

KINESIOLOGY

KIN 2 Introduction to Kinesiology

Introduces an interdisciplinary approach to the study of human movement.
Transfer Credit: Transfers to CSU;UC C-ID KIN 100

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	G.Houston	OL
Section 1 is an ONLINE course. For details, see instructor's web page at go.cabrillo.edu/online.					
2	TTH	9:30AM-10:50AM	3.00	G.Houston	1118
3	MW	11:10AM-12:20PM	3.00	D.Liotta	1118

KIN 4 Introduction to Personal Training

Prepares students to pass a national exam in Personal Training (NSCA, NASM, ACE).
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	F	10:15AM-1:20PM	3.00	G.Marcoccia	HW1136

KIN 4LA Beginning-Level Personal Training Lab

Provides the opportunity to apply the skills and knowledge acquired in KIN 4, and provides beginning-level practical exposure to the field of personal training. Hybrid
Requisite: Completion of or concurrent enrollment in KIN 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	F	1:45PM-3:50PM	1.00	G.Marcoccia	HW1136

KIN 4LB Intermediate-Level Personal Training Lab

Provides the opportunity to apply the skills and knowledge acquired in KIN including intermediate-level practical exposure to the field of personal training. Prerequisite: KIN 4LA.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	F	1:45PM-3:50PM	1.00	G.Marcoccia	HW1136

KIN 4LC Advanced-Level Personal Training Lab

Provides the opportunity to apply the skills and knowledge acquired in KIN including demonstrating the ability to individualize exercise instruction. Prerequisite: KIN 4LB.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	F	1:45PM-3:50PM	1.00	G.Marcoccia	HW1136

KIN 4LD Expert-Level Personal Training Lab

Provides the opportunity to apply the skills and knowledge acquired in KIN 4 including the proper communication of fitness instructions. Prerequisite: KIN 4LC.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	F	1:45PM-3:50PM	1.00	G.Marcoccia	HW1136

KIN 6A Coaching Youth Soccer

Examines the philosophy of coaching youth soccer and prepares the student for successful completion of the United States Soccer Federation (USSF) Coaching Licenses F and E as well as the Cal-North Goalkeeper Certificate.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	T	6:00PM-9:05PM	3.00	P.Carbone	1118
&	T	6:00PM-9:05PM		P.Carbone	STADIUM

KIN 10B Athletic Training: Treatment and Rehabilitation of Athletic Injuries

Focuses on the follow up treatment of athletic injuries including the phases of tissue healing and basic components and goals of a rehabilitation program. Recommended Preparation: BIO 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	3.00	C.Dios	1118

KIN 10AL Clinical Experience in Sports Medicine I

Provides the opportunity to apply the skills and knowledge acquired in KIN 10A, and provides practical exposure to the athletic training profession. Recommended Preparation: BIO 4. Hybrid Requisite: Completion of or concurrent enrollment in KIN 10A.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	1.00	M.Ramsey	1112A
Meets 2 hr 5 min arranged per week.					

KIN 10BL Clinical Experience in Sports Medicine II

Provides the opportunity to apply the skills and knowledge acquired in KIN 10B, and provides further practical exposure to the athletic training profession. Prerequisite: KIN 10AL. Corequisite: KIN 10B. Recommended Preparation: BIO 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	2.00	M.Ramsey	1112A
Meets 4 hr 5 min arranged per week.					

KIN 10CL Clinical Experience in Sports Medicine III

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies. Prerequisite: KIN 10BL or equivalent skills. Recommended Preparation: BIO 4.

Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	2.00	M.Ramsey	1112A

Meets 4 hr 5 min arranged per week.

KIN 10DL Clinical Experience in Sports Medicine IV

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies learned in KIN 10CL. Prerequisite: KIN 10CL or equivalent skills.

Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	2.00	M.Ramsey	1112A

Meets 6 hr 10 min arranged per week.

KIN 13 First Aid: Responding to Emergencies

Details the theory and demonstration of first aid care of the injured, with certification by the American Heart Association. May be offered in a Distance-Learning Format. Transfer Credit: CSU; UC, WITH LIMITS: KIN 13 & 15 combined: maximum credit-1 course. C-ID KIN 101

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	K.Belliveau	OL
&	S 4/7	9:00AM-1:00PM		K.Belliveau	1171
&	S 4/28	10:00AM-1:00PM		K.Belliveau	1171
&	S 5/12	10:00AM-1:00PM		K.Belliveau	1171

Section 1 is a HYBRID ONLINE course. Meets 8 weeks, 4/2-5/26. There are 3 on campus Saturday meetings in the conference room next to the pool: 4/7 mandatory orientation 9:00AM-1:00PM, 4/28 10:00AM-1:00PM, 5/12 10:00AM-1:00PM. For details, see instructor's web page at go.cabrillo.edu/online. Materials fee \$15.

