

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

- 1.5 units SC
- *18 hours lecture/27 hours laboratory per term*

This course will present knowledge and skills to assist student-athletes through the transition to collegiate-level academic achievement and athletic performance. Topics for this class will include, student-athlete academic eligibility requirements, college resources and services (Admissions and Records, Financial Aid, Counseling, etc.), and personal responsibility skills (time management, study skills, communication skills, problem solving skills, etc.). Students will be provided knowledge of these topics, as well as be actively involved in the use and practice of them, in order to successfully navigate their first year of college academic and athletic experience. CSU

KNICA-101 Student-Athlete Success II

- 1.5 units SC
- *18 hours lecture/27 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, transfer and athletic eligibility requirements for four year schools, transfer application and/or professional employment process, scholarships and financial aid, leadership skills, 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

KNICA-219 Intercollegiate Tennis, Women

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)

KNICA-225 Intercollegiate Water Polo, Women

3 units SC

- *May be repeated once*
- *175 hours activity per term*
- *Recommended: Competitive high school water polo 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-220 Intercollegiate Track and Field, Men

3 units SC

- *May be repeated once*
- *175 hours activity per term*
- *Recommended: Competitive high school track and field 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-221 Intercollegiate Track and Field, Women

3 units SC

- *May be repeated once*
- *175 hours activity per term*
- *Recommended: Competitive high school track and field experience or equivalent*

Instruction and intercollegiate competition is offered in track and field 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-223 Intercollegiate Volleyball, Women

3 units SC

- *May be repeated once*
- *175 hours activity per term*
- *Recommended: Competitive high school volleyball 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-224 Intercollegiate Water Polo, Men

3 units SC

- *May be repeated once*
- *175 hours activity per term*
- *Recommended: Competitive high school water polo 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)