

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 careers in personal fitness training. See department chair for information.

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 is allowed to take one course in each level only of any one discipline. There a total of four enrollments only in the Life Fitness Center family of courses. 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.

The Physical Education Department at SBCC currently offers three A.A. degrees in Physical Education which provide students with a foundational knowledge on the processes through which individuals obtain optimal health, physical skill, and fitness. The physical educator, whether in a laboratory, school, medical or business setting, is ultimately concerned with improving the individual's health and well-being. The programs prepare students to make a successful transition into a Baccalaureate Degree in Kinesiology at any four-year institution. These Physical Education degrees present students 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. Students with such interests should discuss their plans with a counselor or department adviser as early as possible.

In addition, the Physical Education department offers an A.A.-T Degree in Kinesiology for Transfer. This degree will provide the foundational knowledge in Kinesiology to students who want to earn a Baccalaureate Degree in Kinesiology. This degree is in compliance with the Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in *California Education Code* sections 66746-66749) and guarantees admission to a California State University (CSU) campus for any community college student who completes an “associate degree for transfer,” a newly established variation of the associate degrees

traditionally offered at a California community college. Upon completion of the transfer associate degree, the student is eligible for transfer with junior standing into the California State University (CSU) system. Students will be given priority consideration when applying to a particular program that is similar to the student's community college area of emphasis. For the latest information about transfer degrees, www.sb1440.org.

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-310, ext. 2275)
Morris Hodges (PE-309, ext. 2272)
Tracy Kofford (PE-308, ext. 3732)
Craig Moropoulos (PE-307, ext. 2460)
Charles Melendez (PE-305, ext. 3467)
Ellen O'Connor (PE-306, ext. 2270)
Sandrine Rocher-Krul (PE-313, 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 and Awards

Associate in Arts Degree: Physical Education

Associate in Arts Degree: Physical Education:
Emphasis in Athletic/Personal Fitness Training

Associate in Arts Degree (A.A.-T):
Kinesiology for Transfer

Skills Competency Award:

Skills for Healthy Aging Resources and
Programs (SHARP)

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 (40 units)

BMS 107 — Human Anatomy.....	4
HE 101 — Personal Health Awareness.....	3
HE 103 — Responding to Medical Emergencies	3
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 PE Activities (9 units selected as follows):

Choose one course from each category:

Aquatics: 132ABC, 133, 134, 137, 220

Fitness/Cardiovascular: PE 106AB, 112, 138ABC, 139,
143A, 144ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169,
176AB, 177, 178, 179, 195, 196, 224

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

Combatives: 162AB, 163, 164

Choose three courses from: Team Sports

PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 126ABC,
127ABC, 219AB

Choose two courses from: Individual Sports

PE 101AB, 103AB, 109ABC, 226

A.A. Degree: Physical Education, Emphasis in Athletic/Personal Fitness Training

The degree emphasis in Athletic/Personal Fitness 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 (39-44 units)

BMS 107 — Human Anatomy.....	4
BMS 108 — Human Physiology	4
BMS 128 — Human Nutrition	3
HE 103 — Responding to Medical Emergencies	3
HE 104 — Introduction to Athletic Injuries	3
HE 108 — Advanced Assessment and Treatment of Athletic Injuries	3
HE 213 — Concepts in Physical Fitness	3
HE 220 — Fundamentals of Exercise Testing and Fitness Instruction	3
PE 200 — Introduction to Kinesiology	3
PE 290 — Work Experience in Physical Education <i>or</i>	1-4
PE 295 — Internship in Physical Education/ Health Education	2-4

Plus 6-8 units of Controlled Electives:

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

Plus 3 units of Controlled Physical Education Activities. PE 143 (Integrated Training for Fitness) is required with at least one course from the aerobic conditioning group and one from the flexibility group (all PE activity courses apply to Area E3 of the SBCC General Education pattern):

PE 143A Integrated Training for Fitness.....1.0

Aerobic Conditioning:

