

KINESIOLOGY-WELLNESS (KINPE)

KINPE 008 Archery 1 Unit

Students develop the fundamental skills of archery as a target shooting sport. Students acquire knowledge in the safe use and proper care of tackle, along with range safety.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 008B Intermediate Archery 1 Unit

Students continue development of archery techniques, including practice at increased target distances. There will be increased emphasis on the skill development of anchoring, aiming, release, follow through and overall shooting form, and developing a consistent shooting rhythm. Students learn team and individual competition scoring.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Prerequisite: KINPE 008 with C or better
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.

KINPE 009 Badminton 1 Unit

Students will learn the skills, rules, and strategies of badminton for singles, doubles, and mixed doubles play. This class is for all skill levels.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 009B Intermediate Badminton 1 Unit

Students will learn necessary skills for performing in badminton at the intermediate level including developing effective short, drive and long serves. This course is focused on improving the quality of intermediate badminton skills. Developing tactics and strategies, good sportsmanship, and playing more effective single and double games through, round robin, and team competitions.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 012 Basketball 1 Unit

Students will develop cardiovascular conditioning and learn the techniques, rules and strategies of the game of basketball.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 012B Intermediate Basketball 1 Unit

The students will learn intermediate basketball skills, team play, and strategies of play.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None Recommended: Previous basketball experience recommended.
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.

KINPE 013 Advanced Football 1 Unit

Students will study the advanced plays and scoring strategies of offensive and defensive football. Students will gain additional knowledge of the rules and etiquette of football.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 017 Beginning Pickleball 1 Unit

Students will develop introductory pickleball skills and learn the rules and basic tactics of the game. Pickleball is a simple paddle game played using a tennis type net on a badminton-sized court. Students will practice and play in matches.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 019 Tae Kwon Do 1 Unit

Students will learn the forms, techniques, and etiquette of Tae Kwon Do. Students focus on basic forms, basic kicking, combination of kicking and punching, and self-defense.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 023 Cardio Kickboxing 1 Unit

Students will develop aerobic conditioning by combining punches, kicks, and other kickboxing moves. Students will also enhance cardiovascular endurance, muscular strength, and balance and coordination.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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KINPE 024 Beginning Golf 1 Unit

Students are introduced to the game of golf and acquire the skills and knowledge necessary to successfully transition to playing golf on a course. Equipment selection will be covered as well as full swing, ball flight principles, chipping, pitching and putting.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 030 Fit for Life 1 Unit

Students will learn about fitness techniques, cardio respiratory endurance, muscle endurance, strength, and flexibility through a variety of exercises. The effects of nutrition and diet on body composition and weight control will also be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 038 Soccer 1 Unit

Students acquire the knowledge and physical skills required for playing soccer, including offensive and defensive strategies and rules of soccer. This course is open to all skill levels and is not intercollegiate.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 038A Intermediate Soccer 1 Unit

Students will improve their knowledge and physical skills required for playing soccer, including offensive and defensive strategies and rules of soccer. This course is intended for students with prior playing experience and/or possess intermediate soccer skills.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
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.

KINPE 039 Hatha Yoga 1 Unit

Students will learn to control body, breath and mind through exercises, asanas (poses), breathing (pranayamas) and meditation techniques. Students will study techniques to increase flexibility, endurance, balance, and ways to enhance the ability to concentrate. The practice of yoga also encourages stress release.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 039B Hatha Yoga-Intermediate 1 Unit

Students will practice more in-depth yoga postures. Different types of breath work will be introduced as well as essential techniques and information about hatha yoga. This course is an intermediate level hatha yoga class.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Transfer Status: CSU/UC Degree Applicable: AA/AS
For General Education (GE) information, please refer to assist.org
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KINPE 040 Softball 1 Unit

Students will learn the skills of pitching, hitting, fielding, catching, base running, throwing, sliding, and team offense and defense. Softball strategies and rules and regulations of the game will also be covered.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 041 Pilates Mat Workout 1 Unit

Students will apply the principles of "Pilates" to resistance exercises on the mat to improve muscle strength, joint stability, flexibility, and postural alignment. In this group exercise class, emphasis is placed on active movement integrating alignment, breath, control, flow, and precision.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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KINPE 043 Body Sculpting 1 Unit

Students will study the muscular system of the human body and the principles of resistance training. They will use total body sculpting techniques and equipment, such as hand weights, resistance bands, and exercise mats.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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
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KINPE 044 Core, Alignment, and Resistance Exercise on the Ball 1 Unit

This exercise course focuses on the core muscles, bones, and joints of the abdomen and back of the human body. Students will utilize the stability ball and resistance apparatus to improve and encourage postural alignment, muscle strength, joint stability, mobility, and flexibility. Modifications of the exercises will be included to make this non-to-low impact class suitable for all fitness levels.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 048 Track and Field 1 Unit

Students will acquire and develop the track and field skills of sprinting, endurance running, throwing of track and field implements, and jumping in track and field activities.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 050 Cross Fitness 1 Unit

Students will be introduced to a cross fitness regimen that will develop core strength, cardiovascular conditioning, muscular strength and power. Activities will include the use of indoor and outdoor station training.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 052 Volleyball 1 Unit

Students acquire the skills used in volleyball, including passing, setting, spiking, serving, and blocking. Team offensive and defensive strategies, and rules and regulations are covered. The class is for all skill levels.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 053 Walking/Jogging for Health 1 Unit

Students are introduced to the benefits of exercise through walking/jogging and to the principles of exercise which will increase cardiovascular conditioning, endurance, and flexibility.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 055 Step Aerobics 1 Unit

Students will learn how to improve or maintain cardio-vascular fitness using music with step aerobics. Safety, strength, flexibility, and nutrition components will be included. Modifications for various fitness levels will be taught.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 056 Beginning Weight Training 1 Unit

Students are introduced to basic weight training techniques in order to develop muscular strength and fitness. Students will learn and execute various weight lifting techniques and weight resistance exercises. In addition, students will perform cardio and core workouts.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 056B Intermediate Weight Training 1 Unit

Students develop intermediate weight lifting techniques. Emphasis will be on progressive weight resistance exercises, form and technique, safety, and specialized muscle development.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
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.

KINPE 059 Yoga for Stress Management 1 Unit

Students will learn yoga asanas (movements), meditation, and relaxation techniques in order to manage their stress at school, home, work, and in every day interactions with others.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 070 Beginning Hiking 1 Unit

Students will learn the fundamental skills necessary for trail hiking including appropriate hiking gear, safety/risks, and trail etiquette. Emphasis will be placed on improving cardiovascular endurance, strength, and flexibility. Students will hike the many trails of Santa Clara County gaining information related to specific trail locations, navigation of trail maps, and environmental awareness.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: 2
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.

KINPE 099A Spin Cycling 1 Unit

Students will perform workouts to gain muscular strength and cardiovascular endurance through spin cycling. The students will use studio-spinning bikes to improve aerobic and anaerobic fitness. Students will learn proper cycling mechanics, body awareness, and injury prevention.

Lecture Hours: None Lab Hours: 3 Repeatable: No 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.

KINPE 099B Intermediate Spin Cycling 1 Unit

Students will perform intermediate real cycling conditions to improve aerobic and anaerobic fitness. This course provides the opportunity to learn the technical aspects of level of resistance, focus on pedal mechanics, pedal efficiency, riding technique, and road racing.

Lecture Hours: None Lab Hours: 3 Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
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