

FAMILIES 2025-2026

KINESIOLOGY, ATHLETICS AND DANCE

The majority of courses offered by the San Mateo County Community College District are now leveled to show progression from the most fundamental (level 1) to the most advanced (level 4). Course levels can be identified by a .1, .2, .3, or .4 system or by the course title. Course levels may be scheduled simultaneously. Students are advised to enroll initially at the fundamental level (.1) regardless of previous experience and be placed at the appropriate level based on instructor assessment. Adapted Physical Education and intercollegiate sports related courses are not affected by the repeatability legislation.

Kinesiology activity courses are subject to repeatability limitations. Students are now limited to a maximum of four courses per family listed below. If there is more than one course in a particular family, a student may only enroll in a maximum of four total courses within that family. After four courses within a family have been taken, a student has the option to audit should they wish to continue enrolling in courses within that family. Students who audit do not count toward meeting local minimum enrollment requirements. Thus, a class may be cancelled if enough credit seeking students are not enrolled no matter how many students wish to audit. For information about how to audit, students should refer to the audit policy in the catalog.

A course previously taken by a student, prior to course leveling within the identified family will count as a repeat and limit future enrollments of courses within that family to a maximum of four combined. Below is a matrix which identifies the previous courses (based on the 2012-2013 catalog) and the equivalent with levels. This limitation on enrollment applies to all coursework attempted by the student. Students not having previously taken a Kinesiology or Dance activity course may have the opportunity to enroll in courses within a particular family for a maximum of four times.

List of Kinesiology Families Across the District:

AQUATICS:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
AQUA1 - Aquatic Conditioning Family:		
	AQUA 127	AQUA 127.1, 127.2, 127.3, 127.4
AQUA2 - Resistance Training Family:		
	AQUA 135	AQUA 135.1, 135.2, 135.3, 135.4
AQUA3 - Stroke Skill Development Family:		
	AQUA 133	AQUA 133.1, 133.2, 133.3, 133.4
AQUA4 - Water Polo Family:		
	AQUA 109	AQUA 109.1, 109.2, 109.3, 109.4
COMBATIVES:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
COMB1 - Karate Family:		
	COMB 404, 405	COMB 404.1, 404.2, 404.3, 404.4
COMB2 - Self-defense Family:		
	COMB 401	COMB 401.1, 401.2, 401.3, 401.4
FITNESS:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
FITN1 - Cardiovascular Training Family (<i>High Impact</i>):		
	FITN 127, 305, 314; DANC 350	FITN 151 FITN 305.1, 305.2, 305.3, 305.4 FITN 314.1, 314.2, 314.3, 314.4 DANC 350.1, 350.2, 350.3, 350.4
FITN2 - Cardiovascular Training Family (<i>Low Impact</i>):		
	FITN 123, 301, 303, 304, 308, 312, 320	FITN 134 FITN 199, 199.1, 199.2, 199.3, 199.4 FITN 301.1, 301.2, 301.3, 301.4 FITN 304.1, 304.2, 304.3, 304.4 FITN 308.1, 308.2, 308.3, 308.4

FITN3 - Cross Training Family:

FITN 110, 166, 400

FITN 112, 112.1, 112.2, 112.3, 112.4
 FITN 117, 118, 119
 FITN 166.1, 166.2, 166.3, 166.4
 FITN 235, 235.1, 235.2, 235.3, 235.4
 FITN 400.1, 400.2, 400.3, 400.4

FITN4 - Core Training Family:

FITN 116, 128, 219

FITN 116.1, 116.2, 116.3, 116.4
 FITN 128.1, 128.2, 128.3, 128.4
 FITN 129
 FITN 219.1, 219.2, 219.3, 219.4
 FITN 237

FITN5 - Pilates Family:

FITN 124, 335

FITN 339
 FITN 335.1, 335.2, 335.3, 335.4

FITN6 - Resistance Training Family:

FITN 205, 207

FITN 122
 FITN 201, 201.1, 201.2, 201.3, 201.4
 FITN 202
 FITN 206
 FITN 227.1, 227.2, 227.3, 227.4

FITN7 - Yoga Family:

FITN 332, 334, 336, 337, 338

FITN 332.1, 332.2, 332.3, 332.4
 FITN 334.1, 334.2, 334.3, 334.4
 FITN 336.1, 336.2, 336.3, 336.4

INDIVIDUAL SPORTS:**PREVIOUS/EQUIVALENT COURSES(S)****LEVELED/CURRENT COURSES****INDV1 - Archery Family:**

INDV 101, 105

INDV 101.1, 101.2, 101.3, 101.4

INDV2 - Badminton Family:

INDV 120, 121, 125

INDV 121.1, 121.2, 121.3, 121.4

INDV3 - Golf Family:

INDV 160, 161, 164, 165, 166, 169, 171

INDV 160.1, 160.2, 160.3, 160.4
 INDV 165.1, 165.2, 165.3, 165.4
 INDV 167, 168, 172

INDV4 - Tennis Family:

INDV 251, 252, 253, 254, 255, 256

INDV 251.1, 251.2, 251.3, 251.4

INDV5 - Pickle Family:

