

Kinesiology and Athletics

De Anza College

Date: 01-14-2024

PE/Athletics
KNES - Kinesiology
CSLO
KNESD001A - Novice Swimming <ul style="list-style-type: none">• Perform with increasing proficiency forward propulsive movements in prone and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD001B - Beginning Swimming <ul style="list-style-type: none">• Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD001C - Intermediate Swimming <ul style="list-style-type: none">• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD01CX - Intermediate Swimming <ul style="list-style-type: none">• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD001D - Advanced Swimming <ul style="list-style-type: none">• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD01DX - Advanced Swimming <ul style="list-style-type: none">• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.• Apply knowledge of basic fitness concepts to health and fitness.
KNESD002A - Aerobic Swimming <ul style="list-style-type: none">• Apply knowledge of basic fitness concepts to health and fitness.• Demonstrate improvement in cardiorespiratory endurance through swimming.
KNESD02AX - Aerobic Swimming <ul style="list-style-type: none">• Apply knowledge of basic fitness concepts to health and fitness.• Demonstrate improvement in cardiorespiratory endurance through swimming.
KNESD002B - Deep Water Running <ul style="list-style-type: none">• Apply knowledge of basic fitness concepts as they apply to health and fitness.• Demonstrate improvement in cardiorespiratory endurance and strength.• Demonstrate proper deep water running techniques.
KNESD02BX - Deep Water Running <ul style="list-style-type: none">• Apply knowledge of basic fitness concepts as they apply to health and fitness.• Demonstrate improvement in cardiorespiratory endurance and strength.• Demonstrate proper deep water running techniques.

KNESD005A - Indoor Cycling

- Develop an understanding of improving cardiorespiratory strength and endurance through cycling.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD05AX - Indoor Cycling

- Develop an understanding of improving cardiorespiratory strength and endurance through cycling.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD005B - High Intensity Indoor Cycling

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Formulate and design a program for core strength and stabilization exercises.
- Create an interval cycling program based upon individual indoor cycling goals.

KNESD05BX - High Intensity Indoor Cycling

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Formulate and design a program for core strength and stabilization exercises.
- Create an interval cycling program based upon individual indoor cycling goals.

KNESD006A - Aerobic Power Walking

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory endurance.

KNESD06AX - Aerobic Power Walking

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory endurance.

KNESD007A - Step Aerobics

- Implement proper techniques and choreography related to step aerobics.
- Apply knowledge of basic fitness concepts to health and fitness.

KNESD07AX - Step Aerobics

- Implement proper techniques and choreography related to step aerobics.
- Apply knowledge of basic fitness concepts to health and fitness.

KNESD009A - Interactive Cardiovascular Fitness and Activity Tracking 1

- Demonstrate improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Design and maintain a weekly online activity log.

KNESD09AX - Interactive Cardiovascular Fitness and Activity Tracking 1

- Demonstrate improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Design and maintain a weekly online activity log.

KNESD009B - Interactive Cardiovascular Fitness and Activity Tracking 2

- Demonstrate intermediate level improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- Apply knowledge of intermediate fitness concepts as they apply to health and wellness.
- Alter or modify cardiovascular fitness program in order to improve body composition/flexibility,cardiovascular fitness/muscular endurance/muscular strength related to performance at an intermediate level.

KNESD09BX - Interactive Cardiovascular Fitness and Activity Tracking 2

- Demonstrate intermediate level improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- Apply knowledge of intermediate fitness concepts as they apply to health and wellness.
- Alter or modify cardiovascular fitness program in order to improve body composition/flexibility,cardiovascular fitness/muscular endurance/muscular strength related to performance at an intermediate level.

KNESD011A - Cardio Kick

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory, strength and flexibility.
- Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks.

KNESD11AX - Cardio Kick

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory, strength and flexibility.
- Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks.

KNESD011B - Cardio Kick 2

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory, strength and flexibility.
- Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks at an intermediate level.

KNESD11BX - Cardio Kick 2

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate improvement in cardiorespiratory, strength and flexibility.
- Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks at an intermediate level.

KNESD012D - Beginning Karate

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate fundamental karate techniques at a beginning level.

KNESD12DX - Beginning Karate

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate fundamental karate techniques at a beginning level.

