The ARC physical education program offers a wide variety of courses that improve physical fitness, sport skills, and dance performance abilities.

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. 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 prefixes "ADAPT, DANCE, FITNS, PACT, TMACT, and SPORT" refer 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

The Fitness Specialist curriculum is designed to introduce students to the fitness industry and prepare them for entry level employment.

Requirements for Certificate 17.5 units

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<th>Courses Required</th>
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Recommended Electives Units

FITNS 306, 310, 350, 380, 381, 392; BUS 212; CISC 300; PSYC 401

Adapted 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 ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 54 hour 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 3E; 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 ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 54 hour 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 3E; 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 ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 54 hour 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 3E; CSU area E2.
**Physical Education**

**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 ENGWR 103, 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 3E; 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 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 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 of muscular strength, muscular endurance, and flexibility. Small group games and activities are included to promote fitness and fun. AA/AS area 3E; CSU area E2.

**ADAPT 338 Adapted Aerobic Activity** 1 Unit
Prerequisite: None
Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Enrollment Limitation: A physician's statement verifying: 1) disability 2) contraindications 3) recommended activities.
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is designed for the student who is unable to participate in a general physical education activity course. It includes group activities as well as individualized activities. Indoor and outdoor workouts are used to enhance cardiovascular endurance and affect body composition. Activities may include walking and jogging, aerobic dance, chair aerobics, circuit training and cardio equipment workouts. AA/AS area 3E.

**DANCE 300 Diverse Cultures in 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

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 3E & 3F; CSU area E2.

**DANCE 302 African 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

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 3E; CSU area E2.

**DANCE 304 Polynesian Dance** 1 Unit
Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers basic dances from Polynesia, including dances from Tahiti, Hawaii, and New Zealand. Class sessions consist of warm ups, center dances, and cultural vocabulary. An opportunity to study the history, location of origin, and cultural importance of Polynesian dance is presented. AA/AS area 3E.

**DANCE 310 Jazz 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

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 3E; CSU area E2.

**DANCE 311 Urban Hip Hop** 1 Unit
Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course includes basic urban-style Hip Hop moves such as spider walks, jinga steps, funk and rapid level changes for floor work. Choreography is provided on a bare bones theme and developed according to individual style, ability and personal interpretation. The history of this genre and the traditional competitive elements of Hip Hop dance are examined, as well as the role of dance in Hip Hop culture. An opportunity for Freestyle, Old Style, Poppin’, Lockin’, and Dance Poetry exploration is offered. AA/AS area 3E.

**DANCE 320 Ballet** 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 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 3E; CSU area E2.

**DANCE 330 Modern 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

This course includes intermediate modern dance and its relation with other dance forms. Various dance styles will be studied, including: modern, jazz, ballet and contemporary dance. Basic modern dance technique and vocabulary will be studied. Intermediate level modern dance terms will also be studied. AA/AS area 3E; CSU area E2.
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 3E; CSU area E2.

DANCE 340 Social Dance 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; CSU area E2.

DANCE 350 Country Western Line Dance 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
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 3E; CSU area E2.

DANCE 360 Tap Dance 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; 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: 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 3E; 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: 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 America 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 3E; CSU area E2.

DANCE 376 Choreography 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; CSU area E2.

DANCE 377 Theatre Dance 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; CSU area E2.

FITNS 303 Dance Aerobics 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; CSU area E2.

FITNS 305 Hip Hop Aerobics 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: 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 3E; CSU area E2.
**Physical Education**

**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 3E; 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 3E; 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 3E; 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.  
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 3E; 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 3E; 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 3E; 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 3E; CSU area E2.

**FITNS 331  Boot Camp Fitness  1 Unit**  
Prerequisite: None  
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.  
Course Transferable to UC/CSU  
Hours: 54 hours LAB  
This course is designed as an intense boot camp fitness class conducted on and off campus using indoor and outdoor facilities. Training includes aerobic, anaerobic conditioning, strength and endurance training, individual and team fitness concepts. May be taken four times for credit. AA/AS area 3E; 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 3E; CSU area E2.

**FITNS 340  Fire Fitness 1 - Fire Academy Recruit 4 Units**  
Formerly: PER 1  
Prerequisite: Successful completion of Fire Academy pre-fitness test.  
Advisory: ENGWR 102 or 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 3E; CSU area E2.

**FITNS 341  Fire Fitness II- In Station Fitness  2 Units**  
Prerequisite: None  
Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.  
Enrollment Limitation: Fire Fitness Training - Fire Academy Recruit.  
Course Transferable to UC/CSU  
Hours: 18 hours LEC, 54 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. As a legally mandated occupational requirement, this course may be repeated annually by firefighters. AA/AS area 3E; CSU area E2.

FITNS 350 Fitness And Weight Control 2 Units
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 18 hours LEC; 36 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 3E; CSU area E2.

FITNS 351 Exercise, Balance and Mobility 1 Unit
Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LAB
This course is specifically designed for adults starting a fitness program. It provides safe and effective exercises to gain balance, flexibility and mobility. Students develop a personal fitness program that can also be carried out at home. Periodic fitness assessments measure progress in individualized fitness program. AA/AS area 3E.

FITNS 353 Individualized Physical Fitness .5-1 Units
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
Course Transferable to UC/CSU
Hours: 27-54 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. AA/AS area 3E.

FITNS 380 Circuit Weight Training 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 385 Weight Training for Competition 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: Circuit Weight Training, Weight Training, Beginning, Advanced; ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 392 Yoga 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 395 Stretch 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 400 Body Fitness (Walking or Jogging) 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 though 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 3E; CSU area E2.

FITNS 405 Marathon Training 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 412 Martial Arts: Taekwondo 2 Units
Formerly: PER 1
Prerequisite: None
Advisory: ENGW 102 or ENGW 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 3E; CSU area E2.

