

Kinesiology activity

KINESIOLOGY ACTIVITY – KNACT

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Limitations on enrollment

Effective fall term 2013, changes to the regulations that govern community college enrollments placed limitations on the number of courses that students may take in certain disciplines within the Contra Costa Community College District. The charts below indicate which Diablo Valley College (DVC) courses are assigned to groups of courses (“families”) for which limitations have been imposed. Certain courses within certain “families” may be repeated (see catalog description), however, students are limited to four enrollments within the family. Certain DVC courses are equivalent to courses at Los Medanos College and Contra Costa College. An enrollment in an equivalent course at one of those colleges will count toward the allowable four enrollments within the family.

NOTE: Diablo Valley College may offer experimental or topics courses. When appropriate, based on content, such courses will be assigned to a “family” and that enrollment will be counted as an experience within the “family”.

KINESIOLOGY

Family: Swimming

KNACT-100A Beginning Swimming
 KNACT-100B Intermediate Swimming

Family: Yoga

KNACT-110A Beginning Hatha Yoga
 KNACT-110B Intermediate Hatha Yoga
 KNACT-110C Advanced Hatha Yoga
 KNACT-114A Beginning Stretch and Yoga for Sports
 KNACT-114B Intermediate Stretch and Yoga for Sports

Family: Walking/jogging

KNACT-130A Beginning Fitness Walking
 KNACT-130B Intermediate Fitness Walking
 KNACT-132 Hiking
 KNACT-134A Beginning Fitness Jogging
 KNACT-134B Intermediate Fitness Jogging
 KNACT-136 Distance Track Training

Family: Aerobics

KNACT-102A Beginning Aquatic Fitness
 KNACT-102B Intermediate Aquatic Fitness
 KNACT-104 Water Aerobics
 KNACT-120 Physical Fitness
 KNACT-125 Zumba
 KNACT-126 Aerobics/Step Aerobics
 KNACT-128A Beginning Cardio Kickboxing
 KNACT-128B Intermediate Cardio Kickboxing
 KNACT-140 Indoor Cycling
 KNACT-142A Beginning Boot Camp
 KNACT-144A Beginning Super Circuit
 KNACT-144B Intermediate Super Circuit
 KNACT-150A Zumba
 KNACT-150E Boot Camp

Family: Core

DANCE-105A Pilates Mat Work I
 DANCE-105B Pilates Mat Work II
 KNDAN-105A Pilates Mat Work I
 KNDAN-105B Pilates Mat Work II
 KNACT-122A Beginning Body Sculpt
 KNACT-122B Intermediate Body Sculpt
 KNACT-124A Beginning Hips, Thighs and Abs
 KNACT-124B Intermediate Hips, Thighs and Abs

Family: Sport specific conditioning

KNACT-150C Advanced Plyometrics and Agility Training for Female Athletes
 KNACT-195A Beginning Plyometrics and Agility Training for Female Athletes
 KNACT-195B Intermediate Plyometrics and Agility Training for Female Athletes
 KNACT-195C Advanced Plyometrics and Agility Training for Female Athletes

Family: Resistance

KNACT-146A Theory and Practice of Strength Training and Fitness I
 KNACT-146B Theory and Practice of Strength Training and Fitness II
 KNACT-146C Theory and Practice of Strength Training and Fitness III
 KNACT-146D Theory and Practice of Strength Training and Fitness IV
 KNACT-148A Beginning Power Lifting
 KNACT-148B Intermediate Power Lifting

Family: Golf

KNACT-164A Beginning Golf
 KNACT-164B Intermediate Golf

Family: Tennis

KNACT-150B Intermediate Tennis
 KNACT-166A Beginning Tennis
 KNACT-166B Intermediate Tennis

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Family: Badminton

KNACT-160A Beginning Badminton
KNACT-160B Intermediate Badminton

Family: Bowling

KNACT-162 Bowling

Family: Basketball

KNACT-170A Beginning Basketball
KNACT-170B Intermediate Basketball

Family: Football

KNACT-172 Flag Football

Family: Lacrosse

KNACT-150D Intermediate Lacrosse
KNACT-174A Beginning Men's Lacrosse
KNACT-174B Intermediate Men's Lacrosse

Family: Soccer

KNACT-176A Beginning Soccer
KNACT-176B Intermediate Soccer
KNACT-178A Beginning Indoor Soccer
KNACT-178B Intermediate Indoor Soccer

