2021-2022 Official Catalog

Kinesiology

Overview

The Cosumnes River College Kinesiology program offers a wide variety of classes, including Fitness, Dance, Aquatics, Individual Sports, Team Sports, Intercollegiate Athletics, and Kinesiology classes.

Degrees Offered

A.A.-T. in Kinesiology
A.A. in Physical Education

Dean
Collin Pregliasco

Department Chair
Minet Gunther

Phone
(916) 691-7261

Email
PregliC@crc.losrios.edu

Associate Degrees for Transfer

A.A.-T. in Kinesiology

The Associate in Arts in Kinesiology for Transfer Degree (AA-T) is designed to meet common lower-division requirements for a major in Kinesiology at California State University (CSU) campuses by completion of 60 transferable semester units with a minimum 2.0 GPA, to include either the California State University General Education Breadth pattern or the Intersegmental General Education Transfer Curriculum; students must earn a grade of C or better in all the courses for the major as described in the Required Program. Upon successful completion of the degree requirements, students will be guaranteed admission to the CSU system with junior status and will not have to repeat lower division coursework. Students are encouraged to meet with a counselor to develop their educational plans as degree options and general education requirements vary for each university.

Catalog Date: January 1, 2022

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
</tbody>
</table>

ELECTIVE LIST A - 2 Courses from the following:

A minimum of 7 units from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
</tr>
<tr>
<td>or PSYC 330</td>
<td>Introductory Statistics for the Behavioral Sciences (3)</td>
</tr>
<tr>
<td>BIOL 310</td>
<td>General Biology (4)</td>
</tr>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
</tr>
<tr>
<td>PHYS 350</td>
<td>General Physics (4)</td>
</tr>
</tbody>
</table>

ACTIVITY ELECTIVES:

A minimum of 3 units from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FITNS 440</td>
<td>Swimming I (1)</td>
</tr>
<tr>
<td>FITNS 380</td>
<td>Circuit Weight Training (1)</td>
</tr>
<tr>
<td>FITNS 381</td>
<td>Weight Training (1)</td>
</tr>
<tr>
<td>FITNS 390</td>
<td>Basic Yoga (1)</td>
</tr>
<tr>
<td>FITNS 406</td>
<td>Walking and jogging (1)</td>
</tr>
<tr>
<td>PACT 310</td>
<td>Badminton I (1)</td>
</tr>
<tr>
<td>TMACT 302</td>
<td>Soccer - Outdoor (1)</td>
</tr>
</tbody>
</table>
COURSE CODE | COURSE TITLE | UNITS
---|---|---
TMACT 320 | Basketball (1) | 
TMACT 330 | Volleyball (1) | 

Total Units: 23

Select a maximum of one (1) course from any three (3) of the following areas for a maximum of three units: Aquatics (FITNS 440); Fitness (FITNS 308, 381, 390, 406); Individual Sports (PACT 310); Team Sports (TMACT 302, 320, 330).

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

Student Learning Outcomes

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

- utilize the theories of biomechanics and exercise physiology and apply them to sport and fitness pedagogy.
- discuss how sociological, psychological, historical, and philosophical factors influence the field of kinesiology and sport.
- evaluate the unique and overlapping roles of each body system in promoting homeostasis and how such body systems adapt to the demands of activity and sport.
- evaluate anatomical and physiological information and apply findings to decision making.
- assess and measure improvements in fitness levels through a comprehensive analysis of aerobic capacity, body composition, muscular endurance, and flexibility.
- define and understand how to properly execute fitness and sport training techniques.
- FOR STUDENTS CHOOSING THE STAT 300 or PSYC 330 OPTION: use the concepts of descriptive statistics to display and analyze univariate and bivariate data.
- FOR STUDENTS CHOOSING THE CHEM 305 OPTION: apply the basic terminology and nomenclature of elements and compounds relevant to the human body and metabolism.
- FOR STUDENTS CHOOSING THE PHYS 350 OPTION: solve conceptual problems in classical mechanics, fluids, mechanical waves, and thermodynamics.

Career Information

The AA-T in Kinesiology can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Career opportunities for students who have earned BS or BA degrees in Kinesiology include but are not limited to: exercise physiologist, physical therapy aide, health consultant, personal trainer, recreation director, referee, group fitness instructor, health club manager, athletic coach, activities director, K-12 physical educator, public health educator, swimming pool manager, cardiac rehabilitation technician, or corporate fitness director. Some careers may require additional training. NOTE TO TRANSFER STUDENTS: The Associate Degree for Transfer program is designed for students who plan to transfer to a campus of the California State University (CSU). Other than the required core, the courses you choose to complete this degree will depend on some extent on the selected CSU for transfer. In addition, some CSU-GE Breadth or IGETC requirements can also be completed using courses required for this associate degree for transfer major (known as "double-counting"). Meeting with a counselor to determine the most appropriate course choices will facilitate efficient completion of your transfer requirements. For students wishing to transfer to other universities (UC System, private, or out-of-state), the Associate Degree for Transfer may not provide adequate preparation for upper-division transfer admissions; it is critical that you meet with a CRC counselor to select and plan the courses for the major, as programs vary widely in terms of the required preparation.

Associate Degrees

A.A. in Physical Education

The Cosumnes River College Physical Education program offers a wide variety of physical education classes, including Fitness, Dance, Aquatics, Self Defense, Individual Sports, Team Sports, Intercollegiate Athletics, and Physical Education Theory classes. The program in Physical Education outlined below is typical of lower-division requirements for four-year colleges and universities (though some requirements tend to vary from college to college). For specific requirements, students should refer to a catalog of the college of their choice. Students are also advised to see a counselor before selecting the courses best aligned with their transfer institution.

