

KINESIOLOGY

KIN 2 Introduction to Kinesiology

Introduces an interdisciplinary approach to the study of human movement.
Transfer Credit: Transfers to CSU;UC C-ID KIN 100

Section	Days	Times	Units	Instructor	Room
99881	Arr.	Arr.	3.00	G.Houston	OL
Section 99881 is an ONLINE course. For details, see instructor's web page at go.cabrillo.edu/online.					
99659	TTH	9:30AM-10:50AM	3.00	J.Furman	1118
99660	MW	11:10AM-12:30PM	3.00	J.Furman	1118

KIN 3 Introduction to College and Intercollegiate Athletics

Introduces college requirements, college services, community college eligibility requirements, and NCAA/NAIA transfer regulations for intercollegiate student athletes.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99882	Arr.	Arr.	3.00	J.Winkler	1118
Meets 15 weeks, 8/7-11/19. Holiday 9/4 and 11/10. 54 hr arranged.					

KIN 4LA Beginning-Level Personal Training Lab

Provides the opportunity to apply the skills and knowledge acquired in KIN 4, and provides beginning-level practical exposure to the field of personal training. Hybrid
Requisite: Completion of or concurrent enrollment in KIN 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99891	F	1:45PM-3:50PM	1.00	G.Marcoccia	HW1136

KIN 8A Beginning Exercise and Nutrition For Wellness and Weight Loss

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99661	F	10:30AM-11:20AM	2.00	G.Marcoccia	HW1136
&	F	11:30AM-1:35PM		G.Marcoccia	HW1136

KIN 8B Intermediate Exercise and Nutrition for Wellness and Weight Loss

Provides continued instruction and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification. Prerequisite: KIN 8A.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99662	F	10:30AM-11:20AM	2.00	G.Marcoccia	HW1136
&	F	11:30AM-1:35PM		G.Marcoccia	HW1136

KIN 10A Athletic Training: Injury Prevention, Evaluation and Care

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries. Recommended Preparation: BIO 4
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
99663	F	9:00AM-12:05PM	3.00	.Staff	1118

KIN 10AL Clinical Experience in Sports Medicine I

Provides the opportunity to apply the skills and knowledge acquired in KIN 10A, and provides practical exposure to the athletic training profession. Recommended Preparation: BIO 4. Hybrid Requisite: Completion of or concurrent enrollment in KIN 10A.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99664	Arr.	Arr.	1.00	M.Ramsey	1112A
Meets 2 hrs 5 min arranged per week.					

KIN 10BL Clinical Experience in Sports Medicine II

Provides the opportunity to apply the skills and knowledge acquired in KIN 10B, and provides further practical exposure to the athletic training profession. Prerequisite: KIN 10AL. Corequisite: KIN 10B. Recommended Preparation: BIO 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99665	Arr.	Arr.	2.00	M.Ramsey	1112A
Meets 4 hr 5 min arranged per week.					

KIN 10CL Clinical Experience in Sports Medicine III

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies. Prerequisite: KIN 10BL or equivalent skills. Recommended Preparation: BIO 4.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99666	Arr.	Arr.	2.00	M.Ramsey	1112A
Meets 4 hr 5 min arranged per week.					

KIN 10DL Clinical Experience in Sports Medicine IV

Provides continued practical exposure to athletic training and increases student proficiency in athletic training competencies learned in KIN 10CL. Prerequisite: KIN 10CL or equivalent skills.
Transfer Credit: Transfers to CSU

Section	Days	Times	Units	Instructor	Room
99667	Arr.	Arr.	2.00	M.Ramsey	1112A
Meets 6 hr 10 min arranged per week.					

KIN 13 First Aid: Responding to Emergencies

Details the theory and demonstration of first aid care of the injured, with certification by the American Heart Association. May be offered in a Distance-Learning Format.
Transfer Credit: CSU; UC, WITH LIMITS: KIN 13 & 15 combined: maximum credit-1 course. C-ID KIN 101

Section	Days	Times	Units	Instructor	Room
99668	TTH	11:10AM-12:30PM	3.00	K.Belliveau	1118
Materials fee \$10.					