KNESD012E - Intermediate Karate

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate fundamental karate techniques at an intermediate level.

KNESD12EX - Intermediate Karate

- Apply knowledge of basic fitness concepts as they apply to health and fitness.
- Demonstrate fundamental karate techniques at an intermediate level.

KNESD012G - Self-Defense

- Demonstrate front and rear releases for a variety of grasps and holds.
- Demonstrate knowledge of gender differences and fitness concepts when applying self defense techniques and preventive measures for various situations.

KNESD012H - Tai Chi

- Assimilate proper breathing techniques to induce physical relaxation.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD12HX - Tai Chi

- Assimilate proper breathing techniques to induce physical relaxation.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD012J - Intermediate Tai Chi

- Continue to assimilate proper breathing techniques to induce physical relaxation while performing a more complex set of Tai Chi postures and chi gong exercises.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD12JX - Intermediate Tai Chi

- Continue to assimilate proper breathing techniques to induce physical relaxation while performing a more complex set of Tai Chi postures and chi gong exercises.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD015A - Cross Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

- Increase cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

KNESD15AX - Cross Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

- Increase cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

KNESD015C - Total Fitness

- Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD15CX - Total Fitness

- Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD015E - Cardiovascular and Strength Training

- Apply both aerobic and anaerobic training techniques.

- Perform physical training and demonstrate multi-phasic planning.

KNESD15EX - Cardiovascular and Strength Training

- Apply both aerobic and anaerobic training techniques.

- Perform physical training and demonstrate multi-phasic planning.

KNESD15EY - Cardiovascular and Strength Training

- Apply both aerobic and anaerobic training techniques.

- Perform physical training and demonstrate multi-phasic planning.

KNESD015F - High Intensity Interval Training - HIIT

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

- Ability to assess and understand the heart rate training system and the basic concepts of interval training.

KNESD15FX - High Intensity Interval Training - HIIT

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

- Ability to assess and understand the heart rate training system and the basic concepts of interval training.

KNESD016A - Fit Camp

- Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD16AX - Fit Camp

- Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD16AY - Fit Camp

- Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD017A - Plyometric Conditioning 1

- Increased speed and agility along with cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD17AX - Plyometric Conditioning 1

- Increased speed and agility along with cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD019A - Strength Development

- Perform strength development exercises, using safe lifting techniques, while demonstrating appropriate use of resistance training machines and free weights.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate the knowledge and performance of a well rounded program for muscular strength.

KNESD19AX - Strength Development

- Perform strength development exercises, using safe lifting techniques, while demonstrating appropriate use of resistance training machines and free weights.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate the knowledge and performance of a well rounded program for muscular strength.

KNESD019B - Strength Development 2

- Perform safe and appropriate use of resistance, training machines and free weights at an intermediate level.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD19BX - Strength Development 2

- Perform safe and appropriate use of resistance, training machines and free weights at an intermediate level.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD019D - Resistance Training 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform and safely execute muscular strength endurance exercises utilizing a variety of resistance training.

KNESD19DX - Resistance Training 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform and safely execute muscular strength endurance exercises utilizing a variety of resistance training.

KNESD019E - Body Sculpting

- Design and implement strength training program applying resistance principles to produce desired training effects.
- Apply knowledge of basic fitness concepts as they apply to health and fitness.

KNESD19EX - Body Sculpting

- Design and implement strength training program applying resistance principles to produce desired training effects.
- Apply knowledge of basic fitness concepts as they apply to health and fitness.

KNESD019G - Core Conditioning

- Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD19GX - Core Conditioning

- Perform with an increasing degree of proficiency balance, trunk strength, and stability as it pertains to core training.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD020A - Circuit Training 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate the ability to perform a variety of cardiovascular and muscular strength and endurance exercises for improved fitness levels.

KNESD20AX - Circuit Training 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate the ability to perform a variety of cardiovascular and muscular strength and endurance exercises for improved fitness levels.

KNESD022A - Hatha Yoga

- Assimilate proper breathing techniques to induce relaxation in life.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind- body connection.

KNESD22AX - Hatha Yoga

- Assimilate proper breathing techniques to induce relaxation in life.
- Assimilate proper breathing techniques to induce relaxation in life.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind- body connection.
- Develop an increasing awareness of the link between the mind- body connection.

