

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 (High Impact):	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 (Low Impact):	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 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
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