KIN 15 Community Cardio Pulmonary Resuscitation

Provides certification in American Heart Association CPR. Provides training care for the adult, child, and infant victim.

Transfer Credit: CSU; UC, WITH LIMITS: KIN 13 & 15 combined: maximum credit-1 course.

Section	Days	Times	Units	Instructor	Room
99669	M	5:30PM-9:45PM	0.50	.Staff	1118

Meets 2 weeks, 10/3-10/10. First class meeting held in conference room next to the pool. Materials fee \$10.

KIN 20L Aerobic Fitness

Provides supervision in developing and maintaining a personal aerobic fitness program in the Wellness Education Center.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99670	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99671	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99672	Arr.	Arr.	1.50	J.Page	HW1138
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81 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.

99673	Arr.	Arr.	2.00	J.Page	HW1138
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108 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.

KIN 22L Strength Training

Provides supervision in developing and maintaining a personal strength training program in the Wellness Education Center.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99674	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99675	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99676	Arr.	Arr.	1.50	J.Page	HW1138
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81 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.

99677	Arr.	Arr.	2.00	J.Page	HW1138
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108 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.

KIN 23A Fitness and Conditioning I

Provides supervision in developing and maintaining a fitness and conditioning program in the Wellness Education Center.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
99678	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99679	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

KIN 23B Fitness and Conditioning II

Provides the opportunity to continue to develop an individualized fitness and conditioning program to meet desired training goals in the Fitness Education Center.

Prerequisite:KIN 23A

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit--4 units.

Section	Days	Times	Units	Instructor	Room
99680	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99681	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

WELLNESS EDUCATION CENTER

www.cabrillo.edu/wellness/

Your on-campus gym!

Get Fit & Get Credit!

Enroll in one of these courses:

KIN 20L, KIN 22L, KIN 23A, KIN 23B, KIN 24L

KIN 24L Lifetime Fitness

Provides supervision in developing and maintaining an individualized fitness program in the Wellness Education Center.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99682	Arr.	Arr.	0.50	J.Page	HW1138

27 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99683	Arr.	Arr.	1.00	J.Page	HW1138
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54 hr arranged. To get started, go to HW1138 for mandatory orientation. May enroll in this section until 11/18.

99684	Arr.	Arr.	1.50	J.Page	HW1138
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81 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 81 arranged hours for this course, it is recommended that you enroll no later than 9/30.

99685	Arr.	Arr.	2.00	J.Page	HW1138
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108 hr arranged. To get started, go to HW1138 for mandatory orientation.

To successfully complete the 108 arranged hours for this course, it is recommended that you enroll no later than 9/30.

KIN 27A Beginning Weight Training

Provides instruction for the beginning student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99688	TTH	9:30AM-10:50AM	1.50	O.Killefer	HW1136
99690	MW	12:40PM-2:00PM	1.50	O.Killefer	HW1136

KIN 27B Intermediate Weight Training

Provides instruction for the intermediate student on the biomechanics of strength training, muscle trainability, and training principles using machines, free weights, and body weight. Prerequisite: KIN 27A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99689	TTH	9:30AM-10:50AM	1.50	O.Killefer	HW1136
99691	MW	12:40PM-2:00PM	1.50	O.Killefer	HW1136

KIN 31A Beginning Total Fitness

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99692	TTH	11:10AM-12:30PM	1.50	O.Killefer	HW1136

KIN 31B Intermediate Total Fitness

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness for the intermediate student. Prerequisite: KIN 31A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99693	TTH	11:10AM-12:30PM	1.50	O.Killefer	HW1136

KIN 34A Beginning Core Performance

Provides instruction in an approach to fitness using functional and core training for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99694	TTH	11:10AM-12:30PM	1.50	L.Broderick-Burr	HW1126

KIN 34B Intermediate Core Performance

Provides instruction in an approach to fitness using functional and core training for the intermediate student. Prerequisite: KIN 34A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99695	TTH	11:10AM-12:30PM	1.50	L.Broderick-Burr	HW1126

