

KINESIOLOGY

KIN 20L Aerobic Fitness

Provides supervision in developing and maintaining a personal aerobic fitness program in the Wellness Education Center.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99364	Arr.	Arr.	0.50	J.Thomas	HW1138

27 hr arranged in the Wellness Education Center. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 7/15.

KIN 22L Strength Training

Provides supervision in developing and maintaining a personal strength training program in the Wellness Education Center.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99365	Arr.	Arr.	0.50	A.Marcopulos	HW1138

27 hr arranged in the Wellness Education Center. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 7/15.

KIN 23A Fitness and Conditioning I

Provides supervision in developing and maintaining a fitness and conditioning program in the Wellness Education Center.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99366	Arr.	Arr.	0.50	A.Marcopulos	HW1138

27 hr arranged in the Wellness Education Center. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 7/15.

KIN 24L Lifetime Fitness

Provides supervision in developing and maintaining an individualized fitness program in the Wellness Education Center.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99367	Arr.	Arr.	0.50	K.Rosinger	HW1138

27 hr arranged in the Wellness Education Center. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 7/15.

KIN 39A Beginning Gyrokinesis® Movement Yoga

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99362	TTH	8:00AM-10:15AM	0.75	S.Spencer	HW1126

Meets 6 weeks, 6/20-7/27. Holiday 7/4.

KIN 39B Intermediate Gyrokinesis® Movement Yoga

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the intermediate student. Prerequisite: KIN 39A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99363	TTH	8:00AM-10:15AM	0.75	S.Spencer	HW1126

Meets 6 weeks, 6/20-7/27. Holiday 7/4.

KIN 54A Beginning Volleyball

Provides instruction in the techniques and strategies of volleyball for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99355	MTWTH	3:30PM-5:50PM	1.00	G.Houston/E.Pauly	1101

Meets 4 weeks, 7/5-7/27.

KIN 54B Intermediate Volleyball

Provides instruction on the techniques and strategy of volleyball for the intermediate student. Recommended Preparation: KIN 54A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99356	MTWTH	3:30PM-5:50PM	1.00	G.Houston/E.Pauly	1101

Meets 4 weeks, 7/5-7/27.

KIN 54C Advanced Volleyball

Provides instruction on the techniques and strategies of volleyball for the advanced student. Recommended Preparation: KIN 54B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99357	MTWTH	3:30PM-5:50PM	1.00	G.Houston/E.Pauly	1101

Meets 4 weeks, 7/5-7/27.

KIN 55 Sports Conditioning

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1(103791)	MTWTH	1:10PM-3:20PM	1.50	M.Espy	HW1136
Meets 6 weeks, 6/19-7/28. Holiday 7/4.					
99860	MTWTH	1:10PM-3:20PM	1.50	D.Arbet	HW1136
Meets 6 weeks, 6/19-7/28. Holiday 7/4.					

KIN 61A Beginning Swim Fitness

Introduces physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99359	TTH	8:30AM-9:50AM	0.50	J.Thomas	POOL
Meets 6 weeks, 6/20-7/27. Holiday 7/4.					

KIN 61B Intermediate Swim Fitness

Continues to improve physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included.

Prerequisite: KIN 61A.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99360	TTH	8:30AM-9:50AM	0.50	J.Thomas	POOL
Meets 6 weeks, 6/20-7/27. Holiday 7/4.					

KIN 61C Advanced Swim Fitness

Continues to improve physical fitness using advanced application of competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Prerequisite: KIN 61B.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99361	TTH	8:30AM-9:50AM	0.50	J.Thomas	POOL
Meets 6 weeks, 6/20-7/27. Holiday 7/4.					