

# KINESIOLOGY: AQUATICS (KINA)

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## **KINA 8A Swimming - Beginning**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Designed to teach basic swimming strokes and aquatic skills to individuals with little or no swimming ability.

## **KINA 8B Swimming - Intermediate**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Designed to improve competence in swimming ability for individuals who have had instruction in all of the basic strokes and can swim 25 yards in deep water. Students should be able to demonstrate proper mechanics for freestyle (front crawl) and backstroke.

## **KINA 8C Swimming - Advanced**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

**Prerequisite:** *Students must show competency in all competitive strokes and be able to swim 500 yards using any of the following: freestyle, backstroke, or breaststroke*

Designed to offer aquatic techniques of an advanced level and to refine the skill of the competent swimmer. Students must show competency in all competitive strokes and be able to swim 500 yards using any of the following: freestyle, backstroke, or breaststroke at the beginning of the term.

## **KINA 14 Water Polo**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Fundamental water polo skills including conditioning, drills, and game situations. Students will learn primary water polo offensive and defensive positions and water polo swimming and treading skills and techniques. Students will also play various water polo game scenarios.

## **KINA 20 Aquatic Fitness**

**0.5-1 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken for option of letter grade or Pass/No Pass)

Lab: 36-54

Designed to improve and maintain aquatic fitness. Emphasis on building strength, endurance, flexibility, and cardiovascular fitness. Encourages incorporating a variety of water exercises into lifelong activity plans.