KNESD022B - Yoga for Relaxation

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper breathing techniques to induce relaxation and stress reduction.

KNESD22BX - Yoga for Relaxation

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper breathing techniques to induce relaxation and stress reduction.

KNESD022C - Power Yoga

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper asanas to develop muscle strength, endurance, and flexibility.

KNESD22CX - Power Yoga

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper asanas to develop muscle strength, endurance, and flexibility.

KNESD022D - Flow Yoga

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper sequencing of asanas to develop a flow of breathing and movement.

KNESD22DX - Flow Yoga

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate proper sequencing of asanas to develop a flow of breathing and movement.

KNESD022E - Yoga/Pilates Combo

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.
- Assimilate various breathing techniques to induce mindfulness during exercise.

KNESD22EX - Yoga/Pilates Combo

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind-body connection.

- Assimilate various breathing techniques to induce mindfulness during exercise.

KNESD025A - Stretching

- Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD25AX - Stretching

- Apply and demonstrate flexibility concepts and use of proper technique for each joint of the body.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD025B - Active Isolated Stretching

- Utilize the concepts of active isolated stretching and be able to apply it.
- Develop an individual program that uses the Active Isolated Stretching (AIS) method to provide effective dynamic facilitated stretches of major muscle groups.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD25BX - Active Isolated Stretching

- Utilize the concepts of active isolated stretching and be able to apply it.
- Develop an individual program that uses the Active Isolated Stretching (AIS) method to provide effective dynamic facilitated stretches of major muscle groups.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD026A - Basic Pilates Mat Exercise

- Assimilate proper breathing techniques to induce concentration and relaxation of the mind and body.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind - body connection.

KNESD26AX - Basic Pilates Mat Exercise

- Assimilate proper breathing techniques to induce concentration and relaxation of the mind and body.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop an increasing awareness of the link between the mind - body connection.

KNESD026B - Integrated Pilates Mat Exercise

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Assimilate proper Pilates techniques while using a variety of equipment.
- Ability to practice movement sequences for postural, static and motor skills as they apply to everyday functional activities.

KNESD26BX - Integrated Pilates Mat Exercise

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Assimilate proper Pilates techniques while using a variety of equipment.
- Ability to practice movement sequences for postural, static and motor skills as they apply to everyday functional activities.

KNESD029A - Fencing Level 1

- Demonstrate with increasing proficiency fundamental offensive and defensive skills utilized in bouting with the French foil.
- Apply knowledge of basic fitness concepts to health and fitness.

KNESD029B - Fencing Level 2

- Demonstrate with increasing proficiency the implementation of fundamental offensive and defensive skills related to bouting with the French foil.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD030A - Beginning Golf

- Perform and execute a degree of proficiency with the basic fundamentals of beginning golf.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate knowledge of rules, etiquette and safety in the sport of golf.

KNESD030B - Advanced Beginning Golf

- Perform swing strokes, and putting skills at advanced beginner level.
- Utilize mid iron clubs for distance and specific shot requirements.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD30BX - Advanced Beginning Golf

- Perform swing strokes, and putting skills at advanced beginner level.
- Utilize mid iron clubs for distance and specific shot requirements.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD030C - Intermediate Golf

- Perform and execute an intermediate level of fundamental skills as it pertains to the sport of golf.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Demonstrate knowledge of rules, etiquette and safety in the sport of golf.

KNESD031A - Beginning Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD31AX - Beginning Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD031B - Intermediate Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD31BX - Intermediate Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD031C - Advanced Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD31CX - Advanced Badminton

- Perform with increased proficiency the skills, footwork, and strategies of the sport of badminton.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD031J - Pickleball Level 1

- Perform with increased proficiency the skills, footwork, and strategies of the sport of pickleball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD31JX - Pickleball Level 1

- Perform with increased proficiency the skills, footwork, and strategies of the sport of pickleball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD031K - Pickleball Level 2

- Perform with increased proficiency the skills, footwork, and strategies of the sport of pickleball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD31KX - Pickleball Level 2

- Perform with increased proficiency the skills, footwork, and strategies of the sport of pickleball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD032A - Beginning Tennis

- Perform with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts to health and fitness.

KNESD32AX - Beginning Tennis

- Perform with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts to health and fitness.

