

## Kinesiology Activity Courses (KAC)

**One course is pre-requisite for Kinesiology 122**

### **AREA A - Self-Defense/Combative**

CLASS	NUMBER	COURSE TITLE	UNITS
KAC	40	Elementary Karate	1
KAC	41	Judo	1
KAC	43	Taekwondo	1
KAC	44	Kendo	1
KAC	45	Basic Aikido	1
KAC	47	Tai Chi	1
KAC	49	Kickboxing	1
KAC	50	Assault Avoidance	1
KAC	51	Self-Defense	1

Please consult with Physical Education Option advisor for other approved Area A KAC classes.

**One course is pre-requisite for Kinesiology 123**

### **AREA B - Rhythm**

CLASS	NUMBER	COURSE TITLE	UNITS
KAC	13	Swing Dance	1
KAC	14	Country Western Dance	1
CLS	107	Latino Dance	2
DNC	117A	Modern Dance	1
DNC	118	Tap	1
DNC	155A	Modern Jazz	1
DNC	158A	Ballet Technique	1

Please consult with Physical Education Option advisor for other approved Area B KAC classes.











