

Individual Sports

(See also Aquatics, Dance, Fitness, Kinesiology, Team Sports, and Varsity Sports)

(Please make sure to see repeatability statement listed at the beginning of the Kinesiology, Athletics and Dance section)

INDV 121.1 BADMINTON I

A course designed to provide instruction and practice in the fundamentals of badminton: rules and strategies, grip, strokes, footwork, and court coverage, drills and competition, tournaments in singles and doubles. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 121.2 BADMINTON II

Continuation of INDV 121.1. Designed to provide instruction and practice in the fundamentals of badminton at an intermediate level: rules and strategies, grip, strokes, footwork, and court coverage, drills and competition, tournaments in singles and doubles. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 121.1 or demonstrated skill level.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 160.1 GOLF I

Techniques, rules, etiquette, and strategy for beginning golf. Practical experience associated with grip, stance, swings relative to iron and wood shots at a beginning level. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 160.2 GOLF II

Technique, rules, etiquette, and strategy for intermediate golf. Practical experience associated with grip, stance,

swings relative to iron and wood shots at an intermediate level. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 160.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 160.3 GOLF III

Technique, rules, etiquette, and strategy for advanced intermediate golf. Practical experience associated with grip, stance, swings relative to iron and wood shots at an advanced intermediate level. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 160.2

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 160.4 GOLF IV

Technique, rules, etiquette, and strategy for advanced golf. Practical experience associated with grip, stance, swings relative to iron and wood shots at an advanced level. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 160.3

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 251.1 TENNIS I

Instruction in the fundamental skills of the service, forehand and the backhand strokes; court strategy and the rules of play; testing program in all tennis skills and rules. Includes use of automatic ball machine. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*



INDV 251.2 TENNIS II

Continued instruction in the fundamental skills of tennis. Emphasis is placed on singles and doubles strategy including the essence of net play at the intermediate level. Forehand, backhand, and serve are emphasized as offensive and defensive weapons. Competition is included and tournaments are held. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 251.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 251.3 TENNIS III

Continued instruction on the skills of tennis at the advanced intermediate level. Emphasis is placed on ground strokes that utilize top-spin and cut-shots. Serve and volley strategies will be taught. Competition includes singles and doubles tournaments in class. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 251.2

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

INDV 251.4 TENNIS IV

Continued instruction on the skills of tennis at the advanced level. Emphasis is placed on doubles strategy including serve, volley and net play as offensive and defensive weapons. Competition is included and tournaments are held. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: INDV 251.3

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