Note to Transfer Students:
If you are interested in transferring to a four-year college or university to pursue a bachelor's degree in this major, it is critical that you meet with a CRC counselor to select and plan the courses for your major. Schools vary widely in terms of the required preparation. The courses that CRC requires for an Associate's degree in this major may be different from the requirements needed for the Bachelor's degree.

Highlights include:
- A wide variety of physical education options
- Outstanding facilities that include a state of the fitness center, competitive aquatic facilities, baseball stadium, state of the art community and athletic center, second gymnasium, and soccer/football stadium
- 2 FIFA sized soccer fields with scoreboards, softball stadium, 8 championship tennis courts and numerous physical education fields.

Physical Education

NOTE: The University of California has a limitation on the number of units of physical education courses that can be transferred. The California State University System has no such limitation, but there are restrictions placed on the number of physical education units that can be applied toward the major and general education. See a counselor for specific course limitations.

All activity classes are open to both men and women unless noted within the course title. Students may be concurrently enrolled in more than one physical education activity class; however, no more than two of the same physical education activity classes may be taken by a student in the same semester.

The prefixes ADAPT, DANCE, FITNESS, PACT, TMACT, and SPORT refer to courses which may be used to satisfy the physical education graduation requirement. Beginning classes concentrate on fundamental skills, rules, scoring, equipment, dress, etiquette and basic strategy. Intermediate classes continue efforts on skill development while concentrating on strategy and competitive play.

Activity courses may be taken up to four times in each activity area, unless otherwise identified (e.g. four Tennis, four Aerobics, four Weight Training, etc.).

Courses with the "PET" prefix are open to students interested in the physical education major and in the theoretical aspects of sports activity. PET courses do not meet the physical education graduation requirement; however, they are all transferable. Some "PET" courses have a unit limitation to the UC system. See a counselor for specific course limitations.

Athletics
Academic Advising for Athletes

10 intercollegiate athletic opportunities for student participation:
Adapted Physical Education (ADAPT) Courses

ADAPT 300 Adapted Physical Education

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
<td>5</td>
</tr>
</tbody>
</table>

Elective:

A minimum of 6 units from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 310</td>
<td>General Biology (4)</td>
<td></td>
</tr>
<tr>
<td>STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
<td></td>
</tr>
<tr>
<td>HEED 300</td>
<td>Health Science (3)</td>
<td></td>
</tr>
<tr>
<td>NUTRI 300</td>
<td>Nutrition (3)</td>
<td></td>
</tr>
<tr>
<td>PHYS 350</td>
<td>General Physics (4)</td>
<td></td>
</tr>
<tr>
<td>KINES 301</td>
<td>Personal Wellness (3)</td>
<td></td>
</tr>
<tr>
<td>or HEED 350</td>
<td>Personal Wellness (3)</td>
<td></td>
</tr>
</tbody>
</table>

Plus 1-2 units selected from courses in the following areas:

A minimum of 1 unit from the following:

One unit selected from: Adapted Aquatics, Adapted Physical Education, Aerobics, Basketball, Body Fitness, Dance, Golf, Lifeguard Training, Mountaineering, Softball, Swimming, Team Sports, Tennis, Volleyball, Water Polo, Weight-Training

Total Units: 25

The Physical Education Associate in Arts (A.A.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See CRC graduation requirements.

Adapted Physical Education (ADAPT) Courses

ADAPT 332 Adapted Aquatics

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>

Units: 1

Hours: 9 hours LEC; 27 hours LAB

Prerequisite: None.

Transferable: CSU; UC

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

Catalog Date: January 1, 2022

In adapted physical education, the instructor works under the recommendation/direction of the student's physician. Class activities are adapted or modified to meet individual needs. Each student performs at an individual level of ability without pressure or competition. Students with both temporary and permanent disabilities are served as well as students with major health problems. Students must have a physician's statement indicating (a) the disability, (b) specific restrictions, and (c) recommended activities.
This physical education class is a personal water safety and fitness class adapted for individuals who are physically challenged. The class will be tailored for the individual's abilities and needs. Topics covered will include stroke mechanics, water safety, movement through water, and the use of water for resistive exercises.

ADAPT 333 Adapted Shallow Water Aerobics

Units: 1
Hours: 9 hours LEC; 27 hours LAB
Prerequisite: None.
Advisory: Although swimming skills are not needed, it is suggested that students are comfortable in an aquatic environment.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This class is designed for individuals who are physically challenged and uses the resistance of the water for low impact weight bearing exercise. It will be tailored to each student's individual abilities. The class will include exercises in shallow water; working on cardiovascular endurance and fitness, muscular strength and endurance as well as increase overall flexibility. Students must have a doctor's recommendation on file. No swimming skills are needed or required as students will be in shallow water and use equipment to help with flotation.

ADAPT 334 Adapted Deep Water Aerobics

Units: 1
Hours: 9 hours LEC; 27 hours LAB
Prerequisite: None.
Advisory: Although swimming skills are not necessary, it is strongly suggested that students enrolled in this course are comfortable in an aquatic environment, especially in deep water.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to allow students with disabilities or challenges, the opportunity to improve their overall fitness through a no-impact, non-weight bearing class in the water. In this class, cardiovascular exercises and endurance will be stressed. Additionally, due to the resistance of the water, students will improve their overall strength and flexibility.

