

Physical Education/ Health Education/ Dance/Athletics

Physical education provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. Further, the physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis and evaluation by a credentialed professional is essential for implementing this philosophy.

The Santa Barbara City College Physical Education Department is proud to provide SBCC students, faculty and staff with the Life Fitness Center (LFC), a state-of-the-art physical fitness facility. The Life Fitness Center offers a series of courses that employ an open-entry format that allows students to use the facility during a variety of convenient hours. The LFC features the "aerobic super circuit" considered by many experts to be one of the most effective ways to train and improve physical health. The LFC is set up to accommodate the needs of students of all ages, sizes and skill levels. The LFC is also home to the Human Performance Lab, which provides students with an opportunity for a complete fitness assessment. Lastly, the LFC and the Human Performance Lab provide an excellent teaching facility for students interested in pursuing the A.A. Degree in Physical Education, with an emphasis in Exercise Science.

The A.A. Degree in Physical Education, with an emphasis in Exercise Science, is endorsed by the American College of Sports Medicine (ACSM), the nationally recognized leader in physical fitness

certification. Students completing the A.A. Degree in Physical Education, with an emphasis in Exercise Science, can take the ACSM Health/Fitness Instructor (HFI) certification examination at SBCC. The HFI is a professional qualified to assess, design and implement individual and group exercise and fitness programs for low or high risk individuals, as well as those with controlled disease.

The varied offerings of the department are grouped within these categories:

Individual/Dual Activities

Team Sport Activities

Aquatics

Fitness/Cardiovascular Activities

Dance

Combatives

Intercollegiate Athletics

Theory and Professional Preparation Courses

Health Education Courses

NOTE: A student may take any combination of classes in each activity for a total of four semester enrollments. He/she may take four classes; all four beginning or intermediate or advanced, or any combination of those equaling four enrollments. The student is encouraged to move progressively through the skill levels. All such activity courses transfer to CSU and UC branch institutions; however, there are limitations. UC limits the total credit for any/all activity courses to four (4) units. See a counselor for details.

Program Student Learning Outcomes

1. Articulate the differences between Physical Education and Athletics.
2. Recognize the potential for service to the individual, community and society provided by Physical Education and Athletics.
3. Describe the role of P.E./Kinesiology as an academic discipline and its role in health promotion and disease prevention.
4. Demonstrate knowledge of functional human anatomy, physiology and biomechanics, and demonstrate proficiency in a variety of physical activity skills.

5. Develop appropriate physical training programs for adults based on demonstrated knowledge of coronary risk factor analysis, exercise prescription and nutritional guidelines established by industry standards.

Physical Education Emphasis in Athletic Training Program

1. Articulate the differences between Physical Education and Athletics.
2. Recognize the potential for service to the individual, community and society provided by Physical Education and Athletics.
3. Demonstrate knowledge of functional anatomy, physiology and biomechanics, and properly demonstrate proficiency in a variety of physical activity skills.
4. Explain the appropriate course of treatment for each of the most common sports injuries.
5. Identify the factors that contribute to an evaluation of an injury and determine the treatment plan for safe return to sport participation.
6. Demonstrate and implement rehabilitative exercises appropriate to each sport.

Physical Education Emphasis in Exercise Science Program Outcomes

1. Articulate the differences between Physical Education and Athletics.
2. Recognize the potential for service to the individual, community and society provided by Physical Education, Athletics and Physical Fitness.
3. Demonstrate knowledge of functional anatomy, physiology and biomechanics, and properly demonstrate proficiency in a variety of physical activity skills.
4. Assess motivational readiness for client exercise and develop effective strategies for health behavior change consistent with the stages of the Transtheoretical Model of motivational readiness.
5. Develop appropriate physical training programs for children, adults and special needs populations, based on demonstrated knowledge of coronary risk factor analysis, exercise prescription and nutritional guidelines established by industry standards.

6. Administer practical fitness assessment.
7. Demonstrate academic competencies sufficient to pass professional certification exams consistent with entry-level positions in the health and fitness industry.

Faculty and Offices

Kathy O'Connor, *Chair* (PE-212, ext. 2322)
 Paula Congleton (PE-304, ext. 2883)
 Scott Fickerson (PE-308, ext. 2275)
 Morris Hodges (PE-309, ext. 2272)
 Charles Melendez (PE-305, ext. 3467)
 Ellen O'Connor (PE-306, ext. 2270)
 Sandrine Rocher-Kohl (PE-308, ext. 4028)

Faculty Advisers/Special Program Advisers

Kathy O'Connor, *Faculty Adviser* (PE-212, ext. 2322)
 Ingrid Schmitz, *Special Program Adviser* (PE-211, ext. 2380)

Degrees Awarded

Associate in Arts Degree, Physical Education

A.A. Degree, Physical Education: Emphasis in Exercise Science

A.A. Degree, Physical Education: Emphasis in Athletic Training

Departmental Certificate

Adult CPR Certificate (Red Cross)

A.A. Degree: Physical Education

The general degree in Physical Education is intended for individuals who wish to obtain entry-level positions in health clubs, the YMCA, youth sports organizations or camps. This degree will also help prepare students to transfer into a kinesiology program at a four-year university.

Department Requirements (39 units)

BMS 107 — Human Anatomy.....	4
HE 101 — Personal Health Awareness.....	3
HE 103 — Responding to Medical Emergencies	2
HE 104 — Introduction to Athletic Injuries.....	3
HE 213 — Concepts in Physical Fitness.....	3
PE 200 — Introduction to Kinesiology.....	3

Controlled Electives (12 Units):

BIOL 100 — Concepts of Biology	4
BMS 108 — Human Physiology	4
CHEM 101 — Introduction to Chemistry <i>or</i> CHEM 104 — Fundamentals of General, Organic and Biological Chemistry	4

Controlled P.E. Activities (9 units selected as follows):**Choose one course from each category:**

Aquatics: PE 131, 132ABC, 133, 134, 136, 137, 220
 Fitness/Cardiovascular: PE 106ABC, 112, 138, 139,
 140ABC, 142AB, 143ABC, 144ABC, 145ABC, 146,
 147ABCD, 148AB, 149, 166, 168, 169, 176, 177, 178, 179,
 195, 196, 224

Dance: PE 150ABC, 151AB, 152ABC, 153, 156, 158A

Combatives: PE 159A, 162ABC, 163ABC, 164ABC

Choose three courses from:

PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 127ABC,
 129, 219AB

Choose two courses from:

PE 101AB, 103ABC, 109ABC, 118, 119, 126ABC

A.A. Degree: Physical Education, Emphasis in Exercise Science

This degree program is endorsed by the American College of Sports Medicine (ACSM), the nationally recognized leader in physical fitness certifications. Students completing the A.A. Degree in Physical Education, with an emphasis in Exercise Science, can take the ACSM Health/Fitness Instructor (HFI) certification examination for a significantly reduced fee. The HFI is a professional qualified to assess, design and implement individual and group exercise and fitness programs for low or high risk individuals, as well as those with controlled disease.

