

Kinesiology activity

KINESIOLOGY ACTIVITY – KNACT

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

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 Stationary 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

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

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

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

Kinesiology activity

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-100A Beginning Swimming

.5-2 units SC

- 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

- Variable hours

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) will be emphasized. Instruction will also include techniques of survival floating and the relationship between swimming and overall health and wellness. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-102A Beginning Aquatic Fitness

.5-2 units SC

- 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 through swimming workouts. Freestyle and backstroke strokes 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 core strength. Students will also gain knowledge in assessing fitness improvement through swimming participation. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-102B Intermediate Aquatic Fitness

.5-2 units SC

- 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 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-104 Water Aerobics

.5-2 units SC

- Variable hours

This is an activity course designed to improve muscular strength, flexibility and cardiovascular fitness, while reducing stress on the body by performing exercises in the water. Exercises will involve variations in movement and tempo to achieve fitness improvements. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-110A Beginning Hatha Yoga

.5-2 units SC

- 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)

KNACT-110B Intermediate Hatha Yoga

.5-2 units SC

- Variable hours

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)

Kinesiology activity

KNACT-110C Advanced Hatha Yoga

- .5-2 units SC
 • *Variable hours*

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-114A Beginning Stretch and Yoga for Sports

- .5-2 units SC
 • *Variable hours*

This is a beginning level activity course introducing principles of yoga asanas, stretch and relaxation techniques, as related to a particular sport or activity. Students will practice beginning level warm-up activities, flexibility and stretching exercises, for the primary purpose of preventing injury in their particular sport/activity. Students will learn methods for measuring changes in flexibility and alignment. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-114B Intermediate Stretch and Yoga for Sports

- .5-2 units SC
 • *Variable hours*

This is a course presenting intermediate principles of stretch technique, intermediate yoga asanas, and imagery techniques, as related to a particular sport or activity. Students will participate in intermediate level warm-up activities, intermediate flexibility and strengthening exercises, and injury prevention methods, with the goal of enhancing sport/activity performance. Students will utilize flexibility and alignment measurements for the development of an individualized stretch program. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-120 Physical Fitness

- .5-2 units SC
 • *Variable hours*

This is an activity course designed to improve physical fitness through participation in flexibility routines, resistance training, core strengthening, and cardiovascular exercise. Fitness training that benefits a particular sport or activity, as well as, the benefits of physical fitness as an aspect of overall well-being, are addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-122A Beginning Body Sculpt

- .5-2 units SC
 • *Variable hours*

This is an activity course designed to teach beginning elements of body sculpt. Body sculpt is 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 training elements will be developed. 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
 • *Variable hours*

This is an activity course designed to teach intermediate elements of body sculpt. Body sculpt is 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
 • *Variable hours*

This is an activity course emphasizing a beginning level of toning and strengthening of the hip, thigh, and abdominal areas. A basic level of anatomy will be included. Various beginning conditioning techniques and modalities will be utilized including, but not limited to, speed walking, body resistance activities and basic use of resistance tubing. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-124B Intermediate Hips, Thighs and Abs

- .5-2 units SC
 • *Variable hours*

This is an activity course emphasizing an intermediate level of toning and strengthening of the hip, thigh, and abdominal areas. An intermediate level of muscle tone development and progressive levels of muscle physiology, will be included. A variety of measured conditioning techniques and modalities will be utilized including, but not limited to, running, bender balls, stability balls and Pilates rings. CSU, UC (credit limits may apply to UC - see counselor)

Kinesiology activity

KNACT-125 Zumba

- .5-2 units SC
- *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-126 Aerobics/Step Aerobics

- .5-2 units SC
- *Variable hours*

This is an activity course designed to improve aerobic cardiorespiratory fitness utilizing a variety of current aerobic fitness training formats including choreographed and non-choreographed floor movement patterns, step training, and aerobic interval training. Muscle endurance, flexibility training, core strengthening and discussion of the science of aerobic fitness will be incorporated. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-128A Beginning Cardio Kickboxing

