

## COUNSELING (CNLSL)

### CNLSL 100 – LIFELONG UNDERSTANDING AND SELF DEVELOPMENT


**2.0 UNITS**

Integrates concepts of lifelong understanding pertaining to career choice, educational planning, and self inventory. Skills, values, and interest assessments are utilized. Emphasis is on applying psychological principles to values clarification, goal setting, and decision making. Students analyze social/cultural conditioning and explore successful strategies for living in a diverse society.


**00467      7:45a-11:05a      Tu Th      Ruiz L      SEG      06/07-07/09**

Dual-Enrollment Segerstrom High School

**F2F 97128      9:00a-2:05p      M W      Tharani D      I-101      06/28-07/25**

 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.

**F2F 98113      9:00a-11:10a      Tu W Th      Lopez Ediss C      SAHS      06/07-07/09**

 Dual-Enrollment: Santa Ana High School Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.


### CNLSL 116 – CAREER/LIFE PLANNING AND PERSONAL EXPLORATION

**3.0 UNITS**


This course is designed to assist students in successfully establishing and achieving education, career, and life goals. Students are guided through a reflective process that focuses on values, interests, personality, skills, and learning styles. Career and education options are researched, and students are exposed to college resources and support services. Decision making models and goal setting techniques are examined and will be used to develop short and long term education, and career and life plans.

**Material Fee(s): \$16.00**


**F2F 00480      7:45a-11:05a      Tu W Th      Camarena M      SEG      06/07-07/09**

 Dual-Enrollment Segerstrom High School Material Fee: \$16.00 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.


**F2F 97133      8:00a-12:15p      Tu Th      Huynh J      I-108      06/14-07/25**

 Material Fee: \$16.00 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.


**F2F 97134      9:00a-1:15p      Tu Th      Pineda M      I-109      06/14-07/25**

 SSSTRIO program only Material Fee: \$16.00 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.

**F2F 97135      9:00a-1:50p      M W      Pastrana L      I-109      06/14-07/25**

 SSSTRIO program only Material Fee: \$16.00 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.

**F2F 97132      5:25p-10:15p      M W      Beirne C      I-101      06/14-07/25**

 Material Fee: \$16.00 Your instructor has elected to use Open Educational Resources (OER) for this class and will provide a link to your course materials. There is no additional textbook cost for this ZTC class.

### CNLSL 144 – REASONING AND PROBLEM SOLVING

**3.0 UNITS**

The nature of critical thinking, models and strategies; common fallacies of reasoning, self-regulation in the thinking process; application of critical thinking to complex issues of life.

**F2F 97139      5:25p-10:15p      M W      Gonzalez Santillan R      I-108      06/14-07/25**

**CRIMINAL JUSTICE ACADEMIES (CJA)**

**CJA 006B – ARREST AND CONTROL TRAINING/ACT**

**0.1 - 0.5 UNITS**

This course builds upon the student's existing skills and knowledge in the legal, safe, and proper application of arrest and control techniques in the law enforcement environment. Instruction includes safe and proper use of ground fighting techniques, use of chemical weapons, use of non-lethal weapons, use of carotid control technique, and current case law.

*Prerequisite: Criminal Justice Academies 099A or Criminal Justice Academies 099D with a minimum grade of C or Commission on Peace Officer Standards and Training (POST) certified basic law enforcement academy or equivalent as determined by the Assistant Dean of Criminal Justice Academies. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency.*

<b>F2F</b>	<b>99987</b>	<b>4:00p-8:00p</b>	<b>Sa</b>	<b>Staff</b>	<b>OCS</b>	<b>06/12-06/12</b>
<b>F2F</b>	<b>99988</b>	<b>4:00p-8:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/17-06/17</b>
<b>F2F</b>	<b>99989</b>	<b>4:00p-8:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/24-06/24</b>

**CJA 010 – PRE-EMPLOYMENT PREPARATION FOR LAW ENFORCEMENT**

**1.5 UNITS**

Criminal justice career information will be provided. Emphasis will be on preparing students to successfully complete law enforcement pre-employment testing including oral boards, physical agility, and training academy requirements.

