

# Physical Education

Certificates of Completion issued by the department:  
Fitness Specialist

Area: Physical Education  
Dean: Jean Snuggs  
Phone: (916) 484-8201  
Counseling: (916) 484-8572

The ARC physical education program offers a wide variety of courses that improve physical skill, strength, and dexterity.

The UC system has a limitation on the number of units of physical education courses which can be transferred. The CSU system has no such limitation, but there are restrictions placed on the number of physical education units which can be applied toward the major. Refer to the catalog of the transfer institution of your choice for detailed information.

All activity classes are open to both men and women unless noted within the course title. Students may enroll in more than one physical education class at the same time. They may not enroll in more than two sections of the activity during the same semester. Semester activity courses may be taken up to four times in each activity area (e.g. four Tennis, four Weight Training, four Modern Dance, etc.) unless otherwise noted in the units column. The prefix "PER" refers to courses used to satisfy the physical education requirement. Courses which are designated with a PET prefix are theory-oriented rather than activity-oriented and DO NOT satisfy the graduation requirements.

## Fitness Specialist

**Requirements for Certificate:** 17.5 units

Courses Required	Units
PET 400	2.0
PET 401	2.0
PET 402	2.0
PET 403	1.0
PET 404	2.0
PET 405	1.0
PET 406	2.0
PET 407	2.0
PET 408	2.0
PET 497	1.5
Recommended Electives:	Units
FITNS 306 Aerobics: Cardio Kickboxing	1
FITNS 310 Aqua Aerobics	1
FITNS 350 Fitness & Weight Control	1
FITNS 380 Circuit Weight Training	1
FITNS 381 Weight Training	1
FITNS 392 Yoga	1
BUS 212	1
CISC 300	1
PSYC 401	3

## Adaptive PE

### ADAPT 310 Adapted Lifetime Sports 1 Unit

Formerly: PER 1

Prerequisite: A physician's statement verifying: 1) the disability, 2) contraindications, and 3) recommended activities.

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

Adapted Lifetime Sports is a physical education class designed to introduce students with physical disabilities to a variety of sports. Modifications and assistive devices will be used to enable students to safely participate in sports such as, but not limited to, archery, volleyball, tennis, soccer, softball, basketball, and golf. AA/AS area E1; CSU area E2.

### ADAPT 314 Wheelchair Sports and Games 1 Unit

Formerly: PER 1

Prerequisite: A physician's statement verifying: 1) the disability, 2) contraindications, and 3) recommended activities.

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This class is designed for individuals with physical disabilities who are confined to a wheelchair or who are ambulatory, but more successful in sports when using a wheelchair. Sports will include, but not be limited to, basketball, quad rugby, volleyball, badminton, and tennis. AA/AS area E1; CSU area E2.

### ADAPT 330 Adapted Weight Training and Fitness 1 Unit

Formerly: PER 1

Prerequisite: A physician's statement verifying: 1) the disability, 2) contraindications, 3) recommended activities.

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

Adapted weight training and fitness is designed for the student who is unable to participate in a general physical education activity class. This course includes individualized programs of physical fitness exercises, including isometric, isokinetic and isotonic activities to develop strength, flexibility and cardiorespiratory endurance. AA/AS area E1; CSU area E2.

### **ADAPT 332 Adapted Aquatics**

**1 Unit**

Formerly: PER 1

Prerequisite: A physician's statement verifying: 1) the disability, 2) contraindications, and 3) recommended activities.

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

Adapted aquatics is an individualized swimming, water safety, and fitness class designed for individuals with disabilities who are precluded from general physical education classes. It focuses on cardiovascular endurance, range of motion, mobility, muscular strengthening, and muscular endurance. AA/AS area E1; CSU area E2.

### **ADAPT 337 Adapted Walk and Wheel**

**1 Unit**

Formerly: PER 1

Prerequisite: A physician's statement verifying: 1) the disability, 2) contraindications, and 3) recommended activities.

Advisory: ENGWR 102 or 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This class is designed for the student who is unable to participate in a general physical education activity class. Individualized programs are designed which include walking or wheeling for cardiovascular endurance and specific exercises for muscular strength, muscular endurance, and flexibility. Small group games and activities are included to promote fitness and fun. AA/AS area E1; CSU area E2.

