

Physical Education & Athletics SLOs 2025-26 from eLumen

De Anza College
09-15-2026

PE/Athletics
KNES - Kinesiology
CSLO KNESD001A - Novice Swimming • Perform with increasing proficiency forward propulsive movements in prone and supine positions. • Apply knowledge of basic fitness concepts to health and fitness. KNESD001B - Beginning Swimming • Perform with increasing proficiency forward propulsive movements in prone, side and supine positions. • Apply knowledge of basic fitness concepts to health and fitness. KNESD001C - Intermediate Swimming • Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions. • Apply knowledge of basic fitness concepts to health and wellness. KNESD01CX - Intermediate Swimming • Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions. • Apply knowledge of basic fitness concepts to health and wellness. KNESD001D - Advanced Swimming • Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions. • Apply knowledge of basic fitness concepts to health and wellness. KNESD01DX - Advanced Swimming • Perform with increasing proficiency propulsive movements, breathing and timing, and body balance in the water while in prone, side and supine positions. • Apply knowledge of basic fitness concepts to health and wellness. KNESD002A - Aerobic Swimming • Apply knowledge of basic fitness concepts to health and wellness. • Demonstrate improvement in cardiorespiratory endurance through swimming. KNESD02AX - Aerobic Swimming • Apply knowledge of basic fitness concepts to health and wellness. • Demonstrate improvement in cardiorespiratory endurance through swimming. KNESD002B - Deep Water Running • Apply knowledge of basic fitness concepts to health and wellness. • Demonstrate improvement in cardiorespiratory endurance and strength. • Demonstrate proper deep water running techniques. KNESD02BX - Deep Water Running • Apply knowledge of basic fitness concepts to health and wellness.

- Demonstrate improvement in cardiorespiratory endurance and strength.
- Demonstrate proper deep water running techniques.

KNESD005A - Indoor Cycling

- Apply knowledge of basic fitness concepts to health and fitness.
- Develop an understanding of improving cardiorespiratory strength and endurance through cycling.

KNESD05AX - Indoor Cycling

- Apply knowledge of basic fitness concepts to health and fitness.
- Develop an understanding of improving cardiorespiratory strength and endurance through cycling.

KNESD005B - High Intensity Indoor Cycling

- Apply knowledge of basic fitness concepts as they relate 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 relate 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 to health and fitness
- Demonstrate improvement in cardiorespiratory endurance.

KNESD06AX - Aerobic Power Walking

- Apply knowledge of basic fitness concepts to health and fitness.
- Demonstrate improvement in cardiorespiratory endurance.

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

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Demonstrate improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- 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

- Apply knowledge of intermediate fitness concepts in relation to health and wellness
- Demonstrate intermediate level improvement of cardiovascular, strength and flexibility through cardiovascular fitness.
- 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 to health and wellness."

- 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 relate to health and wellness.
- Demonstrate improvement in cardiorespiratory, strength and flexibility.
- Demonstrate proper technique when performing a jab, a cross, upper cut, hook, front and roundhouse kicks.

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.

KNESD015A - Cross Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Increase cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

KNESD15AX - Cross Training

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Increase cardiorespiratory fitness, muscular strength, muscular endurance, flexibility and improved body composition.

KNESD015C - Total Fitness

- Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.
- Apply knowledge of basic fitness concepts as they relate to health and wellness.

KNESD15CX - Total Fitness

- Demonstrate improvement of cardiovascular, strength and flexibility through total fitness.
- Apply knowledge of basic fitness concepts as they relate to health and wellness.

KNESD015E - Cardiovascular and Strength Training

- Apply both aerobic and anaerobic training techniques.
- Perform physical training and demonstrate multi-phasic planning.

KNESD15EX - Cardiovascular and Strength Training

- Apply both aerobic and anaerobic training techniques.
- Perform physical training and demonstrate multi-phasic planning.

KNESD016A - Fit Camp

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

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD16AX - Fit Camp

- Demonstrate an increasing control of skills pertaining to: cardiovascular, strength, flexibility, agility and balance.
- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD017A - Plyometric Conditioning 1

- Demonstrate 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.
- Demonstrate knowledge of basic fitness concepts as they apply to health and fitness.

KNESD17AX - Plyometric Conditioning 1

- Demonstrate 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 relate to health and wellness.
- Demonstrate knowledge of basic fitness concepts as they apply to health and fitness.

KNESD019A - Strength Development

- Apply knowledge of basic fitness concepts to health and wellness."
- Perform strength development exercises, using safe lifting techniques, while demonstrating appropriate use of resistance training machines and free weights.
- 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 relate 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 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 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 relate to health and wellness.

