

Physical Education/ Health Education/ Dance/Athletics

Degrees, Certificates and Awards

Associate in Arts Degree: Physical Education

Associate in Arts Degree: Physical Education:

Emphasis in Athletic/Personal Fitness Training

Associate in Arts Degree (AA-T):

Kinesiology for Transfer

Skills Competency Award:

Healthy Aging

Departmental Certificate:

Adult CPR Certificate (Red Cross)

Program Description

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:

- Aquatics
- Combatives
- Dance
- Fitness/Cardiovascular Activities
- Health Education Courses
- Healthy Aging
- Individual/Dual Activities
- Intercollegiate Athletics
- Team Sport Activities
- Theory and Professional Preparation 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 offers three AA 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 AA-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, visit 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 PE/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 Trans-theoretical 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)

Charles Melendez (PE-305, ext. 3467)

Craig Moropoulos (PE-307, ext. 2460)

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)

Michael Gamboa, *Special Program Adviser*
(PE-211, ext. 4180)

AA 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 or 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, 134A, 137, 220

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

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

Combatives: 162A, 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

AA 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 or	1-4
PE 295 — Internship in Physical Education/ Health Education.....	2-4

Plus 6-8 units of Controlled Electives:

CHEM 101 — Introductory Chemistry or CHEM 104 — Fundamentals of General, Organic and Biological Chemistry	4
PHYS 101 — Conceptual Physics.....	3
PSY 100 — General Psychology or	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.....	1.5
Aerobic Conditioning: PE 106A, 112A, 134A, 138A, 148AB, 220, 226	
Flexibility: PE 139, 146, 176AB	

College Requirements

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

Requirements for AA-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 AA-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 (38 semester units)
- California State University General Education Breadth pattern (40 semester units)

II. Major

Complete 21-27.5 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 (14-18.5 units)

BMS 107* — Human Anatomy	4
BMS 108* — Human Physiology.....	4

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

Movement-Based Courses – Select a maximum of one (1) course from any three (3) of the following areas:

Aquatics Area: PE 132A, 132B, 132C, 133, 134A, 137, 219A, 220

Combatives: PE 162A 162B, 163, 164

Team Sports: PE 120C, 121A, 121B 121C, 122A, 122B, 122C, 124A, 124B, 124C, 125A, 125B, 125C, 126A, 126B, 126C, 127A, 127B, 127C, 128, 180A, 180C, 181B, 181C, 182B, 182C, 184A, 184B, 184C, 190A, 190B, 190C, 191A, 190B, 190C, 192A, 192B, 192C, 193A, 193B, 193C, 194A, 194B, 194C, 199A, 199C, 221, 222

Individual Sports: PE 101A, 101B, 103A, 103B, 103C, 109A, 109B, 109C, 123C, 183A, 183B, 183C, 185A, 186A, 186C, 188A, 188B, 188C, 189A, 189B, 189C, 224, 229

Fitness: PE 106A, 112A, 138A, 138B, 138C, 139, 143A, 143B, 144A, 144B, 144C, 148A, 148B, 149, 166, 168, 169, 176A 176B, 177, 226, 227

Dance: PE 150A 150B, 151A, 151B, 152A, 152B, 153, 156, 260

List A. Select two courses from the following (7-9 units)

BIOL 100* — Concepts of Biology or BIOL 140* and 141* — Principles of Biology and Biol Lab.....	4
CHEM 101* — Introductory Chemistry or CHEM 104* — Fund of General, Organic and 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 Science	4
PHYS 101* and 101L* — Conceptual Physics and 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 <http://articulation.sbcc.edu> 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 AA-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 101A — Beginning Badminton

(1.5) — 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 105: maximum credit, 4 units*)

PE 101B — Intermediate Badminton

(1.5) — 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 105: maximum credit, 4 units*)

PE 103A — Beginning Golf

(1.5) — 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 105: maximum credit, 4 units)

PE 103B — Intermediate Golf

(1.5) — 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 provides for a greater opportunity for 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 105: maximum credit, 4 units)

PE 103C — 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 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 108, 213 and MDT 105: maximum credit, 4 units)

PE 109A — Beginning Tennis

(1.5) — 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 105: maximum credit, 4 units)

PE 109B — Intermediate Tennis

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Provides instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategies and match play. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 109C — Advanced Tennis

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Instruction at the advanced level for students to develop and improve their skills in tennis, 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 105: maximum credit, 4 units)

PE 134A — Swimming for Conditioning: Beginning
(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Beginning-level course designed to improve the 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.

