

# KINESIOLOGY, GENERAL (KING)

## **KING 2 1 units**

### **Ultimate Frisbee**

#### **54 hours laboratory**

Grading: letter grade or pass/no pass.

This course is designed to provide an overview of the sport of Ultimate Frisbee with focus on instruction in the rules, techniques and strategies. Transferable to both UC and CSU; see counselor for limitations

## **KING 2B 1 units**

### **Ultimate Frisbee**

#### **54 hours laboratory**

Recommended Preparation: KING 2.

Grading: letter grade or pass/no pass.

This course provides the continued study of and practice in ultimate frisbee. Topics that will be examined are performance skill techniques, fitness, offensive strategies and defensive strategies. Emphasis will be placed on game and tournament play.

Transferable to CSU Only

## **KING 10 1 units**

### **Badminton**

#### **54 hours laboratory**

Grading: letter grade.

Formerly KING 10AD. This course is designed to provide instruction in the fundamentals of badminton and involves targeted skill practice and tournament play. The course includes a brief history of badminton, terminology, rules, conditioning, strokes, footwork, tactics, and strategies utilized in single and doubles play.

Transferable to both UC and CSU; see counselor for limitations

## **KING 10B 1 units**

### **Badminton**

#### **54 hours laboratory**

Recommended Preparation: KING 10.

Grading: letter grade or pass/no pass.

This course provides continued instruction in the sport of badminton. The course involves the rules, conditioning, strokes, footwork, tactics, singles and doubles skill practice and tournament play.

Transferable to both UC and CSU; see counselor for limitations

## **KING 14 1 units**

### **Basketball**

#### **54 hours laboratory**

Grading: letter grade.

Formerly KING 14AD. This course will provide an overview of the sport of basketball with focus on instruction in rules, techniques and strategies. Course goals will be achieved through guided instruction and participation in various types of basketball competition.

Transferable to both UC and CSU; see counselor for limitations

## **KING 14B 1 units**

### **Basketball**

#### **54 hours laboratory**

Recommended Preparation: KING 14.

Grading: letter grade or pass/no pass.

This course provides the continued study of the sport of basketball with focus on instruction in rules, techniques and strategies. Emphasis will be placed on game and tournament play.

Transferable to both UC and CSU; see counselor for limitations

## **KING 55 4 units**

### **Lifeguard/Water Safety Training**

#### **54 hours lecture, 54 hours laboratory**

Recommended Preparation: Advanced swimming ability.

Grading: letter grade.

Materials Fee: \$42.

Formerly KING 55AD. This is a certification course for American Red Cross water safety instructors and lifeguards. This course enables students to instruct swimming courses and to serve as lifeguards at aquatic facilities.

Transferable to both UC and CSU; see counselor for limitations

## **KING 65 1 units**

### **Martial Arts**

#### **54 hours laboratory**

Grading: letter grade.

Formerly KING 65AD. This physical activity course is an introduction to the basic techniques of martial arts systems. Discussion of each style, as well as physical and mental attributes of those likely to excel within each system is included. This non-sparring exercise program improves reflexes, coordination, strength, flexibility, balance, conditioning, endurance and muscle tone. Emphasis is placed on the fundamentals of martial arts, including martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, and kick/strike analysis.

Transferable to both UC and CSU; see counselor for limitations

## **KING 65B 1 units**

### **Martial Arts**

#### **54 hours laboratory**

Recommended Preparation: KING 65.

Grading: letter grade or pass/no pass.

This course provides the continued study of and practice in techniques of martial arts systems at an intermediate level. Discussion of each style, as well as, physical and mental attributes of those likely to excel within each system is included. This non-sparring exercise program improves reflexes, coordination, strength, flexibility, balance, conditioning, endurance, and muscle tone. Emphasis is placed on the continued development of the fundamentals of martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, and kick/strike analysis.

Transferable to both UC and CSU; see counselor for limitations

## **KING 66 1 units**

### **Self-Defense**

#### **54 hours laboratory**

Grading: letter grade.

