ATHLETICS
Health, Athletics, Wellness, and Kinesiology Division
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ATH 10    Athletic Conditioning
0.5 – 2 units; 1 – 4 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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 competitive 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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 4 times.
Provides instruction in speed, agility, and strength for football conditioning.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
Repeatability: May be taken a total of 4 times.
For men 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 15E    Intercollegiate Athletics-Soccer: Women
3 units; 9.7 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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 30  Baseball Skills Development
0.5 – 3 units; 1 – 6 hours Laboratory
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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
Recommended Preparation: Eligibility for ENGL 100 or ESL 100 and READ 100.
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.