

KINESIOLOGY-ATHLETICS (KINA)

KINA 011 Sport-Specific Training for the Intercollegiate Athlete 1 Unit

This course is designed to prepare the intercollegiate student athlete for the competitive season and reduce the risk of injury. The course includes intercollegiate-level sport-specific skills, drills, conditioning, team organization, play, and evaluation and is designed to prepare student athletes both physically and mentally for competition. It may be repeated to meet requirements for California Community College Athletic Association (CCCAA) eligibility.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: L
Advisory Level: Read: 3 Write: 3 Math: None Prerequisite: Must be a student-athlete at San Jose City College.

Transfer Status: CSU/UC Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.

KINA 057 Cross-Training for the Intercollegiate Athlete 1 Unit

This course is designed to prepare the intercollegiate athlete for the competitive season. Cross-training will include muscular strength and endurance, cardiovascular endurance, and flexibility. It may be repeated to meet the requirements of the California Community College Athletic Association (CCCAA) eligibility.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: L
Advisory Level: Read: 3 Write: 3 Math: None

Transfer Status: CSU/UC Degree Applicable: AA/AS

For General Education (GE) information, please refer to assist.org (<https://assist.org>) or consult a counselor.