Formerly KING 66AD. The physical activity course covers safety, defense, techniques and practical applications of skills for self-defense, psychological defenses and assertiveness training in a technical and practical framework. Strikes, kicks, blocks, take downs, take down defense, throws, sweeps, ground fighting, and core strengthening will be covered.

Transferable to both UC and CSU; see counselor for limitations

## **KING 66B 1 units**

### **Self Defense**

#### **54 hours laboratory**

Recommended Preparation: KING 66.

Grading: letter grade or pass/no pass.

This course provides the continued study of Self Defense. Topics will include strikes, kicks, blocks, take downs, take down defense, throws, sweeps, ground fighting, and core strengthening.

Transferable to both UC and CSU; see counselor for limitations

**KING 70 1 units****Soccer****54 hours laboratory**

Grading: letter grade.

Formerly KING 70AD. This course is designed to provide an overview of the sport of soccer with focus on instruction in the rules, techniques and strategies.

Transferable to both UC and CSU; see counselor for limitations

**KING 70B 1 units****Soccer****54 hours laboratory**

Recommended Preparation: KING 70.

Grading: letter grade or pass/no pass.

This course provides the continued study of and practice in soccer.

Topics that will be examined are performance skill techniques, fitness, offensive and defensive strategies. Emphasis will be placed on game and tournament play.

Transferable to both UC and CSU; see counselor for limitations

**KING 74 1 units****Softball****54 hours laboratory**

Grading: letter grade.

Formerly KING 74AD. This is a physical activity course designed to provide an overview of softball as a team sport. Instruction will focus on basic skills, rules, techniques, teamwork and strategies.

Transferable to both UC and CSU; see counselor for limitations

**KING 76 1 units****Swimming****54 hours laboratory**

Grading: letter grade.

Formerly KING 76AD. This course is designed to provide instruction in the fundamentals of swimming including basic skills, strategies, rules, stroke mechanics and techniques.

Transferable to both UC and CSU; see counselor for limitations

**KING 84 1 units****Tennis****54 hours laboratory**

Grading: letter grade.

Formerly KING 84AD. This course is designed to provide instruction in the fundamentals of tennis, including strategy, rules, the forehand and backhand groundstrokes, and the serve.

Transferable to both UC and CSU; see counselor for limitations

**KING 86 1 units****Touch Football****54 hours laboratory**

Grading: letter grade.

Formerly KING 86AD. This course offers instruction in the rules, strategies, and proper techniques required by the game of touch football.

Transferable to both UC and CSU; see counselor for limitations

**KING 90 1 units****Volleyball****54 hours laboratory**

Grading: letter grade.

Formerly KING 90AD. This course is designed to provide instruction in the basic fundamentals of volleyball including setting, passing, hitting, and team play.

Transferable to both UC and CSU; see counselor for limitations

**KING 90B 1 units****Volleyball****54 hours laboratory**

Recommended Preparation: KING 90.

Grading: letter grade or pass/no pass.

This course provides the continued study of and practice in volleyball at an intermediate level. Topics that will be examined are performance skills, fitness, and offensive and defensive strategies. Emphasis will be placed on game and tournament play.

Transferable to both UC and CSU; see counselor for limitations

**KING 92 1 units****Sand Volleyball****54 hours laboratory**

Grading: letter grade or pass/no pass.

This is a physical activity course designed to provide an overview of sand volleyball as a team sport. Instruction will focus on basic skills, rules, techniques, teamwork and strategies.

Transferable to both UC and CSU; see counselor for limitations

**KING 92B 1 units****Sand Volleyball****54 hours laboratory**

Recommended Preparation: KING 92.

Grading: letter grade or pass/no pass.

This course provides the continued study of and practice in sand volleyball at an intermediate level. Topics that will be examined are performance skills, fitness, and offensive strategies and defensive strategies. Emphasis will be placed on game and tournament play.

Transferable to both UC and CSU; see counselor for limitations

**KING 94 1 units****Rugby****54 hours laboratory**

Grading: letter grade or pass/no pass.

This course provides the study of and practice in the team sport of rugby.

Topics that will be examined are fundamental skills, rules, history, scoring, and etiquette.

Transferable to both UC and CSU; see counselor for limitations