PE 134B— Swimming for Conditioning:
Intermediate

(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Intermediate- to advanced-level course designed to improve stroke mechanics and physical conditioning. Emphasis on refining the four competitive strokes, and applying advanced principles of conditioning.

PE 134C — Swimming for Conditioning: Advanced
(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Advanced-level course to improve stroke mechanics and physical conditioning. Emphasis is on perfecting stroke mechanics in the four competitive strokes, and applying advanced principles of conditioning.

PE 220A — Ocean Swimming: Beginning

(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Further knowledge in swimming techniques, principles, and water safety practices as they apply to marine environment. Skills to swim effortlessly and efficiently are emphasized. Major emphasis on freestyle stroke, with elements of other strokes incorporated. Students become comfortable and confident swimming long distances in various types of weather and water conditions.

PE 220B — Intermediate Ocean Swimming

(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Provides students with knowledge and skill in swimming techniques to explore diverse open-water swimming opportunities. Experience in various marine conditions with water safety at the forefront. Interval and distance training in preparation for long distance events. Simulation of competition in large groups.

PE 224 — Triathlon

(1.5) — 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 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 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 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 105: maximum credit, 4 units)

PE 247 — Intercollegiate Sports Development

(1.5) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 12 (5 lecture, 7 lab)

Designed to prepare potential athletes in aspects of physical and cognitive sports development. Two facets include (A) dissemination of information regarding drugs, alcohol, tobacco and sexual assault, concussion and brain injury, CCCAA and NCAA eligibility, Physical and FMS screening; and (B) presentation of general sports fitness, sports specific training, tactical and fundamental skill activities.

PE 269 — Strength and Conditioning for Athletes

(1) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Designed to teach the fundamentals of general and sport-specific conditioning to increase muscular strength, endurance, and power utilizing weights and Olympic lifting techniques.

PE 277A — Beginning Fitness for ESL Students

(1) — CSU, UC*

Hours: 54 (12.6 lecture, 41.4 lab)

First course in a series of classes designed to introduce ESL students to the fundamentals of physical fitness training, nutrition and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open-lab format in the Life Fitness Center. Proper use of equipment and basic fitness concepts are emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 277B — Intermediate Fitness for ESL Students (1) — CSU, UC*

Hours: 54 (12.6 lecture, 41.4 lab)

Second course in a series of classes designed to introduce ESL students to the fundamentals of physical fitness training, nutrition and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open-lab format in the Life Fitness Center. Low back care, muscular strength, and endurance are emphasized. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 277C — Advanced Fitness for ESL (1) — CSU

Hours: 36 (9 lecture, 27 lab)

Third in a series of classes designed to introduce ESL students to fundamentals of physical fitness training, nutrition, and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open-lab format in the Life Fitness Center. Weight management and dietary basics are emphasized.

PE 277D — Lifetime Fitness for ESL Students (1) — CSU

Hours: 36 (9 lecture, 27 lab)

Last in a series of classes designed to introduce ESL students to fundamentals of physical fitness training, nutrition and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open-lab format in the Life Fitness Center. Nutrition basics and disease prevention are emphasized.

PE 288 — Pre-Season Inter-Collegiate Track & Field (1.5) — CSU

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. Provides a conditioning program involving event-specific running and event-specific techniques and drills.

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 (1.5) — 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 105: maximum credit, 4 units)

PE 120B — Intermediate Baseball (1.5) — 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 105: maximum credit, 4 units)

PE 120C — Advanced Baseball

(1.5) — 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 105: maximum credit, 4 units)

PE 121A — Beginning Basketball

(1.5) — 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 105: maximum credit, 4 units)

PE 121B — Intermediate Basketball

(1.5) — 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 105: maximum credit, 4 units)

PE 121C — Advanced Basketball

(1.5) — 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 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 105: maximum credit, 4 units)

PE 122A — Beginning Flag Football

(1.5) — 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 a beginning level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units).