2	TTH	11:10AM-12:30PM	3.00	K.Belliveau	1118
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Materials fee \$15.

3	Arr.	Arr.	3.00	K.Belliveau	OL
&	S 4/7	1:30PM-5:30PM		K.Belliveau	1171
&	S 4/28	1:30PM-4:30PM		K.Belliveau	1171
&	S 5/12	1:30PM-4:30PM		K.Belliveau	1171

Section 3 is a HYBRID ONLINE course. Meets 8 weeks, 4/2-5/26. There are 3 on campus Saturday meetings in the conference room next to the pool: 4/7 mandatory orientation 1:30PM-5:30PM, 4/28 1:30PM-4:30PM, 5/12 1:30PM-4:30PM. For details, see instructor's web page at go.cabrillo.edu/online. Materials fee \$15.

KIN 15 Community Cardio Pulmonary Resuscitation

Provides certification in American Heart Association CPR. Provides training care for the adult, child, and infant victim.

Transfer Credit: CSU; UC, WITH LIMITS: KIN 13 & 15 combined: maximum credit-1 course.

Section	Days	Times	Units	Instructor	Room
1	M	5:30PM-9:45PM	0.50	K.Belliveau	1118

Meets 2 weeks, 2/5 and 2/12. First class meeting held in conference room 1171, next to the pool. Materials fee \$15.

KIN 16 Advanced CPR: Healthcare Provider American Heart Association Basic Life Support

Trains participants to promptly recognize life-threatening emergencies and provide Basic Life Support maneuvers such as giving high-quality chest compressions, deliver appropriate ventilations, and provide early use of an Automated External Defibrillator. Provides American Heart Association certification.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	M	5:30PM-9:45PM	0.50	K.Belliveau	1118
&	M	5:30PM-9:45PM		K.Belliveau	1171

Meets 2 weeks, 3/5 and 3/12. First class meeting held in conference room 1171, next to the pool. Materials fee \$15.

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
1	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.

2	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.

3	Arr.	Arr.	1.50	J.Page	HW1138
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81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this section, it is recommended that you enroll no later than 3/3.

4	Arr.	Arr.	2.00	J.Page	HW1138
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108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this section, it is recommended that you enroll no later than 3/3.

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
4	Arr.	Arr.	2.00	J.Page	HW1138

108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this section, it is recommended that you enroll no later than 3/3.

3	Arr.	Arr.	1.50	J.Page	HW1138
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81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this section, it is recommended that you enroll no later than 3/3.

2	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.

1	Arr.	Arr.	0.50	J.Page	HW1138
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27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.

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
1	Arr.	Arr.	0.50	J.Page	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
2	Arr.	Arr.	1.00	J.Page	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					

KIN 23B Fitness and Conditioning II

Provides the opportunity to continue to develop an individualized fitness and conditioning program to meet desired training goals in the Fitness Education Center. Prerequisite:KIN 23A

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

Section	Days	Times	Units	Instructor	Room
2	Arr.	Arr.	1.00	J.Page	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
1	Arr.	Arr.	0.50	J.Page	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					

KIN 23C Fitness and Conditioning III

Provides continued supervision in applying the skills and knowledge acquired in KIN 23A and 23B to develop an individualized fitness program. Prerequisite:KIN 23B

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

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	0.50	J.Page	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
2	Arr.	Arr.	1.00	J.Page	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					

KIN 23D Fitness and Conditioning IV

Provides continued supervision in applying appropriate variations and progressions to an individualized fitness program. Prerequisite:KIN 23C

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

Section	Days	Times	Units	Instructor	Room
2	Arr.	Arr.	1.00	J.Page	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
1	Arr.	Arr.	0.50	J.Page	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					

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
1	Arr.	Arr.	0.50	J.Page	HW1138
27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
2	Arr.	Arr.	1.00	J.Page	HW1138
54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 4/28.					
3	Arr.	Arr.	1.50	J.Page	HW1138
81 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 81 arranged hours for this section, it is recommended that you enroll no later than 3/3.					
4	Arr.	Arr.	2.00	J.Page	HW1138
108 hr arranged. To get started, go to HW1138 for mandatory orientation. To successfully complete the 108 arranged hours for this section, it is recommended that you enroll no later than 3/3.					

WELLNESS EDUCATION CENTER

www.cabrillo.edu/wellness/

Your on-campus gym!

Get Fit & Get Credit!

Enroll in one of these courses:

KIN 20L, KIN 22L, KIN 24L
KIN 23A, KIN 23B, KIN 23C, KIN 23D

KIN 27A Beginning Weight Training

Provides instruction for the beginning student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight.