KNESD032B - Advanced Beginning Tennis

- Perform with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD32BX - Advanced Beginning Tennis

- Perform with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD032C - Intermediate Tennis

- Implement with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD32CX - Intermediate Tennis

- Implement with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD032D - Advanced Tennis

- Implement with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD32DX - Advanced Tennis

- Implement with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD032E - Beginning Table Tennis

- Perform with increased proficiency the skills, footwork, and strategies of the sport of table tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD32EX - Beginning Table Tennis

- Perform with increased proficiency the skills, footwork, and strategies of the sport of table tennis.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD032F - Intermediate Table Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform with increased proficiency the skills, footwork, and strategies of the sport of table tennis.

KNESD32FX - Intermediate Table Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform with increased proficiency the skills, footwork, and strategies of the sport of table tennis.

KNESD036A - Team Sport - Basketball Level 1

- Perform, through play/activity, the basic skills associated with team offensive and defensive concepts of basketball.
- Apply and demonstrate fundamental understanding of street and formal rules of basketball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD36AX - Team Sport - Basketball Level 1

- Perform, through play/activity, the basic skills associated with team offensive and defensive concepts of basketball.

- Apply and demonstrate fundamental understanding of street and formal rules of basketball.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD037A - Soccer

- Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD37AX - Soccer

- Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD037B - Soccer Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform soccer skills and strategies that are performed in small group settings.

KNESD37BX - Soccer Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform soccer skills and strategies that are performed in small group settings.

KNESD037C - Soccer Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform soccer skills and strategies that are performed in large group settings.

KNESD37CX - Soccer Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform soccer skills and strategies that are performed in large group settings.

KNESD037D - Soccer Level 4

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Learn the roles and responsibilities of player positions in both the attacking and defending sides of the game.

KNESD37DX - Soccer Level 4

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Learn the roles and responsibilities of player positions in both the attacking and defending sides of the game.

KNESD037E - Indoor Soccer

- Perform with increased proficiency the skills, footwork, and strategies of the sport of indoor soccer.
- Apply knowledge of basic fitness concepts to health and wellness.

KNESD038A - Futsal Level 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform basic futsal skills, including passing and receiving the ball with the inside and bottom of the feet.

KNESD38AX - Futsal Level 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform basic futsal skills, including passing and receiving the ball with the inside and bottom of the feet.

KNESD038B - Futsal Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform advanced-beginner futsal skills and strategies that are performed in small group settings.

KNESD38BX - Futsal Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform advanced-beginner futsal skills and strategies that are performed in small group settings.

KNESD038C - Futsal Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform intermediate futsal skills and strategies that are performed in small group and large group settings.

KNESD38CX - Futsal Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform intermediate futsal skills and strategies that are performed in small group and large group settings.

KNESD038D - Futsal Level 4

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Learning the roles and responsibilities of player positions in both the attacking and defending sides of the game.

KNESD38DX - Futsal Level 4

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Learning the roles and responsibilities of player positions in both the attacking and defending sides of the game.

KNESD039A - Volleyball Level 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform with an increasing degree of proficiency basic skills of volleyball.

KNESD39AX - Volleyball Level 1

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform with an increasing degree of proficiency basic skills of volleyball.

KNESD039B - Volleyball Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.

KNESD39BX - Volleyball Level 2

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.

KNESD039C - Volleyball Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.

KNESD39CX - Volleyball Level 3

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies and physical skills of volleyball with an increasing degree of proficiency.

KNESD39DX - Volleyball Level 4

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform individual and team volleyball skills with an increasing degree of proficiency through tournament play.

KNESD040A - Flag Football 1

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the basic skills necessary to participate in the game of flag football.

KNESD40AX - Flag Football 1

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the basic skills necessary to participate in the game of flag football.

KNESD040B - Flag Football 2

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the intermediate skills necessary to participate in the game of flag football.

KNESD40BX - Flag Football 2

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the intermediate skills necessary to participate in the game of flag football.

KNESD040C - Flag Football 3

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the advanced skills necessary to participate in the game of flag football.

KNESD40CX - Flag Football 3

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the advanced skills necessary to participate in the game of flag football.

KNESD041A - Ultimate Frisbee 1

- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee.
- Apply knowledge of basic fitness concepts to health and wellness.
- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.