ADAPT 336 Motor Development for the Physically Challenged

Units: 1 - 2
Hours: 9 - 18 hours LEC; 27 - 54 hours LAB
Prerequisite: None.
Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course gives the student individual instruction which promotes and develops overall physical fitness and psychomotor skills. This activity class for the physically challenged includes exercises in flexibility, strength development, aerobic activity and relaxation training. Students must have a doctor's recommendation on file.

ADAPT 339 Walk and Wheel

Units: 2
Hours: 18 hours LEC; 54 hours LAB
Prerequisite: None.
Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed for students who are disabled and/or physically challenged and want to participate in a general physical education activity course. Individualized walking or wheeling programs are designed to enhance cardiovascular and cardio-respiratory endurance. The course also includes specific exercises for muscular strength, muscular endurance, and flexibility. Small group games and activities are included to promote fitness and fun.

ADAPT 495 Independent Studies in Adapted Physical Education

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

ADAPT 499 Experimental Offering in Adapted Physical Education

Units: 0.5 - 4
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This is the experimental courses description.
FITNS 306 Aerobics: Cardio-Kickboxing

This course emphasizes proper alignment, execution, and timing of faster paced movements from kickboxing, boxing, and aerobic dance to improve cardiovascular fitness. Various training methods will also be used to improve individual strength and flexibility.

FITNS 314 Aquatic Fitness III - Deep Water Jogging

This jogging/running course uses the resistance of deep water to build and/or improve muscular strength and endurance, cardiovascular fitness and increases flexibility while wearing a flotation belt to maintain a vertical position in the water. It is a fitness class for those individuals who want to improve their current fitness level with non-weight bearing exercise in the water.

FITNS 320 Body Fitness

This course is designed to assess and improve physical fitness levels, enhance weight control, and encourage a healthy attitude toward lifelong fitness. Students receive theories and practical activities involved in obtaining and maintaining a healthy weight and appropriate level of fitness.

FITNS 323 Core Conditioning II: Fitness Ball

The fitness ball is a valuable tool for developing core strength (middle of your body), flexibility and balance. Because of the fitness ball's inherent instability, the effect of traditional strength training exercises is intensified when performed in conjunction with the fitness ball. Students will learn to safely and effectively execute strengthening exercises for all the major muscle groups with and without hand weights, flexibility exercises, and balancing exercises. Specific topics and exercises may vary each semester depending on the needs of the students.

FITNS 324 Mat Pilates

This beginning course is a unique methodology that offers improvement in core strength, posture and flexibility. Mat Pilates is designed to work with the deepest muscles with a sequence of fundamental exercises to achieve improved balance and position control while strengthening and toning the entire body.

FITNS 326 Mat Pilates II
This intermediate course is designed to improve core strength and overall body awareness using the unique methodology of Mat Pilates. Mat Pilates II will include a sequence of fundamental exercises with the addition of intermediate level exercises. The addition of equipment (i.e. fitness balls, resistance bands, etc.) will be introduced.

FITNS 327 Mat Pilates III

Units: 1
Hours: 54 hours LAB
Course Family: Total Body Sculpting (http://crc.losrios.edu/course-families#id_100068)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course will use Mat Pilates training for muscle groups through controlled exercises taught at an advanced level. The advanced course is designed to improve in strength, posture, flexibility, and coordination. This course will include resistance methods of training and use of equipment (i.e. fitness balls, resistance bands, etc.) to help build strength and improve mobility.

FITNS 328 Core Conditioning III: Thighs, Abs, Glutes

Units: 1
Hours: 54 hours LAB
Course Family: Total Body Sculpting (http://crc.losrios.edu/course-families#id_100068)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to be a workout specific to the thighs, abdominal and gluteal muscles included as part of the Cross Training family of Power Sculpting and Fitness Ball. This class will include workouts using a variety of calisthenics/exercises designed to enhance muscular strength and endurance, including core strength.

FITNS 331 Boot Camp Fitness

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to be a physically intense and challenging fitness class. Training exercises used during this class will include jogging, interval training, hill running training, obstacle courses, and performing a variety of calisthenics designed to enhance muscular strength and endurance. In addition, students will be challenged to understand and apply fitness training principles. The students will train individually, with a partner or in a team setting.

FITNS 339 Multi Sport Training for Fitness

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course covers multi-sport training, including swimming, cycling and running. This class is designed for the beginner triathlete or any student interested in cross training for fitness. The student will be taught how to develop improved techniques in all three activities. Students must supply their own road or mountain bike and helmet. This course may be taken four times for credit.

FITNS 348 High-Intensity Interval Training

Units: 1
Hours: 54 hours LAB
Course Family: High Intensity Training (http://crc.losrios.edu/course-families#id_100071)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to be a physically intense and total body workout included as part of the Cross Training family of Boot Camp Fitness. This class will include workouts using running, obstacle courses, and performing a variety of calisthenics designed to enhance muscular strength and endurance used through high intensity intervals.

FITNS 352 Power Sculpting

Units: 1
Hours: 54 hours LAB
Power Sculpting is a non-impact conditioning course designed to enhance muscular fitness (muscular endurance and muscular strength), balance, and improve body composition by sculpting and defining muscles through the use of resistance equipment (other than weight machines), core training, calisthenics, and flexibility exercises.

FITNS 355 Workforce Fitness

- Units: 1
- Hours: 54 hours LAB
- Course Family: Workforce Fitness
- Prerequisite: None.
- Transferable: CSU; UC
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: January 1, 2022

This physical education course emphasizes concepts related to health, physical fitness and recreation as they relate to the industrial worker. Exercise programs will be designed to improve specific muscle groups impacted in the occupational setting.