<b>F2F</b>	<b>99887</b>	<b>8:00a-12:00p</b>	<b>Sa</b>	<b>Stevens H</b>	<b>CJTC-SD</b>	<b>07/06-07/31</b>
		<b>5:30p-9:30p</b>	<b>Tu Th</b>	<b>Staff</b>	<b>CJTC-SD</b>	

**CJA 026A – TRAINING ACADEMY PREPARATION**

**0.3 UNIT**

This course is designed to prepare the student for the Basic Law Enforcement Academy. It will include drill, ceremony, physical training, reporting, and speeches.

Open Entry / Open Exit

<b>F2F</b>	<b>99883</b>	<b>7:00a-4:00p</b>	<b>Sa</b>	<b>Stevens H</b>	<b>CJTC-SD</b>	<b>06/19-06/26</b>
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**CJA 034C – LAW ENFORCEMENT UPDATE**

**0.2 - 0.5 UNITS**

Course is designed to provide both sworn and non-sworn law enforcement personnel with training that is mandated for their continued professional certification and employment. All instruction is either POST or STC certified.

*Prerequisite: Criminal Justice Academy 099A with a minimum grade of Pass or, POST certified basic law enforcement academy or equivalent as determined by the Associate Dean of Criminal Justice Academies and consistent with POST and/or STC accreditation standards. Fundamental terms, concepts, laws and procedures basic to California law enforcement will not be taught or explained. NOTE: Approval of equivalent training is not a guarantee state regulatory or licensing agencies will also grant equivalency.*

<b>F2F</b>	<b>00148</b>	<b>7:00a-8:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS</b>	<b>06/11-06/11</b>
<b>F2F</b>	<b>00151</b>	<b>7:00a-8:00p</b>	<b>W</b>	<b>Staff</b>	<b>OCS</b>	<b>06/16-06/16</b>
<b>F2F</b>	<b>00153</b>	<b>7:00a-8:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS</b>	<b>06/25-06/25</b>
<b>F2F</b>	<b>00205</b>	<b>7:00a-11:00a</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/10-06/10</b>
<b>F2F</b>	<b>00207</b>	<b>7:00a-11:00a</b>	<b>F</b>	<b>Staff</b>	<b>OCS</b>	<b>06/18-06/18</b>
<b>F2F</b>	<b>00211</b>			<b>Staff</b>		<b>06/23-06/23</b>

**CJA 038A – TACTICAL/WEAPONS TRAINING**

**0.1 - 0.5 UNITS**

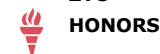
This course provides students with weapons and law enforcement tactical training to include range qualifications, nomenclature, positioning, trigger pull, and tactics planning. POST required training.

*Prerequisite: Criminal Justice Academies 099A with a minimum grade of C or its equivalent and eligible to receive peace officer training as defined in California Government Code Section 1031*

<b>F2F</b>	<b>00018</b>	<b>7:00a-4:00p</b>	<b>Sa</b>	<b>Staff</b>	<b>OCS</b>	<b>06/12-06/12</b>
<b>F2F</b>	<b>00019</b>	<b>7:00a-4:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/17-06/17</b>
<b>F2F</b>	<b>00020</b>	<b>7:00a-4:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/24-06/24</b>
<b>F2F</b>	<b>00270</b>	<b>8:00a-5:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS</b>	<b>07/16-07/16</b>
<b>F2F</b>	<b>00271</b>	<b>8:00a-5:00p</b>	<b>Sa</b>	<b>Staff</b>	<b>OCS</b>	<b>07/17-07/17</b>
<b>F2F</b>	<b>01482</b>	<b>4:00p-8:00p</b>	<b>M</b>	<b>Staff</b>	<b>OCS</b>	<b>06/07-06/07</b>
<b>F2F</b>	<b>01483</b>	<b>4:00p-8:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS</b>	<b>06/11-06/11</b>
<b>F2F</b>	<b>01485</b>	<b>4:00p-8:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/17-06/17</b>
<b>F2F</b>	<b>01486</b>	<b>4:00p-8:00p</b>	<b>Tu</b>	<b>Staff</b>	<b>OCS</b>	<b>06/22-06/22</b>
<b>F2F</b>	<b>00311</b>	<b>6:00p-10:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS</b>	<b>06/24-06/24</b>

**F2F** FACE TO FACE (F2F) Meetings are on-campus during published course times

Low cost or free textbooks:



**CJA 039A – FIRST AID/CPR REFRESHER**

**0.1 UNIT**

Course is designed to refresh first aid and CPR training.