Departmental Requirements (37-41 units)

BMS 107 — Human Anatomy	4
BMS 108 — Human Physiology	4
BMS 128 — Human Nutrition	3
HE 101 — Personal Health Awareness	3
HE 103 — Responding to Medical Emergencies	2

HE 213 — Concepts in Physical Fitness	3
HE 220 — Fundamentals of Exercise Testing and Fitness Instruction	3
PE 295 — Internship in Physical Education/Health Education	2-4
PSY 105 — Applied Behavior Analysis	2
Total	26-28

Controlled Electives (Choose two courses for a total of 6-8 units):

CHEM 101 — Introductory Chemistry <i>or</i> CHEM 104 — Fundamentals of General, Organic and Biological Chemistry	4
PSY 100 — General Psychology <i>or</i>	3
PSY 100H — General Psychology, Honors	4
PHYS 101 — Conceptual Physics <i>or</i>	3
PHYS 101H — Conceptual Physics, Honors	4
Total	6-8

Controlled P.E. Activities (5 units) One course from each category:

PE106ABC — Spinning for Fitness, <i>or</i> PE 220 — Ocean Swimming <i>or</i> PE 134 — Swimming for Conditioning <i>or</i> PE 148AB — Walking/Jogging for Fitness	1
PE 139 — Pilates Mat Fitness <i>or</i> PE 146 — Stretching and Relaxation <i>or</i> PE 176 — Fitness Yoga	1
PE 144ABC — Weight Training	1
PE 112 — Body Conditioning Bootcamp <i>or</i> PE 138A — Beginning Cardio Kickboxing <i>or</i> PE 145ABC — Aerobic Conditioning	1
PE 149 — Life Fitness	1
Total	5
Total	37-41

A.A. Degree: Physical Education, Emphasis in Athletic Training

The degree emphasis in Athletic Training prepares students to transfer to a four-year university and major in kinesiology, with an emphasis in Athletic Training or Sports Medicine. The practicum hours completed may count toward certification as an athletic trainer.

Departmental Requirements (41-43 units)

BMS 107 — Human Anatomy.....	4
HE 101 — Personal Health Awareness.....	3
HE 103 — Responding to Medical Emergencies	2
HE 104 — Introduction to Athletic Injuries.....	3
HE 108 — Advanced Assessment and Treatment of Athletic Injuries	3
HE 213 — Concepts in Physical Fitness	3
PE 200 — Introduction to Kinesiology.....	3
PE 290 — Work Experience in Physical Education.....	2-4

Controlled Electives (11 units)

BMS 108 — Human Physiology	4
BMS 128 — Human Nutrition	3
CHEM 101 — Introductory Chemistry <i>or</i> CHEM 104 — Fundamentals of General, Organic and Biological Chemistry	4
PHYS 101 — Conceptual Physics <i>or</i>	3
PHYS 101H — Conceptual Physics, Honors	4
PSY 100 — General Psychology <i>or</i>	3
PSY 100H — General Psychology, Honors.....	4

Controlled P.E. Activities (7 units) with at least one course from each category:

Team Sports: PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 126ABC, 127ABC, 128, 129, 219AB
Aquatics: PE 131, 132ABC, 133, 134, 136, 137, 220
Fitness/Cardiovascular: PE 106ABC, 112, 138, 139, 140ABC, 142AB, 143ABC, 144ABC, 145ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169, 176, 177, 178, 179, 195, 196, 224
Dance: PE 150ABC, 151AB, 152ABC, 153, 156, 158A

College Requirements

For complete information, see “Graduation Requirements” in the *Catalog* Index.

Planning a Program of Study

Physical Education and Recreation majors are encouraged to have their programs confirmed by the Department Counselor and Division Chairperson. Continuing appraisal and evaluation will help to ensure regular progress toward completion of goals and coursework.

Preparation for Transfer

Course requirements for transfer vary depending upon the college or university a student wishes to attend. Therefore, it is *most important* for a student to consult with his/her counselor and departmental adviser before planning an academic program for transfer. Information sheets for majors, outlining transfer requirements, are available in the Counseling Center.

Honors and Awards

The following honors and awards are given each year to deserving students:

Outstanding Student in Physical Education, Male and Female Athlete of the Year, special awards for athletic achievement in individual sports, the Dance Scholarship Award and the Louise Lowry Davis Inspirational Leadership Award in Women’s Athletics.

Division Categories

Individual and Dual Activities

1. Provide instruction and opportunities for students to develop their physical skills in a variety of activities that can be pursued during leisure time.
2. Provide instruction in the rules, safety measures, etiquette and use of strategies and techniques involved in individual and dual activities.

All activities under this category are coed unless specifically designated.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity's history, rules, etiquette, strategy, equipment and elementary skills.
- **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level will provide for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.
- **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level will prepare the student for highly intensive performance levels. Instruction will accentuate competition and advanced strategies. A higher level of accomplishment is stressed.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly.

