Kinesiology intercollegiate athletics

KINESIOLOGY INTERCOLLEGIATE ATHLETICS – KNICA

Christine Worsley, Dean
Kinesiology, Athletics and Dance Division
Kinesiology Office Building, Room 104

KNICA-098  Intercollegiate Pre-Participation Orientation
.3 unit  P/NP
• Non degree applicable
• 6 hours lecture per term
This is a course preparing new students, intending to try-out/compete for an intercollegiate athletic team, for the upcoming academic term and season of competition. Students will complete the California Community College Athletic Association's (CCCAA) athletic eligibility requirements, complete medical forms and waivers, register for the NCAA Clearinghouse, and fulfill other requirements for community college athletic competition.

KNICA-100  Student-Athlete Success I
2 units  SC
• 27 hours lecture/36 hours laboratory per term
This course is designed to prepare the first year student-athlete for intercollegiate competition and academic achievement. Topics for this class will include, but are not limited to, eligibility, college academic resources, personal responsibility issues, and opportunities after DVC. CSU

KNICA-101  Student-Athlete Success II
2 units  SC
• 27 hours lecture/36 hours laboratory per term
This course is designed to further assist student-athletes toward degree completion, transfer, and/or professional employment while competing in intercollegiate athletics. Topics for this class will include, but are not limited to, transfer and athletic eligibility requirements for four year schools, the recruiting process, completing the application and/or professional employment process, scholarships and financial aid, leadership training, and personal responsibility for life success. CSU

KNICA-120  Analysis of the Multiple Aspects of Modern Day Football
.5-2 units  SC
• Variable hours
• Recommended: Competitive high school football experience or equivalent
This course provides students the opportunity to review and analyze offensive and defensive schemes of daily practice video and opponent game film. Implement and install weekly game plans on offense, defense, and special teams (kicking game). CSU, UC (credit limits may apply to UC - see counselor)

KNICA-199  Sport-Specific Athletic Conditioning
.5-2 units  SC
• May be repeated three times
• Variable hours
This is an activity course designed for students to increase their off-season physical conditioning, skill/technique level, and knowledge of a specific intercollegiate sport. See current schedule of classes for sport offerings. CSU, UC (credit limits may apply to UC - see counselor)

KNICA-200  Intercollegiate Baseball, Men
3 units  SC
• May be repeated once
• 175 hours activity per term
• Recommended: Competitive high school baseball experience or equivalent
Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

KNICA-202A  Intercollegiate Basketball-A, Men
2 units  SC
• May be repeated once
• 115 hours activity per term
• Recommended: Competitive high school basketball experience or equivalent
• Note: Fall term only
Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

KNICA-202B  Intercollegiate Basketball-B, Men
1 unit  SC
• May be repeated once
• 60 hours activity per term
• Prerequisite: KNICA-202A or tryout audition
• Note: Spring term only
Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)
Kinesiology intercollegiate athletics

**KNICA-203A Intercollegiate Basketball-A, Women**
- 2 units SC
  - May be repeated once
  - 115 hours activity per term
  - Recommended: Competitive high school basketball experience or equivalent
  - Note: Fall term only

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-203B Intercollegiate Basketball-B, Women**
- 1 unit SC
  - May be repeated once
  - 60 hours activity per term
  - Prerequisite: KNICA-203A or tryout audition
  - Note: Spring term only

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-204 Intercollegiate Cross Country, Men**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school cross country experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-205 Intercollegiate Cross Country, Women**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school cross country experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-206 Intercollegiate Football, Men**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school football experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-210 Intercollegiate Soccer, Women**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school soccer experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-215 Intercollegiate Softball, Women**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school softball experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-216 Intercollegiate Swimming and Diving, Men**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school swimming/diving experience or equivalent

Instruction and intercollegiate competition is offered in swimming and diving to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-217 Intercollegiate Swimming and Diving, Women**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school swimming/diving experience or equivalent

Instruction and intercollegiate competition is offered in swimming to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

**KNICA-218 Intercollegiate Tennis, Men**
- 3 units SC
  - May be repeated once
  - 175 hours activity per term
  - Recommended: Competitive high school tennis experience or equivalent

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)
### Kinesiology intercollegiate athletics

<table>
<thead>
<tr>
<th>KNICA-219</th>
<th>Intercollegiate Tennis, Women</th>
<th>KNICA-225</th>
<th>Intercollegiate Water Polo, Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 units SC</td>
<td></td>
<td>3 units SC</td>
<td></td>
</tr>
<tr>
<td>• May be repeated once</td>
<td></td>
<td>• May be repeated once</td>
<td></td>
</tr>
<tr>
<td>• 175 hours activity per term</td>
<td></td>
<td>• 175 hours activity per term</td>
<td></td>
</tr>
<tr>
<td>• Recommended: Competitive high school tennis experience or equivalent</td>
<td></td>
<td>• Recommended: Competitive high school water polo experience or equivalent</td>
<td></td>
</tr>
</tbody>
</table>

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

<table>
<thead>
<tr>
<th>KNICA-220</th>
<th>Intercollegiate Track and Field, Men</th>
<th>KNICA-221</th>
<th>Intercollegiate Track and Field, Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 units SC</td>
<td></td>
<td>3 units SC</td>
<td></td>
</tr>
<tr>
<td>• May be repeated once</td>
<td></td>
<td>• May be repeated once</td>
<td></td>
</tr>
<tr>
<td>• 175 hours activity per term</td>
<td></td>
<td>• 175 hours activity per term</td>
<td></td>
</tr>
<tr>
<td>• Recommended: Competitive high school track and field experience or equivalent</td>
<td></td>
<td>• Recommended: Competitive high school track and field experience or equivalent</td>
<td></td>
</tr>
</tbody>
</table>

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)

<table>
<thead>
<tr>
<th>KNICA-223</th>
<th>Intercollegiate Volleyball, Women</th>
<th>KNICA-224</th>
<th>Intercollegiate Water Polo, Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 units SC</td>
<td></td>
<td>3 units SC</td>
<td></td>
</tr>
<tr>
<td>• May be repeated once</td>
<td></td>
<td>• May be repeated once</td>
<td></td>
</tr>
<tr>
<td>• 175 hours activity per term</td>
<td></td>
<td>• 175 hours activity per term</td>
<td></td>
</tr>
<tr>
<td>• Recommended: Competitive high school volleyball experience or equivalent</td>
<td></td>
<td>• Recommended: Competitive high school water polo experience or equivalent</td>
<td></td>
</tr>
</tbody>
</table>

Instruction and intercollegiate competition is offered in this sport to those students who are selected, based on tryouts, prior to the start of the sport season. CSU, UC (credit limits may apply to UC - see counselor)