuated.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 023 Cardio Kickboxing 1 Unit**

Students are introduced to the dynamic kickboxing techniques which provide conditioning for both the aerobic and anaerobic systems. The freestyle interval format combines boxing and kicking drills specific to martial arts and kickboxing style movements integrating the mind/body elements of attitude, readiness, visualization, reaction and fun. Safe exercise parameters, tracking fitness levels and utilization of supplemental exercise materials will be emphasized. Fundamental exercise physiology, nutrition and wellness concepts related to cardiovascular exercise and individual variations due to age, gender, and/or genetics will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 025 First Aid, CPR & AED 3 Units**

This course introduces students to emergency first aid procedures, CPR, and AED. The course is designed to prepare students to make appropriate decisions regarding first aid care and how to provide care for injuries or sudden illness until professional medical help arrives. Upon completion of this course, students will be eligible to take the exam for certification in First Aid, CPR, and AED. (C-ID KIN 101)

Lecture Hours: 1.5 Lab Hours: 4.5 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: None IGETC: None District GE: None  
 Credit by Exam: Yes

**KINS 027 Sports Officiating 3 Units**

This class provides practical experience on the interpretation and knowledge of rules of team sports. The rules and mechanisms of officiating basketball and volleyball as well as soccer and softball/baseball will be covered. This course can be used by Recreation and Kinesiology majors, as well as people involved in community athletic organizations, junior and high schools, and community college sports. The course explores avenues of employment related to sports officiating.

Lecture Hours: 2 Lab Hours: 3 Repeatable: No Grading: L  
 Recommended: Familiarity with at least one sport  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 029 Power Punch 1 Unit**

This course is a dynamic, exciting, and effective fitness class that involves a wide array of disciplines supported by energizing music, and incorporates a number of upper body punches, and lower body kicks. The emphasis is on technique, power, and focus utilizing controlled contact and circuit training.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 031 Lifetime Physical Fitness and Wellness 3 Units**

This course presents an overview of the concepts of physical fitness, training principles, appropriate exercise, and health practices with application to lifelong health and exercise benefits. It includes lecture, laboratory, exercise and physical fitness tests.

Lecture Hours: 2 Lab Hours: 3 Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 033 Introduction to Kinesiology and Physical Education 3 Units**

This course will explore the broad spectrum of Kinesiology and Physical Education as an academic discipline and the required preparation and training for occupations involved with human movement, education, biomechanics, philosophy, allied health, fitness, recreation, coaching, and wellness. This course is an in-depth overview of current issues in Kinesiology and Physical Education.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 034 Fit Camp 1 Unit**

This course provides functional group training activities that develop core strength, cardiovascular conditioning, muscular strength and power through the use of indoor and outdoor circuit training.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 037 Futsal 1 Unit**

This is an indoor physical activity class that is similar to soccer and played on a hard surface. Students will learn the rules of the game and introductory Futsal skills of dribbling, receiving, passing and shooting in order to play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 038A Soccer, Beginning 1 Unit**

The student will learn the terminology, rules, game etiquette, basic ball control skills, offensive and defensive formations, player positions and basic tactics in soccer.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 038B Soccer, Intermediate 1 Unit**

This course is intended for students who passed the beginning course or possess intermediate soccer skills. It is designed to enhance soccer skills in a smaller field space at a faster response time.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: KINS 038A or previous soccer experience  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 039 Adapted Yoga 1 Unit**

This course is designed to provide an individualized adapted yoga program. Adapted Yoga focuses on understanding and controlling the body, breath, and mind through postures or positions and breathing. The techniques are designed to increase range of motion, strength and endurance, balance, and coordination. Methods for relieving stress, and the promotion of relaxation and meditation will be taught to students with or without limitations.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 039A Hatha Yoga 1 Unit**

Hatha Yoga focuses on understanding and controlling the body, breath, and mind through postures or positions and breathing. The techniques are designed to increase range of motion, strength and endurance, balance, and coordination. Methods for relieving stress, and the promotion of relaxation and meditation will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 039C Mindfulness Fitness 1 Unit**

