<table>
<thead>
<tr>
<th>CSLO</th>
<th>Requirements</th>
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</thead>
<tbody>
<tr>
<td>KNESD001A - Novice Swimming</td>
<td>• Perform with increasing proficiency forward propulsive movements in prone and supine positions.</td>
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<tr>
<td></td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
</tr>
<tr>
<td>KNESD001B - Beginning Swimming</td>
<td>• Perform with increasing proficiency forward propulsive movements in prone, side and supine positions.</td>
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<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
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<tr>
<td>KNESD001C - Intermediate Swimming</td>
<td>• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.</td>
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<td></td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
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<tr>
<td>KNESD01CX - Intermediate Swimming</td>
<td>• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.</td>
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<td></td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
</tr>
<tr>
<td>KNESD001D - Advanced Swimming</td>
<td>• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.</td>
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<td></td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
</tr>
<tr>
<td>KNESD01DX - Advanced Swimming</td>
<td>• Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions.</td>
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<td></td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
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<tr>
<td>KNESD002A - Aerobic Swimming</td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
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<tr>
<td></td>
<td>• Demonstrate improvement in cardiorespiratory endurance through swimming.</td>
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<tr>
<td>KNESD02AX - Aerobic Swimming</td>
<td>• Apply knowledge of basic fitness concepts to health and fitness.</td>
</tr>
<tr>
<td></td>
<td>• Demonstrate improvement in cardiorespiratory endurance through swimming.</td>
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<tr>
<td>KNESD002B - Deep Water Running</td>
<td>• Apply knowledge of basic fitness concepts as they apply to health and fitness.</td>
</tr>
<tr>
<td></td>
<td>• Demonstrate improvement in cardiorespiratory endurance and strength.</td>
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<tr>
<td></td>
<td>• Demonstrate proper deep water running techniques.</td>
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<tr>
<td>KNESD02BX - Deep Water Running</td>
<td>• Apply knowledge of basic fitness concepts as they apply to health and fitness.</td>
</tr>
<tr>
<td></td>
<td>• Demonstrate improvement in cardiorespiratory endurance and strength.</td>
</tr>
<tr>
<td></td>
<td>• Demonstrate proper deep water running techniques.</td>
</tr>
</tbody>
</table>
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.

KNESD015C - Total Fitness
• Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

KNESD015E - Cardiovascular and Strength Training
• Apply both aerobic and anaerobic training techniques.

KNESD15AX - Cross Training
• Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD15C - Total Fitness
• Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

KNESD15CX - Total Fitness
• Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

KNESD15C - Total Fitness
• Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.

KNESD15E - Cardiovascular and Strength Training
• Apply both aerobic and anaerobic training techniques.

KNESD15EX - Cardiovascular and Strength Training
• Apply both aerobic and anaerobic training techniques.

KNESD15EY - Cardiovascular and Strength Training
• Apply both aerobic and anaerobic training techniques.

KNESD015F - High Intensity Interval Training - HIIT
• Ability to assess and understand the heart rate training system and the basic concepts of interval training.

KNESD15FX - High Intensity Interval Training - HIIT
• 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.

KNESD16AX - Fit Camp
• Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.

KNESD16AY - Fit Camp
• Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.

KNESD017A - Plyometric Conditioning 1
• Increased speed and agility along with cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

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.
- 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.

**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 boutting 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 boutting 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.
<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Objectives</th>
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</table>
| 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        | • Apply knowledge of basic fitness concepts as they apply to health and wellness. |
• 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 the 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 and 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 defensive techniques, strategies, mental and 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 defensive techniques, strategies, mental and 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 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 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 an 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 an 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 an 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 an 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 an 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 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 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
• Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED44WX - Intercollegiate Women's Basketball
• Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED44WY - Intercollegiate Women's Basketball
• 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)
• Apply knowledge of basic fitness concepts as they apply to health and wellness.
• Perform the techniques, strategies, mental and physical skills of track and field with an increasing degree of proficiency.

P ED046X - Intercollegiate Track and Field (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 track and field with an increasing degree of proficiency.

P ED046Y - Intercollegiate Track and Field (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 track and field with an increasing degree of proficiency.

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.