KNESD41AX - Ultimate Frisbee 1

- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee.
- Apply knowledge of basic fitness concepts to health and wellness.
- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.

KNESD041B - Ultimate Frisbee 2

- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.
- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee at an intermediate level.
- Apply knowledge of basic fitness concepts to health and wellness.

KNESD41BX - Ultimate Frisbee 2

- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.
- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee at an intermediate level.
- Apply knowledge of basic fitness concepts to health and wellness.

KNESD041C - Ultimate Frisbee 3

- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee at an advanced level.
- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.
- Apply knowledge of basic fitness concepts to health and wellness.

KNESD41CX - Ultimate Frisbee 3

- Perform with increased proficiency the skills, footwork, handling, and strategies of Ultimate Frisbee at an advanced level.
- Apply knowledge of the rules of the game of Ultimate Frisbee and apply sportsmanship and cooperation during the learning process.
- Apply knowledge of basic fitness concepts to health and wellness.

KNESD042C - High Intensity Motor Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop personal cardiovascular fitness strategies.
- Assess and understand the heart rate training system and the methodologies of interval training.

KNESD42CX - High Intensity Motor Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Develop personal cardiovascular fitness strategies.
- Assess and understand the heart rate training system and the methodologies of interval training.

KNESD045. - Introduction to Kinesiology

- Analyze and compare the basic concepts of Kinesiology and how they relate to motor-learning control, motor development, biomechanics, exercise physiology, social psychological foundations, and nutrition.

- Apply basic understanding and knowledge to the study of motion of the human body when exercising or participating in a physical activity or program and the movement forms of sports, dance, and exercise.
- Apply, compare, and contrast the specific beneficial or disadvantageous aspects relating to career options and choices in Physical Education/Kinesiology and other related fields.

KNESD046. - Care and Prevention of Athletic Injuries

- Develop an understanding of the mechanical forces generated with athletic injuries.
- Develop an understanding of the appropriate methods to determine severity of injuries.

KNESD047. - Introduction to Women in Sports

- Recognize the history and impact of women in athletics/sports.
- Summarize the physiological, sociological, and psychological issues of women in sports.
- Recognize career opportunities for women in sport and the impact that sport participation can have on society.

KNESD048. - Introduction to Coaching

- Evaluate career options in specific levels of amateur and professional sports and athletic coaching.

KNESD050A - Orientation to Lifetime Fitness

- Demonstrate improvement of cardiovascular strength and flexibility through total fitness.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Analyze and compare dimensions of wellness as they apply to specific life goals.

KNESD50AL - Lifetime Wellness and Fitness Center Laboratory

- Demonstrate improvement of cardiovascular strength and flexibility through total fitness.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD051A - Fitness and Dietary Wellness

- Apply knowledge of basic fitness concepts to health and fitness.
- Demonstrate an understanding of healthy weight management through positive daily energy expenditure.
- Develop improvements in diet, exercise, and healthy lifestyle habits for weight management.

KNESD51AL - Fitness and Dietary Wellness Laboratory

- Demonstrate improvements in cardiovascular and muscular fitness through exercise.
- Apply knowledge of basic fitness concepts to health and fitness.
- Develop exercise habits to improve body composition through increases in daily energy expenditure.

KNESD052. - Physical Stress Management

- Evaluate what is causing personal stress and then design and implement a stress reduction program.

KNESD053. - Health and Fitness

- Demonstrate knowledge of basic fitness concepts as it applies to health and wellness.
- Demonstrate knowledge of basic health concepts as they relate to lifestyle choices.

KNESD054. - Introduction to Sport in Society

- Interpret how religious, gender, ethnic, racial, class, sexual orientation, disability, and/or age identity are shaped by cultural and societal influences in contexts of equality and inequality.
- Summarize historical, social, political, and economic processes producing diversity, equality, and structured inequalities within sport in societies.

KNESD055. - Introduction to Exercise Science

- Demonstrate an understanding of how the different energy systems of the body and their capacity to provide energy are effected by diet and exercise.
- Apply the basic concepts of exercise physiology as they relate to the body and its ability to move and perform exercise to develop an exercise program.

