

PSWIM Swimming

CCC		DVC		LMC	
PE-126A Beginning Swimming	.5-2 units	KNACT 100A Beginning Swimming	.5-2 units	PE-016 Beginning Swimming	.5-1 unit
PE-126B Intermediate Swimming	.5-2 units	KNACT 100B Intermediate Swimming	.5-2 units		
PE-126C Advanced Swimming	.5-2 units				
PE-136A Beginning Competitive Swimming	1 unit				

Rationale: This family contains courses that involve the instruction in, and the practice of swim stroke techniques.

PYOGA Yoga

CCC		DVC		LMC	
PE-270A Beginning Yoga	.5-2 units	KNACT 110A Beginning Hatha Yoga	.5-2 units		
PE 270 B – Intermediate Yoga	.5-2 units	KNACT 110B Intermediate Hatha Yoga	.5-2 units		
		KNACT 110C Advanced Hatha Yoga	.5-2 units		
PE-273A Beginning Yoga For Strength	.5-2 units	KNACT 114A Beginning Stretch and Yoga for Sports	.5-2 units	PE-057 Yoga for Health and Fitness	.5-1.5 units
		KNACT 114B Intermediate Stretch and Yoga for Sports			
				PE-059 Flow Yoga	1.5-2 units

This family contains courses that involve yoga instruction and practice for the development of  
 Rationale: overall health and wellness.

**Walk/Jog**

<b>CCC</b>		<b>DVC</b>		<b>LMC</b>	
		KNACT 134A Beginning Fitness Jogging	.5-2 units		
		KNACT 134B Intermediate Fitness Jogging	.5-2 units		
PE-268 Walking for Fitness	.5-2 units	KNACT 130A Beginning Fitness Walking	.5-2 units	PE-012 Power Walk Stretch and Tone	.5-1 unit
		KNACT 130B Intermediate Fitness Walking	.5-2 units		
		KNACT 132 Hiking	.5-2 units		
		KNACT 136 Distance Track Training	.5-2 units		

This family contains courses that focus on individualized aerobic fitness improvement through  
 Rationale: walking, running or triathlon training.

**Aerobics**

<b>CCC</b>		<b>DVC</b>		<b>LMC</b>	
PE-124A Beginning Aquatic Physical Conditioning	.5-2 units	KNACT 102A Beginning Aquatic Fitness	.5-2 units	PE-017 Lap Swimming	.5-1 unit
PE-121A Beginning Agua Calisthenics	.5-2 units	KNACT 104 Water Aerobics	.5-2 units	PE-018 Water Fitness	1 unit
PE-218A Beginning Slim, Trim and Swim	.5-2 units	KNACT 102B Intermediate Aquatic Fitness			
		KNACT 120 Physical Fitness	.5-2 units		
PE-116A Beginning Step Aerobics	.5-2 units	KNACT 126 Aerobics/Step Aerobics	.5-2 units	PE-002 Beginning Step Aerobics	.5-1 unit
PE-116B Intermediate Step Aerobics	.5-2 units				
PE-116C Advanced Step Aerobics	.5-2 units				
PE-116D Master Level Step Aerobics	.5-2 units				
PE-109A Beginning Aerobic Dancing	.5-2 units				
PE-157A Beginning Aerobics	.5-2 units				
PE-267A Beginning Cardio-Kickboxing	.5-2 units	KNACT 128A Beginning Cardio Kickboxing	.5-2 units	PE-033 Cardio Kickboxing	.5-1 unit

		KNACT 128B Intermediate Cardio Kickboxing	.5-2 units		
		KNACT 144A Beginning Super Circuit	.5-2 units		
		KNACT 144B Intermediate Super Circuit	.5-2 units		
				PE-006 Physical Fitness	.5-1 unit
		KNACT 140 Stationary Cycling	.5-2 units		
				PE-020 Exerjazz for Fitness	.5-1 unit
				PE-010 Circuit Training	.5-1 unit
		KNACT 142A Beginning Boot Camp	.5-2 units		
PE 173A Beginning Zumba	.5-2 units	KNACT 125 Zumba	.5-2 units		
PE 173B Intermediate Zumba	.5-2 units				
PE 173C Advanced Zumba	.5-2 units				

This family contains courses that focus on the variety of group exercise environments and involves exercise methods, for purposes of improving cardiovascular fitness, muscular