PE 101AB — Badminton

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to provide the student with basic fundamentals, history, strategies, rules and etiquette of the game. These activities are based on two levels of instruction: beginning and intermediate. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 103A — Beginning Golf

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103 (NOTE: There is a \$25 fee)

For students who wish to learn a new activity or who possess insufficient skills in golf. Introductory instruction that explains the activities, history, rules, etiquette, strategy, equipment and elementary skills of golf. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 103B — Intermediate Golf

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103 (NOTE: There is a \$25 fee)

For students who already possess the rudimentary skills and abilities of golf and who wish to improve those skills. This level provides for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 103C — Advanced Golf

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103 (NOTE: There is a \$25 fee)

For the skilled performer who seeks to improve to the best of his/her ability. This level prepares the student for highly intensive performance levels. Instruction accentuates competition and advanced strategies. A higher level of accomplishment is stressed. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 104 — In-Line Skating

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to provide the student with the opportunity to maintain and/or enhance his or her skating skills and physical fitness. Safety emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 109ABC — Tennis

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategy, mental toughness and match play. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 111 — Coastal Fishing

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Combination lecture and activities course designed to teach students how and where to fish the central coast of California. Acquaints students with identification of local game fish, necessary equipment, conservation strategies, casting and other physical skills required for effective fishing. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 118 — Introduction to Snowboarding

(1) S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides the student with knowledge and skills in snowboarding techniques from beginning to advanced levels. Physical preparation, equipment selection, and mountain safety concerns are covered. Students become familiar with snowboarding on several different types of terrain. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 119 — Downhill Skiing

(1) S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides the student with knowledge and skills in downhill skiing techniques from beginning to advanced levels. Physical preparation, equipment selection, and mountain safety concerns are covered. Students become familiar with skiing several different types of terrain. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 165 — Tai Chi Chuan

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Instruction and practice in the fundamentals of Yang style Tai Chi Chuan, designed to enhance strength, flexibility, balance and focus. Covers proper body alignment/positioning and breathing techniques that help the mind focus on using strength to achieve optimal physical functioning. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 224 — Triathlon

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduction to the fundamental skills, techniques and training for a triathlon. Includes training for all three legs of the triathlon: swim, bike and run. Training focuses on sprint and Olympic-length triathlons, with the primary concentration being the sprint triathlon. The objective is to prepare students for participation in a sprint triathlon. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 227 — Hiking and Backpacking

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to teach the basic fundamentals of hiking, backpacking and camping. Provides students the opportunity to participate in all three endeavors, while developing overall strength and cardiovascular fitness. Wilderness first aid survival skills are also studied. Daily hikes and one weekend backpacking and camping trip are scheduled. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 229 — Adapted Physical Education

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Exercise program for students with disabilities. Activities are adapted or modified to meet the individual needs and abilities of a student. Students with temporary and permanent disabilities are served, as well as those with major health problems or chronic conditions. Students must have a physician's statement indicating disability, specific restrictions and recommended activities. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

Team Sport Activities

1. Provide instruction and practice in basic techniques of team sport activities.
2. Learn cooperation, sportsmanship, team play and strategy through team participation, plus values, history and rules of each sport.

All activities under this category are coed.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity's, history, rules, etiquette, strategy, equipment and elementary skills.
- **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level will provide for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.
- **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level will prepare the student for highly intensive performance levels. Instruction will accentuate competition and advanced strategies. A higher level of accomplishment is stressed.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly.

PE 120A — Beginning Baseball

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides opportunities for men to receive intermediate-level instruction and training in skills, techniques and strategies. Instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors and companions. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 120B — Intermediate Baseball

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides opportunities for men to receive intermediate-level instruction and training in skills, techniques and strategies. Instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors and companions. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 120C — Advanced Baseball

(1) F — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides opportunities for men to receive intermediate-level instruction and training in skills, techniques and strategies. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors and companions. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 121ABC — Basketball

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Co-educational team sport activity which provides instruction and practice in the fundamentals of basketball technique, as well as team strategy. Individual skills such as catching, dribbling, passing, shooting, rebounding, offensive and defensive strategies are utilized. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 122ABC — Flag Football

(1) S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Instruction and practice in the fundamentals, strategies and rules of the game of flag football. These activities are based on three levels: Beginning, Intermediate and Advanced. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 123ABC — Track and Field

(1) F — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Track and field provides instruction and practice in the fundamentals, skills and techniques of all track and field events. It provides a conditioning program involving event-specific running and event-specific techniques drills. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 124ABC — Soccer

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

For students who wish to learn beginning, intermediate and advanced soccer skills. History, rules and terminology are taught, along with team offense and defense. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 125ABC — Softball

(1) F — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Advanced play in fastpitch softball. Emphasis is on rules, strategy and motor skill development for the advanced player to prepare him/her for competitive play. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 126ABC — Beach Volleyball

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG100 and ENG 103

Co-educational team sport activity which provides instruction and practice in fundamental beach volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies, are utilized depending on level of course. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 127 ABC— Volleyball

(1) F — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Co-educational team sport activity which provides instruction and practice in fundamental volleyball techniques. Individual skills such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies are utilized depending on level of course. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 128 — Advanced Football Techniques

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Advanced skills and techniques of football are presented. Emphasizes rules, theory, advanced strategy and teamwork, and philosophy of intercollegiate football. Practical application of various physical training methods. (*UC Transfer Limit: PE 128, 200, and 218: any or all of these courses combined: maximum credit, 8 units)

PE 129 — Ultimate Frisbee

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Team sport designed to provide the student with basic fundamentals, history, strategies, rules and etiquette of the game. Requires that students comply with strict rules of safety and sportsmanship, as well as fitness and conditioning activities. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

**PE 221 — Advanced Soccer Techniques:
Women**

(1) S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides opportunities for women to receive advanced soccer instruction and practice in skills, techniques, strategies and leadership. Develops desirable human relationships and social expression through interaction with teammates, instructors and officials. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

**PE 222 — Advanced Soccer Techniques: Men
(1) S, Summer — CSU, UC***

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides opportunities for men to receive advanced soccer instruction and practice in skills, techniques, strategies and leadership. Develops desirable human relationships and social expression through interaction with teammates, instructors and officials. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

Aquatics

1. Provide instruction and opportunities for students to develop skills and knowledge of safety and lifesaving techniques in swimming.
2. Provide instruction and opportunities for students to develop skills and efficiency of movement in the water.
3. Develop skills and knowledge in elementary, intermediate and advanced forms of swimming, rescue and supportive first aid measures.