## Dance

### **DANCE 300 Diverse Cultures in Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This class will focus on comparing and contrasting three forms of indigenous ethnic and culturally derived dance. Students will learn the traditional significance, movement patterns, and basic steps of the dance form as well as the historical values of its country of origin. AA/AS area E1; CSU area E2.

### **DANCE 302 African Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course will include basic movements from African styles of dance, such as West African, Afro-Haitian, or African Dance from the Republic of New Guinea. Classes will consist of beginning level warm ups, across the floor and center combination movements. There will be an opportunity for in-class choreography. AA/AS area E1; CSU area E2.

### **DANCE 310 Jazz Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning level course covers the basic vocabulary and steps of jazz dance. Subjects studied include: basic technique, turns, leaps, and floor work. Steps from hip hop, street, rock and modern jazz styles are used in center combinations and there will be an opportunity for student choreography. The intermediate course further develops jazz dance technique while working towards multiple turns, quick study skills and performance confidence. The

emphasis will be on more complicated routines and there will be an opportunity for independent choreography. AA/AS area E1; CSU area E2.

### **DANCE 320 Ballet**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning class includes barre and floor barre warm-ups, basic classical ballet technique, positions and alignment. Elementary turns and exercises given in center combinations will focus on increased control, strength and balance. Basic Ballet terms and vocabulary will also be studied. The intermediate course includes intermediate barre and floor barre warm-ups, intermediate classical ballet technique, positions and turns. Exercises given in center combination will focus on increased control, speed, strength, and balance. Intermediate ballet terms and vocabulary will also be studied. AA/AS area E1; CSU area E2

### **DANCE 330 Modern Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course in beginning modern dance includes movement technique and choreography. It encourages individual expression and creativity and utilizes improvisation and problem solving techniques in dealing with space, design, time, and energy. AA/AS area E1; CSU area E2.

### **DANCE 340 Social Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning course offers instruction in basic social dance steps, styles and rhythms. Students will develop the skills necessary for dances such as Fox Trot, Waltz, Swing, Cha Cha, Samba, and Tango. The course also includes an opportunity for study of current dances that are in vogue. The intermediate course develops intermediate skills selected from Fox Trot, Waltz, Swing, Cha Cha, West Coast Swing, and other current popular dance rhythms. It refines social dance techniques relative to rhythm, partnering, and nonverbal communication skills. AA/AS area E1; CSU area E2.

### **DANCE 350 Country Western Line Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

<Credit> Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning course provides instruction in basic country western line dance steps and current country western line dances. The intermediate course develops intermediate skills selected from current line dances that present an amalgamation of step patterns. It refines country western techniques relative to line dancing, rhythm and nonverbal communication. AA/AS area E1; CSU area E2.

### **DANCE 360 Tap Dance**

**1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning course covers basic tap technique, warm-ups, drills and rhythm forms. The class will focus on basic steps and beginning level group routines with an emphasis on balance, alignment and rhythm analysis. The intermediate course includes tap technique, warm-ups, drills and rhythm forms at the intermediate level. The class will focus on intermediate steps, riffs, and group routines with an emphasis on clean taps, speed, and rhythm analysis. AA/AS area E1; CSU area E2.

### **DANCE 374 Dance Production 3 Units**

Formerly: PER 1

*Prerequisite:* By audition; requires specific skills such as performance ability and dependability, double turns, 90 degree kick and work on and intermediate level, or with equivalent skills as determined by the instructor.

*Advisory:* ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 36 hours LEC; 54 hours LAB

This is a lecture/performance class with an emphasis on performance skills, intermediate dance technique, and student choreography for performance. AA/AS area E1; CSU area E2.

### **DANCE 375 Jazz Dance Performance Group 3 Units**

Formerly: PER 1

*Prerequisite:* By audition; requires specific skills such as performing ability and dependability, double turns, 90 degree kick and work on an intermediate to advanced level.

