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**KINS 4.41: Speed, Plyometrics, Agility and Quickness Level 1**

This course provides students the opportunity to gain awareness of basic movement patterns and principles for sports involving running. These movement principles include proper technique, balance, and biomechanics. Movement patterns include agility, quickness, and endurance. Movement principles are applied to competitive sport activities such as cross-country running, track and field, soccer, baseball, softball, and football.

Letter Grade, Pass/No Pass

Units: 1

Lecture Hours: 0, Lab Hours: 48 – 54

Prerequisites: None

Co-Requisites: None

Advisory: None

Transferable to both UC and CSU

WVC GE: Area A-8: Kinesiology

CSU GE: Area E - Lifelong Learning and Self Development