All activities under this category are coed. All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly unless otherwise indicated

**PE 131 — Water Aerobics
(1) — CSU, UC***

Skills Advisories: Eligibility for ENG 100 and ENG 103

Fitness and conditioning program of exercises performed in the water. Strength, flexibility and cardiovascular-respiratory elements, as well as increased repetitions and vigor, increase during the semester. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 132ABC — Swimming

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to equip individuals with basic water safety skills and knowledge to make them reasonably safe in an aquatic environment. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

• **Beginning:** Provides students with the opportunity to learn basic water safety skills and sufficient knowledge to make them reasonably safe in an aquatic environment. It introduces them to all of the parts of the freestyle (crawl) stroke, including breathing techniques, backstroke, breaststroke, butterfly, elementary backstroke and sidestroke.

• **Intermediate:** Provides the student with further knowledge and skills in swimming techniques, principles and water safety practices. Skills learned increase efficiency and develop an improved physical condition for swimming distances with ease. Skills for self-preservation and advanced swimming strokes emphasized. Four basic strokes stressed.

• **Advanced:** Provides individuals with the opportunity to learn and perfect new swimming strokes and other skills so that they will become versatile and skilled performers in the water. The new strokes introduced in course are variations of four basic swimming strokes previously taught. Skilled swimmers are provided new challenges to learn these stroke variations.

PE 133 — Ocean Kayaking

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides instruction and practice in the fundamentals of ocean kayaking: stroke technique, steering, launching, beaching, righting, water safety and cardiovascular fitness. Swim test administered. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 134 — Swimming for Conditioning

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Advanced level course using swimming to improve student's physical condition. Emphasis is on swimming laps and improving stroke mechanics. Students learn principles of conditioning to improve cardiovascular endurance, muscular strength and flexibility. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 136 — Outrigger Canoe Paddling

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Course Advisories: PE 132

Provides instruction and practice in the fundamentals of team, outrigger canoeing: stroke technique, steering, launching, beaching, righting, water safety and cardiovascular fitness. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 137 — Surfing

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to teach the fundamentals of board surfing and provide beginning, intermediate and advanced surfers the opportunity to safely develop the skills to ride waves. Analysis of paddling, wave selection, water safety, equipment, tides and surfing etiquette are emphasized. Students must be able to swim 100 yards non-stop and tread water for five minutes. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 219A — Beginning Water Polo

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Coed class that provides the student with knowledge and skill in water polo techniques, drills, tactics and rules. Water polo swimming skills and techniques are emphasized to enable swimming, passing and shooting with a water polo ball. Various swimming, passing, sculling and treading techniques covered as well as water polo rules and team tactics. Students acquire basic skills that enable them to understand and participate in water polo competition. All students required to pass a swimming test administered the first week. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 219B — Intermediate/Advanced Water Polo

(1) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Coed class that provides the student with further knowledge and skill in water polo techniques, drills, tactics and rules. Water polo skills and techniques are emphasized to develop skills used at intermediate and advanced levels of the sport. Various swimming, passing, sculling and treading techniques covered, as well as advanced interpretations of water polo rules and team tactics. Through drills and scrimmage, students further their knowledge of water polo rules and acquire advanced skills that enable them to participate in intermediate and advanced levels of water polo competition. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 220 — Ocean Swimming**(1) S, Summer — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Provides the student with further knowledge and skill in swimming techniques, principles and water safety practices as they apply to the marine environment. Skills to swim effortlessly and efficiently emphasized. Five strokes to be covered with major emphasis on the freestyle stroke. Students become comfortable and confident swimming long distances in various types of weather and water conditions. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 225 — Lifeguard Training**(2) — CSU, UC***Skills Advisories: Eligibility for ENG 100 and ENG 103*

Provides lifeguard candidates with American Red Cross Lifeguarding skills and knowledge necessary to keep the patrons of aquatic facilities safe in and around water. Other safety skills include: CPR/AED and First Aid. Good decision-making skills are emphasized.

Fitness/Cardiovascular Activities

1. Provide instruction and opportunities for students to develop optimum muscular strength and endurance, cardiovascular and respiratory endurance, flexibility, agility, coordination, balance, accuracy and speed.
2. Provide instruction and opportunities for students to experience vigorous activities which promote relaxation and stress reduction.

All activities under this category are coed.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient health or conditioning. Instruction will develop applications of basic cardiovascular fitness conditioning and establish the rudiments of muscle strength, endurance and flexibility.

- **Intermediate:** For individuals who possess average to above-average levels of fitness. Instruction will provide for an expansion of the

knowledge and skills necessary to maintain an optimum level of fitness through progressively more difficult and specific exercise routines.

- **Advanced:** Provides continuing progressive methods of strength and fitness conditioning on a higher level. Advanced students must rely on knowledge gained in the previous two courses for their program development. Course is for the motivated and fit individual who wishes to meet his/her maximum potential.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly except for LFC classes

PE 106ABC — Spinning for Fitness**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Geared towards improving one's cardiovascular fitness and muscular strength through a spinning program on a stationary bike. Covers two basic types of terrain: flat roads and hills through changes in resistance and positions. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 107A — Yoga for Athletes**(0.5) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to prepare potential and current athletes for intercollegiate competition. Presents a combination of strength, flexibility and balance control, combined with breathing techniques, to increase focus and mind-body awareness for athletic competition. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 107B — Yoga for Athletes**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to prepare potential and current athletes for intercollegiate competition. Presents a combination of strength, flexibility and balance control, combined with breathing techniques, to increase focus and mind-body awareness for athletic competition. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 110 — Advanced Baseball Techniques and Conditioning

(1) F — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed for potential intercollegiate baseball participants. Includes aerobic and anaerobic conditioning, plyometrics, sport-specific strength training, and flexibility. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 112 — Body Conditioning Boot Camp

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to provide instruction and opportunities for students to develop optimum muscular strength, cardiovascular endurance and flexibility. Emphasis placed on safe and proper technique and body mechanics. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138A — Beginning Cardio Boxing