Aquatics

PE 134, 220

Fitness/Cardiovascular

PE 106A, 112, 138A, 148AB, 226

Flexibility: PE 139, 146, 176AB

College Requirements

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

Requirements for A.A.-T Degree— Kinesiology for Transfer

The goal of the Kinesiology Program at Santa Barbara City College is to prepare students to develop the fundamental understanding of the influence of human movement on the acquisition of physical skills, personal health and intellectual development. The study of Kinesiology is an academic discipline and an essential component of the general education process. Kinesiology contributes to the broader understanding of human development and the role that movement plays in cultural, social and personal expression. Students are advised to meet with an academic counselor to discuss the best combination of courses to take for their A.A.-T and to meet the requirements of the transfer institution to which they are intending to transfer. For example, requirements for the baccalaureate degree in Kinesiology vary from one institution to another. It is, therefore, essential to become familiar with the requirements of the institution a student plans to attend.

The Associate in Arts Degree in Kinesiology for Transfer provides students with the foundational knowledge in Kinesiology needed to make a successful transition into a Baccalaureate Degree in Kinesiology at any of the CSU campuses.

Degree Requirements

Complete 60 CSU transferable units including general education, major requirements and CSU transferable electives as follows:

I. General Education

Complete one of the following patterns:

- Intersegmental General Education Transfer Curriculum “IGETC” for CSU (34-40 semester units)
- California State University General Education Breadth pattern (39 semester units)

II. Major

Complete 21-23 units as outlined below with a “C” or better in each course. Pass/no pass grading is not permitted in a course within a student’s major area of study. The courses completed for the major may also be used to fulfill general education areas on the IGETC or the CSU GE Breadth.

Required Core (14 units)

BMS 107* — Human Anatomy 4

BMS 108* — Human Physiology..... 4

PE 200 — Introduction to Kinesiology.....3

Aquatics Area: 132ABC, 133, 134, 137, 219AB, 220

Combatives Area: PE 162AB, 163, 164

Team Sports Area: PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 126ABC, 127ABC, 128, 221, 222

Individual Sports Area: PE 101AB, 103AB, 109ABC, 123ABC, 224,

Fitness Area: PE 106AB, 112, 138ABC, 139, 143A, 144ABC, 146, 148AB, 149, 166, 168, 169, 176AB, 177, 226, 227

Dance Area: PE 150ABC, 151ABC, 152ABC, 153, 156, 260

List A. Select two courses from the following (minimum 6 units)

BIOL 100* — Concepts of Biology *or*

BIOL 140* & 141* — Principles of Biology & Biol Lab4

CHEM 101* — Introductory Chemistry *or*

CHEM 104* — Fund of General, Organic & Biol Chem *or*

CHEM 155* — General Chemistry I..... 4-5

HE 103 — Responding to Medical Emergencies.....3

MATH 117* — Elementary Statistics *or*

MATH 117H* — Elementary Statistics, Honors *or*

PSY 150 — Statistics for Behavioral Science4
PHYS 101* & 101L* — Conceptual Physics & Lab **or**
PHYS 102* — Intro Physics for Science Majors **or**
PHYS 105* — General Physics **or**
PHYS 110* — Introductory Physics 4

* These courses fulfill an IGETC and/or a CSU GE Breadth pattern requirement. Visit www.assist.org or www.sbccc.edu/transfercenter for IGETC and CSU GE Breadth requirements.

III. CSU Transferable Electives

Complete as many units as needed to reach a total of 60 CSU-transferable units (for a list of SBCC-transferable courses to CSU, visit www.assist.org).

Additional Graduation Requirements for A.A.-T in Kinesiology:

- Maintain a cumulative CSU transferable GPA of 2.0.
- Residency Requirements: Candidates for an Associate Degree are expected to complete 15 semester units in residence at SBCC. Candidates for an Associate Degree are also expected to complete at least 20% of the department major requirements in residence at SBCC.

