

Area: Physical Education
 Dean: Jean Snuggs
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Certificates: Fitness Specialist

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 Certificate

This one-year program prepares students for employment in the health and fitness industry and equips them with the knowledge and hands-on experience necessary to begin a career in the dynamic field of fitness. Upon completion of this certificate, the students are prepared to take national certification exams such as the American College of Sports Medicine (ACSM) or the American Council of Exercise (ACE).

Career Opportunities

The fitness certificate program is ideal for anyone desiring an entry-level position as a personal trainer, fitness center or health club employee, group exercise instructor, or strength and conditioning coach.

Requirements for Certificate		17.5 Units
PET 400	Applied Physiology of Exercise	2
PET 401	Applied Kinesiology	2
PET 402	Nutrition for Fitness	2
PET 403	Fitness and Exercise Assessment	1
PET 404	Identification and Management of Fitness Injuries	2
PET 405	Special Populations	1
PET 406	Techniques of Instruction - Strength Training	2
PET 407	Techniques of Instruction - Aerobics and Group Fitness	2
PET 408	Administration of Fitness Programs	2
And a minimum of 1.5 units from the following:		1.5
PET 497	Internship in Physical Education - Theory (1 - 4)	

Adapted PE

ADAPT 310 Adapted Lifetime Sports 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A physician's statement verifying the disability, contraindication, and recommended activities.

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.

ADAPT 314 Wheelchair Sports and Games 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A health care professional's statement describing 1) the student's disability, 2) contraindications, and 3) recommended activities

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course 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. This course may be taken four times for credit.

ADAPT 316 Adapted Personal Safety 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A physician's statement describing 1) student's disability, 2) contraindications, and 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 the general personal safety course. It includes the skills, knowledge, and attitude which are important in avoiding or defending a physical attack. Topics include awareness and prevention of dangerous situations. Defensive strategies for protection while in the home, in the community, and on mass transit are also covered. This course may be taken four times.

ADAPT 330 Adapted Weight Training and Fitness 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A statement signed by a health professional verifying the disability, contraindications, and recommended activities

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 physical fitness programs including activities to develop muscular strength, flexibility, and cardiovascular endurance. This course may be taken four times for credit.

ADAPT 332 Adapted Aquatics 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: A physician's statement verifying the disability, contraindications, and recommended activities
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. It focuses on cardiovascular endurance, range of motion, mobility, muscular strength, and muscular endurance. This course may be taken four times for credit.

ADAPT 337 Adapted Walk and Wheel 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: A physician's statement verifying the disability, contraindications, and 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 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. This course may be taken four times for credit.

ADAPT 338 Adapted Aerobic Activity 1 Unit

Advisory: ENGRD 116, ENGWR 102, ENGWR 103, ESLR 320, or ESLW 320; or placement through the assessment process.
General Education: AA/AS Area III(a); CSU Area E2
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.

Dance**DANCE 300 Diverse Cultures in Dance 1 Unit**

Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); AA/AS Area VI; CSU Area E2
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.

DANCE 302 African Dance 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers basic movements from African and West African styles of dance. Afro-Haitian, Afro-Caribbean, and Congolese styles may also be included. Classes consist of beginning level warm ups, across the floor movement, and center combination movements to varied drum rhythms. This course may be taken four times for credit.

DANCE 304 Polynesian Dance 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
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, origin, and cultural importance of Polynesian dance is presented. This course may be taken four times for credit.

DANCE 305 Hawaiian Dance 1 Unit

Course Transferable to CSU
Hours: 54 hours LAB

This course covers the basic components of Hawaiian dance within its traditional context. Class sessions consist of warm ups, center dances, and cultural dance vocabulary. An opportunity to study the history, origin, and cultural importance of hula is also presented. Basic Hawaiian vocabulary for dance and instructions for creating floral adornments are included. This course may be taken four times for credit.

DANCE 310 Jazz Dance 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is offered as beginning or intermediate jazz dance. Beginning jazz dance covers basic skills of alignment, balance and technique. It gives a foundation in the basic steps, vocabulary, history, and traditions of jazz dance. Intermediate jazz dance refines the basic skills, introduces varied rhythms and methods of counting, and initiates more complex transitions and steps in center combinations. This course may be taken four times for credit.

DANCE 311 Urban Hip Hop 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course includes basic urban-style Hip Hop moves 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. This course may be taken four times for credit.

DANCE 320 Ballet 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is offered as beginning or intermediate ballet. Beginning ballet covers basic skills, alignment, steps and technique suitable for beginners. It gives a foundation in the etiquette, vocabulary, history and traditions of classical ballet. Intermediate ballet refines the basic skills, introduces more complex steps and initiates more difficult center combinations. Both levels include a progression of barre exercises and warm-ups designed to develop strength and range of motion as well as balance and alignment. Classical ballet technique, and vocabulary are emphasized at the barre and repeated across the floor and in center. This course may be taken four times for credit.