FITNS 380 Circuit Weight Training

- Units: 1
- Hours: 54 hours LAB
- Course Family: Group Cardio Fitness Training
- Prerequisite: None.
- Transferable: CSU; UC (Any or all PE activity courses combined: maximum credit 4 units)
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: January 1, 2022

Circuit Weight Training shall introduce the student to a fitness program of progressive resistive exercises designed to promote improvement in muscular strength and endurance, cardiovascular endurance, and flexibility, as well as, decrease in body fat percentage. The student will move in a prescribed circuit (alternating timed lifting with active recovery) utilizing machines, free weights, cardiovascular activities, and flexibility training.

FITNS 381 Weight Training

- Units: 1
- Hours: 54 hours LAB
- Course Family: Weight Training
- Prerequisite: None.
- Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit 4 units)
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: January 1, 2022

This physical education course is designed to develop fitness strength through weight training. Students will learn basic weight training techniques using the weight machines and basic free lifts. The student will be able to design and implement their own weight training program for future use after taking this class.

FITNS 384 Weight Training II

- Units: 1
- Hours: 54 hours LAB
- Course Family: Weight Training
- Prerequisite: FITNS 381
- Advisory: FITNS 384 with a grade of "C" or better
- Transferable: CSU; UC
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: January 1, 2022

This physical education course is designed to stress the proper guidelines, principles and techniques of weight lifting and the development of muscular strength and endurance at an intermediate level. The students will design and implement their own weight training program.

FITNS 386 Weight Training III

- Units: 1
- Hours: 54 hours LAB
- Course Family: Weight Training
- Prerequisite: None.
- Transferable: CSU; UC
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: January 1, 2022

This physical education course is designed to stress the proper guidelines, principles and techniques of weight training and the development of muscular strength, endurance and power at an advanced level. More emphasis will be placed on free weights as the student progresses. The students will design and implement their own weight training program.

FITNS 390 Basic Yoga

- Units: 1
Yoga is an East Indian method of mind/body exercise designed to stretch, strengthen, and enhance muscle tone through the practice of asanas (poses) and pranayama (breathing exercises). This course will introduce the student to the basics of yoga in both the physical and the philosophical aspects. This course is designed to assist any and all of those goals through support and guidance in a safe and nurturing learning environment. Students will be required to purchase a yoga mat.

FITNS 393 Yoga II

Units: 1
Hours: 54 hours LAB
Course Family: Yoga (http://crc.losrios.edu/course-families#id_100069)
Prerequisite: FITNS 390 with a grade of "C" or better
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is an advanced yoga class that allows students to continue to explore and develop their yoga practice, and to learn a deeper focus for stress reduction and relaxation. This class is designed to advance the practice of the individual through stretching, strengthening, and enhancing muscle tone. This will be done through the practice of advanced asanas (poses) and pranayama (breathing exercises). Yoga practice plus meditation helps decrease stress and increase energy levels while improving focus, concentration, and self-realization. Students will be required to purchase a yoga mat.

FITNS 394 Yoga III

Units: 1
Hours: 54 hours LAB
Course Family: Yoga (http://crc.losrios.edu/course-families#id_100069)
Prerequisite: FITNS 390 or 393 with a grade of "C" or better
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is an advanced yoga class that allows students to continue to explore and develop their yoga practice, and to learn a deeper focus for stress reduction and relaxation. This class is designed to advance the practice of the individual through stretching, strengthening, and enhancing muscle tone. This will be done through the practice of advanced asanas (poses) and pranayama (breathing exercises). Yoga practice plus meditation helps decrease stress and increase energy levels while improving focus, concentration, and self-realization. Students will be required to purchase a yoga mat.

FITNS 401 Walking I

Units: 0.5 - 1
Hours: 54 hours LAB
Course Family: Cardio Fitness (http://crc.losrios.edu/course-families#id_100070)
Prerequisite: None.
Catalog Date: January 1, 2022

Walking I is a physical education course that is designed to instruct the student in the basic fundamentals and techniques of walking for fitness. The course will concentrate on improving the physical capacity and efficiency of the body with the emphasis on development of muscular and cardiovascular endurance as influenced by such factors as body type, diet, health status, and rest; for those beginning their fitness journey.

FITNS 406 Walking and Jogging

Units: 1
Hours: 54 hours LAB
Course Family: Cardio Fitness (http://crc.losrios.edu/course-families#id_100070)
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to improve cardiovascular fitness, muscle endurance, and flexibility. Weight management, nutritional guidelines and healthy living information will also contribute to overall health and wellness for the student in this course.

FITNS 407 Walking II

Units: 0.5 - 1
Hours: 27 - 54 hours LAB
Course Family: Cardio Fitness (http://crc.losrios.edu/course-families#id_100070)
Prerequisite: None.
Transferable: CSU; UC (effective Fall 2022)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This physical education course is designed to promote and improve the student's level of fitness, physical appearance, and well being as the foundation was established in Walking I. This course will concentrate on improving walking techniques, cardiovascular endurance, muscle strengthening and flexibility utilizing walking as an activity. Students will be advised to have proper walking shoes or running shoes.
FITNS 440 Swimming I

This class provides the opportunity for students to become safe and comfortable in the water. Students will develop swimming skills on their front and back. Instruction will emphasize freestyle and backstroke as well as water safety. Each student will progress toward becoming an endurance swimmer for enhanced fitness.