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides students with the opportunity to develop skills for the development of physical and general health using kickboxing fundamentals. Program works every major muscle group in the upper and lower body through basic leg movements, such as front, back and side kicks, as well as such arm combinations as the jab, uppercut, hook and the cross. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138B — Intermediate Cardio Boxing

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

A series of boxing, kickboxing and stretching exercises arranged to music, gradually increasing in tempo as a non-stop 25- to 45-minute program, with 10 to 20 minutes of abdominal work and stretching. Training equipment includes focus mitts, bags and uppercut shields for basic punching and leverage punches. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138C — Advanced Cardio Boxing

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Provides an intense cardiovascular and muscular endurance workout, utilizing boxing techniques choreographed to music. Enhances cardiovascular endurance, improves muscular/skeletal strength, and builds self-confidence moving to music. Incorporates high-intensity combinations of upper body drills, kicking routines and bag work. Increases physical fitness, stamina, coordination and strength. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 139 — Pilates Mat Fitness

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Co-educational instruction and practice in the fundamentals of Pilates mat work. Designed to condition and connect body and mind, correct muscle imbalances, strengthen core muscles, improve posture and increase flexibility to restore optimal functioning of the body. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 140ABC — Body Conditioning

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Co-educational course which provides instruction and opportunities for students to develop optimum muscular strength, cardiovascular endurance and flexibility, emphasizing safe and proper techniques and body mechanics. These activities are based on three levels of progressive instruction: Beginning, Intermediate, and Advanced. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 142AB — Parcourse Fitness

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Parcourse fitness is a jogging fitness program that incorporates a variety of station work. Muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, agility, balance and coordination are included in the station work. Nutrition, stress management, and common fitness injuries and treatment are discussed. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 143ABC — Physical Fitness**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Examines the relationships between fitness and health and assists in the fitness decision-making choices encountered in modern life. Body analysis, fitness assessments and individual exercise programs are emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 144ABC — Weight Training**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

for students who wish to learn a new activity or who possess insufficient health or conditioning. Instruction develops applications of basic cardiovascular fitness conditioning and establishes the rudiments of muscle strength, endurance and flexibility. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 145ABC — Aerobic Conditioning**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Aerobic conditioning is a fitness program which provides instruction and opportunities for students to develop strength, muscle tone, flexibility, coordination and cardiovascular endurance, reduce stress and develop relaxation. Combines activity and a variety of musical rhythms. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 146 — Stretching and Relaxation**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to provide a comprehensive series of stretches to improve body flexibility, prevent injury and induce relaxation for athletes and non-athletes. Stretching techniques and applications emphasized for sporting activities and stress management. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 147ABCD — Conditioning for Intercollegiate Athletes**(0.5-2.0) F, S, Summer — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to prepare potential athletes for upcoming intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 148AB — Walking/Jogging for Fitness**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Co-educational course which provides instruction to develop cardiovascular fitness and flexibility through an individualized walking/jogging program. Emphasizes safe and effective techniques for all fitness levels. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 157 — Advanced Football Conditioning and Techniques**(1) S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed for potential athletes to become physically and mentally prepared for intercollegiate football competition. Presents a combination of anaerobic conditioning, speed development, strength training, plyometrics training, and sport-specific skill development activities. Emphasizes rules, theory, advanced strategy and teamwork, philosophy and practical application of physical training methods. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 168 — Women's Fitness and Weight Training

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

For women who wish to learn a new activity or who possess insufficient health or conditioning. Instruction develops applications of basic cardiovascular fitness conditioning and establish the rudiments of muscle strength, endurance and flexibility. Information specific to women's fitness and health concerns includes benefits of weight training, flexibility, body composition, program design, frequency, intensity, recovery and other issues, such as diabetes, cancer and nutrition. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 176 — Fitness Yoga

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Instruction and practice in the fundamentals of yoga-based poses designed to enhance strength, flexibility, balance and focus. Covers enhanced body alignment, improved posture and breathing techniques that help the mind focus on using strength to achieve optimal physical functioning. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 226 — Running for Conditioning

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed for beginning, intermediate and advanced level individuals who seek more specific and advanced training techniques. Covers training theory in distance running personalized training programs, specific strength training for runners, nutrition for endurance training and biomechanical analysis for running efficiency. Training volume and intensity depend on individual's current fitness level. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

Life Fitness

All Life Fitness courses are 36 hours per semester, except PE 179, which is 18 hours per semester.

PE 149 — Life Fitness

(1) F, S, Summer — CSU, UC*

Open-entry/open-exit course designed to increase cardiovascular endurance, strength and flexibility, utilizing state-of-the-art equipment. Required orientation includes individualized fitness assessment and prescription, as well as other health profiles (i.e., body composition, cardiac risk profile and nutritional analysis). (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 166 — Life Fitness — Strength Training

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Open-entry/open-exit course designed to increase muscular strength and endurance utilizing plate-loaded apparatus, free weights, selectorized weight machines, and Olympic lifting techniques. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 169 — Life Fitness — Multi-Joint Training

(1) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Open-entry/open-exit course designed to increase muscular strength and endurance, utilizing free weights and Olympic lifting techniques. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 177 — Life Fitness — Weight Management**(1) F, S, Summer — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to decrease body weight, body fat and body mass index, using a combination of dietary planning and exercise in the Life Fitness Center. Students must attend a one-hour weekly meeting to meet the requirements of the nutritional program. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures. (**UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 178 — Life Fitness — Beginning Senior Fitness**(0.5)— CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to enhance the health, functional ability and quality of life for older adults. Individual exercise programs are designed to allow for safe and effective activity based on results of physical fitness assessments. Class involves structured teaching sessions and open lab hour activities for students. (**UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 179 — Life Fitness — Super Circuit Training**(.5) F, S, Summer — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Instruction in the development of cardiovascular endurance, muscular endurance and flexibility, using selectorized weight equipment in combination with stationary bicycles. Required orientation includes course objectives and requirements, rules, regulations, and safety procedures. (**UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 195 — Life Fitness — Functional Fitness Training**(.5) F, S, Summer — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Instruction in exercise techniques aimed at enhancing functional performance in daily activities, general exercise and athletics. Instruction emphasizes the development of joint stabilizer strength, balance, core (abdominal) strength and efficiency of movement, using a variety of strength and balance training equipment. (**UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 196 — Myofascial Release Techniques in Exercise**(0.5) F, S, Summer — CSU***Skills Advisories: Eligibility for ENG 100 and ENG 103*

Introduction to the incorporation of self-myofascial release (self-massage) techniques in exercise. Learning to utilize various equipment to manipulate soft tissue for injury prevention, rehabilitation, pain reduction and sport performance.

