KINESIOLOGY - PHYSICAL EDUCATION COMPETITIVE ATHLETICS

Participation in varsity sports is available to students who possess the highest level of athletic proficiency. Participation includes competition against other California Community Colleges.

Student-athletes must be actively enrolled and attending 12 units during their first semester of competition (9 of which must be academic) including enrollment in the varsity sport class. In order to be eligible and remain eligible a student athlete has to successfully complete at least 6 units during the preceding academic term in which the student is enrolled as a full-time student with a cumulative 2.0 GPA. Student-athletes must maintain a 2.0 grade point average and have passed a cumulative 24 units (18 of which must be academic) to qualify for their second season of the same sport.

Student-athletes can only compete in two years of the same sport.

A student transferring for academic or athletic participation, who has previously participated in intercollegiate athletics at another California Community College, must complete 12 units in residence prior to the beginning of the semester of competition of which a maximum of 8 units may be earned during the summer session. Participants must pass a physical examination prior to being released to compete. See Athletic Director for more information.

Learning Outcomes

This discipline prepares students to do the following:

- Analyze training methods, performance, practice, and competition to increase student’s preparation, problem solving skills, competition strengths and weaknesses, through the use of video and in-game assessment for successful performance during competition.
- Demonstrate and enhance knowledge of rules and regulations of the sport in which students participate.
- Demonstrate and utilize health and skill related fitness components in a strength and conditioning program tailored to the individual sport needs, that assists in performing various offensive and defensive strategies in practice and competition.
- Analyze and demonstrate training methods to increase students’ preparation for lifelong fitness through training and competition.
- Enhance knowledge of rules and regulations of sports to reflect an appreciation of individual and team activities through competition.
- Analyze and evaluate practice and game situations that allow students to demonstrate problem solving skills that they will utilize throughout their lives.
- Utilize video/computer recordings to analyze skill development to enhance training and improve performance during competition.
- Execute advanced skill techniques required to participate in athletics at the intercollegiate level.
- Demonstrate the use of proper attitude regarding team cooperation, sportsmanship, coach-ability and competitiveness.
- Promote self-esteem and enjoyment of body movement through participation in individual and team sports.

Courses

KINC 101
Physical Conditioning for Varsity Volleyball
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches’ permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate volleyball. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 102
Physical Conditioning for Varsity Soccer
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches’ permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate soccer. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.
KINC 103
Physical Conditioning for Varsity Water Polo
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate water polo. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 104
Physical Conditioning for Varsity Football
1 Unit (AA/AS; CSU; UC)
54 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate football. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 105
Physical Conditioning for Varsity Cross Country
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate cross country. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 106
Physical Conditioning for Varsity Golf
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate golf. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 107
Physical Conditioning for Varsity Softball
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate softball. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 108
Physical Conditioning for Varsity Baseball
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate baseball. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 109
Physical Conditioning for Varsity Swimming
2 Units (AA/AS; CSU; UC)
108 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate swimming. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 110
Physical Conditioning for Varsity Basketball
1 Unit (AA/AS; CSU; UC)
54 lab hours
Equivalent to: KIN 156A, KIN 156B, KIN 160A, KIN 160B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coaches' permission.
This course is designed to provide a physical conditioning program for the student interested in intercollegiate basketball. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. This course may be taken four times.

KINC 130
Off Season Conditioning for Varsity Basketball
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches' permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity basketball. This course may be taken four times.

KINC 131
Off Season Conditioning for Varsity Volleyball
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches' permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity volleyball. This course may be taken four times.
KINC 132
Off Season Conditioning for Varsity Soccer
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity soccer. This course may be taken four times.

KINC 133
Off Season Conditioning for Varsity Water Polo
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity water polo. This course may be taken four times.

KINC 134
Off Season Conditioning for Varsity Football
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity football. This course may be taken four times.

KINC 135
Off Season Conditioning for Varsity Cross Country
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity cross country. This course may be taken four times.

KINC 137
Off Season Conditioning for Varsity Softball
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity softball. This course may be taken four times.

KINC 138
Off Season Conditioning for Varsity Baseball
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity baseball. This course may be taken four times.

KINC 139
Off Season Conditioning for Varsity Swimming
1 Unit (AA/AS; CSU)
54 lab hours
Equivalent to: KIN 207A, KIN 207B, KIN 208A, KIN 208B
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a college varsity athlete/college varsity prospect or with coaches’ permission.
This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity swimming. This course may be taken four times.

KINC 145
Strength Training, Balance and Agility for Varsity Athletes
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coach’s permission.
Designed to introduce student-athletes to proprioceptive training. Proprioceptive training can improve balance, core strength, quickness, and agility and reduce the risk of injury. This type of training can benefit all movements performed in our daily life, not just those dealing with sports or athletic movements. This course may be taken four times.

KINC 209
Women’s Varsity Soccer
3 Units (AA/AS; CSU; UC)
162 lab hours
Equivalent to: KIN 209, PE 209
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coach’s permission.
Strongly recommended: Advanced soccer skills to participate in a competitive collegiate experience. Intercollegiate competition in women’s varsity soccer. This course may be taken four times.