FITNS 441 Swimming II

This course is designed for non-swimmers or those returning to swimming after a long absence. Topics include basic water adjustment skills, floats, glides, basic freestyle and backstroke. It is appropriate for those afraid or not comfortable in deep water or those unable to correctly or continuously swim 25 meters without stopping. Instruction will be given in the physical and psychological adjustment to water.

FITNS 442 Swimming III

The purpose of this course is to teach intermediate swimmers, who have mastered basic water acclimation, water safety, and basic swimming skills, swim training protocols and design, further refinement of stroke technique, proper diving technique, and development of cardiovascular capacity. Students will learn and refine the stroke techniques of freestyle, backstroke, and breaststroke. Students will learn flip turns for freestyle and backstroke. Students will be introduced to swim training and workout design.

FITNS 443 Swimming IV

This swim class is for advanced intermediate swimmers who want to learn or improve proper training technique specific to the four competitive strokes. Students will also develop or refine underwater efficiency related to increasing speed during entry into the water, turning and breakouts for all of the competitive strokes (free, back, breast and fly). Advanced training protocols, drills and workouts will be used.

FITNS 444 Swimming V

This swimming class emphasizes improvement in aerobic fitness. This is a self-paced overload method of training using a workout approach. Stroke efficiency, aerobic fitness, and personal improvement will be emphasized.

FITNS 495 Independent Studies in Fitness

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current
FITNS 499 Experimental Offering in Fitness

Units: 0.5 - 4
Prerequisite: None.
Catalog Date: January 1, 2022

This is the experimental courses description.

Kinesiology (KINES) Courses

KINES 300 Introduction to Kinesiology

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC (UC Transfer Credit Limitation: KINES 300, 308, & 460 maximum credit, 8 units.)
General Education: AA/AS Area III(b); CSU Area E1
Catalog Date: January 1, 2022

This introductory course presents an interdisciplinary approach to the study of human movement. It will provide students with an overview of the sub-disciplines in kinesiology, including the history, philosophy, sociology and psychology of sport, pedagogy, and motor behavior; biomechanics and physiology of physical activity. In addition, students will learn about career opportunities in teaching physical education, coaching, health and fitness, therapeutic exercise and sport management.

KINES 301 Personal Wellness

Same As: HEED 350
Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(b); CSU Area E1
Catalog Date: January 1, 2022

This course takes a personal approach to lifetime healthy habits. The students will relate their own lives to topics that include: Fitness, weight management, relationships, nutrition, stress management, sexual health, risky behaviors, and prevention of diseases. Assessment, plans for change and reinforcement will be applied through the use of journals, projects, written assignments and tests. This course is the same as HEED 350, and only one may be taken for credit.

KINES 308 Women in Sport

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC (UC Transfer Credit Limitation: KINES 300, 308, & 460 maximum credit, 8 units.)
General Education: CSU Area D; IGETC Area 4
Catalog Date: January 1, 2022

This course examines the relationship between women and sport, primarily in the United States, from multiple perspectives. Consideration is given to the cultural, economic, educational, legal, physiological and social influences on women in sport. Situating the ever-evolving roles that women assume in sport within a historical context, emphasis is placed on using the past to advise the present and effect change in the future. The course covers four broad areas: women's sport in historical context; the benefits and risks of participating in sport and physical activity; women, sport and social location; and women in the sport industry.

KINES 416 Psychology of Sport

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Advisory: ENGWR 101 with a grade of “C” or better
Transferable: CSU
General Education: AA/AS Area V(b); AA/AS Area III(b); CSU Area D
Catalog Date: January 1, 2022

This course will explore current and historical concepts, theories, and techniques of sport and fitness psychology and the role these concepts play in the achievement of optimal performance in sports and in life.

KINES 455 Sport Ethics

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Transferable: CSU; UC (effective Fall 2022)
General Education: AA/AS Area I
Catalog Date: January 1, 2022

This class is designed to examine ethics, moral questions, and value judgments related to sport. Its approach allows students to follow and analyze ethical arguments, think through...
philosophical issues, and apply them to the artistic expression of sport as well as everyday life.

**KINES 460 Sport in Society**

<table>
<thead>
<tr>
<th>Units:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LEC</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC (UC Transfer Credit Limitation: KINES 300, 308, &amp; 460 maximum credit, 8 units.)</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area V(b); CU Area D</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>

This course is an introduction to the examination of sport in contemporary society. The course analyzes sport as a social institution and examines sports interaction with politics, economics, education, religion, gender, race, media, and ethics. The course also focuses on the impact of sport on participants, spectators, and society as a whole.

**KINES 495 Independent Studies in Physical Education Theory**

<table>
<thead>
<tr>
<th>Units:</th>
<th>1 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>54 - 162 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

**KINES 498 Work Experience in Kinesiology**

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>30 - 300 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Enrollment Limitation:</td>
<td>Students must be in a paid or unpaid internship, volunteer position or job related to career goals Kinesiology.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(b)</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>

This course provides students with opportunities to develop marketable skills in preparation for employment in their major field of study or advancement within their career. It is designed for students interested in work experience and/or internships in transfer level degree occupational programs. Course content includes understanding the application of education to the workforce; completion of required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. Appropriate level learning objectives are established by the student and the employer. During the semester, the student is required to participate in a weekly orientation and 37.5 hours of related paid work experience, or 30 hours of unpaid work experience for 0.5 unit. An additional 37.5 or 30 hours of related work experience is required for each additional 0.5 units. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

**KINES 499 Experimental Offering in Kinesiology**

<table>
<thead>
<tr>
<th>Units:</th>
<th>0.5 - 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>

This is the experimental courses description.