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 relate 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 relate 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 relate 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 it relates to health and wellness.
- Develop an increasing awareness of the link between the mind- body connection.

KNESD22AX - Hatha Yoga

- Apply knowledge of basic fitness concepts as it relates to health and wellness.
- Assimilate proper breathing techniques to induce relaxation in life.
- 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 relate 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.
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KNESD25BX - Active Isolated Stretching

- Apply the concepts of active isolated stretching.
- 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 relate 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 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 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 to health and fitness.
- 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 to health and fitness.
- 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 bouting 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 bouting with the French foil.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

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 concept 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 concept 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.

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

KNESD031L - Pickleball Level 3

- Demonstrate and explain the intermediate-advanced strategies of pickleball to practice and game-play.

- Perform with increased proficiency the skill sets and techniques of intermediate pickleball.

KNESD31LX - Pickleball Level 3

- Demonstrate and explain the intermediate-advanced strategies of pickleball to practice and game-play.

- Perform with increased proficiency the skill sets and techniques of intermediate pickleball.

KNESD031M - Pickleball Level 4

- Demonstrate and explain advanced strategies of pickleball to practice, game play and tournament play.
- Perform with increased proficiency the skill sets, tactics and techniques of an advanced pickleball player.

KNESD31MX - Pickleball Level 4

- Demonstrate and explain advanced strategies of pickleball to practice, game play and tournament play.
- Perform with increased proficiency the skill sets, tactics and techniques of an advanced pickleball player.

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

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform with increasing proficiency the skills and footwork of the game of tennis.

KNESD032B - Advanced Beginning Tennis

- Perform with increasing proficiency the skills and footwork of the game of tennis.
- Apply knowledge of basic fitness concepts 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 to health and wellness.

KNESD032C - Intermediate Tennis

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Implement with increasing proficiency the skills and footwork of the game of tennis.

KNESD32CX - Intermediate Tennis

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Implement with increasing proficiency the skills and footwork of the game of tennis.

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.

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

- 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

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.

KNESD37AX - Soccer

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Perform with increased proficiency the skills, footwork, and strategies of the sport of soccer.

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.

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.

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.

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.

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 an 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 ED32HX - Offensive Football Techniques

- Perform the offensive strategies technical 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 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 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 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 ED032V - Beach Volleyball Techniques

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED32VX - Beach Volleyball Techniques

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED037. - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.
- Perform the techniques, strategies, mental and physical skills of beach volleyball with an increasing degree of proficiency.

P ED037X - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED037Y - Intercollegiate Beach Volleyball

- Apply knowledge of basic fitness concepts as they apply to health and wellness.

P ED038W - Intercollegiate Women's Badminton

- Apply knowledge of basic fitness concepts to health and wellness."
- Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.

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 relate to health and wellness.

P ED38WY - Intercollegiate Women's Badminton

- Apply knowledge of basic fitness concepts to health and fitness.

- Perform the techniques, strategies, mental and physical skills of Badminton with an increasing degree of proficiency.

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 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)

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.

P ED043X - Intercollegiate Cross Country (Men and Women)

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.

P ED043Y - Intercollegiate Cross Country (Men and Women)

- Apply knowledge of basic fitness concepts as they relate to health and wellness.
- Perform the techniques, strategies, mental and physical skills of cross country racing with an increasing degree of proficiency.

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 to health and fitness.
- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.

P ED44WX - Intercollegiate Women's Basketball

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.

P ED44WY - Intercollegiate Women's Basketball

- Apply knowledge of basic fitness concepts to health and fitness.
- Perform the techniques, strategies, mental and physical skills of women's basketball with an increasing degree of proficiency.

P ED045. - Intercollegiate Swimming and Diving (Men and Women)

- Apply knowledge of basic fitness concepts 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 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 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)

- Perform the 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 and wellness.

P ED046X - Intercollegiate Track and Field (Men and Women)

- Perform the 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 and wellness.

P ED046Y - Intercollegiate Track and Field (Men and Women)

- Perform the 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 and wellness.

P ED047M - Intercollegiate Baseball

- Apply knowledge of basic fitness concepts as they relate 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 relate 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 relate to health and wellness.
- Perform the techniques, strategies, mental and physical skills of baseball with an increasing degree of proficiency.

P ED099. - Orientation to Athletics

- Demonstrate knowledge of the CCCAA eligibility rules pertaining to full-time academic student status while competing during the Intercollegiate season.
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