DANCE

1. Provides instruction in fundamental skills in dance, and control in poise, and movement in line, rhythm and design.
2. Provides opportunities for students to develop creativity, kinesthetic awareness and rhythmic development through dance movement.
3. Explores dance as an art form.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** This level explores the basic fundamentals of dance concepts and movements.
- **Intermediate:** Continuation of increased proficiency in the combination of movements. Emphasizes the significance of dance as an art form.
- **Advanced:** Provides an opportunity for the student to exhibit creative and individualistic expression in the dance form. Instruction will be directed toward the high achievement of excellence and creativity.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly unless otherwise indicated.

PE 150ABC — Ballet

(1) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Fundamental theory and practice of ballet technique. Emphasis on placement, correct body alignment, muscular control, and a development of ballet positions and steps. Includes consideration of the cultural and historical significance of ballet as an art form.

PE 151AB — Jazz Dance

(1) F, S — CSU, UC

Course Advisories: PE 152

Skills Advisories: Eligibility for ENG 100 and ENG 103

Exploration of lyrical jazz dance forms and techniques. Combination of freely syncopated rhythms and steps of popular dance incorporated into compositions.

PE 152ABC — Modern Dance

(1) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Techniques of modern dance are studied and executed. Movement skills, rhythmic structure, qualities of movement, spatial design and an appreciation of dance are presented.

PE 153 — Dance Concert

(1) S — CSU, UC

Corequisites: Concurrent enrollment PE 150ABC or PE 151AB or PE 152ABC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Limitation on Enrollment: Audition for dance performance

Concentrated development of dance skills and the understanding of choreography. Experience in public performance of dance concerts and demonstrations provided. Includes six hours laboratory to participate in dance concert.

PE 156 — Beginning Social Ballroom Dance

(1) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduces students to the fundamentals of ballroom dance, with detailed descriptions of the basic steps which, in turn, systematically build to attractive dance combinations. Also covers American and Latin American dances, including styling, dance position holds, leading and following techniques.

PE 158A — Country/Western Line Dancing

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Explores the basic fundamentals of Country/Western Line Dance concepts and movements. Dances that are performed to popular Country/Western music. A combination of jazz, ballroom, swing, rock and roll and just pure country.

PE 167 — Exploration of Dance

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Explores the fundamentals of dance and movement. Students experience the disciplines of ballet, modern, jazz, improvisation, stretch, relaxation, Pilates and yoga. Emphasis on body alignment, strength/flexibility, wellness and the importance of cross-training for dancers. Students create quality movement and artistry in dance.

PE 250 — Survey and Appreciation of Dance History

(3) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduction to the world of dance. Survey of its history, cultural and religious significance, and its comparison to other forms of expression in primitive society, ancient cultures, and medieval and Renaissance Europe. Development of ballet, modern dance and contemporary forms, and their relationship to the concurrent art forms of music, art and literature.

PE 252 — Fundamentals of Choreography

(2) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Course Advisories: PE 152

Introduction to the choreographic process. Movement studies to acquire experiences and knowledge of compositional techniques. Individual and group creativity stressed, along with the ability to articulate esthetic distinctions. Special emphasis on movement experimentation, invention and development. Includes discussion and appraisal of students, as well as concept development.

PE 253/FP 253 — Experimental Filmmaking and Dance**(3) — CSU***Corequisites: FP 170 or PE 252**Skills Advisories: Eligibility for ENG 100 and ENG 103*

Issues and practices in creating dance for camera, emerging technologies and new genre filmmaking. Students collaborate to create their own dance compositions, and use experimental film and lighting techniques to make short dance films.

PE 260 — Dance Improvisation**(1) F — CSU, UC***Skills Advisories: Eligibility for ENG 100 and ENG 103**Course Advisories: PE 152A*

Introduction to creative exploration in movement through improvisational and compositional exercises that access and develop imagination, find relationships between imagination and dance-making, and enrich movement vocabulary. Students develop individual/group sensitivities and concentration, and make discoveries to begin the forming process used in creating and inventing movement.

COMBATIVES

Provide instruction in a combative area which would facilitate self-defense, stress-coping mechanisms, basic movement skills and fitness.

All activities under this category are coed.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity's history, rules, etiquette, strategy, equipment and elementary skills.
- **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level provides for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.
- **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level prepares the student for highly intensive

performance levels. Instruction accentuates competition and advanced strategies. A higher level of accomplishment is stressed.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly except where indicated.

PE 159A — Beginning Taekwondo**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed for individuals who are interested in gaining knowledge of and experience in the various aspects of Taekwondo. Covered are fundamental Taekwondo movements and applications, Olympic Taekwondo, and martial art conditioning. Physical conditioning is emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 162ABC — Karate**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Critical analysis of the mental and physical principles of karate as a martial art. Training includes both "hard" and "soft" techniques, with emphasis on physical movements which synthesize the elements of speed, concentration, balance and timing. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 163ABC — Self-Defense**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Presentation and critical analysis of the basic movements used in personal defense that can be learned by anyone of average physical ability. Designed to allow students an opportunity to develop and practice personal self-defense skills, without directly engaging in the martial arts. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

PE 164ABC — Self-Defense: Women**(1) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed for men and women who are interested in gaining knowledge in simple but effective self-defense techniques. Examines rape, wife and child abuse and other cultural influences that require the necessity for this course. (*UC Transfer Limit: All PE activity courses combined with HE 213 and MDT 100 and 105: maximum credit, 4 units)

Intercollegiate Athletics

Santa Barbara City College offers a wide range of intercollegiate athletic activities. These are designed for men and women who exhibit a high skill level in various sports and who can compete at the collegiate level. While completing course work in a wide range of academic fields, those involved in athletics are also devoting much time and energy to their individual sports through practice and skill development. For some individuals, the skills they exhibit at SBCC will lead to a furthering of their education and athletic abilities at a four-year institution.

