ATHLETICS
Health, Athletics, Wellness, and Kinesiology Division

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ATH 10  Athletic Conditioning
0.5 – 2 units; 1 – 4 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides the opportunity for students to cross train and to improve
fitness levels for intercollegiate competition. Functional training, core
training, plyometrics, and strength training are emphasized to reduce
chances of injury and to improve performance levels during the com-
petitive season.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 11  Football Conditioning
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides instruction in speed, agility, and strength for football condi-
tioning.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15C  Intercollegiate Athletics-Football
3 units; 9.72 hours Laboratory
Repeatability: May be taken a total of 4 times.
For students interested in intercollegiate competition in football. Open
entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15D  Intercollegiate Athletics-Soccer: Men
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For men interested in intercollegiate competition in soccer. Open en-
try/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15E  Intercollegiate Athletics-Soccer: Women
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in soccer. Open
entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15F  Intercollegiate Athletics-Water Polo: Women
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in water polo.
Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15G  Intercollegiate Athletics-Volleyball: Women
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in volleyball.
Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15H  Intercollegiate Athletics-Water Polo: Men
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For men interested in intercollegiate competition in water polo. Open
entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.

ATH 15I  Intercollegiate Athletics-Basketball: Men
1 – 2 units; 3 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
For men interested in intercollegiate competition in basketball. Open
entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN
activity courses combined: maximum credit- 4 units.
ATH 15J  Intercollegiate Athletics-Basketball: Women
1 – 2 units; 3 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in basketball. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15K  Intercollegiate Athletics-Baseball
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For students interested in intercollegiate competition in baseball. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15M  Intercollegiate Athletics-Softball
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For students interested in intercollegiate competition in softball. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15N  Intercollegiate Athletics-Swimming and Diving: Men
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For men interested in intercollegiate competition in swimming and diving. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15P  Intercollegiate Athletics-Swimming and Diving: Women
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in swimming and diving. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15Q  Intercollegiate Athletics-Tennis: Men
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For men interested in intercollegiate competition in tennis. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15R  Intercollegiate Athletics-Tennis: Women
3 units; 9.7 hours Laboratory
Repeatability: May be taken a total of 4 times.
For women interested in intercollegiate competition in tennis. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 15S  Intercollegiate Athletics-Sand Volleyball: Women
3 units; 9.72 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides instruction and coaching in intercollegiate competition in sand volleyball. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

ATH 16  Football Theory and Practice: Offense
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Presents the theory and practice of football-offense, including explanation, organization, and development of offensive skills and strategies. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, pending review.

ATH 17  Football Theory and Practice: Defense
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Presents the theory and practice of football-defense, including explanation, organization, and development of defensive skills and strategies. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, pending review.
ATH 21  Football Theory and Practice: Special Teams
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Presents the theory and practice of football special teams, including explanation, organization, and development of special teams skills and strategies. Open entry/open exit.
Transfer Credit: Transfers to CSU; UC, pending review.

ATH 30  Baseball Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for men's intercollegiate baseball.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 31  Basketball Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate basketball.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 32  Football Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides instruction in offensive and defensive techniques and tactics associated with Intercollegiate Football.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 33  Soccer Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate soccer.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 34  Softball Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for women's intercollegiate softball.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 35  Volleyball Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate volleyball.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 36  Water Polo Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate water polo.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 38  Swimming Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate swimming and diving.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

ATH 39  Tennis Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Repeatability: May be taken a total of 4 times.
Provides off season skills development and conditioning for intercollegiate tennis.
Transfer Credit: Transfers to CSU; UC, with limits: Any or all ATH & KIN activity courses combined: maximum credit-4 units.