INDV 256

INDV 256.1, 256.2, 256.3,

TEAM SPORTS:**PREVIOUS/EQUIVALENT COURSES(S)****LEVELED/CURRENT COURSES****TEAM1 - Basketball Family:**

TEAM 110, 111, 115

TEAM 111.1, 111.2, 111.3, 111.4
 TEAM 117

TEAM2 - Football Family:

TEAM 132

TEAM 132.1, 132.2, 132.3, 132.4

TEAM3 - Soccer Family:

TEAM 141, 143, 145, 148

TEAM 141.1, 141.2, 141.3, 141.4
 TEAM 148.1, 148.2, 148.3, 148.4

TEAM4 - Volleyball Family:

TEAM 171, 173, 174, 175

TEAM 171.1, 171.2, 171.3, 171.4

DANCE

List of Dance Families:

DANCE:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
DANC1 - Ballroom Family:	DANC 116, 151, 153, 156	DANC 116.1, 116.2, 116.3, 116.4 DANC 151.1, 151.2, 151.3, 151.4 DANC 167.1, 167.2, 167.3, 167.4 DANC 167, 168, 169 DANC 172.1, 172.2, 172.3, 172.4 DANC 665SF
DANC2 - Choreography Family:	DANC 395	DANC 390 DANC 395.1, 395.2, 395.3, 395.4
DANC3 - Composition Family:	DANC 330	DANC 330.1, 330.2, 330.3, 330.4
DANC4 - Classical Family:	DANC 140, 141, 143	DANC 140.1, 140.2, 140.3, 140.4
DANC5 - Dance Accompaniment Family:	DANC 410	DANC 410.1, 410.2, 410.3, 410.4
DANC6 - Dance Production Family:	DANC 400, 450	DANC 400.1, 400.2, 400.3, 400.4
DANC7 - Hip Hop Family:	DANC 150	DANC 150.1, 150.2, 150.3, 150.4
DANC8 - Jazz Family:	DANC 117, 130, 131, 132, 205, 210, 215	DANC 117.1, 117.2, 117.3, 117.4 DANC 130.1, 130.2, 130.3, 130.4
DANC9 - Modern Family:	DANC 110, 121, 122	DANC 121.1, 121.2, 121.3, 121.4
DANC10 - Salsa Family:	DANC, 125, 126, 127, 665SB DANC 152	DANC 125.1, 125.2, 125.3, 125.4 DANC 128.1, 128.2, 128.3, 128.4 DANC 152.1, 152.2, 152.3, 152.4
DANC11 - Tango Family:		DANC 161.1, 161.2, 161.3, 161.4 DANC 161, 162, 163, 164, 165 DANC 166, 260
DANC12 - Folkloric Dance Family:		DANC 115.1, 115.2, 115.3, 115.4 DANC 157.1, 157.2, 157.3, 157.4

MUSIC

Music activity courses are subject to repeatability limitations. Students are now limited to a maximum of four courses per family. A family of courses may contain more than four courses. If there are more than four courses in a particular family, a student may only enroll in a maximum of four total courses within that family. A course previously taken by a student (prior to the legislation) within the identified family will count as a repeat and limit future enrollments of courses within that family to a maximum of four.

Music activity courses are offered in levels by progression. Courses are listed by title; for example, Piano, Guitar, etc., and then by level. Level I is beginning; Level II is intermediate; Level III is intermediate/advanced; and Level IV is advanced. The course number also indicates the level. For example, a beginning Piano class would be listed as MUS. 301.1, Piano I while an advanced Piano class would be MUS. 301.4, Piano IV.

New students are advised to enroll in the beginning level and be placed by their instructor upon assessment. Continuing students who have previously taken a course within a family, must progress to the next level.

List of Music Families:

MUSIC:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
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MUS.1 - Piano Family:

MUS. 301, 301.1, 301.2, 301.3, 301.4
MUS. 302, 303, 304

THEATRE ARTS

Theatre Arts activity courses are subject to repeatability limitations. Students are now limited to a maximum of four courses per family. A family of courses may contain more than four courses. If there are more than four courses in a particular family, a student may only enroll in a maximum of four total courses within that family. A course previously taken by a student (prior to the legislation) within the identified family will count as a repeat and limit future enrollments of courses within that family to a maximum of four.

Theatre Arts activity courses are offered in levels by progression. Courses are listed by title; for example, Acting, Rehearsal and Performance, etc., and then by level. Level I is beginning; Level II is intermediate; Level III is intermediate/advanced; and Level IV is advanced. The course number also indicates the level. For example, a beginning Acting class would be listed as DRAM 201.1, Acting I while an advanced Acting class would be DRAM 201.4, Acting IV.

New students are advised to enroll in the beginning level and be placed by their instructor upon assessment. Continuing students who have previously taken a course within a family, must progress to the next level.

List of Theatre Arts Families:

THEATRE ARTS:	PREVIOUS/EQUIVALENT COURSES(S)	LEVELED/CURRENT COURSES
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DRAM1 - Acting Family:

DRAM 201, 202, 203

DRAM 201.1, 201.2, 201.3, 201.4

DRAM2 - Rehearsal and Performance Family:

DRAM 300

Rehearsal and Production (DRAM I-IV): DRAM 300.1, 300.2, 300.3, 300.4

Rehearsal and Production (Musical Theater I-IV):

DRAM 301.1, 301.2, 301.3, 301.4