Rationale: endurance, and flexibility

CCC		DVC		LMC	
PE-269 Body Sculpting	.5-2 units	KNACT 122A Beginning Body Sculpt	.5-2 units	PE-049 Total Body Sculpting	.5-1 unit
		KNACT 122B Intermediate Body Sculpt	.5-2 units		
		KNACT 124A Beginning Hips, Thighs and Abs	.5-2 units		
		KNACT 124B Intermediate Hips, Thighs and Abs	.5-2 units		
				PE-011 Super Shape-Up	.5-1 unit
PE-165A Beginning Pilates	.5-2 units	KNDAN 105A Beginning Pilates Mat Work	.5-2 units	PE-004 Pilates and More	.5-1
PE-165B Intermediate Pilates	.5-2 units	KNDAN 105B Intermediate Pilates Mat Work	.5-2 units		
PE-165C Advanced Pilates	.5-2 units				
PE-165D Master Level Pilates	.5-2 units				
PE-140A Beginning Figure Control	.5-2 units				
PE-140B Intermediate Figure Control	.5-2 units				

This family contains courses that focus on the group exercise environment and involve low-impact exercise methods for the purposes of improving muscular endurance of the core muscle  
Rationale: groups (abdominals, back extensors).

## Sport Specific Conditioning

CCC		DVC	LMC		
		KNACT 195A Beginning Plyometrics and Agility Training for Female Athletes	.25-1 unit		
		KNACT 195B Intermediate Plyometrics and Agility Training for Female Athletes	.25-1 unit		
		KNACT 195C Advanced Plyometrics and Agility Training for Female Athletes	.25-1 unit		
		KNACT 120 Physical Fitness	.5-2 units		
PE-156A Beginning Physical Conditioning	.5-2 units				
PE-156B Intermediate Physical Conditioning	.5-2 units				
PE-156C Advanced Physical Conditioning	.5-2 units				
PE-156D Master Level Physical Conditioning	.5-2 units				
PE-208 Football Fundamentals and Conditioning	.5-2 units				
PE-211 Baseball Fundamentals and Conditioning	.5-2 units				
PE-215 Beginning Basketball Fundamentals and Conditioning	.5-2 units				
PE-204 Advanced Softball Skills and Conditioning	.5-2 units				
PE-260 Beginning Soccer Fundamentals and Conditioning	.5-2 units				
PE-290A Sport Specific Training I	.5-3 units				
PE-290B Sport Specific Training II	.5-3 units				
PE-290C Sport Specific Training III	.5-3 units				
PE-290D Sport Specific Training IV	.5-3 units				
PE-379 Advanced Soccerskills and Conditioning	.5-2 units				

This family contains courses that involve the development of high intensity, sport-specific  
 Rationale: fitness, for competitive athletes.

PRES

**Resistance**

CCC		DVC		LMC	
PE-103A Beginning Weight Training	.5-2 units			PE-008 Weight Training	1 unit
PE-103B Intermediate Weight Training	.5-2 units				
PE-103C Advanced Weight Training	.5-2 units				
PE-103D Master Level Weight Training	.5-2 units				
PE-102A Beginning Fitness Training	.5-2 units	KNACT 146A Theory and Practice of Strength Training and Fitness I	.5-2 units		
		KNACT 146B Theory and Practice of Strength Training and Fitness II	.5-2 units		
		KNACT 146C Theory and Practice of Strength Training and Fitness III	.5-2 units		
		KNACT 146D Theory and Practice of Strength Training and Fitness IV	.5-2 units		
PE-102B Intermediate Fitness Training	.5-2 units				
PE-102C Advanced Fitness Training	.5-2 units				
PE-102D Master Level Fitness Training	.5-2 units				
PE-98A Beginning Personal Growth in Fitness	.5-2 units				
		KNACT 148A Beginning Power Lifting	.5-2 units		
		KNACT 148B Intermediate Power Lifting	.5-2 units		

This family contains courses that focus on individualized exercise and the development of  
 Rationale: muscular strength and power.

The remaining families contain courses that involve the instruction and practice of sport-specific  
 Rationale for remaining families: techniques and strategies.