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

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	A.Marcopulos	HW1136
2	TTH	9:30AM-10:50AM	1.50	A.Marcopulos	HW1136
3	TTH	12:40PM-2:00PM	1.50	G.Houston	HW1136

KIN 27B Intermediate Weight Training

Provides instruction for the intermediate student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight. Prerequisite: KIN 27A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	A.Marcopulos	HW1136
2	TTH	9:30AM-10:50AM	1.50	A.Marcopulos	HW1136
3	TTH	12:40PM-2:00PM	1.50	G.Houston	HW1136

KIN 34A Beginning Core Performance

Provides instruction in an approach to fitness using functional and core training 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
1	MW	11:10AM-12:30PM	1.50	K.Dybdahl	HW1126

KIN 34B Intermediate Core Performance

Provides instruction in an approach to fitness using functional and core training for the intermediate student. Prerequisite: KIN 34A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	MW	11:10AM-12:30PM	1.50	K.Dybdahl	HW1126

KIN 35A Beginning Cross Training

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge beginning students in a supportive environment.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN Activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	TTH	11:10AM-12:30PM	1.50	L.Broderick-Burr	HW1136

KIN 35B Intermediate Cross Training

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge intermediate students in a supportive environment. Prerequisite: KIN 35A.
Transfer Credit: CSU; UC, WITH LIMITS: Any and all KIN Activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	TTH	11:10AM-12:30PM	1.50	L.Broderick-Burr	HW1136

KIN 37A Beginning Hatha Yoga

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment 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
1	MW	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
2	TTH	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
3	MW	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
4	TTH	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
6	TTH	12:40PM-2:00PM	1.50	L.Broderick-Burr	HW1126
5	MW	12:55PM-2:15PM	1.50	L.Norton	HW1126
7	MW	4:00PM-5:20PM	1.50	H.Jackson-Jones	WatA130

KIN 37B Intermediate Hatha Yoga

Provides instruction on asanas with attention to breath awareness and detail of postural alignment of the body for the intermediate student. Prerequisite: KIN 37A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	MW	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
2	TTH	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
3	MW	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
4	TTH	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
6	TTH	12:40PM-2:00PM	1.50	L.Broderick-Burr	HW1126
5	MW	12:55PM-2:15PM	1.50	L.Norton	HW1126
7	MW	4:00PM-5:20PM	1.50	H.Jackson-Jones	WatA130

KIN 38A Beginning Yoga and Stress Reduction

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body 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
1	W	5:00PM-7:05PM	1.00	L.Norton	HW1126

KIN 38B Intermediate Yoga and Stress Reduction

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the intermediate student. Recommended Preparation: KIN 38A.

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

Section	Days	Times	Units	Instructor	Room
1	W	5:00PM-7:05PM	1.00	L.Norton	HW1126

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
1	TTH	8:00AM-9:20AM	1.50	S.Spencer	1101

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
1	TTH	8:00AM-9:20AM	1.50	S.Spencer	1101

KIN 42A Beginning Pickleball

Instructs the beginning skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton.

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

Section	Days	Times	Units	Instructor	Room
2	W	11:15AM-1:20PM	1.00	K.Belliveau	TENCOURT

KIN 42B Intermediate Pickleball

Instructs the intermediate skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton. Prerequisite: KIN 42A.

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

Section	Days	Times	Units	Instructor	Room
2	W	11:15AM-1:20PM	1.00	K.Belliveau	TENCOURT

KIN 44A Beginning Hiking

Introduces concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations.

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

Section	Days	Times	Units	Instructor	Room
1	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 3/2-5/25. Holiday 3/30. First class meets in Room 1118.

KIN 44B Intermediate Hiking

Examines the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Prerequisite: KIN 44A.

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

Section	Days	Times	Units	Instructor	Room
1	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 3/2-5/25. Holiday 3/30. First class meets in Room 1118.

KIN 44C Advanced Hiking

Continues to examine the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations for the advanced student. Prerequisite: KIN 44B.

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

Section	Days	Times	Units	Instructor	Room
1	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 3/2-5/25. Holiday 3/30. First class meets in Room 1118.

KIN 45 Beginning Self-Defense for Women

Provides basic self-defense skills and psychological techniques for confronting threatening situations. Includes information about the nature and incidence of assaults.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units. May be used for Cabrillo and CSU GE Area E if taken Fall, 2013 or later.

Section	Days	Times	Units	Instructor	Room
1	M	5:00PM-5:45PM	1.50	K.Dybdahl	HW1126
&	M	5:55PM-8:00PM		K.Dybdahl	HW1126

KIN 47A Beginning Basketball

Provides instruction in the fundamental skills of basketball 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
1	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 47B Intermediate Basketball

Provides instruction in the skills and strategies of basketball for the intermediate student. Prerequisite: KIN 47A.

