

Foothill – De Anza Course Families
PHYSICAL EDUCATION

Aquatics

- 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)
- PHED 10A - Aquatics: Level I, Beginning Swimming (FH)
- PHED 10B - Aquatics: Level II, Intermediate Swimming (FH)
- PHED 11A - Water Exercise (FH)
- PHED 11B - Aquatic Fitness (FH)

Cardiovascular Fitness

- 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 6A - Aerobic Power Walking (DA)
- KNES 6AX - Aerobic Power Walking (DA)
- KNES 9A - Interactive Cardiovascular Fitness and Activity Tracking 1 (DA)
- KNES 9AX - Interactive Cardiovascular Fitness and Activity Tracking 1 (DA)
- KNES 9B - Interactive Cardiovascular Fitness and Activity Tracking 2 (DA)
- KNES 9BX - Interactive Cardiovascular Fitness and Activity Tracking 2 (DA)
- PHED 23A - Trail Hiking (FH)
- PHED 23B - Day Hiking (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)

Combatives

- KNES 11A - Cardio Kick (DA)
- KNES 11AX - Cardio Kick (DA)
- KNES 11B - Cardio Kick 2 (DA)
- KNES 11BX - Cardio Kick 2 (DA)
- KNES 12D - Beginning Karate (DA)
- KNES 12DX - Beginning Karate (DA)
- KNES 12E - Intermediate Karate (DA)
- KNES 12EX - Intermediate Karate (DA)
- 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)
- 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)

Cross Training

- KNES 15A - Cross Training (DA)
- KNES 15AX - Cross Training (DA)
- KNES 15C - Total Fitness (DA)
- KNES 15CX - Total Fitness (DA)
- KNES 15E - Cardiovascular And Strength Training (DA)
- KNES 15EX - Cardiovascular And Strength Training (DA)
- KNES 15EY - Cardiovascular And Strength Training (DA)
- KNES 15F - High Intensity Interval Training - HIIT (DA)
- KNES 15FX - High Intensity Interval Training - HIIT (DA)
- KNES 16A - Fit Camp (DA)
- KNES 16AX - Fit Camp (DA)
- KNES 16AY - Fit Camp (DA)
- KNES 17A - Plyometric Conditioning 1 (DA)
- KNES 17AX - Plyometric Conditioning 1 (DA)
- PHED 47B - Thighs, Abs & Gluteus (Tag) (FH)
- PHED 47C - High-Intensity Interval Training (HIIT) (FH)
- PHED 49B - Boot Camp Training (FH)

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Flexibility & Stability

- 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)
- PHED 21A - Beginning Hatha Yoga (FH)
- PHED 21B - Intermediate Hatha Yoga (FH)
- PHED 21C - Advanced Hatha Yoga (FH)
- PHED 22 - Beginning Flexibility & Mobility (FH)
- PHED 22A - Intermediate Flexibility & Mobility (FH)
- PHED 22B - Pilates & Yoga (FH)
- PHED 22C - Core Conditioning (FH)
- KNES 32E - Beginning Table Tennis (DA)
- KNES 32EX - Beginning Table Tennis (DA)
- KNES 32F - Intermediate Table Tennis (DA)
- KNES 32FX - Intermediate Table Tennis (DA)
- PHED 15A - Beginning Pickleball (FH)
- PHED 15B - Intermediate Pickleball (FH)
- PHED 15C - Advanced Pickleball (FH)
- PHED 24 - Introduction to Golf (FH)
- PHED 24A - Swing Development for the Experienced Golfer (FH)
- PHED 25A - Swing Analysis (FH)
- PHED 26 - Beginning Tennis Skills (FH)
- PHED 26A - Intermediate 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)

Individual Sports

- KNES 29A - Fencing Level 1 (DA)
- KNES 29B - Fencing Level 2 (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 31J - Pickleball Level 1 (DA)
- KNES 31JX - Pickleball Level 1 (DA)
- KNES 31K - Pickleball Level 2 (DA)
- KNES 31KX - Pickleball Level 2 (DA)
- KNES 31L - Pickleball Level 3 (DA)
- KNES 31LX - Pickleball Level 3 (DA)
- KNES 31M - Pickleball Level 4 (DA)
- KNES 31MX - Pickleball Level 4 (DA)
- KNES 32A - Beginning Tennis (DA)
- KNES 32AX - Beginning Tennis (DA)
- KNES 32B - Advanced Beginning Tennis (DA)
- KNES 32BX - Advanced Beginning Tennis (DA)
- KNES 32C - Intermediate Tennis (DA)
- KNES 32CX - Intermediate Tennis (DA)
- KNES 32D - Advanced Tennis (DA)
- KNES 32DX - Advanced Tennis (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)

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Strength Development

- KNES 19A - Strength Development (DA)
- KNES 19AX - Strength Development (DA)
- KNES 19B - Strength Development 2 (DA)
- KNES 19BX - Strength Development 2 (DA)
- KNES 19D - Resistance Training 1 (DA)
- KNES 19DX - Resistance Training 1 (DA)
- KNES 19E - Body Sculpting (DA)
- KNES 19EX - Body Sculpting (DA)
- KNES 19G - Core Conditioning (DA)
- KNES 19GX - Core Conditioning (DA)
- KNES 20A - Circuit Training 1 (DA)
- KNES 20AX - Circuit Training 1 (DA)
- PHED 45A - Foundations of Strength & Conditioning (FH)
- PHED 45C - Circuit Training (FH)
- PHED 46 - Weight Lifting for Health & Fitness (FH)
- PHED 46A - Intermediate Weight Training for Health & Fitness (FH)
- PHED 46B - Advanced Weight Lifting For Health & Fitness (FH)
- KNES 39C - Volleyball Level 3 (DA)
- KNES 39CX - Volleyball Level 3 (DA)
- KNES 39DX - Volleyball Level 4 (DA)
- KNES 40A - Flag Football 1 (DA)
- KNES 40AX - Flag Football 1 (DA)
- KNES 40B - Flag Football 2 (DA)
- KNES 40BX - Flag Football 2 (DA)
- KNES 40C - Flag Football 3 (DA)
- KNES 40CX - Flag Football 3 (DA)
- KNES 41B - Ultimate Frisbee 2 (DA)
- KNES 41BX - Ultimate Frisbee 2 (DA)
- KNES 41C - Ultimate Frisbee 3 (DA)
- KNES 41CX - Ultimate Frisbee 3 (DA)
- PHED 13 - Beginning Water Polo (FH)
- PHED 13C - Water Polo: Game Skills (FH)
- PHED 31A - Futsal: Indoor Soccer Beginning (FH)
- PHED 31B - Futsal: Indoor Soccer Intermediate (FH)
- PHED 31C - Futsal: Indoor Soccer Advanced (FH)
- PHED 38A - Basketball Fundamentals (FH)
- PHED 38B - Basketball Game Skills (FH)
- PHED 38C - Beginning Basketball (FH)
- PHED 40 - Beginning Volleyball (FH)
- PHED 40A - Intermediate Volleyball (FH)
- PHED 40C - Volleyball: Game Skills (FH)

Team Sports

- KNES 36A - Team Sport - Basketball Level 1 (DA)
- KNES 36AX - Team Sport - Basketball Level 1 (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 (DA)
- KNES 37DX - Soccer Level 4 (DA)
- 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)