Family: Volleyball

KNACT-182A Beginning Volleyball
KNACT-182B Intermediate Volleyball
KNACT-182C Advanced Volleyball
KNACT-184A Beginning Beach Volleyball

KNACT-100A Beginning Swimming

- .5-2 units SC
- *CSU GE: E*
- *Variable hours*

This is an activity course designed to teach beginning level skill of swimming. Correct swimming technique for the freestyle and backstroke strokes will be emphasized. Instruction will also address personal swimming safety, swimming strength development, and health and fitness improvement through swimming. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-100B Intermediate Swimming

- .5-2 units SC
- *CSU GE: E*
- *Variable hours*
- *Recommended: KNACT-100A or equivalent*

This is an activity course designed to teach intermediate level swimming skills. Correct swimming techniques for all four competitive swim strokes (freestyle, backstroke, breaststroke and butterfly) are emphasized. Instruction also includes aquatic rescue techniques and assessment methods for evaluating swimming improvement. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-102A Beginning Aquatic Fitness

- .5-2 units SC
- *CSU GE: E*
- *Variable hours*
- *Recommended: KNACT-100A or equivalent*

This is an activity course designed to introduce students to the development of cardiovascular fitness and muscular strength and endurance through swimming workouts. Freestyle and backstroke will be performed and utilized within both aerobic (long distance) and anaerobic (sprint distance) style fitness programs. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-102B Intermediate Aquatic Fitness

- .5-2 units SC
- *CSU GE: E*
- *Variable hours*
- *Recommended: KNACT-102A or equivalent*

This is an activity course designed to develop an intermediate level of cardiovascular fitness and muscular strength through swimming workouts. All four competitive strokes (freestyle, backstroke, breaststroke and butterfly) will be performed and utilized within both aerobic (long distance) and anaerobic (sprint distance) style fitness programs. Students will improve cardiovascular conditioning, upper and lower body muscular strength and endurance, and core strength. Students will apply their knowledge of swimming fitness assessment and training principles to the development of a personal swimming fitness program. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-110A Beginning Hatha Yoga

- .5-2 units SC
- *CSU GE: E*
- *Variable hours*

This is a beginning level activity course exploring the principles of Hatha Yoga and how they apply to achieving lifetime fitness. It incorporates yoga postures (asanas) designed to strengthen and tone the body. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course. CSU, UC (credit limits may apply to UC - see counselor)

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KNACT-110B Intermediate Hatha Yoga

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-110A or equivalent

This is an intermediate level activity course that emphasizes intense stretching, balancing, and building of muscular strength through yoga practice. A series of poses and breathing techniques will be practiced in order to create a more challenging yoga experience. Proper posture, relaxation and meditation techniques, as well as principles of healthy living, will be demonstrated and discussed throughout the course. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-110C Advanced Hatha Yoga

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-110B or equivalent

This is an advanced level activity course that incorporates Hatha Yoga principles and practices with students physical and emotional needs resulting in a more integrated understanding of the benefits of yoga. Various meditation and yoga styles will be studied, practiced and analyzed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-120 Physical Fitness

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course designed to improve general physical fitness through participation in a variety of resistance, cardiovascular, core and flexibility activities. Fitness principles utilized for enhancing each of these areas will be addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-122A Beginning Body Sculpt

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course designed to teach beginning elements of body sculpt. Body sculpt is a combination of guided strength training, core stabilization and balance exercises performed to a specific music cadence and designed to improve muscular strength, muscular endurance and flexibility. Introductory technique will be emphasized and basic fitness principles will be addressed. Fitness assessments will be performed and nutritional/wellness topics will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-122B Intermediate Body Sculpt

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-122A or equivalent

This is an activity course designed to teach intermediate elements of body sculpt. Body sculpt is the combination of guided strength training, core stabilization and balance exercises performed to a specific music cadence. This course is designed to improve muscular strength, muscular endurance, balance, body stabilization and flexibility. Intermediate techniques and exercise routines will be developed by students. Fitness assessments will be performed and nutritional/wellness topics will be expanded. Students will keep a journal of their individual exercise routines and nutritional intake. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-124A Beginning Hips, Thighs, and Abs

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course emphasizing a beginning level of general fitness. The focus is strength and conditioning of hips, thighs, and the abdominal regions. Students will engage in multidimensional movements in a full muscle action spectrum to improve overall fitness, enhance joint stability, increase flexibility, enhance postural control and improve neuromuscular efficiency. Various beginning conditioning techniques and modalities will be utilized. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-124B Intermediate Hips, Thighs and Abs