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

Section	Days	Times	Units	Instructor	Room
1	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 47C Advanced Basketball

Provides instruction in the skills and strategies of basketball for the advanced student. Prerequisite: KIN 47B.

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

Section	Days	Times	Units	Instructor	Room
1	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 48A Beginning Flag Football

Provides instruction and practice of the fundamentals of flag football including strategies and rules of the game.

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

Section	Days	Times	Units	Instructor	Room
2	TTH	2:00PM-3:20PM	1.50	M.Espy II	STADIUM

1	MW	4:30PM-5:50PM	1.50	D.Arbet	STADIUM
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KIN 50A Beginning Soccer

Provides instruction on the skills and strategy of soccer 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
2	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 50B Intermediate Soccer

Provides instruction on the skills and strategy of soccer for the intermediate student. Prerequisite: KIN 50A.

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

Section	Days	Times	Units	Instructor	Room
2	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 50C Advanced Soccer

Provides instruction of the skills and strategy of soccer for the advanced student. Prerequisite: KIN 50B.

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

Section	Days	Times	Units	Instructor	Room
2	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 51A Beginning Indoor Soccer-Futsal

Provides instruction in skills and strategies of indoor soccer-futsal 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
1	F	8:30AM-10:35AM	1.00	P.Carbone	1101

2	F	10:45AM-12:50PM	1.00	P.Carbone	1101
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KIN 51B Intermediate Indoor Soccer-Futsal

Provides instruction on the skills and strategies of indoor soccer-futsal for the intermediate student. Prerequisite: KIN 51A.

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

Section	Days	Times	Units	Instructor	Room
1	F	8:30AM-10:35AM	1.00	P.Carbone	1101

2	F	10:45AM-12:50PM	1.00	P.Carbone	1101
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KIN 51C Advanced Indoor Soccer-Futsal

Provides instruction in skills and strategies of indoor soccer-futsal for the advanced student. Prerequisite: KIN 51B.

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

Section	Days	Times	Units	Instructor	Room
1	F	8:30AM-10:35AM	1.00	P.Carbone	1101

2	F	10:45AM-12:50PM	1.00	P.Carbone	1101
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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
1	TTH	7:30PM-9:35PM	1.00	G.Houston	1101
&	TTH	7:30PM-9:35PM		M.Ehritt	1101

Meets 8 weeks, 4/3-5/24.

KIN 60A Beginning Swimming

Emphasizes basic development of aquatic skills including water safety and the freestyle stroke.

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

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
2	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
3	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

KIN 60B Intermediate Swimming

Emphasizes development of aquatic skills for the intermediate swimmer including water safety, basic strokes and techniques, deep water skills, and conditioning activities. Prerequisite: KIN 60A.

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

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
2	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
3	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

KIN 60C Advanced Swimming

Emphasizes development of aquatic skills and conditioning appropriate to the advanced swimmer. Prerequisite: KIN 60B.

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

Section	Days	Times	Units	Instructor	Room
1	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
2	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
3	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

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
1	Arr.	Arr.	0.75	M.Adas	POOL
Open entry class with 27 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
2	Arr.	Arr.	1.00	J.Thomas	POOL
Open entry class with 36 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 61B Intermediate Swim Fitness

Provides instruction of intermediate level swimming techniques to improve physical fitness. Swim sets include interval training, work out structure to meet goals, and learning the differences between aerobic and anaerobic swimming. 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
2	Arr.	Arr.	1.00	J.Thomas	POOL
Open entry class with 36 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
1	Arr.	Arr.	0.75	M.Adas	POOL
Open entry class with 27 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 61C Advanced Swim Fitness

Provides instruction of advanced level competitive swimming techniques to enhance physical fitness. Swim sets include flip turns, tactical breathing, and developing a complete swim work out. 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
1	Arr.	Arr.	0.75	M.Adas	POOL
Open entry class with 27 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
2	Arr.	Arr.	1.00	J.Thomas	POOL
Open entry class with 36 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 64 Lifeguard Training

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Provides information and training for lifeguards in pool safety and pool management. Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick.

Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
1	MW	11:10AM-11:40AM	2.00	J.Thomas	POOL
&	MW	11:40AM-12:30PM		J.Thomas	POOL

KIN 65A Masters Swimming

Provides instruction in propulsive techniques of the butterfly, backstroke, breaststroke, and freestyle swim strokes used in competitive swimming.

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

Section	Days	Times	Units	Instructor	Room
2	Arr.	Arr.	1.00	J.Thomas	POOL
Open entry class with 36 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
1	Arr.	Arr.	0.75	J.Thomas	POOL
Open entry class with 27 arranged hours. To successfully complete these hours, it is recommended you enroll in this section no later than 3/3. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					