

# KINESIOLOGY: INDIVIDUAL (KINI)

---

## **KINI 4A Badminton - Beginning**

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

UC Credit Limitation

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

Beginning badminton fundamentals and techniques, including singles and doubles play.

## **KINI 4B Badminton - Intermediate**

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

UC Credit Limitation

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

Intermediate badminton techniques, including singles and doubles play.

## **KINI 4C Badminton - Advanced**

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

UC Credit Limitation

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

Advanced badminton techniques, including singles and doubles tournament play.

## **KINI 18A Golf - Beginning**

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

UC Credit Limitation

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

Golf fundamentals with an emphasis on technique, strategy, and rules.

## **KINI 18B Golf - Intermediate**

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

UC Credit Limitation

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

Instruction to individuals who have had previous golf experience and have played a regulation eighteen-hole course. Classes will be held at sites both on and off the Mt. SAC campus. Golf clubs and off site classes required.

## **KINI 18C Golf - Advanced**

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

UC Credit Limitation

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

Instruction and practice for the proficient golfer (Sub 15 Handicap). Emphasis on golf swing analysis. Golf classes will be held at sites both on and off the MT.SAC campus. Clubs and off-campus classes required.

## **KINI 25 Mixed Martial Arts**

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

UC Credit Limitation

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

Introductory course in the sport of mixed martial arts. An integration of various forms of martial arts such as kickboxing, jiu-jitsu, and other forms of traditional marital arts.

## **KINI 27A Jeet Kune Do - 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

Fundamentals and principles of Bruce Lee's martial art. Emphasis on footwork, distance, and technique for combat efficiency in self-defense.

## **KINI 27B Jeet Kune Do - 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

Intermediate principles of Bruce Lee's martial art. Intermediate level footwork, distance, and technique (punching, kicking, and grappling) for combat efficiency.

## **KINI 29 Self Defense and Martial Arts**

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

UC Credit Limitation

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

Basic concepts of self-defense and martial arts. Covers technique in three ranges of combat: grappling, kick and punch, and weapons range. Students will acquire self-defense skills, including escapes from grabs and holds, how and where to strike an assailant, how to roll and fall safely, and theories of attack and defense such as throwing, grappling, and submission techniques.

## **KINI 30A Filipino Martial Arts - Beginning**

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

UC Credit Limitation

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

The Filipino martial arts of Esgrima and Arnis. Basic weapons training for defense in armed and unarmed scenarios.

## **KINI 30B Filipino Martial Arts - Intermediate**

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

UC Credit Limitation

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

The Filipino martial arts of Esgrima and Arnis. Intermediate weapons training for defense in armed and unarmed scenarios.

## **KINI 31A Jujitsu - Beginning**

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

UC Credit Limitation

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

Fundamentals of Brazilian Jujitsu. Basic positions, breakfalls, training techniques, strategy, finishing holds, competition, history, and philosophy. Students are required to provide their own Judo or Jujitsu gi uniform.

## **KINI 31B Jujitsu - 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

Intermediate Brazilian Jujitsu. Transitioning from positions, countering submissions and finishing holds, application of strategy, competition, and philosophy. Students provide own uniform.

**KINI 33A Kickboxing Beginning**

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

UC Credit Limitation

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

Presents the martial sport of kickboxing including the basic techniques for offense and defense, cardiovascular endurance, strategy and training modes. Designed for students with little or no experience.

**KINI 33B Kickboxing Intermediate**

**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)

**Prerequisite:** KINI 33A

Refines the martial sport of kickboxing. Includes intermediate techniques for offense and defense, cardiovascular endurance, strategy and training modes.

**KINI 34 Women's Self Defense**

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

UC Credit Limitation

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

Techniques for personal protection and safety with emphasis on defensive tactics for women.

**KINI 37A Tai Chi Chuan - Beginning**

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

UC Credit Limitation

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

Fundamentals of Tai Chi Chuan as a martial art exercise for health and fitness, meditation, relaxation, and self-defense. Basic therapeutic exercises in the Tai Chi Chuan format will be presented.

**KINI 37B Tai Chi Chuan - Intermediate**

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

UC Credit Limitation

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

Intermediate tai chi chuan fundamentals and principles including instruction in a traditional long form.

**KINI 37C Tai Chi Chuan - Advanced**

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

UC Credit Limitation

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

Instruction and practice for the experienced Tai Chi Chuan practitioner. Emphasis will be on the sword form.

**KINI 40A Tennis - Beginning**

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

UC Credit Limitation

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

Beginning tennis fundamentals and techniques.

**KINI 40B Tennis - Intermediate**

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

UC Credit Limitation

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

Intermediate tennis techniques and strategies for the individual who has previous experience and instruction in tennis.

**KINI 40C Tennis - Advanced**

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

UC Credit Limitation

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

Advanced tennis techniques and strategies for the experienced player.

**KINI 47 Wrestling**

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

UC Credit Limitation

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

Fundamentals of wrestling with emphasis on mat skills, rules, scoring, and wrestling strategy.

**KINI 50A Yoga**

**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

Yoga instruction with emphasis on yoga postures, breathing techniques, relaxation strategies, and philosophy.

**KINI 50B Yoga - Intermediate**

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

UC Credit Limitation

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

Intermediate yoga instruction with further development of a deeper and expanded focus on eight-limbs of yoga with emphasizing Asana (intermediate postures), Pranaya (breathing techniques), Dhyana (meditation), and philosophy.