**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
Corequisite: KINPE 008 with C or better
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

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
Recommended: Previous basketball experience recommended.
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**KINPE 017 Beginning Pickleball 1 Unit**
Students will develop introductory pickleball skills and learn the rules and basic tactics of the game. Students will practice and play in matches. Pickleball is a simple paddle game played using a tennis type net on a badminton-sized court.

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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E

**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
CSU GE: E IGETC: None District GE: E
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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

KINPE 039B  Hatha Yoga-Intermediate  1 Unit
 Students in this course 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
Advisory Level: Read: 3  Write: 3  Math: None
Transfer Status: CSU/UC  Degree Applicable: AA/AS
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E

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
CSU GE: E  IGETC: None  District GE: E
**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  
CSU GE: E  IGETC: None  District GE: E

**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  
CSU GE: E  IGETC: None  District GE: E

**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: 2  
Transfer Status: CSU/UC  Degree Applicable: AA/AS  
CSU GE: E  IGETC: None  District GE: E

**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  
CSU GE: E  IGETC: None  District GE: E

**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  
Open Curriculum: No prerequisite, corequisite, or levels  
Transfer Status: CSU/UC  Degree Applicable: AA/AS  
CSU GE: E  IGETC: None  District GE: E

**KINPE 059  Yoga for Stress Management  1 Unit**  
Students 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  
CSU GE: E  IGETC: None  District GE: E

**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  
CSU GE: E  IGETC: None  District GE: E

**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  
CSU GE: E  IGETC: None  District GE: E

**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  
CSU GE: E  IGETC: None  District GE: E