KNESD077. - Special Projects in Kinesiology

- Demonstrate, via a culmination of the aims and methods specified in sections 3, 4, and 5 of the Special Projects contract, a mastery of the relevant overarching concepts.

KNESD077X - Special Projects in Kinesiology

- Demonstrate, via a culmination of the aims and methods specified in sections 3, 4, and 5 of the Special Projects contract, a mastery of the relevant overarching concepts.

KNESD077Y - Special Projects in Kinesiology

- Demonstrate, via a culmination of the aims and methods specified in sections 3, 4, and 5 of the Special Projects contract, a mastery of the relevant overarching concepts.

KNESD090. - Introduction to Manual Therapy - Sports Medicine

- Comprehend common athletic injuries and the factors that contribute to them.
- Identify and apply appropriate manual therapy techniques in sports medicine environment.
- Demonstrate an understanding of a variety of physiological, sociological and psychological factors that may affect rehabilitation within a therapeutic environment.

KNESD90AX - Manual Therapy Internship - Sports Medicine Level 1

- Understand the importance of written documentation relative to injury and its treatment plans for an athlete.

KNESD90BX - Manual Therapy Internship - Sports Medicine Level 2

- Develop the ability to perform a series of pre-event or post-event manual therapy sessions that includes massage, passive ROM and stretching.

KNESD90CX - Manual Therapy Internship - Sports Medicine Level 3

- Apply an appropriate ice pack or heat pack wrap.
- Successfully apply wrist, preventative ankle support or thumb support with athletic tape.
- Create a written exercise protocol for an ankle injury which includes manual therapy techniques and a simple strengthening program.

KNESD091. - Introduction to Manual Therapy - Disabilities

- Develop an understanding of common pathological conditions.
- Apply knowledge of the different body systems and a variety of manual therapies related to physical therapy and occupational therapy to safely demonstrate a therapeutic protocol for individuals with disabilities.
- Demonstrate an understanding of a variety of physiological, sociological and psychological factors that may affect individuals with disabilities.

KNESD91AX - Manual Therapy Internship - Disabilities Level 1

- Under the guidance of an instructor or staff member manual therapy students will be able to safely implement a prescribed mat program which includes manual therapy techniques such as massage, passive range of motion and/or stretching for a disabled student.

KNESD91BX - Manual Therapy Internship - Disabilities Level 2

- Under the supervision of an instructor or staff member manual therapy students will be able to safely implement a prescribed mat program and exercise program. These programs may include manual therapy techniques such as massage, passive range of motion and/or stretching for a disabled student and assisting adapted physical education students as they perform a prescribed exercise protocol on exercise equipment.

KNESD91CX - Manual Therapy Internship - Disabilities Level 3

- Under the mentorship of an instructor or staff member manual therapy students will be able to initiate and safely implement a mat program and exercise program. This session may include manual therapy techniques such as massage, passive range of motion and/or stretching for a disabled student and a safe exercise program on an exercise machine.

P E - Physical Education**CSLO****P ED04XX - High-Intensity Strength Development for Athletes**

- Perform safe and appropriate use of resistance training machines and free weights.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032B - Women's Badminton Techniques

- Perform defensive and offensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32BX - Women's Badminton Techniques

- Perform defensive and offensive techniques, strategies, mental and physical skills of badminton with an increasing degree of proficiency.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032F - Defensive Baseball Techniques

- Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health an wellness.

P ED032G - Offensive Baseball Techniques

- Perform defensive techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032H - Offensive Football Techniques

- Perform the offensive strategies technical and mental physical skills of football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32HX - Offensive Football Techniques

- Perform the offensive strategies technical and mental physical skills of football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032I - Defensive Football Techniques

- Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32IX - Defensive Football Techniques

- Perform the defensive strategies, techniques and mental physical skills of football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032J - Water Polo Techniques

- Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health an wellness.
- Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of proficiency.

P ED32JX - Water Polo Techniques

- Perform defensive techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health an wellness.
- Perform offensive techniques, strategies, mental and physical skills of water polo with an increased degree of proficiency.

P ED032K - Basketball Techniques

- Perform the techniques and strategies, mental and physical skills of women's and men's basketball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032L - Volleyball Techniques

- Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32LX - Volleyball Techniques

- Perform the techniques, strategies, mental and physical skills of volleyball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032M - Soccer Techniques

- Perform offensive and defensive techniques and strategies through the use of mental and physical soccer skills with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health an wellness.