*Advisory:* ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 36 hours LEC; 54 hours LAB

This course is a jazz dance lecture/performance for intermediate to advanced dancers with an emphasis on community outreach, dance demonstrations and performance. The history of jazz dance in American is covered. Opportunity for ethnic styles to be compared and contrasted. Student choreography and performance are included. Students will learn lecture demonstration organizational skills. AA/AS area E1; CSU area E2.

### **DANCE 376 Choreography 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course covers basic elements of choreography and provides an opportunity to explore choreographic structure. Choreographic concepts will be introduced, developed, and applied to various dance styles in a manner appropriate for all levels of dance skill. Emphasis will be on the choreographic process. AA/AS area E1; CSU area E2.

### **DANCE 377 Theatre Dance 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course is designed to provide students with the opportunity to experience theatre dance and gain skills in musical theatre movement. Movement covered will include choreographed routines, audition techniques for musical theatre dance and basic group and partnering skills. There will be an opportunity for student choreography. AA/AS area E1; CSU area E2.

## Fitness

### **FITNS 303 Aerobic Dance 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

A physical conditioning program designed to increase cardiovascular efficiency, flexibility and endurance through choreographed dances, and rhythmic exercises. AA/AS area E1; CSU area E2.

### **FITNS 305 Hip Hop Aerobics 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

Based on hip hop dance movement, this course is designed to promote cardiovascular fitness, flexibility, and overall strength by incorporating hip hop dance style, level changes, and rhythm into an aerobic and anaerobic conditioning program. AA/AS area E1; CSU area E2.

### **FITNS 306 Aerobics: Cardio-Kickboxing 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course emphasizes proper alignment, execution, and timing of faster paced movements from kickboxing, boxing, and aerobic dance to improve cardiovascular fitness. AA/AS area E1; CSU area E2.

### **FITNS 307 Aerobic Mix Workout 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

This course includes a variety of aerobic activities that provide a new approach to each workout. The emphasis is on rotating aerobic forms such as aerobic dance, step, cardio-kickboxing, and aerobic circuit to keep the workouts challenging and interesting. Basic heart rate calculations, nutrition, and workout facts will be covered. AA/AS area E1; CSU area E2.

### **FITNS 308 Step Aerobics 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

*Course Transferable to UC/CSU*

*Hours:* 54 hours LAB

A physical conditioning program designed to improve cardiovascular fitness and encourage better endurance, flexibility and strength through the use of step aerobics training methods, this course includes instruction in rhythmic, choreographed step routines, basic stretch and toning exercises and provides information related to overall health and fitness. AA/AS area E1; CSU area E2.

### **FITNS 310 Aqua Aerobics 1 Unit**

Formerly: PER 1

*Prerequisite:* None

*Advisory:* ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

## Physical Education

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

No swimming skills needed. A fitness course using the resistance of water for low/no weight bearing improvement in cardiovascular fitness, muscular endurance, flexibility and strength. The course will include exercises leading to deep and shallow water workouts and provides information related to overall health and fitness. AA/AS area E1; CSU area E2.

### **FITNS 312 Aquatic Fitness 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: Swimming, Advanced; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This is a self-paced "overload" method of training using a workout approach that stresses aerobic and anaerobic fitness. Deep and shallow water running will be emphasized, stroke efficiency, and lap swimming will be included. AA/AS area E1; CSU area E2.

### **FITNS 314 Deep Water Jogging 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This fitness course uses the resistance of water for non-weight bearing exercises. Emphasis will be on cardiovascular fitness, muscular endurance, strength and flexibility. Progress will be monitored through appropriate fitness testing. No swimming skills are needed. An optional flotation belt will be provided. AA/AS area E1; CSU area E2.

### **FITNS 316 Lap Swimming 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: Swimming, Advanced; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course includes a workout approach that emphasizes aerobic and anaerobic fitness through lap swimming. It is a self-paced class and utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic training principles. AA/AS area E1; CSU area E2.

### **FITNS 332 Off Season Conditioning 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: High school varsity or college level sport participation; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course is designed to enhance the fitness level of out-of-season athletes so they will be more fully prepared for the competitive season. It includes aerobic conditioning, speed work, plyometric training, agility drills, flexibility, and strength training. AA/AS area E1; CSU area E2.

