

JAPANESE

1 Elementary Japanese I (5) UC:CSU

This course provides the fundamentals of the Japanese language with emphasis on the spoken word. The Japanese syllabary for Hiragana, Katakana and basic Kanji are introduced. In addition, the course introduces the study of Japanese culture.

NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

2 Elementary Japanese II (5) UC:CSU

Prerequisite: Japanese 1 with a grade of "C" or better

This course continues students' development of fundamental linguistic communication skills in Japanese. The course also continues the study of Japanese culture.

21 Fundamentals of Japanese I (3) UC:CSU

This is a course in spoken Japanese that stresses the fundamentals of pronunciation and grammar, basic vocabulary, useful phrases, and the ability to understand and speak simple Japanese. It includes an introduction to the Hiragana writing system. NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

22 Fundamentals of Japanese II (3) UC:CSU

Prerequisite: Japanese 21 with a grade of "C" or better. This course stresses pronunciation, intonation, grammar, and basic vocabulary.

An introduction to the Kanji and Katakana writing systems is included. NOTE: Japanese 21 and Japanese 22 together are equivalent to Japanese 1.

KINESIOLOGY

(Replaces Physical Education)

185 Directed Study (1) CSU

Kinesiology 185 replaces Physical Education 185.

Students pursue directed studies in Kinesiology on a contract basis, under the direction of a supervising instructor.

229 Body Conditioning Skills (1) CSU

Kinesiology 229 replaces Physical Education 228

This course uses a variety of aerobic and anaerobic exercises to help the student achieve fitness and establish a workout program they can use for the rest of their life.

232 Step Aerobics Activity (1) UC:CSU

Kinesiology 232 replaces Physical Education 470

Students are instructed how to safely exercise using step aerobic benches to achieve their personal fitness goals. Additional instruction offered on exercises from a variety of different sources such as yoga, Pilate's and weight training. Course is open to all levels.

245 Body Dynamics Skills (1) CSU

Kinesiology 245 replaces Physical Education 229

Emphasis is on physical fitness through a non-traditional strength training. Students will leave with and extensive exercise library using nontraditional equipment (fit balls, bends, medicine balls, etc.)

250 Weight Training Skills (1) UC:CSU

Kinesiology 250 replaces Physical Education 230

This course covers the principles of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implication for the individual student. Attention is given to terminology, use of equipment, safety precautions, nutrition and weight control, and basic factors of anatomy and physiology.

250-1 Weight Training Skills -1 (1) UC:CSU

Students develop muscular strength and endurance using weight machines and free weights. They employ proper training techniques necessary to maintain personal fitness throughout the lifespan.

250-2 Weight Training Skills -2 (1) UC:CSU

Students develop resistance training experience and become involved in a higher level of exercise. They will be exposed to a wide variety of machine as well as free weight exercises and will then design a program based on individual needs.

250-3 Weight Training Skills -3 (1) UC:CSU

Students develop an advanced level in weight training and techniques that promote muscular strength and endurance. Excelled use of free weights and machines along with safety rules are mastered. Students enrolling in Weight Training III will be given a skills test.

251 Yoga Skills - (1) UC:CSU

Kinesiology 251 replaces Physical Education 225

This course is designed to improve both strength and flexibility through mind and body integration. The course focuses on the physical and breathing exercises of Yoga. It will assist with the development of flexibility and strength in the skeletal, muscular, and nervous systems, improve circulation, reduce stress, and increase energy levels. Various styles of Hatha Yoga will be studied and practiced. This course will give the student both the knowledge and the practice to move toward improved health and reduce stress levels.