*Prerequisite: Criminal Justice Academies 055B or 055D or 069B or 099A, or their equivalent with a grade of Pass.*

<b>F2F</b>	<b>01427</b>	<b>7:00a-4:00p</b>	<b>Tu</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/08-06/08</b>
<b>F2F</b>	<b>01428</b>	<b>7:00a-4:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/11-06/11</b>
<b>F2F</b>	<b>00310</b>	<b>8:00a-5:00p</b>	<b>Sa</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/12-06/12</b>
<b>F2F</b>	<b>00233</b>	<b>12:00p-8:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/10-06/10</b>
<b>F2F</b>	<b>00235</b>	<b>12:00p-8:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/18-06/18</b>
<b>F2F</b>	<b>00237</b>	<b>12:00p-8:00p</b>	<b>W</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/23-06/23</b>

**CJA 042A – CRISIS INTERVENTION TRAINING I**

**0.5 UNIT**

Student will receive specialty instruction in crisis intervention training for experienced peace officers. This course is offered in partnership with the Orange County Sheriff's Department.

*Prerequisite: Criminal Justice Academies 099A with a minimum grade of C.*

<b>F2F</b>	<b>01548</b>	<b>8:00a-5:00p</b>	<b>M Tu</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/14-06/15</b>
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**CJA 059 – LAW ENFORCEMENT SUPERVISORY COURSE**

**3.5 UNITS**

P.O.S.T. approved course for law enforcement personnel newly appointed to a first-level supervisory position. Topics focus on understanding the roles of law enforcement personnel, and providing appropriate training and supervision in critical field situations.

*Prerequisite: Criminal Justice Academies 099A with a minimum grade of P or POST certified basic law enforcement academy or equivalent as determined by the Associate Dean of Criminal Justice Academies and consistent with POST and/or STC accreditation standards. Fundamental terms, concepts, laws and procedures basic to California law enforcement will not be taught or explained. NOTE: Approval of equivalent traini*

<b>F2F</b>	<b>00312</b>	<b>7:00a-4:00p</b>	<b>M Tu W Th F</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/21-07/02</b>
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**CJA 069A – CONTINUING PROFESSIONAL TRAINING FOR CORRECTIONS**

**0.2 - 0.5 UNITS**

Course covers all aspects of correctional officers training as required by the State of California (STC): Policies, legal update, case law, communication skills, transportation, arrest and control and weapons training.

*Prerequisite: Criminal Justice Academies 099A or Criminal Justice Academies 055B or Criminal Justice Academies 055D or Criminal Justice Academies 069B with a minimum grade of P or POST certified basic law enforcement academy or equivalent as determined by the Associate Dean of Criminal Justice Academies and consistent with POST and/or STC accreditation standards. Fundamental terms, concepts, laws and procedures*

<b>F2F</b>	<b>01439</b>	<b>7:00a-11:00a</b>	<b>M</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/07-06/07</b>
<b>F2F</b>	<b>01441</b>	<b>7:00a-11:00a</b>	<b>Th</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/17-06/17</b>
<b>F2F</b>	<b>01511</b>	<b>7:00a-8:00p</b>	<b>F</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/18-06/18</b>
<b>F2F</b>	<b>01540</b>	<b>7:00a-4:00p</b>	<b>Tu</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/22-06/22</b>
<b>F2F</b>	<b>01538</b>	<b>12:00p-8:00p</b>	<b>Th</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/10-06/10</b>
<b>F2F</b>	<b>01541</b>	<b>12:00p-8:00p</b>	<b>W</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/23-06/23</b>
<b>F2F</b>	<b>01440</b>	<b>4:00p-8:00p</b>	<b>Tu</b>	<b>Staff</b>	<b>OCS D</b>	<b>06/08-06/08</b>

**ENGLISH (ENGL)**

**ENGL 101 – FRESHMAN COMPOSITION**

**4.0 UNITS**

Expository and argumentative essays and the research paper. Special interest sections described in schedule of classes.