DANCE 330 Modern Dance 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is offered as beginning or intermediate modern dance. Beginning modern dance includes basic movement technique, align-

ment and vocabulary. It gives a foundation in the history and traditions of modern dance in America and encourages individual expression and creativity. Intermediate modern dance refines the basic skills and utilizes improvisation and problem solving techniques in dealing with space, design, time, shape, and energy. This course may be taken four times for credit.

DANCE 340 Ballroom Dance 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is offered as beginning or intermediate ballroom dance. Beginning ballroom covers basic partnering skills, alignment, technique, and footwork. It gives a foundation in the etiquette, vocabulary and traditions of ballroom dance. Intermediate ballroom refines the basic skills, introduces varied rhythms, and initiates more complex foot patterns and partnering. This course may be taken four times for credit.

DANCE 348 Ballroom Challenge: Competition and Performance 1 Unit

Enrollment Limitation: Audition

Course Transferable to CSU

Hours: 54 hours LAB

This course includes ballroom training for competition and performance. Dancers work on an intermediate to advanced level and perform in at least three basic styles, such as Waltz, Foxtrot, and East Coast Swing, as well as three Latin styles. Topics include audition skills, learning new styles, new routines, and a competition within class for ranking. There are opportunities to compete against other groups and perform outside of class. Field trips may be required. This course may be taken four times for credit.

DANCE 350 Country Western Line Dance 1 Unit

Advisory: Country Western Line Dance, Beginning; ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This 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 non-verbal communication.

DANCE 360 Tap Dance 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

DANCE 374 Dance Production 3 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: 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.

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.

DANCE 375 Jazz Dance Performance Group 3 Units

General Education: AA/AS Area III(a); CSU Area E2

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.

DANCE 376 Choreography 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

DANCE 377 Theatre Dance 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

DANCE 498 Work Experience in Dance 1-4 Units

Corequisite: Must be enrolled in a minimum of 7 units including units of work experience.

General Education: AA/AS Area III(a)

Enrollment Limitation: Enrollment is dependent upon employment or placement as a volunteer within a professional dance setting.

Course Transferable to CSU

Hours: 18 hours LEC; 300 hours LAB

This course provides supervised work experience in a professional dance company, studio, or performance group. It may include hours in office, promotion and outreach work as well as hours in teaching dance classes, taking company classes, rehearsal, choreography and performance. This course may be taken four times for credit.

Fitness

FITNS 303 Dance Aerobics 1 Unit

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

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 305 Hip Hop Aerobics 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 306 Aerobics: Cardio-Kickboxing 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 307 Aerobic Mix Workout 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 308 Step Aerobics 1 Unit

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

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 310 Aqua Aerobics 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a fitness course using the resistance of water for low-or non-weight bearing exercise for improvement in cardiovascular fitness, muscular endurance, flexibility and strength. The course includes exercises in deep and shallow water and provides information related to overall health and fitness. No swimming skills are needed. This course may be taken four times for credit.

FITNS 312 Aquatic Fitness 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 314 Deep Water Jogging 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 316 Lap Swimming 1 Unit

Advisory: Swimming, Advanced; ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 321 Core Conditioning 1 Unit

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body. This course may be taken 4 times for credit.

FITNS 325 Pilates 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

The focus of this course is on precision alignment, core strength, and building an awareness of the body. Pilates involves a kinesthetic awareness that builds core strength and confidence in movement. Mat and wall stretches, exercises and relaxations are used to encourage flexibility, balance and coordination beginning with the deep postural muscles of the body. This course may be taken four times for credit.

FITNS 331 Boot Camp Fitness 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 332 Off Season Conditioning 5-1 Units

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU

Hours: 54 hours LAB

This course involves sport specific training, conditioning and movement techniques for the intercollegiate off-season athlete. There is a concentration of basic concepts with emphasis on conditioning. This course may be taken four times for credit.

FITNS 339 Triathlon Training 1 Unit

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers physical fitness triathlon training sessions utilizing a variety of training methods including swimming, biking (stationary and non-stationary) and running. Topics include transitional techniques for duathlons and triathlons. Some class sessions meet off-campus. Students must supply their own road or mountain bike and helmet. This course may be taken four times for credit.

FITNS 340 Fire Fitness I - Fire Academy Recruit 4 Units

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

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Successful completion of Fire Academy pre-fitness test.

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.

FITNS 341 Fire Fitness II- In Station Fitness 2 Units

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

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 350 Fitness And Weight Control 2 Units

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

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 351 Exercise, Balance and Mobility 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

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, flex-

ibility 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.