KIN 35A Beginning Cross Training

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge beginning students in a supportive environment.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN Activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99696	MW	2:00PM-3:20PM	1.50	L.Broderick-Burr	HW1136

KIN 35B Intermediate Cross Training

Provides instruction on fitness using constantly varied functional movements with body weight and light weight equipment to challenge intermediate students in a supportive environment. Prerequisite: KIN 35A.
Transfer Credit: CSU; UC, WITH LIMITS: Any and all KIN Activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99697	MW	2:00PM-3:20PM	1.50	L.Broderick-Burr	HW1136

KIN 37A Beginning Hatha Yoga

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99698	MW	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
99702	TTH	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
99704	MW	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
99706	TTH	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
99708	MW	11:10AM-12:30PM	1.50	K.Belliveau	HW1126
99710	MW	12:55PM-2:15PM	1.50	L.Norton	HW1126
99712	MW	6:00PM-7:20PM	1.50	H.Jackson-Jones	WatA130

KIN 37B Intermediate Hatha Yoga

Provides instruction on asanas with attention to breath awareness and detail of postural alignment of the body for the intermediate student. Prerequisite: KIN 37A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99701	MW	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
99703	TTH	8:00AM-9:20AM	1.50	K.Belliveau	HW1126
99705	MW	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
99707	TTH	9:30AM-10:50AM	1.50	K.Belliveau	HW1126
99709	MW	11:10AM-12:30PM	1.50	K.Belliveau	HW1126
99711	MW	12:55PM-2:15PM	1.50	L.Norton	HW1126
99713	MW	6:00PM-7:20PM	1.50	H.Jackson-Jones	WatA130

KIN 38A Beginning Yoga and Stress Reduction

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99714	TTH	12:40PM-2:00PM	1.50	L.Broderick-Burr	HW1126
99718	W	5:00PM-7:05PM	1.00	L.Norton	HW1126

KIN 38B Intermediate Yoga and Stress Reduction

Explores the eight limbs of yoga as a method for reducing stress, improving well-being, and cultivating the connection of mind and body for the intermediate student.
Recommended Preparation: KIN 38A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99717	TTH	12:40PM-2:00PM	1.50	L.Broderick-Burr	HW1126
99719	W	5:00PM-7:05PM	1.00	L.Norton	HW1126

KIN 39A Beginning Gyrokinesis® Movement Yoga

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99720	TTH	8:00AM-9:20AM	1.50	S.Spencer	1101

KIN 39B Intermediate Gyrokinesis® Movement Yoga

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise for the intermediate student. Prerequisite: KIN 39A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99721	TTH	8:00AM-9:20AM	1.50	S.Spencer	1101

KIN 42A Beginning Pickleball

Instructs the beginning skills, techniques, and strategies along with rules and etiquette of Pickleball, which is a court game that combines skills from tennis, table tennis, and badminton.
Transfer Credit: CSU Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1 (101852)	W	1:00PM-3:05PM	1.00	K.Belliveau	TENCOURT

KIN 43A Beginning Tennis

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play for the beginning student.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99652	TTH	9:30AM-10:50AM	1.50	D.Van Ness	TENCOURT

KIN 43B Intermediate Tennis

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play for the intermediate student.
Recommended Preparation: KIN 43A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99658	TTH	9:30AM-10:50AM	1.50	D.Van Ness	TENCOURT

KIN 43C Advanced Tennis

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play for the advanced student.
Recommended Preparation: KIN 43B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99654	TTH	9:30AM-10:50AM	1.50	D.Van Ness	TENCOURT

KIN 44A Beginning Hiking

Introduces concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99722	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 9/1-12/1. Holiday 11/10 and 11/24. First class meets in Room 1118.

KIN 44B Intermediate Hiking

Examines the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Prerequisite: KIN 44A. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99723	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 9/1-12/1. Holiday 11/10 and 11/24. First class meets in Room 1118.