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 103A — Beginning Golf

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103 (NOTE: There is a \$25 fee)
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 103B — Intermediate Golf

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103 (NOTE: There is a \$25 fee)
Hours: 54 (12.6 lecture, 41.4 lab)*

For students who already possess the rudimentary skills and abilities of golf and 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. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 109ABC — Tennis

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Tennis is a part of the sports program of the Physical Education Department. Class 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 111 — Coastal Fishing

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Combination lecture and activity course designed to teach students how and where to fish the central coast of California. Designed to acquaint the student in identification of local game fish, necessary equipment, conservation strategies, casting and other physical skills required for effective fishing of the California central coast. (*UC Transfer Limit: All PE activity courses combined with HE 108, 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 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 224 — Triathlon

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Introduction to the fundamental skills, techniques and training for a triathlon. Includes training for all three disciplines 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 of this course is to prepare students for participation in a sprint triathlon. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 227 — Hiking for Fitness

(1.5) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Designed to teach the basic fundamentals of hiking for fitness. Provides students the opportunity to participate while developing overall strength and cardiovascular fitness. Wilderness first aid and survival skills also studied. Daily hikes are scheduled. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 229 — Adapted Physical Education

(1.5) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 58.5 (13.5 lecture, 45 lab)*

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 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 108, 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 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Provides opportunities for men to receive beginning-level instruction and training in skills, techniques, and strategies of baseball. Provides 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 120B — Intermediate Baseball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Provides opportunities for men to receive intermediate-level instruction and training in skills, techniques and strategies. Provides 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 120C — Advanced Baseball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Provide opportunities for men to receive advanced-level instruction and training in skills, techniques, and strategies of baseball. 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 121ABC — Basketball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 122ABC — Flag Football

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 123ABC — Track and Field

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 and drills. (**UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 124ABC — Soccer

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

For students who wish to learn beginning, intermediate and advanced soccer skills. History, rules and terminology will be taught, along with team offense and defense. (**UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 125ABC — Softball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Advanced play in fastpitch softball. Emphasis 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 126ABC — Beach Volleyball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 127 ABC — Volleyball

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units*)

PE 128 — Advanced Football Techniques

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

A team sport designed to provide the student with basic fundamentals, history, strategies, rules, and etiquette of the game. The class will also require

that students comply with strict rules of safety, sportsmanship as well as fitness and conditioning activities. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 221 — Advanced Soccer Techniques: Women

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Provides opportunities for women to receive advanced soccer instruction and training 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 222 — Advanced Soccer Techniques: Men

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Provides opportunities for men to receive advanced soccer instruction and training 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 108, 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 132ABC — Swimming

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Objective of this course is to equip individuals with basic water safety skills and knowledge to make them reasonably safe in an aquatic environment. Introduces the freestyle (crawl) stroke, including breathing techniques, backstroke, breaststroke, butterfly, elementary backstroke and sidestroke. (*UC Transfer Limit: All PE activity courses combined with HE 108, 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) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 134 — Swimming for Conditioning**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 (12.6 lecture, 41.4 lab)*

Intermediate to advanced level course using swimming to improve student's physical condition. Emphasis is on endurance, strength 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 137 — Beginning Surfing**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 (12.6 lecture, 41.4 lab)*

Designed to teach the fundamentals of board surfing and provide beginning surfers the opportunity to safely develop the skills to ride waves. Paddling technique, wave selection, ocean safety, oceanography, equipment, tides and surf etiquette are explained. Students must swim comfortably 100m non-stop in order to continue in course (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 219A — Beginning Water Polo**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 (12.6 lecture, 41.4 lab)*

Coed class that provides the student with knowledge and skill in water polo techniques, drills, tactics and rules. Swimming skills and techniques are emphasized to enable swimming, passing and shooting. Students acquire basic skills that enable them to understand and participate in water polo competition. All students required to pass swimming test administered first week. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 219B — Intermediate/Advanced Water Polo**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 (12.6 lecture, 41.4 lab)*

Coed class that provides students 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. Acquisition of 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 220 — Ocean Swimming**(1) — CSU, UC****Skills Advisories: Eligibility for ENG 100 and 103**Hours: 54 (12.6 lecture, 41.4 lab)*

Provides student with further knowledge in swimming techniques, principles and water safety practices as they apply to the marine environment. Skills to swim effortlessly and efficiently emphasized. Major emphasis on the freestyle stroke with elements of other strokes incorporated. 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