KINC 211
Women’s Varsity Volleyball
3 Units (AA/AS; CSU; UC)
162 lab hours
Equivalent to: KIN 211, PE 211
Grade Mode: Pass/No Pass, Standard Letter
Prerequisite(s): Must be a varsity college athlete/varsity college prospect or with coach’s permission.
Strongly recommended: Advanced volleyball skills to participate in a competitive collegiate experience. Intercollegiate competition in women’s varsity volleyball. This course may be taken four times.
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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units (AA/AS; CSU; UC)</th>
<th>Lab Hours</th>
<th>Equivalent to:</th>
<th>Grade Mode: Pass/No Pass, Standard Letter</th>
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</thead>
<tbody>
<tr>
<td>KINC 212</td>
<td>Varsity Swimming</td>
<td>2</td>
<td>108</td>
<td>KIN 212, PE 212</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience; must be a varsity college/athlete prospect or with coach's permission.</td>
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<td>Intercollegiate competition in varsity swimming. This course may be taken four times.</td>
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<tr>
<td>KINC 213</td>
<td>Women's Varsity Basketball</td>
<td>2</td>
<td>108</td>
<td>KIN 213, PE 213</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in women's varsity basketball. This course may be taken four times.</td>
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<tr>
<td>KINC 214</td>
<td>Women's Varsity Softball</td>
<td>2</td>
<td>108</td>
<td>KIN 214, PE 214</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced softball skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in women's varsity softball. This course may be taken four times.</td>
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<tr>
<td>KINC 216</td>
<td>Varsity Cross Country</td>
<td>3</td>
<td>162</td>
<td>KIN 216, PE 216</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced cross country skills to participate in a competitive collegiate experience; must be a collegiate varsity athlete/varsity college prospective athlete or with coach's permission.</td>
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<td>Intercollegiate competition in varsity cross country. This course may be taken four times.</td>
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<td>KINC 220</td>
<td>Men's Varsity Football</td>
<td>3</td>
<td>162</td>
<td>KIN 220, PE 220</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced football skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in men's varsity football. This course may be taken four times.</td>
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<tr>
<td>KINC 221</td>
<td>Men's Varsity Basketball</td>
<td>2</td>
<td>108</td>
<td>KIN 221, PE 221</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.</td>
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<td>Varsity athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times.</td>
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<tr>
<td>KINC 224</td>
<td>Men's Varsity Baseball</td>
<td>3</td>
<td>162</td>
<td>KIN 224, PE 224</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced baseball skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in men's varsity baseball. This course may be taken four times.</td>
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<tr>
<td>KINC 225</td>
<td>Men's Varsity Golf</td>
<td>3</td>
<td>162</td>
<td>KIN 225, PE 225</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced golf skills to participate in a competitive collegiate program.</td>
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<td>Intercollegiate competition in men's varsity golf. This course may be taken four times.</td>
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<tr>
<td>KINC 227</td>
<td>Women's Varsity Golf</td>
<td>3</td>
<td>162</td>
<td>KIN 227, PE 227</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced golf skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in women's varsity golf. This course may be taken four times.</td>
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<td>KINC 229</td>
<td>Men's Varsity Water Polo</td>
<td>3</td>
<td>162</td>
<td>KIN 229, PE 229</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in men's varsity water polo. This course may be taken four times.</td>
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<tr>
<td>KINC 230</td>
<td>Women's Varsity Water Polo</td>
<td>3</td>
<td>162</td>
<td>KIN 230, PE 230</td>
<td>Pass/No Pass, Standard Letter</td>
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<td>Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.</td>
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<td>Intercollegiate competition in women's varsity water polo. This course may be taken four times.</td>
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</tbody>
</table>
KINC 231
Men’s Varsity Soccer
3 Units (AA/AS; CSU; UC)
162 lab hours
Equivalent to: KIN 231, PE 231
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced soccer skills to participate in a competitive collegiate experience.
Intercollegiate competition in men’s varsity soccer. This course may be taken four times.

KINC 232
Intercollegiate Basketball for Men
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.
Intercollegiate competition for men’s varsity basketball. This course may be taken four times.

KINC 233
Intercollegiate Basketball for Women
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.
Intercollegiate competition for women’s varsity basketball. This course may be taken four times.

KINC 234
Intercollegiate Softball
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced softball skills to participate in a competitive collegiate experience.
Intercollegiate competition for women’s varsity softball. This course may be taken four times.

KINC 235
Intercollegiate Baseball
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced baseball skills to participate in a competitive collegiate experience.
Intercollegiate competition for men’s varsity baseball. This course may be taken four times.

KINC 236
Intercollegiate Swimming
1 Unit (AA/AS; CSU; UC)
54 lab hours
Grade Mode: Pass/No Pass, Standard Letter
Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.
Intercollegiate competition for varsity swimming. This course may be taken four times.

Programs

Associate Degrees
- ADT in Kinesiology [Link](http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/kinesiology-adt)
- A.S. in Kinesiology [Link](http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education-competitive-athletics/kinesiology-as)