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-124A or equivalent

This is an activity course emphasizing an intermediate level of general fitness. The focus is strength and conditioning of hips, thighs, and the abdominal regions. Students will engage in multidimensional movements in a full muscle action spectrum to improve overall fitness, enhance joint stability, increase flexibility, enhance postural control, and improve neuromuscular efficiency. Various beginning conditioning techniques and modalities will be utilized. CSU, UC (credit limits may apply to UC - see counselor)

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KNACT-125 Zumba

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course designed to improve aerobic fitness, muscular endurance, and muscular strength by utilizing Zumba dance fitness routines. Zumba is a fitness program that incorporates international music and dance steps. Flexibility training, core strengthening and topics concerning fitness principles and overall well-being will also be incorporated. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-128A Beginning Cardio Kickboxing

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course that combines fundamental skills and technique from boxing, self defense and various forms of martial arts, such as, Karate and Muay Tai to promote a fun, yet effective and challenging aerobic workout. Jump rope and running will be primary cardiovascular activities. Basic flexibility, strength training, focus mitt training and muscular endurance activities may also be incorporated. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-128B Intermediate Cardio Kickboxing

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-128A or equivalent

This is an activity course that combines intermediate skills and technique from boxing, self defense and various forms of martial arts, such as, Karate and Muay Tai to promote a fun, yet effective and challenging aerobic workout. Jump rope and running will be primary cardiovascular activities. Flexibility, strength training, focus mitt training and muscular endurance activities may also be incorporated. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-130A Beginning Fitness Walking

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course intended for students at a beginning fitness levels who would like to utilize walking as a fitness-enhancing activity. Introductory technique will be emphasized and basic walking programs will be developed. Walking routes begin on campus and explore nearby parks and trails. Topics to be discussed include: fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design, and evaluation. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-130B Intermediate Fitness Walking

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-130A or equivalent

This is an activity course intended for students at an intermediate fitness level who would like to utilize walking as a fitness-enhancing activity. Intermediate techniques will include distance, hill, backward, and speed walking. Intermediate walking programs will be developed. Walking routes begin on campus and explore nearby parks and trails. Topics to be discussed include: fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design, evaluation, Volkssporting and Volksmarching. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-132 Hiking

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course utilizing hiking as a means to improve health and fitness. Hiking and safety skills will be practiced while enjoying the beautiful parks and open spaces of the Bay Area. Hike preparation, map reading, trail marking skills, and the health and fitness benefits of hiking will be addressed. All routes are four to ten miles long at various hiking sites and are often on hilly terrain. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-140 Indoor Cycling

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course using group indoor cycling training to develop cardiovascular fitness. Students will also utilize various strength and flexibility modalities, mental imagery, visualization, nutrition concepts, as well as assessments of their cardiovascular fitness training level through heart rate monitoring and resting heart rate values. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-144A Beginning Super Circuit

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course introducing the basic elements of a unique combination of aerobic and resistance training exercises in a tot-fitness workout, utilizing cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Individual health and fitness assessments will be conducted during the semester. Nutrition and other wellness topics will also be included. CSU, UC (credit limits may apply to UC-see counselor)

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KNACT-144B Intermediate Super Circuit

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: Eligibility for KNACT-144A or equivalent

This is an activity course for intermediate level students that presents a unique combination of aerobic and resistance training exercises in a total fitness workout, utilizing cardiovascular fitness, muscular strength, muscular endurance, and flexibility. Individual health and fitness assessments will be conducted during the semester. Nutrition and other wellness topics will also be included. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-146A Theory and Practice of Strength Training and Fitness I

- .5-2 units SC
- CSU GE: E
- Variable hours
- Note: This is an open entry/open exit course.

This is an activity course designed to increase muscular strength, muscular endurance, and fitness utilizing introductory resistance techniques and equipment training. Endurance training activities will also be included. Students will be instructed on information pertaining to safety, warm-up, and musculoskeletal anatomy. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-146B Theory and Practice of Strength Training and Fitness II

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: Eligibility for KNACT-146A or equivalent
- Note: This is an open entry open exit course.

This is an activity course designed to increase muscular strength, muscular endurance, and fitness utilizing beginning level strength training techniques, equipment, and endurance training activities. Information on safety, warm-up, anatomy, and basic program design will also be presented. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-146C Theory and Practice of Strength Training and Fitness III

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: Eligibility for KNACT-146B or equivalent
- Note: This is an open entry open exit course.