### **FITNS 340 Fire Fitness I - Fire Academy Recruit 4 Units**

*Formerly: PER 1*

*Prerequisite: Successful completion of Fire Academy pre-fitness test.*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 48 hours LEC; 72 hours LAB*

This course is an activity and lecture class for the cadets in the Sacramento Regional Fire Academy. The course includes instruction in an in-depth

understanding of the concepts of exercise and nutrition. A regular physical fitness training program will be conducted toward improving cardiovascular endurance, muscular strength and body flexibility. The class will address improving the cadet's level of fitness and offer job-related fitness training. AA/AS area E1; CSU area E2.

### **FITNS 341 Fire Fitness II- In Station Fitness 2 Units**

*Formerly: PER 1*

*Prerequisite: Fire Fitness Training - Fire Academy Recruit.*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to CSU*

*Hours: 18 hours LEC; 36 hours LAB*

This is a physical fitness course for employed fire fighters. It includes medical testing, physical fitness testing, lectures on fitness, nutrition, and stress management, and individually programmed workouts for fire fighters, with periodic progress testing. AA/AS area E1; CSU area E2.

### **FITNS 350 Fitness And Weight Control 2 Units**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 18 hours LEC; 54 hours LAB*

This course is designed to assess and improve physical fitness levels, and encourage a healthy attitude toward figure evaluation and weight control. Students receive instruction concerning the theories and practical activities involved in obtaining and maintaining an appropriate level of physical fitness. AA/AS area E1; CSU area E2.

### **FITNS 353 Individualized Physical Fitness 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course emphasizes a personalized approach to attaining a higher level of physical fitness. After two weeks of orientation and assessment, individualized workout programs will be established and monitored. Students may then attend workout sessions during any of the published "open hour" time periods up to 100 minutes of credit per day. Fitness assessments are made on a monthly basis.

### **FITNS 380 Circuit Weight Training 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course presents the student with a system of exercising with weights that provides a balanced approach to physical fitness training. There will be an emphasis on increasing strength, muscle endurance, cardiovascular endurance and flexibility while decreasing body fat. AA/AS area E1; CSU area E2.

### **FITNS 381 Weight Training 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course provides instruction in weight training and methods that promote muscular strength and endurance. Attention is also given to muscle tone, flexibility, and cardiovascular fitness. AA/AS area E1; CSU area E2.

**FITNS 385 Weight Training for Competition 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: Circuit Weight Training, Weight Training, Beginning, Advanced; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is a strength/power training program for students involved in intercollegiate athletics. It is designed to develop strength, power, and muscle endurance appropriate to specific athletic events. AA/AS area E1; CSU area E2.

**FITNS 392 Yoga 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course in yoga emphasizes breathing, stretching, and relaxing techniques. Yoga positions and philosophies are examined. AA/AS area E1; CSU area E2.

**FITNS 395 Stretch 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes stretching for health and increased range of motion. It is designed to provide an individualized approach to stretching and includes pre- and post-stretching techniques for specific activities such as sports, dance, or repetitive stress work-related movements. AA/AS area E1; CSU area E2.

**FITNS 400 Body Fitness (Walking or Jogging) 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This class is designed to promote physical well-being through stress reduction and weight control. Attention will be given to increasing cardiovascular efficiency, muscular strength and endurance. Workout schedules are based on individual pulse rate readings related to a variety of training methods. AA/AS area E1; CSU area E2.

**FITNS 405 Marathon Training 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes a personal approach to attaining a higher level of fitness through the attempt to complete a marathon (26.2 miles) in one day. Individual workout programs will be established and monitored to include endurance and self-pacing. Pre- and post-fitness testing will also be evaluated. AA/AS area E1; CSU area E2.

