

INTERCOLLEGIATE ATHLETICS (IA)

IA 001AD Intercollegiate Varsity Baseball 3unit(s)

Hours: 10 Lab

Intercollegiate Varsity Baseball is designed for the student who excels in athletic ability and wishes to compete at a high level of baseball against other California community colleges.

IA 002AD Intercollegiate Men's Basketball 1.5unit(s)

Hours: 5 Lab

Intercollegiate Men's Basketball is an advanced skill course for male students who want to participate in an intercollegiate basketball program. Prior experience in competitive basketball is recommended to meet the rigors of Community College competition.

IA 003AD Intercollegiate Women's Basketball 1.5unit(s)

Hours: 5 Lab

Intercollegiate Women's Basketball is an advanced skills course for female students who want to participate in an intercollegiate basketball program. Prior competitive basketball experience is recommended to meet the rigors of playing at the Community College level. This course is offered each semester and may be repeated 3 times.

IA 006AD Intercollegiate Football 3unit(s)

Hours: 10 Lab

This course is designed for the student/athlete who wishes to compete in intercollegiate football at the community college level.

IA 008AD Intercollegiate Women's Softball 3unit(s)

Hours: 10 Lab

This course is designed for student/athletes interested in competing in an intercollegiate softball program. The course involves daily practices and a 40 game regular season, with the possibility of up to three weekends of post season competition for qualifying teams.

IA 012AD Intercollegiate Women's Tennis 3unit(s)

Hours: 10 Lab

This course is designed for the female student who wishes to play competitive tennis on an intercollegiate tennis team competing against teammates and other community college students. This course can be repeated three times.

IA 016AD Intercollegiate Women's Volleyball 3unit(s)

Hours: 10 Lab

This course is designed for the student/athlete who wants to compete in Intercollegiate Volleyball at the college level. Prior competitive volleyball experience is recommended to meet the rigors of community college competition. This course may be repeated 3 times.

IA 023AD Intercollegiate Track and Field 3unit(s)

Hours: 10 Lab

This class is designed for the athlete who is interested in competing in intercollegiate track and field. The course involves daily practices as well as participation in track and field meets. Each meet consists of 12 running events and eight field events; therefore all workouts are geared towards these individual events, as well as general physical fitness. Intercollegiate track and field not only allows the student to better herself/ himself as an individual athlete, but contributes to a team effort as well. This class may be repeated 3 times.

IA 024AD Intercollegiate Cross Country 3unit(s)

Hours: 10 Lab

This class is designed for the student/athlete who is interested in competing in Intercollegiate Cross Country. The course involves daily practices as well as participation in cross country meets. Each meet consists of a 4 mile race for men; 5K race for women. All workouts are geared towards running this distance. Intercollegiate Cross Country not only allows the student/athlete to better herself/himself as an individual athlete, but also contributes to a team effort. This class may be repeated 3 times.

IA 029AD Intercollegiate Swimming/Diving 3unit(s)

Hours: 10 Lab

Intercollegiate Swimming/Diving is designed for the student/athlete who is interested in competing for the Swim/Dive Team at the community college. The course consists of daily practices and competition in scheduled meets. This class may be repeated 3 times.

IA 030AD Intercollegiate Women's Soccer 3unit(s)

Hours: 10 Lab

Intercollegiate Women's Soccer is designed for women student/athletes interested in competing in intercollegiate soccer. The course involves daily practice, as well as competition at the collegiate level, through league games and tournament play. This class may be repeated 3 times.

IA 031AD Intercol Women's Equestrian 1.5unit(s)

Hours: 5 Lab

This is a course for female students who want to participate in an Intercollegiate Equestrian program. Advanced techniques in equestrian, both western and English skills of riding used in intercollegiate competition, will be stressed. Out-of-area travel is required. This class may be repeated three times. Class is offered both Fall and Spring semesters.

IA 032AD Intercollegiate Men's Soccer 3unit(s)

Hours: 10 Lab

Intercollegiate Men's Soccer is designed for male student/athletes interested in competing in intercollegiate soccer. The course involves daily practices as well as competition at the collegiate level through league games and tournament play. This course may be repeated 3 times.

IA 047AD Strategies of Sport 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Want to keep in shape for the school sport you're competing in? Want to spend time with your team here at COS? This class is designed for the student who wants to learn the necessary skills required to play various sports such as softball, baseball, basketball, swimming, diving, and football. Beginner, intermediate and advanced skills of throwing, fielding, batting, pitching, blocking, dribbling, passing, freestyle, backstroke, and diving will be taught and practiced. This class will provide equitable high outcomes for all students.

IA 049AD Performance of Sport

1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Are you playing a sport here at COS? If so this course is targeted toward you! This class is designed for the student who wants to learn the necessary skills required to play various sports such as softball, baseball, basketball, swimming, diving, and football. Beginner, intermediate and advanced skills of throwing, fielding, batting, pitching, blocking, dribbling, passing, freestyle, backstroke, and diving will be taught and practiced. This class will provide equitable high outcomes for all students.

IA 051AD Power Lifting for Athletes

2unit(s)

Hours: 1 Lecture/Discussion Hours:

3 Other

This course is designed for training using Olympic lifting, power lifting, core development and conditioning. Students will develop individualized programs emphasizing the development of muscular strength, agility, power and explosiveness specific to their sport of competition.