

INTERCOLLEGIATE ATHLETICS

NOTE: UC Credit Limitations on Activity and Theory Courses

The University of California (UC) has a limitation on transfer credits of Dance, Intercollegiate Athletic (ICA), Kinesiology and Physical Education (PE) activity courses. The UC will give a maximum of 4-semester units for a combination of any or all of these DANC/ICA/KIN/PE. In addition, the UC will accept up to 8 units of PE/KIN Theory based courses. Students planning to the more than 4 units of these courses should consult a counselor. The California State University (CSU) system does not have such limitations.

ICA M01A Intercollegiate Baseball - Men 4 Units

Formerly: KIN M100A; PE M66

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in baseball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M01B Intercollegiate Baseball-Men/Off Season 1 Unit

Formerly: KIN 100B; PE M23D

In-Class Hours: 52.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in baseball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M02A Intercollegiate Basketball-Men/Fall 4 Units

Formerly: KIN M101A; PE M67

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M02B Intercollegiate Basketball-Men/Spring 2.5 Units

Formerly: PE M67; KIN M101B

In-Class Hours: 8.75 lecture, 105 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M03A Intercollegiate Cross Country - Men 4 Units

Formerly: KIN M102A; PE M69

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in cross country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M03B Intercollegiate Cross Country - Men/Off Season 1 Unit*Formerly:* KIN M102B; PE M03B*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in cross country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**ICA M04A Intercollegiate Football - Men 4 Units***Formerly:* KIN M103A; PE M71*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Football. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**ICA M04B Intercollegiate Football-Men/Off Season 1 Unit***Formerly:* KIN M103B; PE M25D*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Football. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**ICA M07A Intercollegiate Soccer - Men 4 Units***Formerly:* KIN M105A; PE M64A*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops participants skills and playing intensity in Soccer to the highest level. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M07B Intercollegiate Soccer-Men/Off Season 1 Unit***Formerly:* KIN M105B; PE M27D; PE M65B*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M10A Intercollegiate Track and Field - Men 4 Units***Formerly:* KIN M107A; PE M76*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in track and field. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M10B Intercollegiate Track and Field - Men/Off Season 1 Unit

Formerly: KIN M107B; PE M29D

In-Class Hours: 52.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M11A Intercollegiate Volleyball - Men 4 Units

Formerly: KIN M108A; PE M63A

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M11B Intercollegiate Volleyball-Men/Off Season 1 Unit

Formerly: KIN M108B; PE M63B

In-Class Hours: 52.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M20A Intercollegiate Basketball-Women/Fall 4 Units

Formerly: KIN M130A; PE M68

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M20B Intercollegiate Basketball-Women/Spring 2.5 Units

Formerly: KIN M130B; PE M24C

In-Class Hours: 43.75 lecture, 87.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Basketball. Emphasizes team development and competitive improvement and intensity. Involves competition against other institutions, and travel.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M21A Intercollegiate Cross Country-Women 4 Units

Formerly: KIN M131A; PE M70

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Cross Country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M21B Intercollegiate Cross Country-Women/Off Season 1 Unit*Formerly:* KIN M131B; PE M03B*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Cross Country. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M24A Intercollegiate Soccer - Women 4 Units***Formerly:* KIN M133A; PE M65A*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M24B Intercollegiate Soccer - Women/Off Season 1 Unit***Formerly:* KIN M133B; PE M65B*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Soccer. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M25A Intercollegiate Softball-Women 4 Units***Formerly:* KIN M134A; PE M73*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Softball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M25B Intercollegiate Softball-Women/Off Season 1 Unit***Formerly:* KIN M134A; PE M28C*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Softball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M28A Intercollegiate Track and Field - Women 4 Units***Formerly:* KIN M136A; PE M77*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M28B Intercollegiate Track and Field-Women/Off Season 1 Unit*Formerly:* KIN M136B; PE M29D*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Track and Field. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M29A Intercollegiate Volleyball - Women 4 Units***Formerly:* KIN M137A; PE M78*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops participants skills and playing intensity in volleyball to the highest level.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M29B Intercollegiate Volleyball-Women/Off Season 1 Unit***Formerly:* KIN M137B; PE M30D*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in Volleyball. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M35A Conditioning and Training for Athletic Competition 1 Unit***Formerly:* KIN M35; ICA M35*In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops skills and conditioning for prospective athletes who are entering intercollegiate competition.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M35B In-Season Conditioning for Athletic Competition 1 Unit***In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops strength and conditioning for in season athletes who are participating in intercollegiate competition. Includes powerlifting and sports nutrition.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**ICA M36 Intercollegiate Women's Golf 4 Units***Formerly:* PE M62*In-Class Hours:* 17.5 lecture, 157.5 laboratory*Enrollment Limitations:* Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in golf. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility, may be taken a maximum of four (4) times for credit.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** 7**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M40 Intercollegiate Beach Volleyball-Women 4 Units

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops participants' skills and playing intensity in Beach Volleyball to the highest level.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

ICA M44A Intercollegiate Wrestling - Women 4 Units

Formerly: PE M38; ICA M38A

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M44B Intercollegiate Wrestling - Women/Off Season 1 Unit

In-Class Hours: 52.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 4 units of credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M45A Intercollegiate Wrestling - Men 4 Units

In-Class Hours: 17.5 lecture, 157.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None

ICA M45B Intercollegiate Wrestling - Men/Off Season 1 Unit

Formerly: ICA M38B

In-Class Hours: 52.5 laboratory

Enrollment Limitations: Students must be capable of competing at the intercollegiate level.

Develops athletic skills and techniques in wrestling. Emphasizes team development and competitive improvement and intensity.

Catalog Notes: Involves competition against other institutions and travel; Repeatability is dependent upon California Community College Athletic Association (CCCAA) eligibility, may be taken a maximum of four (4) times for credit.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be taken up to 3 times for credit.

Degree Applicability: Applies to Associate Degree

AA/AS GE: 7

Transfer Credit: CSU, UC

UC Credit Limitations: None