**FITNS 412 Martial Arts: Taekwondo 2 Units**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 27 hours LEC; 27 hours LAB

The beginning Taekwondo course is a physical fitness program that concentrates on muscle development, improvement of coordination and flexibility, and increased aerobic capacity through the practice of various self-defense movements. The intermediate Taekwondo course is a physical fitness program that concentrates on muscle development, improvement of coordination and flexibility, and increased aerobic capacity through the practice of various self-defense movements. The advanced Taekwondo course is a physical fitness program that concentrates on muscle development, improvement of coordination and flexibility, and increased aerobic capacity through the practice of various self-defense movements. This course is a fitness program that concentrates on muscle development, improvement of coordination and flexibility, and increased aerobic capacity through the practice of various levels of self defense moves. AA/AS area E1; CSU area E2

**FITNS 438 Water Safety Instructor (Lifeguard Training) 3 Units**

Formerly: PER 1

Prerequisite: A valid Advanced First Aid Certificate, and Advanced Swimming with a grade of "C" or better.

Corequisite: HEED 316 or 324.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 36 hours LEC; 54 hours LAB

This course includes teaching techniques and preparation for instructing swim courses. The emphasis is on teacher training, life guarding knowledge and skills. Completion of this course with a grade of "B" or better confers an American Red Cross Certification for "Lifeguard Training" and "Water Safety Instructor." AA/AS area E1; CSU area E2.

**FITNS 440 Swimming 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning class is designed for non-swimmers, students who cannot swim one length of the pool (25 yards). Instruction will be given in physical and psychological adjustment to the water, basic swimming techniques, and safety skills. The intermediate course provides instruction in the following swimming strokes: streamline position, front and back crawl, elementary back, breaststroke, side stroke, and butterfly kick. Related aquatic techniques of diving, treading, turns, sculling, basic rescue, and survival skills will also be taught. The advanced course includes advanced techniques in freestyle, backstroke, breaststroke, butterfly, individual medley, touch turns, flip turns, and starts. In addition, various aerobic and anaerobic training methods will be taught. Endurance and stroke efficiency will be emphasized. AA/AS area E1; CSU area E2

**FITNS 450 Self-Defense for Women 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 9 hours LEC; 27 hours LAB

This course is designed to develop certain skills, knowledge, and attitude, which are important in defending or avoiding physical attack. AA/AS area E1; CSU area E2.

**Personal Activity****PACT 300 Archery 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The course in beginning archery emphasizes safety, knowledge, and basic skill development in a variety of beginning bow and arrow shooting activities. The intermediate course includes instruction and practice in more advanced skills of archery. It will also review basic techniques with an emphasis on development of the physical and mental strengths necessary to perform at greater distances with greater accuracy. AA/AS area E1; CSU area E2.

### **PACT 310 Badminton 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 9 hours LEC; 27 hours LAB*

This course in beginning badminton includes basic fundamentals, techniques, rules and social etiquette of badminton as well as singles and doubles competition. The intermediate course includes a review of basic fundamentals, techniques and rules. The emphasis is on skills and techniques such as play strategies for singles and doubles and shot selection for various play situations. AA/AS area E1; CSU area E2.

### **PACT 320 Bowling 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 9 hours LEC; 27 hours LAB*

This course includes basic fundamentals, techniques, rules and social etiquette of bowling. AA/AS area E1; CSU area E2.

### **PACT 350 Golf 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

The beginning course will focus on basic technique, fundamentals, rules, and etiquette of golf. The intermediate course offers fundamentals, technique, rules, and etiquette of golf on an intermediate level. The advanced course is designed to develop golf skills to the competitive level. Competition on a regulation golf course, under instructor supervision, is required. AA/AS area E1; CSU area E2

### **PACT 390 Tennis 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

The beginning course introduces and reviews the basic fundamentals of tennis, including forehand, backhand, serve, volley, overhead and lob. Rules, etiquette and game tactics are presented. Practice sessions focus on game situations needed for beginning and intermediate levels of play. The advanced course includes a review of the basic fundamentals of singles and doubles play. It emphasizes development of skills and techniques needed to compete at the tournaments level. AA/AS area E1; CSU area E2

### **PACT 400 Track and Field 1 Unit**

*Formerly: PER 1*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LAB*

This course includes skill development in men's and women's track and field activities including running, jumping, and throwing events. AA/AS area E1; CSU area E2.

