

# Course Repetition and Activity/Movement Courses



LONG BEACH  
CITY COLLEGE

KINESIOLOGY  
DEPARTMENT

## What does this mean?

In Fall 2013 the California Community Colleges Board of Governors implemented a new regulation of Course Repeatability that affects you. If you received an A, B, C, or P in any activity course you typically cannot enroll in that course again. And this is retroactive for courses taken prior to Fall 2013.

## What if I dropped or didn't pass a class?

If you withdrew from a course and received a "W" you are able to enroll in that credit course again. You will need to submit a [Course Repetition Request Form](#) to the Enrollment Services Office. If your previous enrollment in a course resulted in a **substandard grade** (D, F, NP, or NC recorded on your transcript) you will be able to re-enroll in the same course. A total of three (3) semester enrollments are allowed in one course to address withdrawals or to alleviate substandard work.

## What if I am a student with a disability?

The adapted exercise and fitness course (**KINA designator**) is a specially designed class for students with disabilities. This course may be repeated any number of times but enrollment must be based on individualized determination that the course is required for your "disability-related accommodation" as part of your student education plan.

## What if I am a student-athlete?

Courses designated as **KINIA** (Intercollegiate Athletics) provide for some repeated enrollments and are designed for student-athletes to participate in an organized competitive sport sponsored by the district or a conditioning course that supports the organized competitive sport. There are limitations for these specially designed courses so see your *athletics counselor* or the *Student-Athlete Success Coordinator*.

## What are those activity courses with a B at the end of the number?

These courses allow you a second enrollment in a specific course (e.g., KING 65 and KING 65B). BUT you are limited to four (4) total semester enrollments in courses that are **related in content**. These courses are grouped in the following table (i.e., Activity Area). Remember, "I didn't know" is not an excuse.

## How can I continue taking activity courses?

You may wish to enroll in another course within the **same activity area** to continue your learning interest and skill development. But you cannot exceed the four (4) total semester enrollment limitation in one activity area. However, you may not want to limit yourself to just one area. **Exploration of other activity areas** can enrich and surprise you. Options for you to consider when scheduling for the next semester are listed in the following table.

Activity Area	Description	Courses
<b>Aquatics</b>	Pool work is one of the finest ways to maintain good physical condition in a low impact environment. Students will improve their cardiovascular endurance, flexibility, muscle tone, and also can attain psychological benefits through activities in or on the water. The wide range of classes will appeal to the beginning swimmer as well as those more advanced.	<b>KING</b> and <b>KINPF</b> course prefixes <ul style="list-style-type: none"> <li>•Lifeguard/Water Safety</li> <li>•Swimming</li> <li>•Aqua Calisthenics</li> <li>•Deep Water Aerobics</li> <li>•Swimming Fitness</li> </ul>
<b>Combatives</b>	These physical activity courses focus on the training, systems, techniques, and styles of the martial arts and for self-defense. Physical, mental, and psychological aspects are addressed.	<b>KING</b> course prefix <ul style="list-style-type: none"> <li>•Martial Arts</li> <li>•Self Defense</li> </ul>
<b>Fitness Activities</b>	The fitness and conditioning courses meet the five wellness-related components of physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Wide-ranging course offerings are designed to encourage lifelong fitness for the student.	<b>KINPF</b> course prefix <ul style="list-style-type: none"> <li>•Dance Aerobics</li> <li>•Circuit Weight Training</li> <li>•Stretch &amp; Relax</li> <li>•Core Conditioning</li> <li>•Yoga</li> <li>•Jogging</li> <li>•Triathlon Training</li> <li>•Low Impact Cardio</li> <li>•Physical Fitness</li> <li>•Cycle Conditioning</li> <li>•Cardio Cross Fit</li> <li>•Power Lifting</li> <li>•Weight Training</li> <li>•Fit &amp; Wellness Center</li> </ul>
<b>Individual/Dual Activities</b>	Individual and dual sport-type courses encourage students to challenge themselves physically, provide social engagement, and can lead to an active lifestyle.	<b>KING</b> course prefix <ul style="list-style-type: none"> <li>•Badminton</li> <li>•Tennis</li> </ul>
<b>Team Sport Activities</b>	The team sport course offerings provide many opportunities for students to play and exercise in an organized group situation while learning teamwork strategies in an engaging atmosphere.	<b>KING</b> course prefix <ul style="list-style-type: none"> <li>•Ultimate Frisbee</li> <li>•Basketball</li> <li>•Soccer</li> <li>•Softball</li> <li>•Touch Football</li> <li>•Volleyball</li> <li>•Sand Volleyball</li> <li>•Rugby</li> </ul>
<b>Adapted Fitness &amp; Exercise</b>	Adapted activity classes are offered to those individuals with special needs including but not limited to learning disabilities, congenital and physical limitations, and acquired disabilities. Dedicated to improving the physical condition of students with disabilities, exercises and activities use specially designed equipment in a customized facility in Veteran's Stadium.	<b>KINA</b> course prefix <ul style="list-style-type: none"> <li>•PE for Physically Limited</li> </ul>
<b>Intercollegiate Athletics</b>	These courses provide advanced sport skill development in a competitive environment.	<b>KINIA</b> course prefix <ul style="list-style-type: none"> <li>•Intercollegiate Athletics by sport</li> <li>•Off-Season Conditioning</li> </ul>

For further detailed information please see the [Enrollment Services Repetition of Courses](#) website.