This is an activity course designed to increase muscular strength, muscular endurance, and fitness utilizing intermediate level strength training techniques, equipment, and endurance training activities. Students will work toward independent program design and implementation. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-146D Theory and Practice of Strength Training and Fitness IV

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: Eligibility for KNACT-146C or equivalent
- Note: This is an open entry open exit course.

This is an activity course designed to increase muscular strength, muscular endurance, and fitness utilizing advanced level strength training techniques, equipment, and endurance training activities. Students will be expected to design and implement independent programs. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-148A Beginning Power Training

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course designed to teach the basic elements of power lifting. Technique will be emphasized and training programs will be developed. The sport of power lifting, as well as safety concerns will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-148B Intermediate Power Training

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: Eligibility for KNACT-148A or equivalent

This is an activity course designed to teach intermediate elements of power lifting and training. Intermediate-level exercises will be emphasized and program design will be covered. The biomechanics of power training, as well as plyometric training will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-150 Topics in Physical Activity

- .3-4 units SC
- CSU GE: E
- Variable hours

This is a supplemental activity course in physical activity to provide a study of current concepts and problems in fitness and related subdivisions. Specific topics will be announced in the schedule of classes. CSU

KNACT-160A Beginning Badminton

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents beginning badminton techniques and strategies. Topics include the history, rules, etiquette, equipment, and scoring system of badminton. Students will practice basic stroke techniques and footwork skills. Offensive and defensive positions and fundamental strategies for both singles and doubles play are addressed. No previous badminton experience is necessary. CSU, UC (credit limits may apply to UC - see counselor)

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KNACT-160B Intermediate Badminton

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents intermediate badminton techniques and strategies and further exploration of the history, rules, etiquette, equipment, and scoring system of badminton. Students will practice intermediate stroke techniques, footwork skills, and knowledge of singles and doubles strategies. Offensive and defensive positions and intermediate tactical strategies for both singles and doubles will also be covered. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-162 Bowling

- .5-2 units SC
- CSU GE: E
- Variable hours
- Note: Mandatory fee required

This is an activity course that focuses on the basic delivery technique, targeting, and strategy of bowling. Additional topics include equipment, rules, etiquette, terminology and scoring. Students will have the opportunity to practice these techniques as well as participate in class competition. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-164A Beginning Golf

- .5-2 units SC
- CSU GE: E
- Variable hours
- Note: Some class meetings will be held at Buchanan Field Golf Course to utilize their practice facilities

This is an activity course designed to introduce the game of golf and provide the skill and knowledge necessary to successfully transition to playing golf on a course. Equipment selection will be covered as well as full swing fundamentals, ball flight principles, chipping, pitching and putting. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-164B Intermediate Golf

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-164A or equivalent
- Note: Mandatory fee required

This is an activity course focusing on intermediate level golf skills. Topics include the full swing, chipping and putting mechanics, pitching, bunker shots, and uneven lies. Course management strategies and the psychology of golf are also presented. The focus is on playing nine holes of golf. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-166A Beginning Tennis

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course intended to introduce students to the game of tennis. Topics include basic stroking methods, conditioning techniques, historical background, rules, scoring, as well as singles and doubles strategies. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-166B Intermediate Tennis

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course focusing on intermediate level skills and strategies of tennis. The emphasis is on skill development for a higher level of performance and utilization of multi-optional tennis strategies. CSU, UC (Credit limits may apply to UC - see counselor)

KNACT-170A Beginning Basketball

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents beginning basketball techniques and strategies. Topics include beginning-level techniques, rules of the full court game and cardiovascular fitness. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-170B Intermediate Basketball

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course in basketball with an emphasis on intermediate-level techniques, rules of the full court game and cardiovascular conditioning. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-174A Beginning Men's Lacrosse

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents the fundamental skills and strategies of men's lacrosse. This course focuses on the rules, etiquette, safety, considerations of lacrosse and basic lacrosse skills. Offensive and defensive positions and basic team strategies are also addressed. No previous lacrosse experience is necessary. Open to men and women. CSU, UC (credit limits may apply to UC - see counselor)

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KNACT-174B Intermediate Men's Lacrosse

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents intermediate skills and strategies of men's lacrosse with further exploration of application of the rules, etiquette, and safety considerations of lacrosse. Intermediate-level offensive and defensive team strategies are presented during the course. Open to men and women. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-176A Beginning Soccer