**Personal Activity (PACT) Courses**

**PACT 310 Badminton I**

<table>
<thead>
<tr>
<th>Units:</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
</tr>
<tr>
<td>Course Family:</td>
<td>Badminton <a href="http://crc.losrios.edu/course-families#id_100021">Link</a></td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC (Any and all PE Activity courses combined: maximum transfer credit 4 units)</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>

This course provides a review of basic fundamentals, techniques and rules of badminton. The emphasis is on skills and techniques such as play strategies for singles and doubles and shot selection for various play situations. Students will need to wear proper footwear for athletic activity and appropriate work-out attire. Students may be asked to bring shuttlecocks to class.

**PACT 311 Badminton II**

<table>
<thead>
<tr>
<th>Units:</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
</tr>
<tr>
<td>Course Family:</td>
<td>Badminton <a href="http://crc.losrios.edu/course-families#id_100021">Link</a></td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
</tr>
<tr>
<td>Catalog Date:</td>
<td>January 1, 2022</td>
</tr>
</tbody>
</table>
This course provides instruction in intermediate skills, techniques, and rules of badminton. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

**PACT 390 Tennis I**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Tennis
- **Prerequisite:** None.
- **Transferable:** CSU; UC (All PE Activity courses combined: maximum transfer credit 4 units)
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is a beginning tennis course. The course covers skills, rules, etiquette, and strategies of the game. The student will develop basic skills such as ground strokes, serving, volleying, elementary strategies, game rules, and basic knowledge of tennis strategies. The student will also engage in singles play and learn to improve in their play against an opponent. Playing tennis stimulates enjoyable, cooperative, and competitive modes of behavior and promotes awareness of physical activity for life long health and fitness. This course is designed for students with little or no prior tennis experience.

**PACT 391 Tennis II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Tennis
- **Prerequisite:** None.
- **Advisory:** PACT 390 with a grade of "C" or better; Tennis II students should have some playing experience and basic tennis knowledge and skills.
- **Transferable:** CSU; UC
- **General Education:** CSU Area E2
- **Catalog Date:** January 1, 2022

This course reviews basic fundamentals, techniques, rules, and social courtesies of tennis. Intermediate players are encouraged to take this course.

**PACT 393 Tennis III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Tennis
- **Prerequisite:** None.
- **Advisory:** PACT 391 with a grade of "C" or better; Tennis III students are recommended to have significant experience, preferably at the high school varsity level.
- **Transferable:** CSU; UC
- **General Education:** CSU Area E2
- **Catalog Date:** January 1, 2022

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

**PACT 495 Independent Studies in Personal Activity**

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of "Special Studies" for full details of Independent Studies.

**PACT 499 Experimental Offering in Personal Activity**

- **Units:** 0.5 - 4
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is the experimental courses description.

**Sports (SPORT) Courses**

**SPORT 300 Baseball, Intercollegiate-Men**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
This course is for students who wish to participate in intercollegiate baseball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

**SPORT 301 Off Season Conditioning for Baseball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** It is advised that students taking this course have played 2 years of high school varsity baseball.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometric jump training, speed training and flexibility exercises. This course is designed to prepare students for intercollegiate baseball competition and may be repeated to meet requirements for CCCAA eligibility.

**SPORT 303 Pre-Season Conditioning for Baseball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometric training, speed training, and flexibility exercises. This course designed to prepare students for participation in intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

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

- **Units:** 1.5
- **Hours:** 85 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is for students who wish to participate in intercollegiate basketball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

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

- **Units:** 1.5
- **Hours:** 90 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is for students who wish to participate in intercollegiate basketball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

**SPORT 313 Off Season Conditioning for Basketball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is designed to prepare the collegiate basketball player for the competitive season and reduce risk of injury. Course content will include: collegiate level basketball-specific skill development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometrics, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate basketball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

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

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Enrollment Limitation:** Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.
This course is designed to prepare the collegiate basketball player for the competitive season and reduce risk of injury. Course content will include: collegiate level basketball-specific skill development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometrics, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate basketball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 316 Basketball, Intercollegiate-Women, Fall

Units: 1.5
Hours: 85 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is for students who wish to participate in intercollegiate basketball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 317 Basketball, Intercollegiate-Women, Spring

Units: 1.5
Hours: 90 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is for students who wish to participate in intercollegiate basketball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 318 Post-Season Conditioning for Basketball

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to increase sport performance and overall understanding of women's intercollegiate basketball concepts and strategic philosophies. Course content will include: collegiate level basketball-specific skill development, collegiate level offensive and defensive concepts, team specific basketball fundamentals, Team specific drills for individual improvement and sport specific agility work, plyometrics and speed training.

This course is designed to prepare students for participation in intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 350 Soccer, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is for students who wish to participate in intercollegiate soccer. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 351 Off-Season Conditioning for Men's Soccer

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to prepare the collegiate soccer player for the competitive season and reduce the risk of injury. Course content will include: collegiate level soccer-specific skill and tactical development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometrics, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate soccer competition and may be repeated to meet requirements for CCCAA eligibility.