- .5-2 units SC
- *Variable hours*
- *Note: Ability to participate in vigorous activity is recommended*

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
- *Variable hours*
- *Note: Ability to participate in vigorous activity is recommended*

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
- *Variable hours*

This is an activity course intended for students of 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 a multitude of 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
- *Variable hours*

This is an activity course intended for students of intermediate fitness levels 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 a multitude of 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
- *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-134A Beginning Fitness Jogging

- .5-2 units SC
- *Variable hours*

This is an activity course which is designed to teach basic concepts and elements of jogging, including form and technique. The sport of running, warm up techniques, drills, safety and nutrition information, as it relates to jogging and/or running will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

Kinesiology activity

KNACT-134B Intermediate Fitness Jogging

- .5-2 units SC
- *Variable hours*

This is an activity course which is designed to teach intermediate concepts and elements of jogging, including form and technique. The sport of running, as well as safety and nutrition information as it relates to jogging/running will also be discussed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-136 Distance Track Training

- .5-2 units SC
- *Variable hours*

This is an activity course in distance running, interval and track training methods. Warm-up, stretching, interval training, cool down and recovery will be covered, as well as, information on types of racing, race strategies and techniques. Other topics to be explored include history, equipment, safety, assessing cardiovascular effects, and the value of interval training in distance running. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-140 Stationary Cycling

- .5-2 units SC
- *Variable hours*

This is an activity course using group stationary 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-142A Beginning Boot Camp

- .5-2 units SC
- *Variable hours*
- *Note: Students must be healthy enough to participate in vigorous physical activity.*

This is an activity course that incorporates a total body workout with minimal rest in between a given set of exercises. Cardiovascular endurance, core exercises, muscular strength, muscular endurance, body weight exercises, and free weights will be combined to assist students in achieving fitness goals. Flexibility exercises, nutritional information, and fitness principles will also be presented. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-144A Beginning Super Circuit

- .5-2 units SC
- *Variable hours*

This is an activity course introducing the basic elements of cardiovascular fitness, muscular strength, muscular endurance, and flexibility in a unique and simultaneous combination of aerobic and resistance training exercises in one seamless total fitness workout. 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-144B Intermediate Super Circuit

- .5-2 units SC
- *Variable hours*

This is an activity course for intermediate level students participating in a unique and simultaneous combination of aerobic and resistance training exercises in one seamless total fitness workout utilizing elements of 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
- *Variable hours*

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
- *Variable hours*

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
- *Variable hours*

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
- *Variable hours*

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)

Kinesiology activity

KNACT-148A Beginning Power Training

- .5-2 units SC
- 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
- Variable hours

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
- 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
- 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)

KNACT-160B Intermediate Badminton

- .5-2 units SC
- 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
- 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
- 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
- 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
- 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
- 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)

Kinesiology activity

KNACT-170A Beginning Basketball

- .5-2 units SC
- *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
- *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-172 Flag Football

- .5-2 units SC
- *Variable hours*

This is an activity course introducing students to the fundamentals of flag football. Rules of the game, safety, offensive and defensive skills, game strategy, and methods of scoring will also be addressed. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-174A Beginning Men's Lacrosse

- .5-2 units SC
- *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)

KNACT-174B Intermediate Men's Lacrosse

- .5-2 units SC
- *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
- *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
- *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
- *Variable hours*

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
- *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

KNACT-182A Beginning Volleyball

- .5-2 units SC
- *Variable hours*

This is an activity course designed to teach the student the beginning skills of volleyball and to incorporate them into successful non-competitive team play. CSU, UC (credit limits may apply to UC - see counselor)

KNACT-182B Intermediate Volleyball

- .5-2 units SC
- *Variable hours*
- *Formerly PE-193*

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)

Kinesiology activity

KNACT-182C Advanced Volleyball

- .5-2 units SC
- *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-195A Beginning Plyometrics and Agility Training for Female Athletes

- .25-1 unit SC
- *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)

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

- .25-1 unit SC
- *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
- *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