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents beginning-level skills and strategies of soccer. Topics include rules, etiquette, safety, and technical soccer skills. Offensive and defensive positions and basic team organization are also addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-176B Intermediate Soccer

- .5-2 units SC
- CSU GE: E
- Variable hours

This activity course presents intermediate-level soccer techniques and strategies and further exploration of the rules and technical skills. Intermediate-level offensive and defensive team strategies and positioning are also covered. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-178A Beginning Indoor Soccer

- .5-2 units SC
- CSU GE: E
- Variable

This activity course presents beginning-level indoor soccer skills and strategies. Indoor soccer is a scaled-down version of soccer, involving 5-6 players per team and small goals with no goalkeepers. Topics include the beginning-level rules, etiquette, and safety concerns of indoor soccer, as well as practice of the basic technical skills and strategies of the game. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-178B Intermediate Indoor Soccer

- .5-2 units SC
- CSU GE: E
- Variable hours
- Recommended: KNACT-178A or equivalent

This is an activity course emphasizing intermediate-level skills and strategies of indoor soccer. Indoor soccer is a scaled-down version of soccer, involving 5-6 players per team and small goals with no goalkeepers. The rules, etiquette and safety concerns of indoor soccer, deception in dribbling and passing, team defending and attacking concepts will be presented and practiced. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-182A Beginning Volleyball

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course focused on beginning volleyball knowledge and skills. Topics include rules, etiquette, safety, and technical volleyball skills. Offensive and defensive positions and basic team organization for non-competitive team play are also addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-182B Intermediate Volleyball

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course focused on intermediate volleyball knowledge and skills. Topics include intermediate-level volleyball skills and the utilization of multi-optional volleyball strategies. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-182C Advanced Volleyball

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course focused on advanced volleyball knowledge and skills. Topics include analysis, evaluation and performance of complex techniques. Students will also utilize advanced tactical drills and exercises in the development of game strategies and game play. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-184A Beginning Beach Volleyball

- .5-2 units SC
- CSU GE: E
- Variable hours

This is an activity course focused on beginning beach volleyball knowledge and skills. Topics include rules, etiquette, safety, and technical beach volleyball skills. Offensive and defensive positions and basic team organization for non-competitive team play are also addressed. CSU, UC (Credit limits may apply to UC - see counselor)

KNACT-195A Beginning Plyometrics and Agility Training for Female Athletes

- .25-1 unit SC
- CSU GE: E
- Variable hours
- Note: This course is open to all students

This activity course presents beginning-level plyometric and agility training for the female athlete, designed to help improve performance and minimize the potential for injury. Beginning-level training will include plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Fundamental health and nutritional issues specific to the female athlete will also be addressed. CSU, UC (credit limits may apply to UC-see counselor)

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KNACT-195B Intermediate Plyometrics and Agility Training for Female Athletes

- .25-1 unit SC
- CSU GE: E
- Variable hours
- Note: This course is open to all students

This activity course presents intermediate-level plyometric and agility training for the female athlete, designed to further develop neuromuscular control thereby enhancing sport-specific performance and minimizing the potential for injury. Intermediate training will include more complex plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Further evaluation of health and nutritional issues specific to the female athlete will also be addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-195C Advanced Plyometrics and Agility Training for Female Athletes

- .25-1 unit SC
- CSU GE: E
- Variable hours
- Note: This course is open to all students

This activity course presents advanced-level plyometric and agility training for the female athlete, designed to further advanced students' neuromuscular control, thereby enhancing sport-specific performance and minimizing the potential for injury. Students will perform advanced levels of plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to the female athlete will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-298 Independent Study

- .5-3 units SC
- Variable hours
- Note: Submission of acceptable educational contract to department and Instruction Office is required.

This course is designed for advanced students who wish to conduct additional research, a special project, or learning activities in a specific discipline/subject area and is not intended to replace an existing course. The student and instructor develop a written contract that includes objectives to be achieved, activities and procedures to accomplish the study project, and the means by which the supervising instructor may assess accomplishment. CSU

KNACT-299 Student Instructional Assistant

- .5-3 units SC
- Variable hours
- Note: Applications must be approved through the Instruction Office. Students must be supervised by a DVC instructor.

Students work as instructional assistants, lab assistants and research assistants in this department. The instructional assistants function as group discussion leaders, meet and assist students with problems and projects, or help instructors by setting up laboratory or demonstration apparatus. Students may not assist in course sections in which they are currently enrolled. CSU