PE 122B — Intermediate Flag Football

(1.5) — 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 an intermediate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 122C — Advanced Flag Football

(1.5) — 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 an advanced level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 123A — Beginning Track and Field

(1.5) — 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 105: maximum credit, 4 units)

PE 123B — Intermediate Track and Field

(1.5) — 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 of intermediate 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 105: maximum credit, 4 units)

PE 123C — Advanced Track and Field

(1.5) — 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 advanced 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 105: maximum credit, 4 units)

PE 124A — Beginning Soccer

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Beginning 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 105: maximum credit, 4 units)

PE 124B — Intermediate Soccer

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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

PE 124C — Advanced Soccer

(1.5) — 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 are taught along with team offense and defense. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 125A — Beginning Softball

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Beginning play in fastpitch softball. Emphasis is on rules, strategy, and motor skill development for the

beginning player to prepare him/her for competitive play. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 125B — Intermediate Softball

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Intermediate play in fastpitch softball. Emphasis is on rules, strategy and motor skill development for the intermediate player to prepare him/her for competitive play. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 125C — Advanced Softball

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Advanced play in fastpitch softball. Emphasis is on rules, strategy and motor skill development for the advanced player to prepare the athlete for competitive play. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 126ABC — Beach Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 126B — Beach Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 126C— Beach Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 126D— Beach Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 127A — Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 127B — Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 127C — Volleyball

(1.5) — 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 105: maximum credit, 4 units)

PE 128 — Advanced Football Techniques

(1.5) — 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 221 — Advanced Soccer Techniques: Women

(1.5) — 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 105: maximum credit, 4 units)

PE 222 — Advanced Soccer Techniques: Men

(1.5) — 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 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 132A — Novice Swimming

(1.5) — CSU, UC*

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

Designed for the first-time water experience. Basic stroke techniques and selected water skills are covered. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 132B — Beginning Swimming

(1.5) — CSU, UC*

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

Equips 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 105: maximum credit, 4 units)

PE 132C — Intermediate Swimming

(1.5) — CSU, UC*

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

Provides individuals with the opportunity to learn and perfect the competitive swimming strokes—backstroke, breaststroke, butterfly and freestyle. It provides a workout environment for developing swimming endurance and speed, with instruction in starts, turns, relays and safety/survival skills. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 132D — Advanced Swimming

(1.5) — CSU, UC*

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

Provides individuals with the opportunity to learn and perfect the competitive swimming strokes—backstroke, breaststroke, butterfly and freestyle. It provides a workout environment for developing swimming endurance and speed, and instruction in starts, turns and relays. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 133 — Ocean Kayaking

(1.5) — 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 105: maximum credit, 4 units)

PE 134A — Swimming for Conditioning: Beginning

(1.5) — CSU, UC*

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

Beginning level course designed to improve the 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 105: maximum credit, 4 units)

PE 134B — Swimming for Conditioning: Intermediate

(1.5) — CSU, UC*

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

Intermediate- to advanced level course designed to improve stroke mechanics and physical conditioning. Emphasis on refining the four competitive strokes and applying advanced principles of conditioning. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 134C — Swimming for Conditioning: Advanced

(1.5) — CSU

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

Advanced-level course to improve stroke mechanics and physical conditioning. Emphasis is on perfecting stroke mechanics in the four competitive strokes, and applying advanced principles of conditioning. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

**PE 137 — Beginning Surfing
(1.5) — 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 105: maximum credit, 4 units)

**PE 219A — Beginning Water Polo
(1.5) — CSU, UC***

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

Co-ed 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 105: maximum credit, 4 units)

**PE 219B — Intermediate/Advanced Water Polo
(1.5) — CSU, UC***

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

Co-ed 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 105: maximum credit, 4 units)

**PE 220A — Ocean Swimming: Beginning
(1.5) — 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 105: maximum credit, 4 units)

**PE 220B — Intermediate Ocean Swimming
(1.5) — CSU**

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

Provides students with knowledge and skill in swimming techniques to explore diverse open-water swimming opportunities. Experience in various marine conditions with water safety at the forefront. Interval and distance training in preparation for long distance events. Simulation of competition in large groups.