PGOLF

**Golf**

CCC		DVC		LMC	
PE-122 Golf	.5-2 units	KNACT 164A Beginning Golf	.5-2 units	PE-042 Golf	.5-1 unit
		KNACT 164B Intermediate Golf	.5-2 units		

PBADM

**Badminton**

CCC		DVC		LMC	
PE-105A Beginning Badminton	.5-2 units	KNACT 160A Beginning Badminton	.5-2 units		
		KNACT 160B Intermediate Badminton	.5-2 units		
PE-105B Intermediate Badminton	.5-2 units				
PE-105C Advanced Badminton	.5-2 units				
PE-105D Master Level Badminton	.5-2 units				

PBSKT

**Basketball**

CCC		DVC		LMC	
PE-134 Basketball	.5-2 units	KNACT 170A Beginning Basketball	.5-2 units	PE-046 Basketball	.5-1 unit
		KNACT 170B Intermediate Basketball	.5-2 units		

PBOWL

**Bowling**

CCC		DVC		LMC	
		KNACT 162 Bowling	.5-2 units		

PFOOT

**Football**

CCC		DVC		LMC	
PE-154 Flag Football	.5-2 units	KNACT 172 Flag Football	.5-2 units		

PBBSB

**Baseball/Softball**

CCC		DVC		LMC	
PE-142 Beginning Softball	1 unit				
PE-214 Advanced Baseball Skills	.5-2 units				

PLACR

**Lacrosse**

CCC		DVC		LMC	
		KNACT 174A Beginning Men's Lacrosse	.5-2 units		
		KNACT 174B Intermediate Men's Lacrosse	.5-2 units		

PSOCC

**Soccer**

CCC		DVC		LMC	
		KNACT 178 Indoor Soccer	.5-2 units		
PE-378A Beginning Soccer Group and Team Tactics	.5-2 units	KNACT 176A Beginning Soccer	.5-2 units		
PE-378B Advanced Soccer Group and Team Tactics	.5-2 units	KNACT 176B Intermediate Soccer	.5-2 units		
				PE-026 Soccer-Coed	.5-1 unit
PE-271 Futsal	.5-2 units				
PE-276 Intermediate Skills and Tactics of Soccer	.5-2 units				



PTENN

**Tennis**

CCC		DVC		LMC	
PE-135A Beginning Tennis	.5-2 units	KNACT 166 Tennis	.5-2 units	PE-030 Tennis	.5-1 unit
PE-135B Intermediate Tennis	.5-2 units				
PE-135C Advanced Tennis	.5-2 units				
PE-135D Master Level Tennis	.5-2 units				

PVOLL

**Volleyball**

CCC		DVC		LMC	
PE-174A Beginning Volleyball Skills and Conditioning	.5-2 units	KNACT 182A Beginning Volleyball	.5-2 units	PE-014 Volleyball	.5-1 unit
		KNACT 182B Intermediate Volleyball	.5-2 units		
		KNACT 182C Advanced Volleyball	.5-2 units		

PWPOL

**Water Polo**

CCC		DVC		LMC	
PE-220 Water Polo Fundamentals	.5-2 units				

PCOMB

**Combatives**

CCC		DVC		LMC	
		KNCMB 114 Jujitsu	.5-2 units		
PE-261A Beginning Tae Kwan Do	.5-2 units	KNCMB 118A Beginning Tae Kwon Do	.5-2 units		
PE-261B Intermediate Tae Kwon Do	.5-2 units	KNCMB 118B Intermediate Tae Kwon Do	.5-2 units		
		KNCMB 118C Advanced Tae Kwon Do	.5-2 units		
PE-274 Self-Defense	.5-2 units	KNCMB 110 Self-Defense	.5-2 units		
		PECMB 150 Topics in Martial Arts and Combatives	.3-4 units		
PE-265 Basic Aikido	.5-2 units	KNCMB 126A Beginning Aikido	.5-2 units		
PE-266 Intermediate Aikido	.5-2 units	KNCMB 126B Intermediate Aikido	.5-2 units		
		KNCMB 128 Aikido Weapons Jo and Bokken	.5-2 units		
PE-275A Beginning Qigong	.5-2 units				
PE-278A Beginning Self Defense for Women	.5-2 units				
		KNCMB 130 Judo	.5-2 units		
		KNCMB 134B Karate	.5-2 units		

PINTR

**Intramurals**

CCC		DVC		LMC	
PE-152A Beginning Intramurals	.5-2 units				