FITNS 380 Circuit Weight Training 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course presents the student with a system of exercise using weights and cardiovascular activities to provide a balanced approach to physical fitness training. There is an emphasis on increasing strength, muscular endurance, cardiovascular endurance and flexibility while decreasing body fat. This course may be taken four times.

FITNS 381 Weight Training 1 Unit

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

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 385 Weight Training for Competition 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 392 Yoga 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course in Hatha Yoga emphasizes breathing, stretching, and relaxing techniques. Yoga positions and philosophies are examined. This course may be taken four times.

FITNS 395 Stretch 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 400 Body Fitness (Walking or Jogging) 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course promotes physical well-being through stress reduction and weight control. Attention is given to increasing cardiovascular efficiency, muscular strength and endurance. Individual workout schedules are based on heart rate readings related to a variety of training methods.

FITNS 405 Marathon Training 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

FITNS 412 Martial Arts: Taekwondo 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This 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 poomsae, sparring techniques and self-defense movements used in martial arts. It is offered at beginning, intermediate, and advanced levels. This course may be taken four times. Fields trips may be required.

FITNS 414 Tai Chi 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course explores the traditional Chinese fitness exercise of Tai Chi. It provides for the development of basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. Various Chinese fitness exercises in relation to health are explored. Principles of Confucianism and Taoism, including a basic review of Tai Chi history and philosophy are discussed. Overall, the physical discipline and structure of Tai Chi movements are emphasized. This course may be taken four times for credit.

FITNS 438 Water Safety Instructor (Lifeguard Training) 3 Units

Prerequisite: FITNS 440 (Advanced) with a grade of "C" or better.

Corequisite: HEED 316 or 322.

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A valid Advanced First Aid Certificate.

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."

FITNS 440 Swimming 1 Unit

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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 free-style, 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.

FITNS 450 Personal Safety 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 9 hours LEC; 27 hours LAB

This course provides the knowledge and skills for an individual's personal safety in a variety of situations. Topics include awareness and prevention of dangerous situations, along with physical and non-physical defensive strategies. Community resources for victims of assault are discussed.

Personal Activity**PACT 300 Archery 1 Unit**

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

General Education: AA/AS Area III(a); CSU Area E2

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.

PACT 310 Badminton 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course provides instruction in basic fundamentals, techniques, and rules of badminton. The emphasis is on skill and technique development, as well as strategies for singles and doubles. This course may be taken four times for credit.

PACT 320 Bowling 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course includes scoring, fundamentals, techniques, rules and social etiquette of bowling. It is designed to accommodate the beginning, intermediate and advanced bowler. This course may be taken four times.

PACT 350 Golf 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the basic skills and knowledge necessary to play the game of golf. It focuses on the fundamental skills necessary to strike and putt the ball, the rules and etiquette necessary to play the game, and course management strategies in order to negotiate a golf course. There are beginning, intermediate and advanced levels of this course. Some sections of this course are held on area regulation golf courses in which students must bring their own golf clubs.

PACT 390 Tennis 1 Unit

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is offered as beginning, intermediate, or advanced tennis. Beginning tennis covers the basic technique of strokes, rules of

play, simple strategies, and the etiquette of the sport. Intermediate tennis focuses on refining basic skills, introducing more complicated technique, teaching players more advanced strategies for singles, and includes an introduction to doubles. In advanced tennis, players work on improving the more complicated skills and techniques of the sport and competitive play takes a higher priority. This course may be taken four times for credit.

PACT 394 Tennis, Doubles 1 Unit

Prerequisite: PACT 390 with a grade of "C" or better.
Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); CSU Area E2
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.

PACT 400 Track and Field 1 Unit

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116, or ESLR 320, ESLW 320, or placement through assessment process.
General Education: AA/AS Area III(a); CSU Area E2
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.

Sport

SPORT 300 Baseball, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
Course Transferable to UC/CSU
Hours: 180 hours LAB

This course covers fundamentals, rules, individual and team strategies appropriate to intercollegiate baseball.

SPORT 311 Basketball, Intercollegiate-Men, Fall 1 Unit

Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
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.

SPORT 312 Basketball, Intercollegiate-Men, Spring 1 Unit

Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
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.

SPORT 316 Basketball, Intercollegiate-Women, Fall 1 Unit

Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
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.

SPORT 317 Basketball, Intercollegiate-Women, Spring 1 Unit

Advisory: ENGWR 102 or 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.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
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.