This class introduces a blending of two areas of exercise: fitness walking and hatha yoga. Students will increase awareness of their walking mechanics with different types of indoor and outdoor walking programs. Students will learn control and understand the body and mind connection through exercises and breathing techniques.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 040A Softball, Beginning 1 Unit**

This is a physical activity class which provides a review of the basic skills of hitting, running, catching and throwing. Team play and game strategies for slow-pitch versions of softball are included.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 040B Softball Intermediate 1 Unit**

Students will learn intermediate softball skills and tactics. Defensive skills include fielding ground balls forehand and backhand, double plays, outfielding skills, throwing on the run and team communication skills. In addition, students will learn to use spin, placement and defensive pitching techniques. Students will develop bat control and work to increase bat speed. Offensive base running techniques to force defensive errors will be introduced.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Completion of KINS 040A or equivalent  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 040C Softball Advanced 1 Unit**

Students will learn advanced softball skills and tactics. Offensive skills include hit and run techniques, switch hitting, hitting to opposite field. Defensive skills will include position specific instruction for all infield and outfield positions. Advanced double play tactics including reading the pitched ball to anticipate direction of hit and alignment shifts will be taught. Effective base coaching techniques and commands will be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Completion of KINS 040B or equivalent  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 040D Softball Tournament Play 1 Unit**

Students will learn necessary skills for tournament softball participation including readiness before, between and after multiple games in a single day or up to three days. Readiness skills for batting and fielding will be introduced and practiced in class. Effective team communication techniques and tournament specific supplies and equipment will be addressed. Hydration, nutrition and injury care will also be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Completion of KINS 040C or equivalent  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 047A Tennis, Beginning 1 Unit**

This course is designed for individuals having very little or no tennis playing experience. The course includes an introduction to basic ground strokes, serves and volleys, playing rules and beginning level tactics. Students will participate in modified games appropriate to development as well as formal singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 047B Tennis, Intermediate 1 Unit**

This course is designed for individuals having some tennis playing experience. Course content includes continued development of forehand and backhand ground strokes, service, net play, smashes and lobs. Offensive and defensive tactics will be introduced for singles and doubles play. Students will participate in frequent matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Must have some tennis playing experience  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 047C Tennis, Advanced 1 Unit**

This course is designed for individuals having competitive tennis playing experience. Course content includes physical conditioning for competitive play, continued development of power and control in all ground strokes and serves, advanced level offensive and defensive tactics, mental preparation for greater success, and performing under pressure. Students will engage in frequent tournaments in competitive singles and doubles play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Should have competitive tennis playing experience  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 051A Table Tennis Beginning 1 Unit**

Students will learn rules, etiquette and basic skills regarding Table Tennis. Serve, forehand, backhand and loops will be introduced. Body position and readiness necessary to develop faster play will be practiced. Students will develop game playing skills during class practice with singles and doubles.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 051B Table Tennis Intermediate 1 Unit**

Further development of table tennis skills including pendulum forehand and sidespin backhand serves, forehand and backhand loops with technique to maximize spin generation. Improved set-up, blade angle, body position and follow through to generate more effective blocks, chops, and smashes. Tactics against spinners and power hitters will be introduced. Students participate in competitive matches in singles and doubles play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: KINS 051A  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 051C Table Tennis Advanced 1 Unit**

Table tennis skills, tactics and footwork for the advanced player. Mental training for shot anticipation, recovery positioning and return hitting zone is introduced. Service variety and tactics against attackers and defenders, loop shots against the push and block, counter-loops, counter-spin shots, and flick shots will be taught. Students perform regularly in competitive singles and doubles matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: KINS 051B  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 052A Beginning Volleyball 1 Unit**

This course is designed to introduce the basic fundamentals of volleyball. Students will learn the rules, strategies and proper etiquette as well as an appreciation for a lifetime activity.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 052B Intermediate Volleyball 1 Unit**