SPORT 352 Off-Season Conditioning for Women's Soccer

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide themselves with appropriate soccer attire, soccer cleats, and shin guards. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 355 Soccer, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: The student must demonstrate intercollegiate athletic soccer skills as determined by a try-out conducted by the coaching staff to remain in the course.
Transferable: CSU; UC (All PE Activity courses: combined maximum transfer credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is for students who wish to participate in intercollegiate soccer. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 357 Pre-Season Conditioning For Women's Soccer

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: The student must demonstrate minimum performance standards as determined by the instructor. Students will be required to have a physical uploaded and Electronic Medical Records (EMR) paperwork completed prior to participation in the class. Students will be required to achieve and maintain specific performance standards as determined by the instructor. Continued eligibility will be and is dependent on maintaining these standards as well as CCCAA academic and decorum rules.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to increase sport performance and overall understanding of intercollegiate soccer concepts and strategic philosophies. Course content will include: collegiate level soccer-specific skill development, collegiate level offensive and defensive concepts, team specific soccer fundamentals, team specific drills for individual improvement and sport specific agility work, plyometrics and speed training. This course is designed to prepare students for intercollegiate soccer competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 358 Pre-Season Conditioning for Men's Soccer

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: The student must demonstrate minimum performance standards as determined by the instructor. Students will be required to have a physical uploaded and Electronic Medical Records (EMR) paperwork completed prior to participation in the class. Students will be required to achieve and maintain specific performance standards as determined by the instructor. Continued eligibility will be and is dependent on maintaining these standards as well as CCCAA academic and decorum rules.
Transferable: CSU; UC (All PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is designed to increase sport performance and overall understanding of intercollegiate soccer concepts and strategic philosophies. Course content will include: collegiate level soccer-specific skill development, collegiate level offensive and defensive concepts, team specific soccer fundamentals, Team specific drills for individual improvement and sport specific agility work, plyometrics and speed training. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 365 Softball, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This course is for students who wish to participate in intercollegiate softball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 366 Off Season Conditioning for Softball

Units: 0.5 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: It is advised that athletes taking this course have participated at the varsity level in high school or competed on a summer travel ball team.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2022

This physical education course involves a combination of basic skills and strategy tactics with an emphasis on a fitness component for the sport of softball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate softball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.
SPORT 368 Pre-Season Conditioning for Softball

0.5 Units
27 hours LAB

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

SPORT 375 Swimming and Diving, Intercollegiate-Women

3 Units
175 hours LAB

This is an advanced swimming and diving activity course that provides competition with other community college teams. Fundamentals, rules, team strategy, and aquatic skills appropriate to intercollegiate athletic competition are expected of competitors. This course is designed to prepare students for intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 376 Off Season Swim & Dive

0.5 - 3 Units
27 - 162 hours LAB

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 377 Pre-Season Conditioning Swim & Dive

0.5 - 3 Units
27 - 162 hours LAB

This course is a preparation for the competitive swimming and dive intercollegiate season. It also offers a dry-land and weight training components for peak performance. This course is designed to prepare students for intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 380 Tennis, Intercollegiate-Men

3 Units
175 hours LAB

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. It may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 385 Tennis, Intercollegiate-Women

3 Units
175 hours LAB

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. It may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.
This course is for students who wish to participate in intercollegiate tennis. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

**SPORT 386 Off Season Conditioning for Tennis**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is designed to prepare the intercollegiate tennis player for the competitive season and reduce the risk of injury. Course content will include intercollegiate level tennis-specific skill development, a solid aerobic conditioning plan, sport specific - strength training, agility work, plyometrics, speed training and flexibility exercises and other activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate tennis competition and may be repeated to meet requirements for CCCAA eligibility.

**SPORT 403 Pre-Season Conditioning for Volleyball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Transferable:** CSU; UC (All PE Activity courses: combined maximum transfer credit, 4 units)
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

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

**SPORT 405 Volleyball, Intercollegiate-Women**

- **Units:** 3
- **Hours:** 175 hours LAB
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is for students who wish to participate in intercollegiate volleyball. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

**SPORT 406 Off Season Conditioning for Volleyball**

- **Units:** 0.5 - 3
- **Hours:** 27 - 162 hours LAB
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is designed to prepare the collegiate volleyball player for the competitive season and reduce the risk of injury. Course content will include: Collegiate level volleyball-specific skill development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometric jump training, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate volleyball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

**SPORT 495 Independent Studies in Sport**

- **Units:** 1 - 3
- **Hours:** 54 - 162 hours LAB
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of “Special Studies” for full details of Independent Studies.

**SPORT 499 Experimental Offering in Sport**

- **Units:** 0.5 - 4
Team Activity (TMACT) Courses

**TMACT 300 Soccer, Indoor**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer (http://crc.losrios.edu/course-families#id_100023)
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

The purpose of this course is to provide the student with beginning level knowledge and skills associated with indoor soccer. This course emphasizes defense, offense, passing, ball control, heading, and shooting. It covers the skills, strategy, and rules that govern the play of indoor soccer.

**TMACT 301 Indoor Soccer II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer (http://crc.losrios.edu/course-families#id_100023)
- **Prerequisite:** TMACT 300; Student should have completed Indoor Soccer I, played 1 year of High School Varsity Soccer, completed 1 year of College Soccer, or satisfy the professor with a level of proficiency.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

The purpose of this course is to provide the student with an intermediate level player environment to challenge the players knowledge and skills associated with indoor soccer. This course emphasizes an intermediate level of defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of indoor soccer. This class is not for beginners.

**TMACT 302 Soccer - Outdoor**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer (http://crc.losrios.edu/course-families#id_100023)
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

The purpose of this course is to provide the student with beginning level knowledge and skills associated with outdoor soccer. This course emphasizes defense, offense, passing, ball control, heading, and shooting. It covers the skills, strategy, and rules that govern the play of outdoor soccer.

