

**Foothill – De Anza Course Families**  
**PHYSICAL EDUCATION**

- **Aquatics**
  - PHED 10A - Aquatics: Level I/Beginning Swimming (FH)
  - PHED 10B - Aquatics: Level II/Intermediate Swimming (FH)
  - PHED 10C - Aquatics: Level III/Masters Swimming/Advanced Swim Training (FH)
  - PHED 11A - Water Exercise (FH)
  - PHED 11B - Aquatic Fitness (FH)
  - PHED 11C - Water Awareness (FH)
  - KNES 1A - Novice Swimming (DA)
  - KNES 1B - Beginning Swimming (DA)
  - KNES 1C - Intermediate Swimming (DA)
  - KNES 1CX- Intermediate Swimming (DA)
  - KNES 1D - Advanced Swimming (DA)
  - KNES 1DX - Advanced Swimming (DA)
  - KNES 2A - Aerobic Swimming (DA)
  - KNES 2AX - Aerobic Swimming (DA)
  - KNES 2B - Deep Water Running (DA)
  - KNES 2BX - Deep Water Running (DA)
- **Cardiovascular Fitness**
  - PHED 22E - Functional Training for Endurance (FH)
  - PHED 23A - Trail Hiking (FH)
  - PHED 23B - Day Hiking (FH)
  - PHED 26F - Aerobic Tennis (FH)
  - PHED 27 - Walk for Health (FH)
  - PHED 27A - Run for Fitness (FH)
  - PHED 27B - Intermediate Run for Fitness (FH)
  - PHED 27C - Intermediate Walk for Health (FH)
  - PHED 41 - Indoor Cycling - Spin (FH)
  - PHED 41A - Indoor Cycling: Hills and Sprints (FH)
  - PHED 41B - Intermediate Indoor Cycling (FH)
  - PHED 41C - Intermediate Indoor Cycling: Hills and Sprints (FH)
  - KNES 5A - Indoor Cycling (DA)
  - KNES 5AX - Indoor Cycling (DA)
  - KNES 5B - High Intensity Indoor Cycling (DA)
  - KNES 5BX - High Intensity Indoor Cycling (DA)
  - KNES 5C - Outdoor Cycling (DA)
  - KNES 5CX - Outdoor Cycling (DA)
  - KNES 6A - Aerobic Power Walking (DA)
  - KNES 6AX- Aerobic Power Walking (DA)
- **Cardiovascular Fitness (cont.)**
  - KNES 7A - Step Aerobics (DA)
  - KNES 7AX- Step Aerobics (DA)
  - KNES 7D - Latin Infused Aerobics (DA)
  - KNES 7DX - Latin Infused Aerobics (DA)
  - KNES 7G - Hi-Lo Impact Aerobic Rhythms (DA)
  - KNES 7GX - Hi-Lo Impact Aerobic Rhythms (DA)
  - KNES 7H - Lo Impact Aerobic Rhythms (DA)
- **Combatives**
  - PHED 18 - Beginning Tai Chi (Taiji) (FH)
  - PHED 18B - Intermediate Tai Chi (Taiji) (FH)
  - PHED 18C - Advanced Tai Chi (Taiji) (FH)
  - PHED 19B - Kickboxing for Fitness (FH)
  - PHED 19C - Intermediate Kickboxing for Fitness (FH)
  - PHED 19D - Advanced Kickboxing for Fitness (FH)
  - KNES 11A - Cardio Kick (DA)
  - KNES 11AX - Cardio Kick (DA)
  - KNES 12A - Aikido (DA)
  - KNES 12AX - Aikido (DA)
  - KNES 12B - Intermediate Aikido (DA)
  - KNES 12BX - Intermediate Aikido (DA)
  - KNES 12D - Beginning Karate (DA)
  - KNES 12DX - Beginning Karate (DA)
  - KNES 12E - Intermediate Karate (DA)
  - KNES 12EX - Intermediate Karate
  - KNES 12G - Self-Defense (DA)
  - KNES 12H - Tai Chi (DA)
  - KNES 12HX - Tai Chi (DA)
  - KNES 12J - Intermediate Tai Chi (DA)
  - KNES 12JX- Intermediate Tai Chi (DA)
- **Cross Training**
  - PHED 47B - Thighs, Abs and Gluteus (TAG) (FH)
  - PHED 47C - High Intensity Interval Training (HIIT) (FH)
  - PHED 49A - Survivor Training (FH)
  - PHED 49B - Bootcamp Training (FH)
  - KNES 15A - Cross Training (DA)
  - KNES 15AX - Cross Training (DA)
  - KNES 15C - Total Fitness (DA)
  - KNES 15CX - Total Fitness (DA)