They provide opportunities for men and women to receive advanced level instruction and training in skills, techniques, strategies and leadership, and to:

1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions.
2. Provide an educationally sound environment for wholesome competition.

Limitation of Enrollment for All Athletics Classes, PE 180-194 and 199:

Selection to enroll by permission of instructor. Students must have a physical exam prior to participation in class.

All activities under this category are coed unless specifically designated. And all have skills advisories of eligibility for ENG 100 and ENG 103

PE 180 ABC — Intercollegiate Baseball - Men (1-3) S — CSU, UC*

PE 181 ABC — Intercollegiate Basketball - Women (1-3) F — CSU, UC*

PE 182 ABC — Intercollegiate Basketball - Men (1-3) F — CSU, UC*

PE 183 ABC — Intercollegiate Cross Country - Men/Women (1-3) F — CSU, UC*

PE 184 ABC — Intercollegiate Football - Men (1-3) F — CSU, UC*

PE 185 ABC — Intercollegiate Golf (1-3) F, S — CSU, UC*

PE 186 ABC — Intercollegiate Tennis - Women (1-3) S — CSU, UC*

PE 187 ABC — Intercollegiate Tennis - Men (1-3) S — CSU, UC*

PE 188 ABC — Intercollegiate Track and Field - Women (1-3) S — CSU, UC*

PE 189 ABC — Intercollegiate Track and Field - Men (1-3) S — CSU, UC*

PE 190 ABC — Intercollegiate Volleyball - Women (1-3) F — CSU, UC*

PE 191 ABC — Intercollegiate Volleyball - Men (1-3) S — CSU, UC*

PE 192 ABC — Intercollegiate Soccer - Women (1-3) S — CSU, UC*

PE 193 ABC — Intercollegiate Soccer - Men (1-3) S — CSU, UC*

PE 194 ABC — Intercollegiate Softball - Women (1-3) S — CSU, UC*

PE 199 ABC — Intercollegiate Cheer/Dance Team (1-3) F, S — CSU, UC*

**UC Transfer Limit: Intercollegiate Athletics combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.*

PE 180-194 and 199:

Open for enrollment from the first to 12th week of the semester on an open-entry/open-exit basis:

A — 3 units (156 hours)

B — 2 units (104 hours)

C — 1 unit (52 hours)

Theory and Professional Preparation

The Physical Education major presents the student with more career opportunities than ever before. In addition to the traditional areas of teaching, coaching, recreation and dance, Physical Education majors are finding that the disciplines of physical therapy, athletic training, rehabilitation services, exercise specialties and fitness are more and more in demand. In addition, as preventive health care becomes more prevalent, the physical educator should find an even wider range of opportunities.

PE 200 — Introduction to Kinesiology

(3) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduction to the field of physical education/kinesiology. The history, present status and future trends in the field are examined. Career options in the field of physical education and sport explored. (*UC Transfer Limit: PE 128, 200, and 218: any or all of these courses combined: maximum credit, 8 units)

PE 201 — Coaching Youth Football

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to aid youth football coaches. Fundamentals of offense, defense and kicking game are covered, as well as the psychological and philosophical aspects of coordinating a safe youth program.

PE 202 — Coaching Youth Baseball

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Lecture course designed to aid the youth baseball coach. Includes current baseball theories, psychological and philosophical aspects of baseball, and the necessary ingredients for a safe youth baseball program.

PE 214 — Coaching Youth Basketball

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Lecture course on practical skill development designed to aid the youth basketball coach. History, theory, psychological and philosophical aspects, and safety factors are covered.

PE 215 — Coaching Youth Softball

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Lecture course on practical skill development designed to aid the youth softball coach. History, theory, psychological and philosophical aspects, and safety factors are covered.

PE 216 — Competition, Motivation and the Athlete

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduction to the psychological, motivational, competitive and physical dimensions of sport. Survey of the athlete and coach to facilitate optimal performance.

PE 217 — Movement Education in the Elementary School

(3) — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed for students who desire an elementary school teaching credential or those who are Physical Education majors. Introduction to psychomotor development skills and teaching methodologies necessary to develop and teach elementary school physical education. Cultural and historical perspectives, as well as self-image and personal development skills, included.

PE 218 — Introduction to Coaching/Teaching

(3) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Introduction to the field of coaching/teaching. History, present status and future trends of coaching. Career options in the profession of coaching are explored. (*UC Transfer Limit: PE 128, 200 and 218: any or all of these courses combined: maximum credit, 8 units)

PE 223 — Coaching Youth Soccer

(1.3) Summer— CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Lecture and lab course on practical skill development to aid youth soccer coach. Theory, psychological and philosophical aspects, safety and prevention of injuries are covered. National Soccer Coaches of America Association Advanced Regional Diploma awarded upon successful completion.

PE 228 — Sport Video Technology

(3) — CSU

Skills Advisories: ENG 100 and ENG 103

Introduction to sport technology and digital technology as applied to sports in America. Students learn how new technology is applied to sports (basketball, baseball, football, soccer, volleyball). Students receive hands-on training with sport software and technology as applied to sports. Students attend a sports event and utilize the sport technology and software as applied to the collegiate and professional levels.

PE 290 — Work Experience in Physical Education

(1-4) F, S — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103
One unit of credit is awarded for each 75 hours paid experience or 60 hours volunteer hours of on-the-job experience each semester.

Work/learning experience which provides the student an opportunity to evaluate various career opportunities within the physical education/recreation field and to apply classroom learning to field experience. Students receive credit for paid and/or volunteer work. Individual learning objectives implemented each semester.

PE 295 — Internship in Physical Education/Health Education

(2-4) F, S — CSU

Skills Advisories: Eligibility for ENG 110 or ENG 110H
Limitation on Enrollment: Completion of two courses in the Physical Education department at SBCC prior to enrolling in an internship course.
Five to 10 hours weekly on-the-job experience.

