KINESIOLOGY: ATHLETICS (KINX)

KINX 2 Beach Volleyball - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 6 Baseball - Men
0.5-3 Units (Degree Applicable, CSU, UC)
(May be taken two times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 8 Basketball - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 9 Conditioning for Sports
0.5-1 Units (Degree Applicable, CSU, UC)
(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.
Course Schedule

KINX 10 Basketball - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 11 Cross Country - Men
0.5-3 Units (Degree Applicable, CSU, UC)
(May be taken two times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 12 Cross Country - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 16 Football - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 18 Golf - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(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.
Course Schedule

KINX 19 Golf - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(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.
Course Schedule
KINX 24 Soccer - Men
0.5-3 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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 skills through further instruction and practice.
Course Schedule

KINX 25 Soccer - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 26 Softball - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 28 Swimming - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 30 Swimming - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 32 Tennis - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 34 Tennis - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 38 Track and Field - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 42 Track and Field - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 46 Volleyball - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 48 Water Polo - Men
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

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.
Course Schedule

KINX 49 Water Polo - Women
0.5-3.5 Units (Degree Applicable, CSU, UC)
(May be taken four times for credit)
(May be taken for option of letter grade or Pass/No Pass)

Intended for Women'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.
Course Schedule
KINX 50 Wrestling - Men  
0.5-3.5 Units (Degree Applicable, CSU, UC)  
(May be taken four times for credit)  
(May be taken for option of letter grade or Pass/No Pass)

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.

Course Schedule

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

Course Schedule

KINX 88 Pre-Season Athletics  
0.5-3.5 Units (Degree Applicable, CSU, UC)  
(May be taken four times for credit)  
(May be taken for option of letter grade or Pass/No Pass)  
Lab: 36-180

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.

Course Schedule

KINX 99 Off-Season Athletics  
0.5-3.5 Units (Degree Applicable, CSU, UC)  
(May be taken four times for credit)  
(May be taken for option of letter grade or Pass/No Pass)

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.

Course Schedule