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- **Cross Training (cont.)**
  - KNES 15E - Cardiovascular and Strength Training (DA)
  - KNES 15EX - Cardiovascular and Strength Training (DA)
  - KNES 15EY - Cardiovascular and Strength Training (DA)
  - KNES 16A - Fit Camp (DA)
  - KNES 16AX - Fit Camp (DA)
  - KNES 16AY - Fit Camp (DA)
  - KNES 16B - Spin/Swim Fitness (DA)
  - KNES 16BX - Spin/Swim Fitness (DA)
- **Flexibility and Stability**
  - PHED 20A - Beginning Mat Pilates (FH)
  - PHED 20B - Intermediate Mat Pilates (FH)
  - PHED 20C - Advanced Pilates (FH)
  - PHED 21 - Foundations of Yoga (FH)
  - PHED 21A - Beginning Hatha Yoga (FH)
  - PHED 21B - Intermediate Hatha Yoga (FH)
  - PHED 21C - Advanced Hatha Yoga (FH)
  - PHED 21D - Vinyasa Flow Yoga (FH)
  - PHED 21E - Restorative Yoga (FH)
  - PHED 22 - Beginning Full-Body Flexibility (FH)
  - PHED 22A - Intermediate Full-Body Flexibility (FH)
  - PHED 22B - Pilates and Yoga (FH)
  - PHED 22C - Core Conditioning (FH)
  - KNES 25A - Stretching (DA)
  - KNES 25AX - Stretching (DA)
  - KNES 25B - Active Isolated Stretching (DA)
  - KNES 25BX - Active Isolated Stretching (DA)
  - KNES 26A - Basic Pilates Mat Exercise (DA)
  - KNES 26AX - Basic Pilates Mat Exercise (DA)
  - KNES 26B - Integrated Pilates Mat Exercise (DA)
  - KNES 26BX - Integrated Pilates Mat Exercise (DA)
- **Individual Sports**
  - PHED 24 - Introduction to Golf (FH)
  - PHED 24A - Swing Development for the Experienced Golfer (FH)
  - PHED 24B - Skills of Golf Course Play (FH)
- **Individual Sports (cont.)**
  - PHED 24C - Intermediate Golf Course Play (FH)
  - PHED 24D - Advanced Golf Course Play (FH)
  - PHED 25A - Swing Analysis (FH)
  - PHED 25B - Beginning Golf Course Play (FH)
  - PHED 26 - Beginning Tennis Skills (FH)
  - PHED 26A - Intermediate Tennis (FH)
  - PHED 26C - Beginning Doubles Tennis (FH)
  - PHED 26D - Intermediate Doubles Tennis (FH)
  - PHED 26E - Advanced Doubles Tennis (FH)
  - PHED 33 - Beginning Table Tennis (FH)
  - PHED 33A - Intermediate Table Tennis (FH)
  - PHED 33B - Advanced Table Tennis (FH)
  - PHED 36A - Beginning Archery (FH)
  - PHED 36B - Intermediate Archery (FH)
  - PHED 36C - Advanced Archery (FH)
  - PHED 37 - Beginning Badminton: Singles/Doubles (FH)
  - PHED 37A - Intermediate Badminton: Singles/Doubles (FH)
  - PHED 37B - Advanced Badminton: Singles/Doubles (FH)
  - PHED 42 - Bowling for Fitness (FH)
  - KNES 29A - Fencing Level 1 (DA)
  - KNES 29B - Fencing Level 2 (DA)
  - KNES 30A - Beginning Golf (DA)
  - KNES 30B - Advanced Beginning Golf (DA)
  - KNES 30BX - Advanced Beginning Golf (DA)
  - KNES 30C - Intermediate Golf (DA)
  - KNES 31A - Beginning Badminton (DA)
  - KNES 31AX - Beginning Badminton (DA)
  - KNES 31B - Intermediate Badminton (DA)
  - KNES 31BX - Intermediate Badminton (DA)
  - KNES 31C - Advanced Badminton (DA)
  - KNES 31CX - Advanced Badminton (DA)
  - KNES 32A - Beginning Tennis (DA)
  - KNES 32AX - Beginning Tennis (DA)
  - KNES 32B - Advanced Beginning Tennis (DA)
  - KNES 32BX - Advanced Beginning Tennis (DA)

