

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 or winter sessions.

Participants must be medically cleared by a licensed physician (MD or DO) prior to being allowed to practice and/or compete. See the Dean of Kinesiology and Athletics or an Assistant Athletic Director for more information.

Faculty

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Contact Information

Division

Kinesiology, Health and Athletics

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Discipline Website

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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.

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 participating in competitive 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 participating in competitive 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***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 210**Varsity eSports****3 Units (AA/AS; CSU)****162 lab hours****Grade Mode: Pass/No Pass, Standard Letter***Prerequisite(s): Must be a varsity athlete/college varsity prospect or with coaches permission.**Strongly recommended: Advanced gaming skills for participation in a varsity program.*

Intercollegiate competition for eSports gaming. Discussions and analysis of eSport gaming strategies as they apply to intercollegiate play. This can be taken up to 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***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.

KINC 212**Varsity Swimming****2 Units (AA/AS; CSU; UC)****108 lab hours****Equivalent to: KIN 212, PE 212****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience; must be a varsity college/athlete prospect or with coaches' permission.*

Intercollegiate competition in varsity swimming. This course may be taken four times.

KINC 213**Women's Varsity Basketball****2 Units (AA/AS; CSU; UC)****108 lab hours****Equivalent to: KIN 213, PE 213****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.*

Intercollegiate competition in women's varsity basketball. This course may be taken four times.

KINC 214**Women's Varsity Softball****2 Units (AA/AS; CSU; UC)****108 lab hours****Equivalent to: KIN 214, PE 214****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: Advanced softball skills to participate in a competitive collegiate experience.*

Intercollegiate competition in women's varsity softball. This course may be taken four times.

KINC 216**Varsity Cross Country****3 Units (AA/AS; CSU; UC)****162 lab hours****Equivalent to: KIN 216, PE 216****Grade Mode: Pass/No Pass, Standard Letter***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.*

Intercollegiate competition in varsity cross country. This course may be taken four times.

KINC 220**Men's Varsity Football****3 Units (AA/AS; CSU; UC)****162 lab hours****Equivalent to: KIN 220, PE 220****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: Advanced football skills to participate in a competitive collegiate experience.*

Intercollegiate competition in men's varsity football. This course may be taken four times.

KINC 221**Men's Varsity Basketball****2 Units (AA/AS; CSU; UC)****108 lab hours****Equivalent to: KIN 221, PE 221****Grade Mode: Pass/No Pass, Standard Letter***Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.*

Varsity athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times.

KINC 224

Men's Varsity Baseball
2 Units (AA/AS; CSU; UC)
108 lab hours

Equivalent to: KIN 224, PE 224

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: Advanced baseball skills to participate in a competitive collegiate experience.

Intercollegiate competition in men's varsity baseball. This course may be taken four times.

KINC 225

Men's Varsity Golf
3 Units (AA/AS; CSU; UC)
162 lab hours

Equivalent to: KIN 225, PE 225

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: Advanced golf skills to participate in a competitive collegiate program.

Intercollegiate competition in men's varsity golf. This course may be taken four times.

KINC 227

Women's Varsity Golf
3 Units (AA/AS; CSU; UC)
162 lab hours

Equivalent to: KIN 227, PE 227

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: Advanced golf skills to participate in a competitive collegiate experience.

Intercollegiate competition in women's varsity golf. This course may be taken four times.

KINC 229

Men's Varsity Water Polo
3 Units (AA/AS; CSU; UC)
162 lab hours

Equivalent to: KIN 229, PE 229

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.

Intercollegiate competition in men's varsity water polo. This course may be taken four times.

KINC 230

Women's Varsity Water Polo
3 Units (AA/AS; CSU; UC)
162 lab hours

Equivalent to: KIN 230, PE 230

Grade Mode: Pass/No Pass, Standard Letter

Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.

Intercollegiate competition in women's varsity water polo. This course may be taken four times.

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 (<http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education/kinesiology-adt/>)*
- A.S. in Kinesiology (<http://catalog.citruscollege.edu/disciplines/kinesiology-physical-education-competitive-athletics/kinesiology-as/>)

* See the Counseling department for updates to this degree.