

# KINESIOLOGY: TEAM SPORT (KINS)

## **KINS 2A Basketball Beginning**

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

UC Credit Limitation

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

Designed to teach skills, fundamentals, rules, and strategies for team play in basketball for those with little or no experience.

## **KINS 2B Basketball Intermediate**

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

UC Credit Limitation

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

Designed to teach enhancement skills, fundamentals, rules, and strategies for team play in basketball for students with previous-experience.

## **KINS 10A Beginning Soccer**

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

UC Credit Limitation

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

Fundamental technical skills and tactics to students with beginning soccer ability.

## **KINS 10B Soccer Intermediate**

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

UC Credit Limitation

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

## **Advisory: KINS 10A**

Designed to improve competence in technical and tactical skills for students who have had instruction in soccer. Students will be able to apply learned skills to small and full sided games.

## **KINS 12A Beginning Baseball**

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

UC Credit Limitation

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

Beginning-level baseball and training in skills, techniques, and strategies of baseball.

## **KINS 12B Intermediate Baseball**

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

UC Credit Limitation

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

Intermediate-level and training in skills, techniques, and strategies of baseball.

## **KINS 16A Co-Ed Slow Pitch Softball**

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

UC Credit Limitation

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

Formerly KINS 16

Basic skills, rules, and strategies for team play in the sport of slow-pitch softball.

## **KINS 16B Co-Ed Slow Pitch Softball 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 skills, advanced rules, and strategies for team play in the sport of co-ed slow pitch softball.

## **KINS 24A Volleyball - Beginning**

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

UC Credit Limitation

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

Students will learn general volleyball terminology, rules, and strategies, in addition to fundamental volleyball skills including passing, setting, hitting, blocking, and serving. Intended for students taking a college level volleyball course for the first time.

## **KINS 24B Volleyball - Intermediate**

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

UC Credit Limitation

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

Designed for individuals with previous experience in techniques and strategies of volleyball. Includes serving and passing consistency, ball control, and transitioning between offense and defense.

## **KINS 24C Volleyball - Advanced**

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

UC Credit Limitation

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

Designed for individuals with previous experience in techniques and strategies of volleyball. Includes advanced skills and offensive and defensive strategies.

## **KINS 26A Beach Volleyball - Beginning**

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

UC Credit Limitation

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

Basic techniques and strategies of beach volleyball.

## **KINS 26B Beach Volleyball - 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 techniques and strategies of beach volleyball.