This course is designed to introduce the intermediate level skills, techniques, and rules of volleyball. Emphasis will be placed on refining fundamental skills and strategies, as well as an appreciation that volleyball is a lifetime activity.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Recommended: Complete the beginning volleyball course or have the necessary skills  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 052C Advanced Volleyball 1 Unit**

This course is designed for students that are able to play volleyball at an advanced level, with the ability to perform advanced techniques, demonstrate ideal body positioning during advanced play, and to understand and apply the written and unwritten rules of play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Prerequisite: KINS 052B with C or better  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 052D Volleyball Tournament Play 1 Unit**

Students will learn necessary skills and strategies for performing in volleyball tournaments or club play. Tournament preparation for playing extended matches, maintaining readiness between games, team and tournament scoring, effective team communication, and strategies will be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Recommended: Completion of KINS 052C or equivalent (student background playing experience)  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 053A Walk/Jog Beginning 1 Unit**

This entry level course will introduce techniques for improving cardiovascular fitness, strength, flexibility and weight management through the activity of walking and jogging. The class is designed for individuals having little or no previous experience in walking or jogging programs. Principles for improved health practices and healthy weight management will be covered. Throughout the class students will progress to more challenging routes as physical fitness improves.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 053B Jogging for Fitness 1 Unit**

This course provides information on preparation, training principles and suggested programs to follow for jogging for fitness. It also includes techniques to improve and progress to a higher level of aerobic capacity, as well as focus on the benefits of strength and flexibility programs related to jogging.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 053C Jogging for Fitness Intermediate 1 Unit**

This course is designed to build upon and improve basic jogging skills, further improve cardiovascular endurance, build stamina important in performing everyday activities, and improve overall health.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Recommended: Current jogging experience  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 054 Indoor Cycling 1 Unit**

Indoor cycling is a group exercise class performed on stationary bikes. This course provides students with the opportunity to gain muscular strength and cardiovascular endurance. During the class, the instructor simulates real cycling conditions with workouts designed to improve aerobic and anaerobic fitness.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 055 Aerobics With Music 1 Unit**

This course teaches high and low impact rhythmic exercise routines to music. It is designed to attain improvements in cardiovascular fitness, core strength, and flexibility.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E



**KINS 055A Adapted Aerobics 1 Unit**

This course is designed to provide an individualized adapted aerobics program. This course teaches low impact rhythmic exercise routines to music. It is designed to attain improvement in cardiovascular fitness, core strength, and flexibility for students with or without limitations.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 056A Weight Training Beginning 1 Unit**

This is a physical activity course designed to teach students how to use progressive weight resistance exercises to develop muscular strength and endurance while using both free weights and weight machines.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 056B Weight Training Intermediate 1 Unit**

This is a physical activity course designed for students having some previous experience in weight training basics. Students will learn to utilize progressive training techniques including super-sets, pyramids, negatives and giant sets in their regular workouts. Personalized exercise routines will be established targeting specific training outcomes including adding muscle mass and/or decreasing body fat.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 056C Weight Training Advanced 1 Unit**

This is a physical activity course designed for students having a solid understanding of basic training techniques and strength programs. Students will learn techniques for bodybuilding and improving strength and speed in athletic competition.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 057 Cardio and Strength Circuit Training 1 Unit**

This course is an athletic-based cardio and strength circuit workout. The class will utilize resistance machines, as well as individual strength training and exercises for a complete body workout.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 058 Introduction to Athletic Injuries 3 Units**

This course is an introduction to sports related injuries focusing on basic anatomy and the treatment, recognition, and evaluation protocols.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: None IGETC: None District GE: None

**KINS 060 Self-Defense 1 Unit**

This is a general self-defense course. Students will learn self-protection, evading and escapes techniques. This course is designed to teach empowerment, so each of the students will have the confidence to protect and to defend him/herself. Recognition of potential problems, attack prevention/avoidance, escape strategies, counterattack, kidnapping, and abduction will be discussed. Basic techniques of self-defense and fundamentals of strength development will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 060L Fitness Center Laboratory 0.5 Units**

This course is mandatory for all students wanting to use the fitness center to be able to identify, demonstrate, choose, and design a workout plan that includes cardio fitness, strength and flexibility. Safe use of equipment will also be covered.