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
(1.5) — 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 105: maximum credit, 4 units)

**PE 106B — Intermediate Spinning for Fitness
(1.5) — 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 105: maximum credit, 4 units)

**PE 110 — Advanced Baseball Techniques and Conditioning
(1.5) — 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 105: maximum credit, 4 units)

**PE 112A — Body Conditioning Boot Camp:
Beginning
(1.5) — CSU, UC***

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

Provides instruction and opportunities for beginning-level 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 105: maximum credit, 4 units)

**PE 112B — Body Conditioning Boot Camp:
Intermediate
(1.5) — CSU**

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

Designed to enhance core strength at an intermediate level. Cardiovascular development will also be emphasized, along with unique and dynamic training methods. Significant instruction on strength development techniques, such as Pre-activation, Kettle Bells, Swiss Balls, Dumb bells and Stable Surface (ground) exercises. Specifically designed for the conditioned student. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

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

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

Using kickboxing fundamentals, provides skills for the development of physical and general health. 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 arm combinations including the jab, uppercut, hook and cross. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

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

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

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 105: maximum credit, 4 units)

PE 138C — Advanced Cardio Boxing

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

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 105: maximum credit, 4 units)

PE 139 — Pilates Mat Fitness

(1.5) — 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 105: maximum credit, 4 units)

PE 143A — Integrated Training: Beginning

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Integrated training incorporates cardiorespiratory endurance, flexibility, balance, core and resistance training into a progressive system to reduce muscular imbalances, improve posture and overall fitness. Focus on applications for the development of core stabilization, balance and correction of muscular imbalances. Training progressions based on individual assessment of muscular capabilities. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 143B — Integrated Training: Intermediate

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Integrated training incorporates cardiorespiratory endurance, flexibility, balance, core and resistance training into a progressive system to reduce muscular imbalances, improve posture and overall fitness. Focus on applications for the development of muscular hypertrophy and strength. Training progressions based on individual assessment of muscular capabilities.

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

PE 144A — Weight Training: Beginning

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on applications for the development of basic muscular strength and endurance for students new to weight training. Fundamentals of weight training program design, proper body mechanics, equipment selection and safe use of weight/resistance training equipment. Training programs individualized, based on fitness level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 144B — Weight Training: Intermediate

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on applications for the development of muscular strength and endurance for students with basic weight training experience. Students learn weight training program design, proper body mechanics, equipment selection, and safe use of weight/resistance training equipment for intermediate performance. Training programs are individualized, based on fitness level and training goals. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 144C — Weight Training: Advanced

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on applications for the development of muscular strength and endurance for students with intermediate weight training experience. Students learn weight training program design, proper body mechanics, equipment selection and safe use of weight/resistance training equipment for advanced performance. Training programs are individualized, based on fitness levels and training goals. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 145A — Dance Fitness: Beginning

(1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Dance-based fitness class utilizing a variety of music and dance rhythms to promote cardiorespiratory fitness. Incorporates cardiovascular exercise, muscular endurance, balance and flexibility. Students engage in continuous dance to improve cardiovascular fitness while learning basic steps from merengue, salsa, cha-cha-cha, mambo, cumbia, reggaeton, hip-hop and others.

**PE 145B — Dance Fitness: Intermediate
(1.5) — CSU, UC***

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

Incorporates cardiovascular exercise, muscular endurance, balance and flexibility. Students review beginning movements and learn intermediate movements from a variety of music and dance rhythms including, but not limited to, merengue, salsa, cha-cha-cha, mambo, cumbia, reggaeton, hip-hop and others. Class format involves continuous dancing and interval training for cardiovascular health.

**PE 146 — Stretching and Relaxation
(1.5) — CSU, UC***

*Skills Advisories: Eligibility for ENG 100 and 103
Hours: 54 (12.6 lecture, 41.4 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 105: maximum credit, 4 units)

**PE 147A — Conditioning for
Intercollegiate Athletes
(0.5) — 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 105: maximum credit, 4 units)

**PE 147B — Conditioning for
Intercollegiate Athletes
(1) — 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 105: maximum credit, 4 units)

**PE 147C — Conditioning for
Intercollegiate Athletes
(1.5) — 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 105: maximum credit, 4 units)

**PE 147D — Conditioning for
Intercollegiate Athletes
(2) — 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 105: maximum credit, 4 units)

**PE 148A — Beginning Walking/Jogging for Fitness
(1.5) — 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. Emphasizes safe and effective techniques for all fitness levels. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

**PE 148B — Intermediate Walking/Jogging for
Fitness
(1.5) — CSU, UC***

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

Co-educational course providing instruction for developing 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 108, 213 and MDT 105: maximum credit, 4 units)

PE 157 — Advanced Football Conditioning and Techniques

(1.5) — 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 105: maximum credit, 4 units)