Structured internship program in which students gain experience with community organizations related to the discipline.

RECREATION EDUCATION

REC 215 — Outdoor Education

(2.3) Summer — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Basic fundamentals of hiking, mountain biking, camping, outdoor recreation equipment and backpacking. Students study plants and animals, history, geography and environmental issues of the local area. Specific attention given to the Channel Islands. Various field trips include different outdoor activities and educational opportunities.

HEALTH EDUCATION

Courses in Health are provided as a General Education program and serve as an adjunct to the Physical Education Department. The courses are designed to provide information on personal and consumer health practices relevant to contemporary lifestyles.

HE 101 — Personal Health Awareness

(3) F, S, Summer — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to identify and find ways in which to deal with a variety of health issues, including mental and emotional health, value systems, drugs and alcohol, fitness and nutrition, sexuality and relationships, death and dying, cardiovascular disease and cancer. Satisfies credential requirement for elementary and secondary school teachers. (*UC transfer limit: HE 101 and 102 combined: maximum credit, one course)

HE 102 — Personal Health: Women

(3) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

A lecture course designed for both men and women which deals with a variety of health issues, with special emphasis and focus on health factors unique to women. Topics include mental and emotional health, date rape and partner and child abuse, drugs and alcohol, fitness and nutrition, and sexuality and relationships. (*UC transfer limit: HE 101 and 102 combine: maximum credit, one course)

HE 103 — Responding to Medical Emergencies

(2) F, S — CSU, UC

Skills Advisories: Eligibility for ENG 100 and ENG 103

Recommended for all students who have an interest in learning to recognize, assess and provide care for injuries or sudden illness until professional medical help arrives. Emphasizes the importance of a safe, healthy lifestyle and the prevention of injuries. American Red Cross Responding to Emergency and Adult CPR certification possible.

HE 104 — Introduction to Athletic Injuries**(3) F, S — CSU, UC***Course Advisories: BMS 100 or BIOL 100**Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to teach students interested in allied health professions, coaching or personal enhancement, methods of prevention, recognition and care of sports-related injuries through lecture and hands-on experience. Comprehension of injury-causing mechanisms, resulting pathology, protective taping/strapping, and an awareness of the duties of the athletic trainer are emphasized.

HE 107 — Health and Fitness Appraisal**(0.5) Course Advisories: Any of the PE 140 courses***Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to assess physical fitness of individual students. Modern physical fitness evaluation includes measurements of body composition, strength, flexibility, posture and cardiovascular endurance. An individual exercise prescription and program is developed based on measurements. Selected lecture topics are used to investigate the importance of physical fitness in maintaining optimal health.

HE 108 — Advanced Assessment and Treatment of Athletic Injuries**(3) S — CSU***Corequisites: HE 104**Course Advisories: BMS 107**Skills Advisories: Eligibility for ENG 100 and ENG 103*

Designed to teach students interested in a paramedical profession (pre-med, physical therapy, athletic training) and coaching the proper methods of systematic evaluation and rehabilitative principles/techniques of athletic injuries through lecture and hands-on lab. Comprehension of evaluation skills in scenarios, theory/utilization of modalities, and implementation of rehabilitative techniques for sport injuries stressed.

HE 109 — Health and Physical Fitness for Older Adults**(1) — CSU**

Designed to advance the understanding of the relationship between living habits and health for older adults. Enhances the physical and emotional well-being of individuals by providing information and activities designed for improvement of nutrition, fitness, cardiovascular health, and stress management skills. Student is able to design a safe and effective health program.

HE 110 — Sports Nutrition**(2) — CSU***Skills Advisories: Eligibility for ENG 110 or ENG 110GB or ENG 110H*

Examines nutrients and their effects on physical performance. Topics include basic nutrition principles, pre- and post-exercise nutrition, eating for weight control/gain, proper hydration, and eating disorders. Also examined are pharmacological, hormonal, physiological and nutritional agents that have purported ergogenic properties.

HE 111 — Understanding Human Sexuality**(3) F, S — CSU, UC****Skills Advisories: Eligibility for ENG 100 and ENG 103*

Human sexuality course introduces physiological, psychological, sociological and cultural aspects, and explores personal perspectives. (*UC transfer limit: HE 111 and PSY 125 combined: maximum credit, one course)

HE 112 — Adult CPR**(.25)***Skills Advisories: Eligibility for ENG 100 and ENG 103*

Recommended for students who have an interest in learning how to recognize, assess and provide care for cardiac events until professional medical help arrives. American Red Cross, CPR certification possible.

HE 113 — CPR/AED for the Professional Rescuer**(0.5) — CSU***Skills Advisories: Eligibility for ENG 103*

Provides advanced American Red Cross Cardiopulmonary Resuscitation and Automated External Defibrillation skills and knowledge to enable students to save a life; may serve as prerequisite for other courses.

HE 114 — Adherence and Motivation in Exercise**(2) — CSU***Skills Advisories: Eligibility for ENG 110 or ENG 110GB or ENG 110H*

Introduces strategies to increase and/or initiate the behaviors of exercise and physical activity. Provides knowledge of behavioral strategies to enhance fitness and healthy lifestyle change. Presents techniques designed to enhance motivation and implement various forms of reinforcement.

HE 213 — Concepts in Health and Physical Fitness

(3) F, S — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and ENG 103

Examines current health and physical fitness concepts which prevent disease and enhance the quality of life. Emphasis is placed on applying theory to everyday living. Topics include personal health profiles, heart disease and risk factor identification, exercise prescription, muscular and cardiovascular fitness, weight management, stress management, posture evaluation and nutritional analysis. (*UC transfer limit: 213 combined with PE activity and MDT 100 and 105: maximum credit, 4 units)

HE 220 — Fundamentals of Exercise Testing and Fitness Instruction

(3) S — CSU

Skills Advisories: Eligibility for ENG 100 and ENG 103

Designed to teach techniques and evaluation of graded exercise testing, electrocardiograms, body composition analysis and other physical fitness assessments. Implementation and leadership of exercise programs explored.