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 106A — Beginning Spinning For Fitness (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Indoor cycling class geared towards improving one's cardiovascular fitness and muscular endurance. Designed for individuals of all fitness levels, the program covers proper technique and training at various intensities. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 106B — Intermediate Spinning For Fitness (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Indoor cycling class geared towards improving one's cardiovascular fitness and muscular endurance. Designed for individuals looking to improve their basic level of fitness, the course covers intermediate skills and techniques while training at various intensities. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 110 — Advanced Baseball Techniques and Conditioning (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 112 — Body Conditioning Boot Camp (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138A — Beginning Cardio Boxing (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 shuffle, slip, and weave, as well as such arm combinations as the jab, uppercut, hook and the cross. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138B — Intermediate Cardio Boxing (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 138C — Advanced Cardio Boxing (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 139 — Pilates Mat Fitness

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 143A — Integrated Training for Fitness

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 144ABC — Weight Training

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

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, principles of training, core strength, and equipment selection and safety. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 146 — Stretching and Relaxation

(1.5) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 58.5 (13.5 lecture, 45 lab)*

Designed to enhance overall wellness regarding body flexibility, injury prevention and stress reduction for all adults, including athletes and non-athletes. Stretching techniques and applications regarding active lifestyles, sports and stress management are emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 147ABCD — Conditioning for Intercollegiate Athletes

(0.5-2.0) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 16-64 (6-24 lecture, 10-40 lab)*

Designed to prepare potential athletes for 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 148AB — Walking/Jogging for Fitness

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Co-educational course which provides instruction to develop cardiovascular fitness and flexibility through an individualized walking/jogging program. This course emphasizes safe and effective techniques for all fitness levels. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 157 — Advanced Football Conditioning and Techniques

(1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

Designed for athletes to become physically prepared for intercollegiate football competition. Utilizes a combination of anaerobic conditioning, speed development, strength training, plyometrics training,

and sport-specific skill development. 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 108, 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 103
Hours: 54 (12.6 lecture, 41.4 lab)

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 establishes the rudiments of muscle strength, endurance and flexibility. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 176A — Beginning Fitness Yoga

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)

Instruction and practice in the fundamentals of yoga-based poses designed to enhance strength, flexibility, balance and focus. Emphasis on safety, proper body alignment, improved posture, and developing breathing techniques that encourage the mind-body connection and relaxation response. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 176B — Intermediate Fitness Yoga

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)

Continued instruction and practice in intermediate-based yoga poses designed to enhance strength, flexibility, balance and focus. Emphasis on safety, proper body alignment, improved posture and developing breathing techniques that encourage mind-body integration and relaxation response. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 226 — Running for Conditioning

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)

Introduction to the fundamental skills, techniques and training for a triathlon. Includes training for all three disciplines 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 108, 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) — CSU, UC*

Hours: 36 (9 lecture, 27 lab)

Open-entry/open-exit course designed to increase cardiovascular endurance, strength and flexibility, utilizing state-of-the-art equipment. Provides knowledge of basic fitness concepts and skills to develop an individualized workout based upon the student's goals. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 166 — Life Fitness — Strength Training

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 36 (9 lecture, 27 lab)

Designed to increase muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, and weighted cables. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 169 — LF — Weight Training for Power

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 36 (9 lecture, 27 lab)

Open-entry/open-exit course designed to increase muscular strength, endurance and power 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 177 — Life Fitness — Weight Management (1) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 36 (9 lecture, 27 lab)*

Weight management concepts, 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 179 — Life Fitness — Super Circuit Training (0.5) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 18 (4.5 lecture, 13.5 lab)*

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 195 — Life Fitness – Functional Fitness Training (0.5) — CSU, UC*

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 18 (4.5 lecture, 13.5 lab)*

Instruction in exercise techniques aimed at enhancing functional performance in daily activities, general exercise and athletics. 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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 196 — Myofascial Release Techniques in Exercise (0.5) — CSU

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 18 (4.5 lecture, 13.5 lab)*

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) — CSU, UC

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 lab)*

This dance course focuses on the fundamentals of ballet in both classical and contemporary ballet. Through active participation, the student experiences

ballet technique and vocabulary, along with developing a higher understanding about the important historical contribution ballet has made to western theatrical dance.

PE 151ABC — Jazz Dance

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on the fundamentals of jazz dance, including theatrical, film/video and contemporary dance styles. Through active participation, students experience a universal jazz dance vocabulary that emphasizes rhythmical movement patterns, coordination and presentation skills.