KIN 44C Advanced Hiking

Continues to examine the concepts of safe hiking using the Santa Cruz County parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations for the advanced student. Prerequisite: KIN 44B. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99724	F	9:30AM-1:45PM	1.50	P.Kaplan	OFFCAM

Meets 12 weeks, 9/1-12/1. Holiday 11/10 and 11/24. First class meets in Room 1118.

KIN 47A Beginning Basketball

Provides instruction in the fundamental skills of basketball for the beginning student. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99725	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 47B Intermediate Basketball

Provides instruction in the skills and strategies of basketball for the intermediate student. Prerequisite: KIN 47A. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99726	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 47C Advanced Basketball

Provides instruction in the skills and strategies of basketball for the advanced student. Prerequisite: KIN 47B. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99727	TTH	12:40PM-2:00PM	1.50	A.Marcopulos	1101

KIN 50A Beginning Soccer

Provides instruction on the skills and strategy of soccer for the beginning student. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99728	MW	11:10AM-12:30PM	1.50	P.Carbone	STADIUM
99731	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 50B Intermediate Soccer

Provides instruction on the skills and strategy of soccer for the intermediate student. Prerequisite: KIN 50A. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99729	MW	11:10AM-12:30PM	1.50	P.Carbone	STADIUM
99732	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 50C Advanced Soccer

Provides instruction of the skills and strategy of soccer for the advanced student. Prerequisite: KIN 50B. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99730	MW	11:10AM-12:30PM	1.50	P.Carbone	STADIUM
99733	TTH	11:10AM-12:30PM	1.50	P.Carbone	STADIUM

KIN 53B Intermediate Softball

Provides instruction on the skills and strategies of softball for the intermediate student. Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99656	MW	3:00PM-4:20PM	1.50	K.Rosinger	SOFFIELD

KIN 53C Advanced Softball

Provides instruction on the skills and strategies of softball for the advanced student. Prerequisite: KIN 53B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99657	MW	3:00PM-4:20PM	1.50	K.Rosinger	SOFFIELD

KIN 60A Beginning Swimming

Emphasizes basic development of aquatic skills including water safety and the freestyle stroke. Prerequisite: KIN 53B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99734	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
99737	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
99740	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

KIN 60B Intermediate Swimming

Emphasizes development of aquatic skills for the intermediate swimmer including water safety, basic strokes and techniques, deep water skills, and conditioning activities. Prerequisite: KIN 60A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99735	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
99738	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
99741	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

KIN 60C Advanced Swimming

Emphasizes development of aquatic skills and conditioning appropriate to the advanced swimmer. Prerequisite: KIN 60B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99736	MW	9:30AM-10:50AM	1.50	J.Thomas	POOL
99739	TTH	9:30AM-10:50AM	1.50	J.Thomas	POOL
99742	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL

KIN 61A Beginning Swim Fitness

Introduces physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Prerequisite: KIN 53B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99743	Arr.	Arr.	0.50	M.Adas	POOL
Open entry class. 27 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
99747	Arr.	Arr.	1.00	M.Adas	POOL
Open entry class. 54 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 61B Intermediate Swim Fitness

Continues to improve physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Prerequisite: KIN 61A.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99744	Arr.	Arr.	0.50	M.Adas	POOL
Open entry class. 27 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
99748	Arr.	Arr.	1.00	M.Adas	POOL
Open entry class. 54 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 61C Advanced Swim Fitness

Continues to improve physical fitness using advanced application of competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Prerequisite: KIN 61B.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
99745	Arr.	Arr.	0.50	M.Adas	POOL
Open entry class. 27 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					
99749	Arr.	Arr.	1.00	M.Adas	POOL
Open entry class. 54 hr arranged. May enroll in this section until 9/30. Swim at your own arranged times during open pool hours: M-F 8:00AM-12:30PM.					

KIN 64 Lifeguard Training

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Provides information and training for lifeguards in pool safety and pool management. Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick.
Transfer Credit: Transfers to CSU;UC

Section	Days	Times	Units	Instructor	Room
99746	TTH	11:10AM-12:30PM	2.00	J.Thomas	POOL