P ED32MX - Soccer Techniques

- Perform offensive and defensive techniques and strategies through the use of mental and physical soccer skills with an increasing degree of proficiency.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032N - Track and Field Techniques

- Perform various techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032P - Techniques of Swimming

- Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032S - Women's Soccer Techniques

- Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32SX - Women's Soccer Techniques

- Perform defensive techniques, strategies, mental and physical skills of soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032T - Tennis Techniques

- Perform defensive techniques, strategies, mental and physical skills of tennis with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032V - Beach Volleyball Techniques

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32VX - Beach Volleyball Techniques

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED032W - Softball Techniques

- Perform the techniques, strategies, mental and physical skills of softball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED037. - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of beach volleyball with an increasing degree of proficiency.

P ED037X - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED037Y - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED038W - Intercollegiate Women's Badminton

- Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED38WX - Intercollegiate Women's Badminton

- Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED38WY - Intercollegiate Women's Badminton

- Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED039M - Intercollegiate Men's Soccer

- Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED39MX - Intercollegiate Men's Soccer

- Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED39MY - Intercollegiate Men's Soccer

- Perform the techniques, strategies, mental and physical skills of Men's Soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED039W - Intercollegiate Women's Soccer

- Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED39WX - Intercollegiate Women's Soccer

- Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED39WY - Intercollegiate Women's Soccer

- Perform the techniques, strategies, mental and physical skills of women's soccer with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED040. - Intercollegiate Football

- Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED040X - Intercollegiate Football

- Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED040Y - Intercollegiate Football

- Perform the techniques, strategies, mental and physical skills of men's football with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED041. - Intercollegiate Water Polo

- Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED041X - Intercollegiate Water Polo

- Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED041Y - Intercollegiate Water Polo

- Perform the techniques, strategies, mental and physical skills of water polo with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED042W - Intercollegiate Women's Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.

P ED42WX - Intercollegiate Women's Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.

P ED42WY - Intercollegiate Women's Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

- Perform the techniques, strategies, mental and physical skills of women's volleyball with an increasing degree of proficiency.

P ED043. - Intercollegiate Cross Country (Men and Women)

- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED043X - Intercollegiate Cross Country (Men and Women)

- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED043Y - Intercollegiate Cross Country (Men and Women)

- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED044M - Intercollegiate Men's Basketball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.

P ED44MX - Intercollegiate Men's Basketball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.

P ED44MY - Intercollegiate Men's Basketball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of men's basketball with an increasing degree of proficiency.

P ED044W - Intercollegiate Women's Basketball

- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED44WX - Intercollegiate Women's Basketball

- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED44WY - Intercollegiate Women's Basketball

- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED045. - Intercollegiate Swimming and Diving (Men and Women)

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.

P ED045X - Intercollegiate Swimming and Diving (Men and Women)

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.

P ED045Y - Intercollegiate Swimming and Diving (Men and Women)

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of swimming and diving with an increasing degree of proficiency while adhering to the De Anza College athletics code of ethics.

P ED046. - Intercollegiate Track and Field (Men and Women)

- Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED046X - Intercollegiate Track and Field (Men and Women)

- Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED046Y - Intercollegiate Track and Field (Men and Women)

- Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED047M - Intercollegiate Baseball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.

P ED47MX - Intercollegiate Baseball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.

P ED47MY - Intercollegiate Baseball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.

P ED047W - Intercollegiate Softball

- Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED47WX - Intercollegiate Softball

- Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED47WY - Intercollegiate Softball

- Perform the techniques, strategies, mental and physical skills of women's softball with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED048M - Intercollegiate Men's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED48MX - Intercollegiate Men's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED48MY - Intercollegiate Men's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of competitive tennis with an increasing degree of proficiency.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED048W - Intercollegiate Women's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.

P ED48WX - Intercollegiate Women's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.

P ED48WY - Intercollegiate Women's Tennis

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of women's tennis with an increasing degree of proficiency.

P ED099. - Orientation to Athletics

- The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.
- The students will demonstrate knowledge of the CCCAA eligibility rules pertaining to the second season of competition in Intercollegiate athletics.