Lecture Hours: None Lab Hours: 1.5 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 067 Cardio Tai-Chi 2 Units**

This course provides an introduction to the principles and techniques of Cardio Tai-chi. It includes a historical and global examination of the sport, an orientation to the aerobic exercises, Tai-chi principles, and Cardio Tai-chi basic movements. Students will learn and practice this combination of Tai-chi and cardio exercises as a life-long fitness activity for health and well-being.

Lecture Hours: 1 Lab Hours: 3 Repeatable: No Grading: L  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 070A Fitness Walking for Beginners 1 Unit**

This course is designed to teach fitness walking. The student will learn fitness walking techniques, fitness walking exercise principles, and different fitness walking training programs. Students will participate in fitness walking throughout the semester and learn fitness walking measurement and evaluation techniques. This class is intended for walkers of any age, fitness level, and skill level.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 080 Backpacking and Hiking 1 Unit**

The course covers safe and environmentally responsible skills, methods and principles for participating in hiking and backpacking.

Lecture Hours: 1 Lab Hours: None Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 080L Backpacking and Hiking Lab 1 Unit**

Complete weekly hikes at local county parks followed by an extended overnight field experience in one of the National Parks or wilderness areas.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Corequisite: KINS 080 previous or concurrent

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: None IGETC: None District GE: None

**KINS 081A Canyoneering, Beginning 1 Unit**

This is an introductory course in canyoneering in which students will be hiking slot canyons, down climbing, repelling and wading through water. Basic canyoneering skills introduced will include rope handling, introductory repelling and entry level bouldering skills.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 081B Canyoneering, Intermediate 1 Unit**

Student will develop canyoneering skills in multiple stage repels, escaping "keepers," down-climbing, and preparation for hiking through wet environments including waist-high water. Students will apply these skills in the field.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Recommended: Prior experience in climbing or canyoneering

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 081C Canyoneering, Advanced 1 Unit**

Students will develop and apply skills negotiating slot canyons that require evaluating and selecting natural anchors for repelling and climbing. Students will identify safe and appropriate anchor set-up for climbing and repelling as well as belay station set-up.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Recommended: Previous experience in repelling

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 081L Canyoneering Skills Lab 0.5-2 Units**

This course will develop and refine canyoneering skills. The student will participate in self-paced skill development in rope management, working with various rappel devices, down-climbing, single and double rope rappels, braking techniques and pot-hole escape practice.

Lecture Hours: None Lab Hours: 1.5 Repeatable: Yes Grading: O

Recommended: Medical clearance for physical activity

Open Curriculum: Participate in the class orientation scheduled by the instructor

Transfer Status: None Degree Applicable: NAA

CSU GE: None IGETC: None District GE: None

**KINS 082L Hiking Death Valley 1 Unit**

Students will develop necessary skills and understanding to hike safely and responsibly in Death Valley National Park. In addition to local training hikes students will be required to participate in an extended over-night field experience to Death Valley National Park.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 083A Day Hiking High Sierra Beginning 1 Unit**

This course will introduce students to the preparation, knowledge and skills necessary for safe, enjoyable and adventurous day hiking. Students will build stamina and fitness hiking local parks and complete an overnight field experience hiking and camping in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Recommended: Cleared by a physician for physical activity

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 083B Day Hiking High Sierra Intermediate 1 Unit**

This course will develop greater understanding and capacity to hike distances up to 10 miles with elevation changes up to 2,000 feet in the High Sierra. Students will learn about trail ratings, planning for extended exposure, managing hydration and energy needs, and risk management. The course includes an overnight field experience camping and hiking in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Recommended: Cleared by a physician for physical activity and previous hiking experience

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 083C Day Hiking High Sierra Advanced 1 Unit**