FITNS 438  Water Safety Instructor (Lifeguard Training)  
Formerly: PER 1  
Prerequisite: A valid Advanced First Aid Certificate, and Advanced Swimming with a grade of "C" or better.  
Corequisite: HEED 316 or 322.  
Advisory: ENGRID 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 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 3E; CSU area E2.

FITNS 440  Swimming  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: Advisory: ENGRID 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, 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 3E; CSU area E2.

FITNS 450  Self-Defense for Women  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 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 3E; CSU area E2.

PACT 300  Archery  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 116 or ESLR 320, EWSL 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 3E; CSU area E2.

PACT 310  Badminton  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 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 3E; CSU area E2.

PACT 320  Bowling  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 116 or ESLR 320, ESLW 320, or placement through assessment process.  
Course Transferable to UC/CSU  
Hours: 54 hours LAB  
The course includes basic fundamentals, techniques, rules and social etiquette of bowling. AA/AS area 3E; CSU area E2.

PACT 350  Golf  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 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 3E; CSU area E2.

PACT 390  Tennis  
1 Unit  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGRID 116 or ESLR 320, EWSL 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 complete at the tournaments level. AA/AS area 3E; CSU area E2.
PACT 394  Tennis, Doubles  1 Unit
Prerequisite: PACT 390 with a grade of “C” or better.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of “C” or better; or ESLR 320 and ESLW 320 with a grade of “C” or better; or placement through assessment process.
Course Transferable to UC/CSU
Hours: 54 hours LAB
This course provides instruction for intermediate and advanced players in competitive doubles tennis. Game tactics and skills development are emphasized. May be taken four times for credit. AA/AS area 3E; 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 3E; CSU area E2.

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 3E; CSU area E2.

SPORT 311  Basketball, Intercollegiate-Men, Fall  1 Unit
Prerequisite: Tryout.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of “C” or better; or ESLR 320 and ESLW 320 with a grade of “C” or better; or placement through assessment process.
Course Transferable to UC/CSU
Hours: 90 hours LAB
This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit. AA/AS area 3E; CSU area E2.

SPORT 312  Basketball, Intercollegiate-Men, Spring  1 Unit
Prerequisite: Tryout.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of “C” or better; or ESLR 320 and ESLW 320 with a grade of “C” or better; or placement through assessment process.
Course Transferable to UC/CSU
Hours: 90 hours LAB
This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit. AA/AS area 3E; CSU area E2.

SPORT 316  Basketball, Intercollegiate-Women, Fall  1 Unit
Prerequisite: Tryout.
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of “C” or better; or ESLR 320 and ESLW 320 with a grade of “C” or better; or placement through assessment process.
Course Transferable to UC/CSU
Hours: 90 hours LAB
This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit. AA/AS area 3E; CSU area E2.
**SPORT 350 Soccer, Intercollegiate-Men 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 355 Soccer, Intercollegiate - Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 365 Softball, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 370 Swimming and Diving, Intercollegiate-Men 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 375 Swimming and Diving, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 380 Tennis, Intercollegiate-Men 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 385 Tennis, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 390 Track & Field, Intercollegiate-Men 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 395 Track & Field, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 405 Volleyball, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**SPORT 415 Water Polo, Intercollegiate-Women 2 Units**  
Formerly: PER 4  
Prerequisite: Tryout.  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

**TMACT 300 Soccer, Indoor 1 Unit**  
Formerly: PER 1  
Prerequisite: None  
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.
TMAC 302 Soccer - Outdoor 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGWR 102 or ENGRD 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 3E; CSU area E2.

TMAC 310 Baseball 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 3E; CSU area E2.

TMAC 320 Basketball 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 3E; CSU area E2.

TMAC 330 Volleyball 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: ENGWR 102 or ENGRW 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 3E; CSU area E2.

TMAC 340 Football 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 3E; CSU area E2.

TMAC 350 Softball, Fast Pitch 1 Unit
Formerly: PER 1
Prerequisite: None
Advisory: High school varsity or college level softball; ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; 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 3E; CSU area E2.

TMAC 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 3E; CSU area E2.

TMAC 360 Team Sports 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
This course in team sports is an activity course emphasizing knowledge and skill development in basketball, softball, flag football and soccer. AA/AS area 3E; CSU area E2.

TMAC 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 3E; CSU area E2.

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 307 Mental Skills for Sports Performance 3 Units
Prerequisite: None
Advisory: ENGWR 102 or ENGWR 103, and ENGRD 116 with a grade of "C" or better; or ESLR 320 and ESLW 320 with a grade of "C" or better; or placement through assessment process.
Course Transferable to CSU
Hours: 54 hours LEC
This course provides a concentrated study of competition and motivation for sports. It also includes the study of the brain's impact on muscular activity in athletic performance. Stress management, goal setting, peak performance, adaptability, sport imagery training, and effective practice are covered.
PET 312  Theory and Techniques of Adapted Physical Education  3 Units
Formerly: PET 15
Prerequisite: None
Corequisite: PET 313.
Advisory: ENGRD 116 or ESLR 320.
Course Transferable to UC/CSU
Hours: 18 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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
Course Transferable to UC/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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: BILD 430, ENGRW 102 or ENGRW 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Course Transferable to UC/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 344  Theory of Basketball  1 Unit
Formerly: PET 18
Prerequisite: None
Advisory: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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: ENGRW 102 or ENGRW 103, and ENGRD 116 or ESLR 320.
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. Colleague 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.  
Co-requisite: TMACT 330 - Volleyball.  
Advisory: ENGW 102 or ENGW 103, and ENGRD 116 or ESR 320, ESR 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 (same as NUTRI 307)  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.