

**KINA 9.11: Intercollegiate Swimming - Women**

This course provides intercollegiate swimming competition. Students are given the opportunity to develop a high degree of competitive swimming skills and the opportunity to demonstrate these skills during intercollegiate competition. Students are also given the opportunity to develop a level of fitness that will allow them to compete at the intercollegiate level.

Letter Grade, Pass/No Pass

**Units:** 3

**Lecture Hours:** 0, **Lab Hours:** 144 - 162

**Prerequisites:** None

**Co-Requisites:** None

**Advisory:** KINS 2.06

Transferable to both UC and CSU

**WVC GE:** Area A-8: Kinesiology

**CSU GE:** Area E - Lifelong Learning and Self Development