PE 168 — Women's Fitness and Weight Training

(1.5) — 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 105: maximum credit, 4 units)

PE 176A — Beginning Fitness Yoga

(1.5) — 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 105: maximum credit, 4 units)

PE 176B — Intermediate Fitness Yoga

(1.5) — 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 105: maximum credit, 4 units)

PE 226 — Running for Conditioning

(1.5) — CSU, UC*

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

Designed for beginning, intermediate and advanced-level individuals who seek more specific and advanced training techniques. Covers training theory in distance running, specific strength training for runners, nutrition for endurance training and bio-mechanical 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 108, 213 and MDT 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 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 105: maximum credit, 4 units)

PE 169 — Life Fitness — 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 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 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 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 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 150A — Beginning Ballet (1.5) — CSU, UC

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

Dance course focusing on the fundamentals of classical and contemporary ballet. Through active participation, the student experiences ballet technique and vocabulary, along with developing a higher understanding of the important historical contribution ballet has made to western theatrical dance. No dance experience required.

PE 150B — Intermediate Ballet

(1.5) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisory: PE 150A

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on fundamentals for the intermediate student in both classical and contemporary ballet. Through active participation, students experience ballet technique and vocabulary, along with developing a higher understanding about important historical contributions ballet has made to western theatrical dance. Successful completion of Beginning Ballet required.

PE 150C — Advanced Ballet

(1.5) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisories: PE 150B

Hours: 54 (12.6 lecture, 41.4 lab)

Explores the basic fundamentals of advanced ballet dance concepts and movement, fundamental theory, and practice of ballet techniques. Emphasis on placement, correct body alignment, muscular control and a development of ballet positions and steps. Successful completion of Intermediate Ballet required.

PE 151A — Jazz Dance

(1.5) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on fundamentals of jazz dance, including theatrical, film/video and contemporary dance styles. Through active participation, the student experiences a universal jazz dance vocabulary that emphasizes rhythmical movement patterns, coordination and presentation skills. No dance experience required.

PE 151B — Jazz Dance

(1.5) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on fundamentals of jazz dance, including theatrical, film/video and contemporary dance styles. Through active participation, the student experiences a universal jazz dance vocabulary that emphasizes rhythmical movement patterns, coordination and presentation skills. No dance experience required.

PE 151C — Jazz Dance

(1.5) — CSU, UC

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focuses on fundamentals of jazz dance, including theatrical, film/video and contemporary dance styles. Through active participation, the student experiences a universal jazz dance vocabulary that emphasizes rhythmical movement patterns, coordination and presentation skills. No dance experience required.

PE 152A — Modern Dance

(1.5) — 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 152B — Modern Dance

(1.5) — 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 152C — Modern Dance

(1.5) — 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

(1.5) — 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

(1.5) — 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

(1.5) — 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 contexts 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

(1.5) — 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

(1.5) — 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 105: maximum credit, 4 units)

PE 162B— Karate

(1.5) — 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 105: maximum credit, 4 units)

PE 163 — Beginning Self-Defense

(1.5) — 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 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 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

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

PE 181 ABC — Intercollegiate Basketball - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 182 ABC — Intercollegiate Basketball - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 183 ABC — Intercollegiate Cross Country for Men and Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 184 ABC — Intercollegiate Football - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 185 ABC — Intercollegiate Golf

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 186 ABC — Intercollegiate Tennis - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 188 ABC — Intercollegiate Track and Field - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 189 ABC — Intercollegiate Track and Field - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 190 ABC — Intercollegiate Volleyball - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 191 ABC — Intercollegiate Volleyball - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 192 ABC — Intercollegiate Soccer - Women

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 193 ABC — Intercollegiate Soccer - Men

(1-3) — CSU, UC*

Hours: 54-160 lab

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

PE 194 ABC — Intercollegiate Softball - Women

(1-3) — CSU, UC*

Hours: 51-162 lab

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

PE 197 A — Intercollegiate Swimming - Women

(3) — CSU, UC*

Hours: 175 lab

Provides opportunities for women to receive advanced-level instruction and training in the sport of swimming. In addition to competition, students are guided to positive peer relationships, creating a healthy team dynamic. (*UC Transfer Limit: All PE activity courses

combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 198 A — Intercollegiate Water Polo - Women (3) — CSU, UC*