## Physical Education Theory

### **PET 302 Introduction to Physical Education 2 Units**

*Formerly: PET 12*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.*

*Course Transferable to UC/CSU*

*Hours: 36 hours LEC*

This course includes opportunities and responsibilities associated with physical education leadership. Theory, history and principles of physical education will be covered.

### **PET 312 Theory and Techniques of Adapted Physical Education 3 Units**

*Formerly: PET 15*

*Prerequisite: None*

*Corequisite: PET 313.*

*Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course provides students with an orientation to specific disabilities and important principles of physical activity for individuals with disabilities. Basic knowledge of movement related terminology, exercise principles and concepts, transfer techniques, and characteristics of specific disabilities as they relate to exercise will be covered. This class is invaluable for students interested in pursuing a career in physical therapy, nursing, adapted physical education, physical education, or fields requiring one to work with individuals with disabilities.

### **PET 313 Laboratory in Adapted Physical Education 1-2 Units**

*Formerly: PET 16*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.*

*Course Transferable to CSU*

*Hours: 54-108 hours LAB*

This course offers practical experience in the implementation of physical activity for students with disabilities. This course may be taken three times.

### **PET 330 Care and Prevention of Athletic Injuries 3 Units**

*Formerly: PET 30*

*Prerequisite: None*

*Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

This course is an introduction to injury prevention, injury care, and rehabilitation of athletic injuries. It includes basic information of sports injuries, their causes and treatments.

### **PET 334 Practical Applications in Athletic Training/ Sports Medicine 3 Units**

*Formerly: PET 30A*

*Prerequisite: None*

*Corequisite: PET 330.*

*Advisory: BIOL 430.*

*Course Transferable to CSU*

*Hours: 36 hours LEC; 54 hours LAB*

This course is designed to provide an overall experience of the sports medicine/athletic training profession. Topics include common evaluation and rehabilitative techniques, modality usage, and advanced taping and wrapping methods.

**PET 340 Theory of Baseball 1 Unit**

Formerly: PET 17

Prerequisite: None

Advisory: High school or college level baseball playing experience; ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course develops a thorough understanding of baseball. Emphasis on learning and understanding basic concepts of training, individual techniques, strategies, and systems of defense, offense, pitching, base running, and field maintenance. Philosophies and drills are included. May be taken twice for credit.

**PET 344 Theory of Basketball 1 Unit**

Formerly: PET 18

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course develops a thorough understanding of basketball. Emphasis is on lecture, demonstrations, and videos of basic fundamental basketball skills, team strategy, offensive and defensive strategies, conditioning drills, and a variety of philosophical methods of how the game is played. May be taken twice.

**PET 350 Theory of Football 1 Unit**

Formerly: PET 19

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course covers current problems and new trends in football with emphasis on basic fundamentals, team defense and offense. May be taken twice.

**PET 356 Theory of Softball 1 Unit**

Formerly: PET 25

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course develops a thorough understanding of softball. The emphasis is on lecture and demonstration of basic fundamental softball skills, team strategy, offensive and defensive strategy, conditioning drills and a variety of philosophical methods of how the game is played. May be taken twice.

**PET 362 Theory of Swimming 1 Unit**

Formerly: PET 29

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

The course covers all aspects of competitive swimming, including the scientific principles of stroke biomechanics, physiology and psychology of training, workout design, and meet management. Includes a review of current regulations of the National Collegiate Athletic Association and the Commission on Athletics. May be taken twice.

**PET 366 Theory of Tennis, Tactics and Strategy 2 Units**

Formerly: PET 20

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course covers instruction in strategy and tactics with emphasis on percentage tennis, theory of angles, and play on different surfaces. Instruction in better stroking through appropriate shot selection and the physics of stroking. May be taken twice.

**PET 368 Theory of Track & Field 1 Unit**

Formerly: PET 21

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course covers each track and field event and will emphasize the techniques and training methods essential to successful performance. Collegiate track and field rules and procedures for conducting a meet are discussed. May be taken twice.

**PET 372 Theory of Volleyball 1 Unit**

Formerly: PET 26

Prerequisite: Completion of a college level volleyball course with a grade of "C" or better, or concurrent enrollment in Intermediate or Advanced Volleyball.

