

KINESIOLOGY, INTERCOLLEGIATE ATHLETICS (KINIA)

KINIA 1AD 3 units

Baseball (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course provides specific conditioning, techniques, strategies and instruction in baseball. The course is designed for men of exceptional ability who wish to participate in intercollegiate baseball. The course fulfills the requirements for a physical education activity and meets the state intercollegiate requirement for conditioning in preparation for competition. Instructor Consent required.

Transferable to both UC and CSU; see counselor for limitations

KINIA 2AD 0.5-3 units

Off-Season Conditioning for Athletes

180 hours laboratory

Grading: letter grade.

This is a variable unit course that is designed for any student preparing for intercollegiate athletic competition. The specific physical fitness routines required by the intercollegiate athlete during the off-season will be addressed. The purpose of the course is to develop a level of physical fitness, strength, and conditioning that will enhance the athlete's ability to be successful in intercollegiate competition. This course unit value can range from .5 (27hours) - 3 (162 hours).

Transferable to both UC and CSU; see counselor for limitations

KINIA 3AD 3 units

Basketball (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course is designed for students who possess advanced basketball skills and abilities and who intend to participate in intercollegiate competitive basketball, which fulfills the legal requirement for a physical education activity.

Transferable to both UC and CSU; see counselor for limitations

KINIA 4AD 0.5-3 units

Pre-Season Training for Athletes

180 hours laboratory

Grading: letter grade or pass/no pass.

This is a variable unit course in which enrollment is limited to athletic team candidates. Emphasis is placed on sport specific technique development, team strategies and competitive performance. The course is designed with the intent of peaking performance for the upcoming intercollegiate athletic season. Students who repeat this course will improve skills and fitness specific to the chosen sport. This course unit value can range from .5 to 3.

Transferable to both UC and CSU; see counselor for limitations

KINIA 5AD 3 units

Cross Country (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of Men's Cross Country. The course is designed for men of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 7AD 3 units

Football (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course provides specific conditioning, techniques, strategies, nutrition for and instruction in football. The course is designed for men of exceptional ability who wish to participate in intercollegiate football. The course fulfills the requirements for Plan B and the physical fitness/wellness requirement for Plan A of the General Education pattern at LBCC. Instructor Consent required.

Transferable to both UC and CSU; see counselor for limitations

KINIA 13AD 3 units

Soccer (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course provides specific conditioning, techniques, strategies, nutrition for and instruction in soccer. The course is designed for men of exceptional ability who wish to participate in intercollegiate soccer.

Transferable to both UC and CSU; see counselor for limitations

KINIA 15AD 3 units

Swimming (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course provides specific conditioning, techniques, strategies and instruction in the rules of swimming. The course is designed for men of exceptional ability who wish to participate with the intercollegiate swimming team.

Transferable to both UC and CSU; see counselor for limitations

KINIA 19AD 3 units

Track & Field (Men)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of Men's Track & Field. The course is designed for men of exceptional ability who wish to participate in Intercollegiate Athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 21AD 3 units**Volleyball (Men)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course provides specific conditioning, techniques and strategies, in the instruction of volleyball. The course is designed for men of exceptional ability who wish to participate in intercollegiate volleyball. This course meets the health education requirement for Plan B and the physical fitness/wellness requirement for Plan A of the General Education pattern at LBCC.

Transferable to both UC and CSU; see counselor for limitations

KINIA 23AD 3 units**Water Polo (Men)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of water polo. The course is designed for men of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 27AD 3 units**Basketball (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of Women's Basketball. The course is designed for women of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 29AD 3 units**Cross Country (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course is designed to provide advanced preparatory instruction in Women's Intercollegiate Cross Country. The students will have multiple opportunities to apply running strategies to actual racing situations. Running performance will be assessed and evaluated by the students in order to improve performance. Try outs, out-of-season conditioning and training will be integral components of the class.

Transferable to both UC and CSU; see counselor for limitations

KINIA 33AD 3 units**Beach Volleyball (Women)****180 hours laboratory**

Grading: letter grade.

This course is designed to develop advanced skills in sand volleyball with intended participation on the women's intercollegiate competitive team. The course includes in-season conditioning and training in preparation for competition. The course fulfills the legal requirement for a physical education activity.

Transferable to both UC and CSU; see counselor for limitations

KINIA 35AD 3 units**Soccer (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This class is offered as part of a diverse program of intercollegiate athletics for women of exceptional ability which fulfills the legal requirement of a physical education activity.

Transferable to both UC and CSU; see counselor for limitations

KINIA 37AD 3 units**Softball (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of softball (fast-pitch). The course is designed for women of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 39AD 3 units**Swimming (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of competitive swimming. The course is designed for women of exceptional ability that wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 41AD 3 units**Tennis (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of tennis. The course is designed for women of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 43AD 3 units**Track & Field (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques and strategies of Women's Track & Field. The course is designed for women of exceptional ability who wish to participate in Intercollegiate Athletics.

Transferable to both UC and CSU; see counselor for limitations

KINIA 45AD 3 units**Volleyball (Women)****180 hours laboratory**

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course is designed to provide the instruction and training for intercollegiate competition in women's volleyball for students of exceptional ability who wish to participate at this level of competition.

Transferable to both UC and CSU; see counselor for limitations

KINIA 47AD 3 units

Water Polo (Women)

180 hours laboratory

Recommended Preparation: Enroll by Instructor Consent.

Grading: letter grade.

This course offers instruction in the rules, techniques, and strategies of water polo. The course is designed for women of exceptional ability who wish to participate in intercollegiate athletics.

Transferable to both UC and CSU; see counselor for limitations