

# KINESIOLOGY: ATHLETICS (KINX)

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## **KINX 2 Beach Volleyball - Women**

**0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-189

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Beach Volleyball Team candidates in the components of training and conditioning related to the sport of Beach Volleyball. Students who repeat this course will improve skills through further instruction and practice.

## **KINX 6 Baseball - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-180

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Provides instruction for Men's Intercollegiate Baseball Team candidates in the components of training and conditioning related to the sport of baseball. Students who repeat this course will improve skills through further instruction and practice.

## **KINX 8 Basketball - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval*

Intended for Men's Intercollegiate Basketball Team candidates to provide instruction in the components of training and conditioning related to the sport of basketball. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

## **KINX 9 Conditioning for Sports**

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

UC Credit Limitation

(May be taken four times for credit)

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

Conditioning course for athletes to develop muscular strength and endurance, flexibility, core training skills, and cardiorespiratory fitness.

## **KINX 10 Basketball - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Basketball Team candidates to provide instruction in the components of training and conditioning related to the sport of basketball. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

## **KINX 11 Cross Country - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-180

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Provides instruction for Men's Intercollegiate Cross Country Team candidates in the components of training and conditioning related to the sport of cross country. Students who repeat this course will improve skills through further instruction and practice.

## **KINX 12 Cross Country - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Cross Country Team candidates to provide instruction in the components of training and conditioning related to the sport of cross country. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

## **KINX 16 Football - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Football Team candidates to provide instruction in the components of training and conditioning related to the sport of football. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

## **KINX 18 Golf - Men**

**0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Intended for Men's Intercollegiate Golf Team candidates to provide instruction in the components and training related to the sport of golf. Classes will be held on and off campus and require some traveling. Students who repeat this course will improve skills through further instruction and practice. Students must have their own golf clubs. Enrollment requires instructor and head coach approval.

## **KINX 19 Golf - Women**

**0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Intended for Women's Intercollegiate Golf Team candidates to provide instruction in the components and training related to the sport of golf. Classes will be held on and off campus and require some traveling. Students who repeat this course will improve skills through further instruction and practice. Students must have their own golf clubs. Enrollment requires instructor and head coach approval.

**KINX 24 Soccer - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-180

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Soccer Team candidates to provide instruction in the components of training and conditioning related to the sport of soccer. Students who repeat this course will improve their skills through further instruction and practice.

**KINX 25 Soccer - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Soccer Team candidates to provide instruction in the components of training and conditioning related to the sport of soccer. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 26 Softball - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Softball Team candidates to provide instruction in the components of training and conditioning related to the sport of softball. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 28 Swimming - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for the Men's Intercollegiate Swim Team candidates to provide instruction in the components of training and conditioning related to the sport of swimming. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 30 Swimming - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Swim Team candidates and to provide instruction in the components of training and conditioning related to the sport of swimming. Students who repeat this course will improve skills through further instruction and practice.

**KINX 32 Tennis - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Tennis Team candidates to provide instruction in the sport of tennis. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 34 Tennis - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Tennis Team candidates to provide instruction in the sport of tennis. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 38 Track and Field - Men**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Track and Field team candidates to provide instruction in the components of training and conditioning related to the sport of track and field. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 42 Track and Field - Women**

**0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Track and Field Team candidates to provide instruction in the components of training and conditioning related to the sport of track and field. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 46 Volleyball - Women**

**0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Women's Intercollegiate Volleyball Team candidates in the components of training and conditioning related to the sport of volleyball. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 48 Water Polo - Men****0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Water Polo Team candidates to provide instruction in the components of training and conditioning related to the sport of water polo. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 49 Water Polo - Women****0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-189

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for members of Women's Intercollegiate Water Polo Team. This course will provide instruction in the components of training and conditioning and competing related to the sport of water polo. Students who repeat course will improve skills through further instruction and practice.

**KINX 50 Wrestling - Men****0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-180

**Prerequisite:** *Enrollment requires instructor and head coach approval.*

Intended for Men's Intercollegiate Wrestling Team candidates to provide instruction in the components and conditioning related to the sport of wrestling. Students who repeat this course will improve through further instruction and practice.

**KINX 51 Wrestling - Women****0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Intended for Women's Intercollegiate Wrestling Team candidates to provide instruction in the components and conditioning related to the sports of wrestling. Students who repeat this course will improve through instruction and practice.

**KINX 70 Pep Squad****0.5-3.5 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Provides training and experience for members of the pep squad who are directly supportive of Mt. SAC activities. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 88 Pre-Season Athletics****0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

Lab: 36-180

**Prerequisite:** *Enrollment requires instructor and head coach approval*

Pre-season intercollegiate athletics. Enrollment is limited to athletic team candidates and includes sport specific aerobic and anaerobic conditioning, drill technique, strength conditioning, speed development, and game play. Students who repeat this course will improve skills and fitness through further instruction and practice. Enrollment requires instructor and head coach approval.

**KINX 99 Off-Season Athletics****0.5-3 Units** (Degree Applicable, CSU, UC)

UC Credit Limitation

(May be taken four times for credit)

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

**Prerequisite:** *Enrollment requires instructor and head coach approval*

Designed for athletic team candidates in an off-season program. Includes sport-specific training with the purpose of developing areas of individual weaknesses. Students who repeat this course will improve skills through further instruction and practice. Enrollment requires instructor and head coach approval.