

**P. E. Families** revised 4-8-13 by **District PE Departments**  
**Aquatic Fitness**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 102A Beginning Aquatic Fitness	.5-2 units	PE-018 Water Fitness	1 unit	PE-124A Beginning Aquatic Physical Conditioning	.5-2 units
KNACT 104 Aquatic Aerobics	.5-2 units			PE-121A Beginning Aqua Calisthenics	.5-2 units
KNACT 102B Inter. Aquatic Fitness				PE-218A Beginning Slim, Trim and Swim	.5-2 units

**Swimming**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 110A Beginning Swimming	.5-2 units	PE-016 Beginning Swimming	.5-1 unit	PE-126A Beginning Swimming	.5-2 units
KNACT 110B Intermediate Swimming				PE-127 126B Intermediate Swimming	.5-2 units
				PE-128 126C Advanced Swimming	.5-2 units
				PE-136A Beginning Competitive Swimming	1 unit
		PE-017 Lap Swimming	.5-1 unit		

**Yoga**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 110A Beginning Hatha Yoga	.5-2 units			PE-270A Beginning Yoga	.5-2 units
KNACT 110B Intermediate Hatha Yoga	.5-2 units				
KNACT 114A Beginning and Yoga for Sports	.5-2 units				
		PE-057 Yoga for Health and Fitness	.5-1.5 units		
		PE-059 Flow Yoga	1.5-2 units		
				PE-273A Beginning Yoga For Strength	.5-2 units

**Walk/Jog**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 134A Beginning Fitness Jogging	.5-2 units				
KNACT 138 Introduction to Triathlon Training	.5-2 units				
KNACT 130A Beginning Fitness Walking	.5-2 units	PE-012 Power Walk Stretch and Tone	.5-1 unit	PE-268 Walking for Fitness	.5-2 units
KNACT 132 Hiking	.5-2 units				
KNACT 136 Distance Track Training	.5-2 units				

**Aerobics**

<b><u>DVC</u></b>		<b><u>LMC</u></b>		<b><u>CCC</u></b>	
KNACT 126 Step Aerobics	.5-2 units	PE-002 Beginning Step Aerobics	.5-1 unit	PE-116A Beginning Step Aerobics	.5-2 units
				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
KNACT 128A Beginning Cardio Kickboxing	.5-2 units	PE-033 Cardio Kickboxing	.5-1 unit	PE-267A Beginning Cardio-Kickboxing	.5-2 units
KNACT 144A Beginning Super Circuit	.5-2 units				
		PE-006 Physical Fitness	.5-1 unit		
KNACT 140A Beginning Stationary Cycling	.5-2 units				
		PE-020 Exerjazz for Fitness	.5-1 unit		
		PE-010 Circuit Training	.5-1 unit		

**Core**

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

**Sport Specific Conditioning**

<b>DVC</b>	<b>LMC</b>	<b>CCC</b>		
PE-195 Plyometrics and Agility Training for Female Athletes	.25-1 unit			
			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-215A Beginning Basketball Fundamental and Conditioning	.5-2 units
			PE-204 Advanced Softball Skills and Conditioning	.5-2 units
			PE-260 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 Contitioning	.5-2 units

**Resistance**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
		PE-008 Weight Training	1 unit	PE-103A Beginning Weight Training	.5-2 units
				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
KNACT 146A Beginning Theory and Practice of Strength Training and Fitness	.5-2 units			PE-102A Beginning Fitness Training	.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				

**Golf**

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

**Badminton**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 160A Beginning Badminton	.5-2 units			PE-105A Beginning 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

**Basketball**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 170A Beginning Basketball	.5-2 units	PE-046 Basketball	.5-1 unit	PE-134 Basketball	.5-2 units

**Bowling**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 162 Bowling	.5-2 units	PE-022 Beginning Bowling	.5-1 unit		

**Football**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 172 Flag Football	.5-2 units			PE-154 Flag Football	.5-2 units
				PE-137 Advanced Passing and Defensive Secondary Techniques	1 unit

**Baseball/Softball**

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

**Lacrosse**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 174A Beginning Men's Lacrosse	.5-2 units				

**Soccer**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 178A Beginning Indoor Soccer	.5-2 units				
KNACT 176A Beginning Soccer	.5-2 units			PE-378A Beginning Soccer Group and Team Tactics	.5-2 units
				PE-378B Advanced Soccer Group and Team Tactics	.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

**Tennis**

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

**Volleyball**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNACT 182A Beginning Volleyball	.5-2 units	PE-014 Volleyball	.5-1 unit	PE-174 Volleyball	.5-2 units
KNACT 182B Intermediate Volleyball	.5-2 units				

**Water Polo**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
				PE-220 Water Polo Fundamentals	.5-2 units

**Combatives**

<u>DVC</u>		<u>LMC</u>		<u>CCC</u>	
KNCMB 114 Jujitsu	.5-2 units				
KNCMB 118Tae Kwon Do	.5-2 units			PE-261A Beginning Tae Kwan Do I, II	.5-2 units
				PE-262 261B Intermediate Tae Kwon Do I, II	.5-2 units
KNCMB 110 Self-Defense	.5-2 units			PE-274 Self-Defense	.5-2 units
PECMB-150 Topics in Martial Arts and Combatives	.3-4 units				
KNCMB 126A Beginning Aikido	.5-2 units			PE-265 Basic Aikido	.5-2 units
KNCMB 126B Intermediate Aikido	.5-2 units			PE-266 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				
KNCM 134 Karate	.5-2 units				

intramurals

DVC

LMC

CCC

				PE-152A Beginning Intramurals	.5-2 units
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