Corequisite: TMACT 330 - Volleyball.

Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment.

Course Transferable to UC/CSU

Hours: 18 hours LEC

This course develops a thorough understanding of the many aspects of the game including training/conditioning, individual techniques, offense strategy/systems, and defense strategy/systems. Particular emphasis is on the importance of individual proficiency and team tactics. May be taken twice for credit.

**PET 400 Applied Physiology of Exercise 2 Units**

Formerly: PET 2

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program and examines how the body functions under conditions of exercise stress. It covers the practical applications of muscle function, cardiorespiratory functions, training techniques, and the effect of environmental conditions on exercise.

**PET 401 Applied Kinesiology 2 Units**

Formerly: PET 3

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course, a part of the Fitness Specialist Certificate Program, will discuss movement as it relates to exercise. It will include analysis of movements in sport skills, stressing the contributions made by the muscular and skeletal systems.

**PET 402 Nutrition for Fitness 2 Units**

Formerly: PET 27

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program. Basic principles of nutrition are studied and the ramifications of nutrition on fitness training.

**PET 403 Fitness and Exercise Assessment 1 Unit**

Formerly: PET 4

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC

This course is part of the Fitness Specialist Certificate Program. It covers the assessment of cardiorespiratory endurance, body fat, muscular strength and endurance, blood pressure, and the evaluation of the results of such tests.

### **PET 404 Identification and Management of Fitness Injuries 2 Units**

Formerly: PET 7

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program. This course addresses elementary human anatomy and its relationship to physical activity. Athletic training methods and protective equipment are covered. Treatment and rehabilitation of injuries as they relate to fitness training will be presented.

### **PET 405 Special Populations 1 Unit**

Formerly: PET 5

Prerequisite: None

Course Transferable to CSU

Hours: 18 hours LEC

This course for the Fitness Specialist Certificate Program will cover the effects of exercise on special populations and to modify exercise based on age and medical conditions. Special groups discussed will include seniors; children; the physically impaired, and individuals with coronary heart disease, diabetes, asthma, obesity, low back pain, arthritis, or pregnancy.

### **PET 406 Techniques of Instruction - Strength Training 2 Units**

Formerly: PET 6

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course, part of the Fitness Specialist Certificate Program, is designed to provide a thorough review of strength training. The course studies anatomy and physiology as they apply to strength training, training sequences, available equipment, and safety factors. Included in this course is the development of strength training routines.

### **PET 407 Techniques of Instruction - Aerobics and Group Fitness 2 Units**

Formerly: PET 8

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program and covers teaching a variety of fitness activities to groups of individuals. Emphasis will be on how to design a physiologically safe and effective aerobic exercise class.

### **PET 408 Administration of Fitness Programs 2 Units**

Formerly: PET 9

Prerequisite: None

Course Transferable to CSU

Hours: 36 hours LEC

This course is part of the Fitness Specialist Certificate Program. It serves as an introduction to the administration of fitness programs including business operations, office procedures, and facility and equipment considerations.

### **PET 494 Topics in Physical Education Theory .5-3 Units**

Formerly: PET 22

Prerequisite: None

Advisory: ENGRD 116 or ESLR 320; and ENGWR 102 or 103, or ESLW 320; or placement through assessment.

Course Transferable to CSU

Hours: 9-54 hours LEC

This umbrella course provides concentrated study of a variety of current fitness issues. Topics will reflect contemporary concerns for physical fitness, performance in competitive sport, and wellness. May be taken up to 3 units of credit.

### **PET 497 Internship in PE Theory 1.5 Units**

Formerly: PET 32

Prerequisite: A grade of "C" or better in at least 8 units from the following courses: PET 400, 401, 402 (or NUTRI 307), 403, 404, 405, 406, 407, 408.

Course Transferable to CSU

Hours: 9 hours LEC; 54 hours LAB

This course is designed to provide students in the Fitness Specialist Certificate Program with practical experience in screening, performing fitness assessment tests, and formulating an exercise prescription based on fitness test indicators. In addition to the lecture schedule, there will be additional practicum hours to be arranged at local fitness centers and health clubs.