This course will provide students knowledge and skills necessary for safe and adventurous day hiking on advanced level trails including managing extreme exposure to sun, wind, rain and temperature, basic survival and first responder skills. Students will build stamina and fitness hiking local parks and complete an overnight field experience hiking and camping in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O

Recommended: Cleared by a physician for physical activity and previous hiking experience

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: E IGETC: None District GE: E

**KINS 087A Hiking and Backpacking, Beginning 1 Unit**

This course will introduce students to the preparation, knowledge and skills necessary for safe, enjoyable and adventurous hiking and backpacking. Students will build stamina and fitness hiking local parks and complete an overnight field experience hiking and camping in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 087B Hiking and Backpacking, Intermediate 1 Unit**

This course will develop greater understanding and capacity to hike and/or backpack distances up to 10 miles with elevation changes up to 2,000 feet. Students will learn about trail ratings, planning for extended exposure, managing hydration and energy needs and risk management. The course includes an overnight field experience camping and hiking in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 087C Hiking and Backpacking, Advanced 1 Unit**

This course will develop greater understanding and capacity to safely day hike and/or backpack distances up to 18 miles with elevation changes over 2,000 feet. Students will prepare for and hike on trails rated difficult. The course includes an overnight field experience camping and hiking in a wilderness area.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Cleared by a physician for physical activity  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 087L Hiking Lab 1 0.5-2 Units**

Complete self-paced weekly hikes for improved health and wellness. Both on-campus and off-campus fitness hikes are planned and scheduled with the instructor. Students may hike individually or in small groups at a personally comfortable yet effective pace. Hiking preparation including selection of gear, clothing, shoes and essentials to include in your pack are covered. Personal safety, environmentally appropriate outdoor skills and local land use rules are covered. Students must accumulate a minimum of 24 miles hiking in six weeks for each 0.5 unit earned. Students may enroll in the class up to the fourth week.

Lecture Hours: None Lab Hours: 1.5 Repeatable: Yes Grading: O  
Open Curriculum: Contact the instructor and attend a course orientation before the end of the fourth week of the semester  
Transfer Status: None Degree Applicable: NAA  
CSU GE: None IGETC: None District GE: None

**KINS 088A Rock Climbing, Beginning 1 Unit**

The student will learn about introductory rock climbing terminology, gear, tie-in, basic knots, and climbing techniques. Skills will be practiced on natural rock and artificial surfaces. The course includes an over-night camping field experience where skills are practiced on natural rock. Equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 088B Rock Climbing, Intermediate 1 Unit**

The student will learn top-rope climbing skills to master routes designated up to 5.6 on the Yosemite decimal system. Basic belay and repel skills will be introduced. Skills will be practiced on natural and artificial surfaces. The course includes an over-night camping field experience where skills are practiced on natural rock. Equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Previous bouldering or climbing experience  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 088C Rock Climbing 5.7 1 Unit**

The student will learn climbing skills to master routes designated up to 5.7 on the Yosemite Decimal System. Skills will be practiced on natural and artificial surfaces. The course includes an over-night camping field experience where skills are practiced on natural rock. Equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Previous climbing experience  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 089A Paddle Sports, Beginning 1 Unit**

The student will learn skills to kayak, canoe and/or stand-up paddle board including terminology, etiquette and local regulations, basic paddle strokes, dock launching and landing skills. Some class meetings will be held off-campus. Over-night field experience camping may be required. Equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E

**KINS 089B Paddle Sports, Intermediate 1 Unit**

The student will learn canoe, kayak or paddle board skills launching and landing from/to irregular natural surfaces, two person rescue skills and managing waves to 2 inches in height. Some classes are taught off-campus. Over-night field experience will be required in a wilderness setting. All equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
Recommended: Previous canoe, kayak or paddle board experience  
Advisory Level: Read: 3 Write: 3 Math: None  
Transfer Status: CSU/UC Degree Applicable: AA/AS  
CSU GE: E IGETC: None District GE: E