PE 152ABC — Modern Dance

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on the fundamentals of modern dance technique. Through active participation, students experience diverse historical and contemporary modern dance styles, develop kinesthetic awareness, and integrate development of technique with creative self-expression. No dance experience necessary for beginning course only

PE 153 — Dance Concert

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Limitation on Enrollment: Audition for course

Hours: 54 (12.6 lecture, 41.4 lab)

Faculty directed and supervised dance concert(s). Students experience artistic and educational public performances at traditional and non-traditional performance sites. Students are involved in production process: costuming, fund-raising, public relations and research. Students must be enrolled and regularly attend a dance technique course, and audition to be selected to participate in this course.

PE 156 — Beginning Social Ballroom Dance

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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 167 — Exploration of Dance

(1) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Introduction to the history and appreciation of dance. Survey of dance history, from the beginning of time to the present, with an emphasis upon development as an art form cross-culturally. Emphasis on sociological, cultural, historical context within different societies. Development of contemporary art forms of dance, within the 20th and 21st centuries is explored.

PE 252 — Fundamentals of Choreography

(2) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisories: PE 152

Hours: 54 (27 lecture, 27 lab)

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 103

Hours: 90 (36 lecture, 54 lab)

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) — CSU, UC**

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisories: PE 152A

Hours: 54 (12.6 lecture, 41.4 lab)

Introduction to creative exploration in movement through guided exercises and experiences that enrich one's personal movement vocabulary. Students learn to access and develop their active imagination and enhance their focus and concentration abilities. Students develop kinesthetic awareness, individual/group sensitivities, and discover the 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 162AB— Karate

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 163 — Beginning Self-Defense

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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 108, 213 and MDT 100 and 105: maximum credit, 4 units)

PE 164 — Self-Defense: Women

(1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 36 (9 lecture, 27 lab)

Designed for men and women who are interested in gaining knowledge in simple but effective self-defense techniques. Also 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 108, 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 103

PE 180 ABC — Intercollegiate Baseball - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 181 ABC — Intercollegiate Basketball - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 182 ABC — Intercollegiate Basketball - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 183 ABC — Intercollegiate Cross Country for Men and Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 184 ABC — Intercollegiate Football - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 185 ABC — Intercollegiate Golf

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 186 ABC — Intercollegiate Tennis - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 187 ABC — Intercollegiate Tennis - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 188 ABC — Intercollegiate Track and Field - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 189 ABC — Intercollegiate Track and Field - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 190 ABC — Intercollegiate Volleyball - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 191 ABC — Intercollegiate Volleyball - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 192 ABC — Intercollegiate Soccer - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 193 ABC — Intercollegiate Soccer - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

PE 194 ABC — Intercollegiate Softball - Women

(1-3) — CSU, UC*

Hours: 51-162 lab

**PE 199 ABC — Intercollegiate Cheer/
Dance Team**

(1-3) — CSU, UC*
Hours: 54-160 lab

**UC Transfer Limit: Intercollegiate Athletics combined with other PE Activity courses, HE 108 and 213 and MDT 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 (160 hours)

B — 2 units (106 hours)

C — 1 unit (54 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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 lecture

Introductory course to the field of physical education/kinesiology (study of human movement). Trends and sub-disciplines are examined. Career opportunities in the teaching, coaching and fitness professions. *(*UC Transfer Limit: PE 128, 200, and 218: any or all of these courses combined: maximum credit, 8 units)*

PE 201 — Coaching Youth Football

(1.3) — CSU

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 36 (18 lecture, 18 lab)

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 103
Hours: 18 lecture

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 103
Hours: 18 lecture

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 103
Hours: 18 lecture

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 103
Hours: 18 lecture

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 103
Hours: 54 lecture

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 lecture

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) — CSU

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 36 (18 lecture, 18 lab)

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 103
Hours: 54 lecture

Introduction to sport video and digital technology. Students learn how new technology is applied to sports (basketball, baseball, football, soccer, volleyball). Hands-on training with sport software and technology.