## Sport

### **SPORT 300 Baseball, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and team strategies appropriate to intercollegiate baseball. AA/AS area E1; CSU area E2.

### **SPORT 310 Basketball, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

### **SPORT 315 Basketball, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

### **SPORT 320 Cross Country, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

### **SPORT 325 Cross Country, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 330 Football, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 340 Golf (M) 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2

**SPORT 345 Golf, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 350 Soccer, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 355 Soccer, Intercollegiate, Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 365 Softball, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 370 Swimming and Diving, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course in swimming and diving for men includes fundamentals, rules, individual technique and team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 375 Swimming and Diving, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course in swimming and diving includes fundamentals, rules, individual technique and team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 380 Tennis, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 385 Tennis, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 390 Track & Field, Intercollegiate-Men 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 395 Track & Field, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

**SPORT 405 Volleyball, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

### **SPORT 415 Water Polo, Intercollegiate-Women 2 Units**

Formerly: PER 4

Prerequisite: Tryout.

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course in water polo for women includes fundamentals, rules, individual technique, and team strategy appropriate to intercollegiate athletic competition. AA/AS area E1; CSU area E2.

## Team Activity

### **TMACT 300 Soccer, Indoor 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed to provide a greater awareness and understanding of indoor soccer by teaching the skills, strategy, and rules that govern the play of indoor soccer. AA/AS area E1; CSU area E2.

### **TMACT 302 Soccer - Outdoor 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning course is designed to give students a greater awareness and understanding of soccer by teaching the skills and strategy of soccer and rules that govern the play of soccer. The advanced course is designed to provide a greater awareness of soccer by teaching advanced skills, strategy, and rules that govern the play of soccer. AA/AS area E1; CSU area E2.

### **TMACT 310 Baseball - Advanced 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: High school varsity or college level baseball; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes defense, offense, pitching, base running, team strategy, and conditioning for advanced baseball. AA/AS area E1; CSU area E2.

### **TMACT 320 Basketball - Advanced 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: One year of varsity high school or college level basketball; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course features tournament scrimmage play to improve offensive, defensive, and team skills for advanced basketball. AA/AS area E1; CSU area E2.

### **TMACT 330 Volleyball 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

The beginning course is designed to develop basic volleyball skills through lecture, demonstration, drills, and practice games. Students will gain a better understanding of and appreciation for volleyball and will be provided with opportunities for skill development. The intermediate course is designed to develop intermediate skills. Lecture and demonstration will provide the knowledge to continue this activity at a higher skill level. The advanced course is designed to develop advanced skills in those students who have already participated at the elementary level. Lecture and demonstration will provide the knowledge to continue this activity at a higher skill level. AA/AS area E1; CSU area E2.

### **TMACT 340 Football - Advanced 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: High school or college level football experience; ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes instruction in advanced techniques of offensive and defensive football skills. AA/AS area E1; CSU area E2.

### **TMACT 350 Softball, Fast Pitch 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: High school varsity or college level softball; ENGRD 116 or ESLR 320; and ENGWR 102 or 103, or ESLW 320; or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a course emphasizing defense, offense, pitching, base running, and hitting. Emphasis will be placed on team offensive and defensive strategies at an advanced playing level. AA/AS area E1; CSU area E2.

### **TMACT 352 Softball, Slow Pitch 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed to develop basic softball skills and understanding of slow pitch rules in tournament format. AA/AS area E1; CSU area E2.

### **TMACT 360 Team Sports 1 Unit**

Formerly: PER 1

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course in team sports is an activity course emphasizing knowledge and skill development in basketball, softball, flag football and soccer.

### **TMACT 365 Intramural Sports/Campus Recreation 1 Unit**

Formerly: PER 3

Prerequisite: None

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.

Course Transferable to UC/CSU

Hours: 54 hours LAB

A class for students interested in increasing their own sports/physical fitness skills and in promoting particular sports/physical fitness activities among other students. This course is intended to provide recreational, competitive and instructional opportunities other than on-going programs. This course may be taken four times. Grading is on a credit/no credit basis. AA/AS area E1; CSU area E2.