**KINS 089C Paddle Sports, Advanced 1 Unit**

The student will learn canoe, kayak and/or paddle board skills including floating transfers, maneuvering in waves up to 6 inches in height, single person rescue in flat water, self-rescue, and packing for over-night camping. Classes are taught off-campus. Students will participate in an over-night field experience in a wilderness setting. All equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous experience with a canoe, kayak and/or paddle board  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 090 Wilderness First Aid 2 Units**

Wilderness First Aid will prepare an individual to respond to emergencies when emergency medical services are not immediately available. Students will learn how to improvise first aid skills and responses to provide adequate care when necessary. Students will learn under what conditions fast evacuations should occur and when to wait for help to arrive. Assessment and first aid care will be practiced in a wilderness setting having changing scenarios in group capabilities, environmental factors, terrain and type of injury/illness. Upon successful completion of the course students can earn the American Red Cross Wilderness Remote First Aid Certificate.

Lecture Hours: 1 Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: KINS 080  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: None IGETC: None District GE: None

**KINS 095 Core Strength Conditioning 1 Unit**

This is a strength and conditioning course focusing on muscles of the torso, back, hips, legs, chest and abdomen. A variety of strength training modalities will be utilized.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 096 Body Sculpting 1 Unit**

Body sculpt conditioning is a comprehensive approach to managing diet, strength and cardio exercise to achieve desired outcomes. As a result of decreasing body fat through diet and cardio training and simultaneously increasing muscle mass through strengthening exercises, a more muscular appearance is achieved and body areas can selectively be "shaped".

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 101A Outdoor Cycling, Beginning 1 Unit**

This course is an introduction to outdoor cycling for fitness. Nutrition, cardiorespiratory endurance, strength development, and age related conditioning considerations will be covered. Students will participate in Bay Area bike rides as a means to improve physical fitness and maintain good health. Bike rides will feature safety, efficiency and exploring local bicycle trails unique to the San Francisco Bay Area. Participants may use their own or the college provided bicycles.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous biking experience  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 101B Outdoor Cycling Intermediate 1 Unit**

This is a progressive course in outdoor cycling where students will participate in Bay Area bike rides for improved health and wellness. The class will develop technique, strength and endurance for cycling low level hills. Distances from 10-15 miles may be covered in each ride. Preparation, safety, hydration, efficiency and managing energy will be covered. Participants may use their own or the college provided bicycle.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Prior cycling experience  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 101C Outdoor Cycling Advanced 1 Unit**

This is a progressive course in outdoor cycling for wellness. Students will participate in Bay Area bike rides for improved health and wellness. The class will develop riding skills and techniques for cycling distances up to 25 miles for various types of terrain and weather conditions. Participants may use their own or a college provided bicycle.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Prior cycling experience  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 102A Mountain Biking Beginning 1 Unit**

This is an introduction in mountain biking where students will participate in Bay Area off-road mountain trail rides as a means to improve physical fitness and maintain better health. Bike rides will feature safety, efficiency and exploring local off-road bicycle trails unique to the San Francisco Bay Area. Nutrition, cardiorespiratory endurance, strength development, and age related conditioning considerations will be covered. Participants may use their own or the college provided bicycles.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 102B Mountain Biking Intermediate 1 Unit**

This course continues development in mountain biking for lifelong wellness. Skills will be developed for greater safety in recognizing and avoiding hazardous conditions, mountain bike selection, bike maintenance, and preparation for hilly terrain and moderately long distances. Bikes will be provided if necessary.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous biking experience  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 104A Kayaking Beginning 1 Unit**

Students will learn skills to kayak including terminology, etiquette, local regulations, basic paddle strokes, dock launching and landing. Overnight field experience camping may be required. Equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 104B Kayaking Intermediate 1 Unit**

Students will continue to learn kayaking skills including two person rescue skills, launching and landing from/to irregular natural surfaces, and managing waves to four inches in height. Overnight field experience may be required in a wilderness setting. All equipment will be provided.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous kayaking experience and clearance by a physician for physical activities  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 106A Snowshoeing Beginning 1 Unit**