*Prerequisite: English 061 or English 061X or English for Multilingual Students 112 with a minimum grade of C or qualifying profile from English placement process.*

<b>F2F</b>	<b>97514</b>	<b>8:00a-12:30p</b>	<b>M Tu W Th</b>	<b>Rocke B</b>	<b>A-128</b>	<b>06/14-07/11</b>
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**ENGL 102 – LITERATURE AND COMPOSITION**

**4.0 UNITS**

A second semester course in composition and literature that uses literature to develop critical thinking skills with extensive readings selected from the four major genres.

*Prerequisite: English 101 or English 101H with a minimum grade of C.*

<b>F2F</b>	<b>97527</b>	<b>10:30a-2:45p</b>	<b>M Tu W Th</b>	<b>Dongell R</b>	<b>A-130</b>	<b>07/12-08/08</b>
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**KINESIOLOGY ACTIVITIES (KNAC)**

**KNAC 150A – BEGINNING HATHA YOGA**

**1.0 UNIT**

This course is designed as an introduction to the practice of Hatha Yoga. Emphasis will be placed on proper breathing techniques and learning basic yoga postures. These postures are designed to improve muscle tone and flexibility, as well as helping with breath control, relaxation, and unity of mind, body, and spirit. This course is offered as a half unit or one unit class and may not be repeated.

**F2F 99225 11:00a-12:30p M Tu W Th Anderson R W-107 06/14-08/08**

**KNAC 155A – BEGINNING SELF-DEFENSE**

**1.0 UNIT**

Instruction in personal safety and self-protection including the effective use of hands, knees, elbows, feet, and the mind. Proficiency with everyday objects such as weapons and defense against common street weapons is also stressed. This course is offered as a half unit or one unit class and may not be repeated.

**F2F 99040 8:35a-10:05a M Tu W Th Celis J W-107 06/14-08/05**

**KNAC 170A – BEGINNING YOGA**

**1.0 UNIT**

This course is designed to increase flexibility and core muscle strength as a way of improving and enhancing physical and mental alertness through beginning yoga postures. Emphasis will be placed on mind body preparation and the proper technique necessary to perform these postures. This course is offered as a half unit or one unit class and may not be repeated.

**F2F 99039 7:00a-8:30a M Tu W Th Celis J W-107 06/14-08/05**

**KNAC 200A – BEGINNING INTRAMURAL-BASKETBALL**

**1.0 UNIT**

This class is designed to introduce/better acquaint students to the game of basketball. Emphasis is placed on rules, techniques, safety, and improving performance. This course is offered as a half unit or one unit class and may not be repeated.

**F2F 99010 12:30p-3:40p M Tu W Th Breig D G-105 07/12-08/05**

**KNAC 200B – INTERMEDIATE INTRAMURAL SPORTS- BASKETBALL**

**1.0 UNIT**

This class is designed to provide students with an opportunity to participate and compete against classmates in the sport of basketball. Instruction focuses on improving performance in all aspects of the game of basketball: defense, offense, strategies, and special situations. This course is offered as a half unit or one unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 200A with a minimum grade of C.*

**F2F 99011 12:30p-3:40p M Tu W Th Breig D G-105 07/12-08/05**

**KNAC 200C – ADVANCED INTRAMURAL BASKETBALL**

**1.0 UNIT**

This class is designed to provide students with an opportunity to participate and compete against classmates in the sport of basketball. Instruction focuses on improving performance in all aspects of the game of basketball: advanced defense, advanced offense, advanced strategies, and special situations associated with the game of basketball. This course is offered as a half unit or one unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 200B with a minimum grade of C.*

**F2F 99012 12:30p-3:40p M Tu W Th Breig D G-105 07/12-08/05**

**KNAC 220A – BEGINNING BASKETBALL**

**1.0 UNIT**

Co-educational team sport activity which provides basic skills and techniques are refined at the beginner level. Rules, game strategies, and competitive activities are included. This course will be offered as a half-unit or one-unit course and may not be repeated.