**TMACT 303 Outdoor Soccer II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer (http://crc.losrios.edu/course-families#id_100023)
- **Prerequisite:** TMACT 302; Student should have completed Outdoor Soccer I, played 1 year of High School Varsity Soccer, completed 1 year of College Soccer, or satisfy the professor with a level of proficiency.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

The purpose of this course is to provide the student with an intermediate level player environment to challenge and improve the player’s knowledge and skills associated with outdoor soccer. This course emphasizes an intermediate level of defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of outdoor soccer. This class is not for beginners.

**TMACT 304 Outdoor Soccer III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Soccer (http://crc.losrios.edu/course-families#id_100023)
- **Prerequisite:** TMACT 303; Student should have completed Outdoor Soccer II, played 2 years of High School Varsity Soccer, played at the competitive level of youth soccer, completed 1 year of College Soccer, or satisfy the professor with a level of proficiency.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

The purpose of this course is to provide the student with an intermediate level player environment to challenge and improve the player’s knowledge and skills associated with outdoor soccer. This course emphasizes an intermediate level of defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of outdoor soccer. This class is not for beginners.
The purpose of this course is to provide the student with an advanced level player environment to challenge the player's knowledge and skills associated with outdoor soccer. This course emphasizes an advanced level of defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of outdoor soccer. This class is not for beginners or intermediate players.

**TMACT 320 Basketball**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball (http://crc.losrios.edu/course-families#id_100024)
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This course is a physical education course that covers a complete review of the basic fundamentals, tactics, rules, and systems of play, and will enhance the student's understanding and ability.

**TMACT 321 Basketball II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball (http://crc.losrios.edu/course-families#id_100024)
- **Prerequisite:** None.
- **Advisory:** TMACT 320
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is a physical education course that covers a complete review of the intermediate fundamentals, tactics, rules, and systems of play. The student will develop a better understanding of how to play competitive basketball in a team setting.

**TMACT 322 Basketball III**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball (http://crc.losrios.edu/course-families#id_100024)
- **Prerequisite:** None.
- **Advisory:** TMACT 321; Advanced level basketball students must demonstrate a post-intermediate level of basketball skill and comprehension to be considered for enrollment in this advanced basketball course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is a competitive physical education basketball course. This course will cover the basic as well as advanced fundamentals and skills of basketball, in addition to basic strategies, rules, and systems of competitive play. This course is designed to enhance the student's comprehension and ability.

**TMACT 323 Basketball IV**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Basketball (http://crc.losrios.edu/course-families#id_100024)
- **Prerequisite:** None.
- **Advisory:** TMACT 321; Advanced level basketball students must demonstrate a post-intermediate level of basketball skill and comprehension to be considered for enrollment in this advanced basketball course.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is an advanced basketball course. Instruction, demonstration, and participation will provide the student with knowledge of tournament, and bracketed style play for basketball at an advanced level. This course will focus on 2 on 2, 3 on 3, and 5 on 5 tournament style competition.

**TMACT 330 Volleyball**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Volleyball (http://crc.losrios.edu/course-families#id_100025)
- **Prerequisite:** None.
- **Transferable:** CSU; UC
- **General Education:** AA/AS Area III(a); CSU Area E2
- **Catalog Date:** January 1, 2022

This is a beginning volleyball class. Lecture, demonstration and participation will provide the student with sufficient knowledge for continued participation in volleyball. The fundamentals of passing, setting, serving, attacking, blocking, digging, rules of play and simple strategies will be covered.

**TMACT 331 Volleyball II**

- **Units:** 1
- **Hours:** 54 hours LAB
- **Course Family:** Volleyball (http://crc.losrios.edu/course-families#id_100025)
This is an intermediate volleyball class. Lecture, demonstration and participation will provide the student with sufficient knowledge for continued participation in volleyball. This class will focus on refining basic skills, introducing more complicated techniques and teaching more advanced strategies.

**TMACT 333 Volleyball III**

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | [Volleyball](http://crc.losrios.edu/course-families#id_100025) |
| Prerequisite: | None. |
| Advisory: | TMACT 331; Advanced volleyball students are recommended to have significant experience, preferably at the high school varsity level. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | January 1, 2022 |

This is an advanced volleyball class. Lecture, demonstration and participation will provide the student with sufficient knowledge for continued participation in volleyball at an advanced level. In advanced volleyball, students work on improving the more complicated skills and techniques of the sport and competitive play takes a higher priority.

**TMACT 335 Volleyball IV**

| Units: | 1 |
| Hours: | 54 hours LAB |
| Course Family: | [Volleyball](http://crc.losrios.edu/course-families#id_100025) |
| Prerequisite: | None. |
| Advisory: | TMACT 331; Advanced volleyball students are recommended to have significant experience, preferably at the high school varsity level. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | January 1, 2022 |

This course is designed to teach advanced skills, principles and techniques necessary and fundamental to understanding and playing at an expert level. Emphasis is placed on the 6-2 and 5-1 team offensive/defensive systems and strategies. Includes participation in organized round robin competition preceded by a brief period of appropriate warm-up, skill development, and activities.

**TMACT 495 Independent Studies in Team Activity**

| Units: | 1 - 3 |
| Hours: | 54 - 162 hours LAB |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | January 1, 2022 |

An independent studies project involves an individual student or small group of students in study, research, or activities beyond the scope of regularly offered courses. See the current catalog section of “Special Studies” for full details of Independent Studies.

**TMACT 499 Experimental Offering in Team Activity**

| Units: | 0.5 - 4 |
| Prerequisite: | None. |
| Transferable: | CSU; UC |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | January 1, 2022 |

This is the experimental courses description.