SPORT 320 Cross Country, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
Course Transferable to UC/CSU
Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

SPORT 325 Cross Country, Intercollegiate-Women 2 Units

General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
Course Transferable to UC/CSU
Hours: 180 hours LAB

This course is an intercollegiate sport providing opportunities for competition in women's cross country. It provides instruction in cross country fundamentals and skills, including rules and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken three times for credit.

SPORT 330 Football, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
Course Transferable to UC/CSU
Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

SPORT 340 Golf, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or ENGWR 103, ENGRD 116 or ESLR 320, ESLW 320, or placement through assessment process.
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Tryout
Course Transferable to UC/CSU
Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

SPORT 345 Golf, Intercollegiate-Women 2 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

SPORT 350 Soccer, Intercollegiate-Men 2 Units

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course provides opportunity for intercollegiate competition in men's soccer. Soccer fundamentals and skills are covered. It also includes rules, and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken 3 times for credit.

SPORT 355 Soccer, Intercollegiate-Women 2 Units

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course is an intercollegiate sport providing opportunity for competition in women's soccer. It provides soccer fundamentals and skills and includes rules, individual and team strategy appropriate for intercollegiate athletic competition. This course may be taken 3 times for credit.

SPORT 365 Softball, Intercollegiate-Women 2 Units

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryouts

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced softball activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and softball skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken three times for credit.

SPORT 370 Swimming and Diving, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

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.

SPORT 375 Swimming and Diving, Intercollegiate-Women 2 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

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.

SPORT 380 Tennis, Intercollegiate-Men 2 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

SPORT 385 Tennis, Intercollegiate-Women 2 Units

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

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

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

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

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course is an intercollegiate sport providing opportunities in women's track and field. It provides instruction in track and field fundamentals and skills, including rules and both individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken three times for credit.

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

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course is an intercollegiate sport providing opportunity for competition in women's volleyball. This course provides volleyball fundamentals and skills. It also includes rules, individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken three times for credit.

SPORT 410 Water Polo, Intercollegiate-Men 2 Units

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

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course is an intercollegiate sport providing opportunity for competition in men's water polo. This course provides water polo fundamentals and skills and includes rules, individual and team strategy appropriate for intercollegiate athletic competition. This course may be taken 3 times for credit.

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

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Tryout

Course Transferable to UC/CSU

Hours: 180 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition.

Team Activities**TMACT 300 Soccer, Indoor** **1 Unit**

General Education: AA/AS Area III(a); CSU Area E2

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.

TMACT 302 Soccer - Outdoor **1 Unit**

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

TMACT 310 Baseball **1 Unit**

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes defense, offense, pitching, base running, team strategy, and conditioning for advanced baseball.

TMACT 320 Basketball **1 Unit**

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

TMACT 330 Volleyball **1 Unit**

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

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.

TMACT 340 Football **1 Unit**

Advisory: ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes instruction in advanced techniques of offensive and defensive football skills.

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

Advisory: High school varsity or college level softball; ENGWR 102 or 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.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a course emphasizing defense, offense, pitching, base running, and conditioning which is designed to develop advanced skills in fielding, pitching, base running, and hitting. Emphasis will be placed on team offensive and defensive strategies at an advanced playing level.

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

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Slow pitch softball is a physical education course designed to teach the basic softball skills of throwing, catching, pitching, and hitting. Rules and strategies are also covered, including position play and baserunning. This course may be taken four times for credit.

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

General Education: AA/AS Area III(a); CSU Area E2

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. Grading is on a credit/no credit basis.

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

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 courses 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**

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

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

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

Course Transferable to CSU

Hours: 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 for credit.

PET 330 Care and Prevention of Athletic Injuries 3 Units

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

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 regarding sports injuries, their causes, and treatments.

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

Corequisite: PET 330.

Advisory: BIOL 430, 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: 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 336 Health Concerns in Athletics 1 Unit

Course Transferable to CSU

Hours: 18 hours LEC

This course provides basic information on a variety of athletic issues ranging from the prevention and treatment of athletic injuries and illnesses to the use of performance enhancement supplements. Topics reflect concerns for athletic performance in competitive sports and wellness.

PET 337 Common Injuries in Athletics 1 Unit

Course Transferable to CSU

Hours: 18 hours LEC

This course provides basic information on common athletic injuries ranging from muscle strains and tendinitis to ligament sprains and overuse injuries. Topics reflect contemporary concerns for athletic performance in competitive sport and wellness.

PET 340 Theory of Baseball 1 Unit

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

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

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

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

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

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

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

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

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

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

Same As: NUTRI 307

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. Not open to students who have completed NUTRI 307.

PET 403 Fitness and Exercise Assessment 1 Unit

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

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

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

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

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

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 .5-4 Units

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

Course Transferable to CSU

Hours: 72 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 Physical Education - Theory 1.5 Units

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.