**F2F 99023 4:55p-7:05p M W Luppini M G-105 06/28-08/05**

**2:45p-4:55p Tu Th Staff G-105**

**KNAC 220B – INTERMEDIATE BASKETBALL**

**1.0 UNIT**

Co-educational team sport activity which provides intermediate instruction in the techniques, tactics and strategies associated with competitive basketball. Special emphasis placed on individual drills and skills such as catching, dribbling, passing, shooting, offensive and defensive strategies are utilized as well as competitive play situations. This course will be offered as a half-unit or one-unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 220A with a minimum grade of C.*

**F2F 99028 4:55p-7:05p M W Luppini M G-105 06/28-08/05**

**2:45p-4:55p Tu Th Staff G-105**



**KNAC 220C – ADVANCED BASKETBALL**

**0.5 - 1.0 UNITS**

Co-educational team sport activity for students with advanced skills. Review of basic fundamental skills and emphasis on advanced development of skills and strategies associated with competitive basketball. This course will be offered as a half-unit or one-unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 220B with a minimum grade of C.*

<b>F2F 99035</b>	<b>4:55p-7:05p</b>	<b>M W</b>	<b>Luppani M</b>	<b>G-105</b>	<b>06/28-08/05</b>
	<b>2:45p-4:55p</b>	<b>Tu Th</b>	<b>Staff</b>	<b>G-105</b>	

**KNAC 260A – BEGINNING SOCCER**

**1.0 UNIT**

This course is an introduction to the beginning skills and rules associated with the sport of soccer. Emphasis will be placed on the proper technique used for these beginning skills as well as FIFA Laws of the Game. This course is offered as a half unit or one unit class and may not be repeated.

<b>F2F 98996</b>	<b>10:30a-12:40p</b>	<b>M Tu W Th</b>	<b>Vasquez J</b>	<b>G-118</b>	<b>06/28-08/05</b>
<b>F2F 98992</b>	<b>1:30p-3:40p</b>	<b>M Tu W Th</b>	<b>Baquero J</b>	<b>G-118</b>	<b>06/28-08/05</b>

**KNAC 260B – INTERMEDIATE SOCCER**

**1.0 UNIT**

This course is designed to review and solidify the proper techniques associated with outdoor soccer and FIFA Laws of the Game. The intermediate skills necessary as well as the tactical aspects of the game will be introduced. Emphasis will be placed on improving the students technical abilities and tactical team formations used in the game of soccer. This course is offered as a half unit or one unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 260A with a minimum grade of C.*

<b>F2F 98997</b>	<b>10:30a-12:40p</b>	<b>M Tu W Th</b>	<b>Vasquez J</b>	<b>G-118</b>	<b>06/28-08/05</b>
<b>F2F 98993</b>	<b>1:30p-3:40p</b>	<b>M Tu W Th</b>	<b>Baquero J</b>	<b>G-118</b>	<b>06/28-08/05</b>

**KNAC 260C – ADVANCED SOCCER**

**1.0 UNIT**

This course is designed to review and solidify the proper techniques associated with intermediate level outdoor soccer as well as the tactical aspects that were introduced. Emphasis will be placed on complete technical and tactical match preparedness and awareness. This course is offered as a half unit or one unit class and may not be repeated.

*Prerequisite: Kinesiology Activities 260B with a minimum grade of C.*

<b>F2F 98998</b>	<b>10:30a-12:40p</b>	<b>M Tu W Th</b>	<b>Vasquez J</b>	<b>G-118</b>	<b>06/28-08/05</b>
<b>F2F 98994</b>	<b>1:30p-3:40p</b>	<b>M Tu W Th</b>	<b>Baquero J</b>	<b>G-118</b>	<b>06/28-08/05</b>

**KNAC 290A – BEGINNING VOLLEYBALL**

**1.0 UNIT**

Instruction and practice in fundamental skills techniques, strategies, basic rules, team offense and defense, and team concepts of Volleyball. This course is offered as a half-unit or one-unit class and may not be repeated.

<b>F2F 99591</b>	<b>7:05p-8:35p</b>	<b>M Tu W Th</b>	<b>Abbey T</b>	<b>G-105</b>	<b>06/14-08/05</b>
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**KNAC 290B – INTERMEDIATE VOLLEYBALL**

**1.0 UNIT**

An intermediate volleyball activities course. Emphasis will be placed on intermediate technical skill development, offensive and defensive systems analysis, and sport specific physical fitness assessment and conditioning activities. This course will be offered as a half-unit or one-unit class and may not be repeated.