Hours: 175 lab

Provides opportunities for women to receive advanced-level instruction and training in the sport of water polo. In addition to competition, students are guided to positive peer relationships, creating a healthy team dynamic. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

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

Hours: 54-160 lab

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

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)

PE 281 — Pre-Season Intercollegiate Basketball - Women (1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Designed to enhance the skills, techniques and strategies of intercollegiate level women's basketball players. Emphasis is placed on the mental, physical and tactical aspects of the game in order to compete successfully at the collegiate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 282 — Pre-Season Intercollegiate Basketball - Men (1) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Designed to enhance the skills, techniques and strategies of intercollegiate-level men's basketball players. Emphasis is placed on the mental, physical and tactical aspects of the game in order to compete

successfully at the collegiate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 284 — Pre-Season Intercollegiate Football (1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Focus on skills and technique development. Offensive and defensive schemes are taught and developed. Strength conditioning is also emphasized, with a concentration on core strength, speed and explosive movements. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 293 — Pre-Season Intercollegiate Volleyball - Men (1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Designed to enhance the skills, techniques and strategies of intercollegiate-level men's volleyball players. Emphasis is placed on the mental, physical and tactical aspects of the game in order to compete successfully at the collegiate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 294 — Pre-Season Intercollegiate Softball (1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Designed to instruct individuals on the skills, techniques and principles of women's intercollegiate-level softball players. Emphasis is placed on mental, physical, and tactical aspects of the game in order to compete successfully at the collegiate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 297 — Pre-Season Intercollegiate Swimming - Women (1.5) — CSU, UC*

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 (12.6 lecture, 41.4 lab)

Conditioning and swimming technique for women's swimming. Specifically designed for the highly skilled swimmer who is seeking competition in the sport of swimming. (*UC Transfer Limit: All PE activity courses

combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

PE 298 — Pre-Season Intercollegiate Water Polo - Women

(1.5) — CSU, UC*

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

Instruction, skills technique and strategies for women's water polo. Emphasis is placed on conditioning, tactics and skill fundamentals to compete at the intercollegiate level. (*UC Transfer Limit: All PE activity courses combined with HE 108, 213 and MDT 105: maximum credit, 4 units)

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 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

Limitation on Enrollment: Completion of two courses in the Physical Education department at SBCC prior to enrolling in an internship course.

Skills Advisories: Eligibility for ENG 110 or 110H

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.

Skills Competency Award: Healthy Aging

Department Requirements (10-13 units)

HE 201 — Introduction to Healthy Aging.....	3
HE 202 — Health Promotion: Behavior Change Theories and Practice.....	3
HE 203 — Health Promotion: Lifestyle Mod and Prev Health Care Strategy.....	3
HE 290 — Work Experience in Healthy Aging.....	1-4

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

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisories: BMS 100 or BIOL 100

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

Skills Advisories: Eligibility for ENG 100 and 103

Course Advisories: BMS 107

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 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

(3) — CSU

Skills Advisories: Eligibility for ENG 110 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 examines the 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 201 — Introduction to Healthy Aging

(3) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Introductory course of Healthy Aging Resources and Programs Skills Competency Award. Designed to identify and examine the biological, psychological and social issues associated with the aging process, and reviews aspects of healthy aging among adults.

HE 202 — Health Promotion: Behavior Change Theories and Practice

(3) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Second course for Healthy Aging Resources and Programs Skills Competency Award. Examines learning theories, behavior change, processes and motivational theories, as well as communication skills among older adults.

HE 203 — Health Promotion: Lifestyle Modifications and Preventative Health Care Strategies

(3) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 54 lecture

Third course for Healthy Aging Resources and Programs Skills Competency Award. Introduces concepts and skills required to meet NCCAP certification standards for becoming an Activities Professional. Prepares students for basic functions and duties of an activity professional including designing, evaluating, and delivering activity services for older adults.

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: All PE activity courses combined with HE 108, 213 and MDT 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 and exercise program design, with appropriate modification for special populations. Students learn how to teach individual and group exercise sessions.

HE 290 — Work Experience in Healthy Aging (1-4) — CSU

Skills Advisories: Eligibility for ENG 100 and 103

Hours: 240 lab

Provides students opportunities to work in Evidenced-Based Health Promotion Programs and programs specifically for health promotion for older adults. Work/ Internship opportunities for students enrolled in the Healthy Aging programs.