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**PHYSICAL EDUCATION**

- **Individual Sports (cont.)**
  - KNES 32C - Intermediate Tennis (DA)
  - KNES 32CX - Intermediate Tennis (DA)
  - KNES 32D - Advanced Tennis (DA)
  - KNES 32DX - Advanced Tennis (DA)
  - KNES 33A Multi-Sport Fitness (DA)
  - KNES 33AX - Multi-Sport Fitness (DA)
  - KNES 33AY - Multi-Sport Fitness (DA)
- **Physical Meditation**
  - KNES 22A - Hatha Yoga (DA)
  - KNES 22AX - Hatha Yoga (DA)
  - KNES 22B - Yoga for Relaxation (DA)
  - KNES 22BX - Yoga for Relaxation (DA)
  - KNES 22C - Power Yoga (DA)
  - KNES 22CX - Power Yoga (DA)
  - KNES 22D - Flow Yoga (DA)
  - KNES 22DX - Flow Yoga (DA)
  - KNES 22E - Yoga/Pilates Combo (DA)
  - KNES 22EX - Yoga/Pilates Combo (DA)
- **Strength Development**
  - PHED 14 - Nutritional Assessment/Fitness (FH)
  - PHED 45 - Fitness for Life (FH)
  - PHED 45A - Foundations of Strength and Conditioning (FH)
  - PHED 45C - Circuit Training (FH)
  - PHED 46 - Weight Lifting for Health and Fitness (FH)
  - PHED 46A - Intermediate Weight Training for Health and Fitness (FH)
  - PHED 46B - Advanced Weight Lifting for Health and Fitness (FH)
  - KNES 19A - Strength Development (DA)
  - KNES 19AX - Strength Development (DA)
  - KNES 19D - Training for Muscular Endurance (DA)
  - KNES 19DX - Training for Muscular Endurance (DA)
  - KNES 19E - Body Sculpting (DA)
  - KNES 19EX - Body Sculpting (DA)
  - KNES 19G - Core Conditioning (DA)
  - KNES 19GX - Core Conditioning (DA)
- **Team Sports**
  - PHED 13 - Beginning Water Polo (FH)
  - PHED 13A - Intermediate Water Polo (FH)
  - PHED 13B - Advanced Water Polo (FH)
  - PHED 13C - Water Polo-Game Skills (FH)
- **Team Sports (cont.)**
  - PHED 28 - Slow Pitch Softball (FH)
  - PHED 31A - FUTSAL-Indoor Soccer Beginning (FH)
  - PHED 31B - FUTSOL-Indoor Soccer Intermediate (FH)
  - PHED 31C - FUTSOL-Indoor Soccer Advanced (FH)
  - PHED 31D - Tournament FUTSOL-Indoor Soccer (FH)
  - PHED 32C - Soccer - Game Skills (FH)
  - PHED 38A - Basketball Fundamentals (FH)
  - PHED 38B - Basketball Game Skills (FH)
  - PHED 38C - Beginning Basketball (FH)
  - PHED 38D - Intermediate Basketball (FH)
  - PHED 38E - Advanced Basketball (FH)
  - PHED 40 - Beginning Volleyball (FH)
  - PHED 40A - Intermediate Volleyball (FH)
  - PHED 40B - Advanced Volleyball (FH)
  - PHED 40C - Volleyball: Game Skills (FH)
  - KNES 36A - Team Sport – Basketball (DA)
  - KNES 36AX - Team Sport – Basketball (DA)
  - KNES 37A - Soccer (DA)
  - KNES 37AX - Soccer (DA)
  - KNES 37B - Soccer Level 2 (DA)
  - KNES 37BX - Soccer Level 2 (DA)
  - KNES 37C - Soccer Level 3 (DA)
  - KNES 37CX - Soccer Level 3 (DA)
  - KNES 37D - Soccer Level 4
  - KNES 37DX - Soccer Level 4
  - KNES 37E - Indoor Soccer (DA)
  - KNES 38A - Futsal Level 1 (DA)
  - KNES 38AX - Futsal Level 1 (DA)
  - KNES 38B – Futsal Level 2 (DA)
  - KNES 38BX - Futsal Level 2 (DA)
  - KNES 38C - Futsal Level 3 (DA)
  - KNES 38CX - Futsal Level 3 (DA)
  - KNES 38D - Futsal Level 4 (DA)
  - KNES 38DX - Futsal Level 4 (DA)
  - KNES 39A- Volleyball Level 1 (DA)
  - KNES 39AX - Volleyball Level 1 (DA)
  - KNES 39B - Volleyball Level 2 (DA)
  - KNES 39BX - Volleyball Level 2 (DA)
  - KNES 39C - Volleyball Level 3 (DA)
  - KNES 39CX - Volleyball Level 3 (DA)
  - KNES 39DX - Volleyball Level 4 (DA)

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***PHYSICAL EDUCATION***

- **Kinesiology Motor Development**  
KNES 42A - Motor Skills Assessment  
and Development (DA)  
KNES 42AX - Motor Skills Assessment  
and Development (DA)  
KNES 42B - Motor Development  
Training Methodologies (DA)  
KNES 42BX - Motor Development  
Training Methodologies (DA)  
KNES 42C - High Intensity Motor  
Training (DA)  
KNES 42CX - High Intensity Motor  
Training (DA)  
KNES 42D - Aquatic Motor  
Development (DA)  
KNES 42DX - Aquatic Motor  
Development (DA)