*Recommended Preparation: Kinesiology Activities 290A with minimum a grade of C.*

<b>F2F 99592</b>	<b>7:05p-8:35p</b>	<b>M Tu W Th</b>	<b>Abbey T</b>	<b>G-105</b>	<b>06/14-08/05</b>
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**KINESIOLOGY INTERCOLLEGIATE ATHLETICS (KNIA)**

**KNIA 125 – CONDITIONING FOR FOOTBALL**

**0.5 UNIT**

This class is designed to prepare the college football athletes to play offense, defense, and special teams. The focus is on skill development and conditioning through resistance training and field work. This course is offered as a half-unit or one-unit class.

<b>F2F 98999</b>	<b>2:30p-3:30p</b>	<b>Tu W Th</b>	<b>Jones G</b>	<b>G-114</b>	<b>06/15-07/08</b>
	<b>3:30p-4:50p</b>	<b>Tu W Th</b>	<b>Staff</b>	<b>G-113</b>	
<b>F2F 99005</b>	<b>2:30p-3:30p</b>	<b>Tu W Th</b>	<b>Nyssen A</b>	<b>G-114</b>	<b>06/15-07/08</b>
	<b>3:30p-4:50p</b>	<b>Tu W Th</b>	<b>Staff</b>	<b>G-113</b>	

**KNIA 128 – CONDITIONING FOR ATHLETES**

**0.5 UNIT**

An exercise program designed for athletes who participate in intercollegiate sports. Emphasis will be on the development of speed, endurance, flexibility, and strength. This course is offered as a half-unit or one-unit class.

<b>F2F 98995</b>	<b>9:00a-10:20a</b>	<b>M Tu W Th</b>	<b>Vasquez J</b>	<b>G-103</b>	<b>06/28-08/05</b>
<b>F2F 98991</b>	<b>12:00p-1:20p</b>	<b>M Tu W Th</b>	<b>Baquero J</b>	<b>G-103</b>	<b>06/28-08/05</b>

**KNIA 230 – PRESEASON FOOTBALL**

**0.5 UNIT**

This is an intensive course designed to prepare student athletes for a season of competition in intercollegiate football. It will include field work, classroom meeting time, and resistance training. The focus is skill development and preparation for a season of competition. It is included as part of the 175 contact hours allowed for student-athlete skill development and conditioning. Students must have a current health screening and doctor clearance to participate.

<b>F2F 99000</b>	<b>2:30p-3:30p</b>	<b>Tu W Th</b>	<b>Jones G</b>	<b>G-103</b>	<b>07/13-08/05</b>
	<b>3:30p-4:50p</b>	<b>Tu W Th</b>	<b>Jones G</b>	<b>G-113</b>	

Section 99000 is for designated offensive players

<b>F2F 99006</b>	<b>2:30p-3:30p</b>	<b>Tu W Th</b>	<b>Nyssen A</b>	<b>G-114</b>	<b>07/13-08/05</b>
	<b>3:30p-4:50p</b>	<b>Tu W Th</b>	<b>Nyssen A</b>	<b>G-113</b>	

Section 99006 is for designated defensive players

**KNIA 235 – SPEED AND AGILITY**

**1.0 UNIT**

This class includes instruction on linear speed, non-linear speed, and jumping ability using state of the art plyometric training and speed specific training tools. This course is offered as a half-unit or one-unit class.

<b>F2F 99041</b>	<b>7:00p-9:10p</b>	<b>M Tu W Th</b>	<b>Silva V</b>	<b>W-111</b>	<b>06/14-07/22</b>
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**WELDING (WELD)**

**WELD 111 – WELDING LAB SKILLS**

**2.0 UNITS**

This class is designed for students to enhance their welding skills. Students will be able to practice open root welding, along with preparation for welding practical exams. This lab will focus on material preparation and welding techniques. Students will receive two units for 108 hours of participation.

*Prerequisite: Welding 240 with a minimum grade of C.*

<b>F2F 99621</b>	<b>6:00p-10:25p</b>	<b>M W F</b>	<b>Kirby B</b>	<b>K-101</b>	<b>06/14-08/08</b>
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