PE 290 — Work Experience in Physical Education/Health Education (1-4) — CSU

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 60-300 lab

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) — CSU

Skills Advisories: Eligibility for ENG 110 or 110H or 110GB
Limitation on Enrollment: Completion of two courses in the Physical Education department at SBCC prior to enrolling in an internship course.

Hours: 108-273 lab

Structured internship program in which students gain experience with community organizations and/or college programs related to the discipline..

Recreation Education

REC 215 — Outdoor Education

(2.3) — CSU

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (36 lecture, 18 lab)

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 lecture

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: For Women

(3) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Designed for both men and women, course deals with a variety of health issues, with special emphasis 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

(3) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

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) — CSU, UC

Course Advisories: BMS 100 or BIOL 100

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

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

HE 108 — Advanced Assessment and Treatment of Athletic Injuries

(3) — CSU, UC*

Prerequisites or Corequisites: HE 104

Course Advisories: BMS 107

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Designed to teach students interested in paramedical professions (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” laboratory. Comprehension of evaluation skills in scenarios, theory/utilization of modalities, and implementation of rehabilitative techniques for sport injuries is stressed. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 100 and 105: maximum credit, 4 units)

HE 109 — Health and Physical Fitness for Older Adults

(1) — CSU

Hours: 18 lecture

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 110GB or 110H

Hours: 36 lecture

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) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

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 103

Hours: 4.5 lecture

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

Hours: 9 lecture

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 213 — Concepts in Health and Physical Fitness

(3) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Examines current health and physical fitness concepts which prevent disease and enhance the quality of life. Emphasis is 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) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 72 (45 lecture, 27 lab)

Designed to teach physical fitness assessment skills and evaluation, exercise program design with appropriate modification for special populations. Students will learn how to teach individual and group exercise sessions.

Gerontology

Program Awards

Skills Competency Award: Skills for Healthy Aging Resources and Programs (SHARP)

Department Requirements for SCA in SHARP (12 units)

GERO 101 — Introduction to Healthy Aging	3
GERO 102 — Health Promotion: Behavior Change Theories and Practice.....	3
GERO 103 — Health Promotion: Program Implementation	3
GERO 104 — Health Promotion: Fieldwork Practicum	2
GERO 290 — Work Experience in Gerontology.....	1

Course Descriptions

GERO 101 — Introduction to Healthy Aging (3) — CSU

Concurrent Corequisites: GERO 102 and 103 and 104 and 290

Hours: 54 lecture

Introductory course on Skills for Healthy Aging Resources and Programs (SHARP) Certificate Program. Examines the biological, psychological and social issues associated with the aging process and reviews aspects of healthy aging among adults.

GERO 102 — Health Promotion: Behavior Change Theories and Practice (3) — CSU

Concurrent Corequisites: GERO 101 and 103 and 104 and 290

Hours: 54 lecture

Second course required for Skills for Healthy Aging Resources and Programs (SHARP) Certificate. Examines behavior change, processes and motivational theories, as well as negotiation and motivational interview techniques, group dynamics, and communication skills among older adults.

GERO 103 — Health Promotion: Program Implementation

(3) — CSU

Concurrent Corequisites: GERO 101 and 102 and 104 and 290

Hours: 54 lecture

Third required course for Skills for Healthy Aging Resources and Programs (SHARP) Certificate. Introduces Evidence-Based Health Promotion (EBHP) programs for older adults that address the issues of chronic disease self-management, physical activity, falls prevention, depression care management, and medication management, while discussing program instruction and administration.

GERO 104 — Health Promotion: Fieldwork Practicum

(2) — CSU

Concurrent Corequisites: GERO 101 and 102 and 103 and 290

Hours: 36 lecture

Capstone course for the Skills for Healthy Aging Resources and Programs (SHARP) Certificate Program. Examines Evidenced-Based Health Promotion (EBHP) techniques and strategies by employing fieldwork methodology and program skills for older adults.

GERO 290 —Work Experience in Gerontology

(1) — CSU

Concurrent Corequisites: GERO 104

Hours: 75 lab

Provides Gerontology students opportunities to work in Evidenced-Based Health Promotion programs and programs specifically for health promotion for older adults. Work/Internship opportunities for Gerontology students enrolled in the SHARP Certificate of Completion Program.