This course will introduce students to the preparation, knowledge and skills necessary for safe, enjoyable and adventurous snowshoeing. It will cover equipment, preparation, winter safety, snow travel and snowshoe skills. Most of the course will be taught in the Sierra Nevada. All snowshoe equipment will be provided at no additional cost. The course may require overnight camping in a snow environment.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared by a physician for physical activity  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 106B Snowshoeing Intermediate 1 Unit**

This course will cover snowshoeing skill refinement, including snow navigation, technique on rolling hills and basic survival skills. Most of the course will be taught in the Sierra Nevada. All snowshoe equipment will be provided at no additional cost. The course may require overnight camping in a snow environment.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Previous snowshoeing experience and cleared by physician for physical activity  
 Advisory Level: Read 3 Write 3 Math None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 107A Cross Country Skiing Beginning 1 Unit**

This course will introduce students to the preparation, knowledge and skills necessary for safe, enjoyable and adventurous cross country skiing. It will cover equipment, preparation, winter safety, snow travel and skiing skills. Most of the course will be taught in the Sierra Nevada. All cross country ski equipment will be provided. The course may require overnight camping in a snow environment.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared for exercise by a physician  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 107B Cross Country Skiing Intermediate 1 Unit**

This course will cover cross country skiing skill refinement in varying snow conditions including navigation, safety and advanced winter survival techniques, avalanche risk assessment and response. Most of the course will be taught in a wilderness environment. Ski equipment will be provided. The course may require overnight camping in a snow environment.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: O  
 Recommended: Cleared for exercise by a physician  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: E IGETC: None District GE: E

**KINS 120 Adventure Based Recreation Leadership 3 Units**

Adventure Based Recreation Leadership covers principles and practices in recreation, leadership, group dynamics, and leisure behavior related to recreation activities in a wilderness environment. The course also covers legal and financial aspects of recreational service, advanced program planning, organization and administration of leisure services, evaluation and professionalism.

Lecture Hours: 3 Lab Hours: None Repeatable: No Grading: L  
 Advisory Level: Read: 3 Write: 3 Math: None  
 Transfer Status: CSU/UC Degree Applicable: AA/AS  
 CSU GE: None IGETC: None District GE: None

**KINS 130A Adventure Based Outdoor Recreation I 3 Units**

Students participate in a variety of land-based activities aimed at improving teaching and leadership skills in outdoor adventure activities including camping, backpacking, mountaineering, cross-country hiking and orienteering. Most of the class time is spent developing outdoor adventure recreation leadership skills in a wilderness environment.

Lecture Hours: 1 Lab Hours: 6 Repeatable: No Grading: O

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: None IGETC: None District GE: None

**KINS 130B Adventure Based Outdoor Recreation II 3 Units**

Students participate in a variety of water-based activities aimed at improving teaching and leadership skills in outdoor adventure activities including kayaking, canoeing, paddle-board, and/or rafting. Most of the class time is spent developing outdoor adventure recreational leadership skills in a wilderness environment.

Lecture Hours: 1 Lab Hours: 6 Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: None IGETC: None District GE: None

**KINS 130C Adventure Based Outdoor Recreation III 3 Units**

Students participate in a variety of land-based activities aimed at improving teaching and leading skills in outdoor adventure activities including bouldering, canyoneering and rock climbing. Most of the class time is spent developing outdoor adventure recreation leadership skills in a wilderness environment.

Lecture Hours: 1 Lab Hours: 6 Repeatable: No Grading: L

Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

CSU GE: None IGETC: None District GE: None

**KINS 500 EVC Wellness Fitness Center 0 Units**

Drop-in access to the EVC Fitness Center. An orientation to the facility may be required prior to first use.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: N

Open Curriculum: No prerequisite, corequisite or levels

Transfer Status: None Degree Applicable: NC

CSU GE: None IGETC: None District GE: None