

Kinesiology intercollegiate athletics

**KINESIOLOGY INTERCOLLEGIATE
ATHLETICS – KNICA**

Christine Worsley, Dean
Kinesiology, Athletics, and Health Sciences 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 course is designed to prepare new students who intend to try-out/compete for an inter-collegiate athletic team, in the upcoming academic term and season of competition. Students will complete the California Community College Athletic Association's (CCCAA) athletic eligibility requirements, required medical forms and waivers, register for the National Collegiate Athletic Association (NCAA) Clearinghouse, and fulfill other requirements for community college athletic competition.

KNICA-100 Student-Athlete Success I

- 1.5 units SC
- *27 hours lecture per term*

This course is designed to assist student-athletes through the transition to collegiate-level academic achievement and athletic performance. Topics will include, student-athlete academic eligibility requirements, college resources and services, and personal responsibility skills. Students will be actively involved in the evaluation of services and application of skills in order to successfully navigate their first year of the college academic and athletic experience. CSU

KNICA-101 Student-Athlete Success II

- 1.5 units SC
- *27 hours lecture per term*
 - *Prerequisite: KNICA-100 or equivalent*

This course is designed to assist student-athletes toward successful degree completion, transfer, and/or professional employment while competing in intercollegiate athletics. Topics include transfer and athletic eligibility requirements for four year institutions, transfer applications and/or professional employment processes, 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. Weekly game plans for offense, defense, and special teams (kicking game) will be presented. 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 activity course is designed to increase physical conditioning, skill/technique level, and strategic/tactical knowledge of a specific intercollegiate sport during the off-season. See 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*

This course provides instruction and intercollegiate competition for men's baseball. 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*

This course provides instruction and intercollegiate competition in men's basketball. 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*

This course provides instruction and intercollegiate competition in men's basketball. CSU, UC (credit limits may apply to UC - see counselor)

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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*

This course provides instruction and intercollegiate competition in women's basketball. 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*

This course provides instruction and intercollegiate competition in women's basketball. 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*

This course provides instruction and intercollegiate competition in men's cross country. 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*

This course provides instruction and intercollegiate competition in women's cross country. 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*

This course provides instruction and intercollegiate competition in football. CSU, UC (credit limits may apply to UC - see counselor)

KNICA-209 Intercollegiate Soccer, Men

- 3 units SC
- *May be repeated once*
 - *175 hours activity per term*
 - *Recommended: Competitive high school soccer Experience or equivalent*

This course provides instruction and inter-collegiate competition in men's soccer. 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*

This course provides instruction and intercollegiate competition in women's soccer. 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*

This course provides instruction and intercollegiate competition in women's softball. 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*

This course provides instruction and intercollegiate competition in men's swimming and diving. 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*

This course provides instruction and intercollegiate competition in women's swimming and diving. CSU, UC (credit limits may apply to UC - see counselor)

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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*

This course provides instruction and intercollegiate competition in men's tennis. CSU, UC (credit limits may apply to UC - see counselor)

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*

This course provides instruction and intercollegiate competition in women's tennis. 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*

This course provides instruction and intercollegiate competition in men's track and field. 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*

This course provides instruction and intercollegiate competition in women's track and field. 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*

This course provides instruction and intercollegiate competition in women's volleyball. 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*

This course provides instruction and intercollegiate competition in men's water polo. 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*

This course provides instruction and intercollegiate competition in women's water polo. CSU, UC (credit limits may apply to UC - see counselor)