

Conditioning Course Limitations for Students Participating in Competitive Sports

In accordance with Title 5 Sections 55000(q), 55040(b)(1), 55041(a)(2), and 58162(b) , student athletes may enroll in up to 175 hours of conditioning courses per year for each Athletic and Competitive sport in which he or she is officially enrolled as an Athlete.

The Kinesiology courses listed below have been designated as conditioning or skill development courses which count toward the 175 hour limit for student athletes.

The individual courses are not repeatable. Student athletes involved in multiple sports must select different conditioning courses for each sport.

KINE	125A	Aerobic Fitness Training Modes
KINE	125B	Anaerobic Fitness Training Modes
KINE	125C	Functional Fitness Training Modes
KINE	125D	Motor Fitness/Hand-Eye/Foot Skills
KINE	170A	Team Sports-Baseball Strategies
KINE	170B	Team Sports-Baseball Biomechanics
KINE	170C	Team Sports-Basketball Strategies
KINE	170D	Team Sports-Basketball Biomechanics
KINE	170E	Team Sports-Football Strategies
KINE	170F	Team Sports-Football Biomechanics
KINE	170G	Team Sports-Soccer Strategies
KINE	170H	Team Sports-Soccer Biomechanics
KINE	170I	Team Sports-Softball Strategies
KINE	170J	Team Sports-Softball Biomechanics
KINE	170K	Team Sports-Volleyball Strategies
KINE	170L	Team Sports -Volleyball Biomechanics
KINE	170M	Team Sports-Water Polo Strategies*
KINE	170N	Team Sports-Water Polo Biomechanics*
KINE	170O	Team Sports-Wrestling Strategies
KINE	170P	Team Sports-Wrestling Biomechanics
KINE	204A	Off Season Sports Conditioning I Aerobic/Anaerobic Development
KINE	204B	Off Season Conditioning II- Motor Skill Development and Application
KINE	205A	In Season Sports Conditioning I Aerobic and Anaerobic
KINE	205B	In Season Conditioning II-Fine Motor Skills Maintenance
KINE	210L	Professional Preparation for Football Lab
KINE	211L	Professional Preparation for Basketball Lab
KINE	212L	Professional Preparation for Baseball Lab
KINE	214L	Professional Preparation for Water Polo*
KINE	215L	Professional Preparation for Wrestling Lab
KINE	216L	Professional Preparation for Golf Lab
KINE	217L	Professional Preparation Tennis Lab

11.08.13

*New courses are anticipated to be activated effective Fall 2015