

## Physical Education

### PE 100 Introduction to Kinesiology

#### 3.0 units

Acceptable for credit: Transfer CSU

An introduction to the discipline of kinesiology including the importance, philosophy, history, and biomechanics of human movement. Students will be exposed to various professional opportunities available to those pursuing an education in the field of exercise science. Students will also examine ways of understanding and studying human movement and its role and significance in daily life. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### PE 106 Sports Officiating

#### 3.0 units

Acceptable for credit: Transfer CSU

An introduction to the basic principles of sports officiating with emphasis on the following sports: baseball/softball, basketball, football, soccer and volleyball. Includes application of contest rules, officiating mechanics, officiating styles, and professional responsibilities applicable to each sport covered. Students will learn about ethical considerations, effective communication, decision making skills, and conflict resolution, as they relate to professional officiating. (Fall, Spring) (Letter Grade or Pass/No Pass)

### PE 120 Beginning & Intermediate Swimming

#### 1.0 unit

Acceptable for credit: Transfer to UC, CSU

An introduction to swimming, mastering the skills of the crawl stroke and elementary backstroke, and learning personal safety skills such as floating, treading water, and elementary forms of rescue. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### PE 121 Swim Fitness Lab

#### 1.0 unit

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Advisories: PE 120 - Beginning & Intermediate Swimming  
Designed to permit students to develop skills and improve and maintain overall physical fitness and cardiovascular conditioning in a low impact aquatic environment with flexible scheduling. Students may not be concurrently enrolled in PE 122. (Fall, Spring, Summer) (Pass/No Pass)

### PE 122 Swim Fitness Lab

#### 0.5 units

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Advisories: PE 120 - Beginning & Intermediate Swimming  
Designed to permit students to develop skills and improve and maintain overall physical fitness and cardiovascular conditioning in a low impact aquatic environment with flexible scheduling. Students may not be concurrently enrolled in PE 121. (Fall, Spring, Summer) (Pass/No Pass)

### PE 123 Aerobic Swim

#### 1.0 unit

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Advisories: PE 120 - Beginning & Intermediate Swimming

This course familiarizes the student with the concepts of aerobic fitness, aerobic fitness evaluation, and swimming as an alternative aerobic conditioning program. Students will tailor an aerobic swim fitness program to meet their own needs with the goal of improving and maintaining their level of aerobic fitness. Students will learn how to take and use their heart rate as an indicator for evaluating and monitoring their level of aerobic fitness and their progress towards aerobic fitness. Specifically students will learn how to take and evaluate the three important stages of heart rate, resting heart rate (RHR), target or training heart rate (THR), and recovery heart rate. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### PE 128 Sport Psychology

#### 3.0 units

Acceptable for credit: Transfer CSU

Designed to provide mental and psychological considerations as they relate to sport and exercise. Students will learn how various subjects impact the participation in and execution of sport in both individual and team settings. Subjects such as leadership and communication, goal setting, anxiety, violence, team cohesion, burnout, and drug abuse will be discussed. (Fall, Spring) (Letter Grade or Pass/No Pass)

### PE 129 First Aid-CPR: Educator/Coach

#### 1.0 unit

Acceptable for credit: Transfer CSU

Repeatable: 100.00

This course is designed to allow students who are considering a kinesiology based profession, to develop the necessary knowledge and skills to successfully respond in various first aid and safety circumstances which may arise in their distinctive work environment as a professional educator/coach. Topics include: injury prevention; sudden illness; heat/cold related injuries; responding to acute asthmatic emergencies; soft tissue, and muscular, bone and joint injuries; responding to unconscious or choking persons; and cardiac emergencies. At the end of the course, students will be American Red Cross "lay responder" certified in first aid, AED, and adult, child, and infant CPR. Students will not be certified at the "professional rescuer" level. Students must obtain and review the required textbook prior to the first class meeting. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### PE 130 Self Defense

#### 1.0 unit

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Affords all students the opportunity to become proficient in basic self-defense skills. Instruction in both physical and mental skills regarding methods and techniques for providing personal safety and defending oneself. Defensive and offensive tactics will be presented in the areas of movement, leverage, striking, and the utilization of various objects. Does not require any prior martial arts training. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 132 Cardio Kickboxing****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Emphasizes aerobic and strength conditioning through martial art movements. An aerobic exercise program that improves endurance, strength, and flexibility by using kickboxing movements. It involves a variety of punching and kicking movements focusing in the mirror and then on the workout bag. The high intensity, low impact activity accommodates most students at all fitness levels. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 133 Beginning Yoga Fitness****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Fundamentals of physical yoga at a beginning level, which focus on breathing, posture, and the development of the connection between the mind and muscles of the body. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 134 Martial Arts Techniques****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Introduction to basic techniques from over 10 different martial arts systems. Discussion of characteristics of each style, as well as physical and mental attributes of those likely to excel within each system. This non-sparring exercise program will improve reflexes, coordination, strength, flexibility, balance, and muscle tone. Techniques will be practiced in the mirror and on work-out bags. Designed to accommodate most students of various fitness levels. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 140 Physical Fitness Laboratory****1.0 unit**

Acceptable for credit: Transfer CSU

Designed to permit students to build muscle mass and strength, as well as develop overall physical fitness and cardiovascular conditioning. Provides students with the opportunity to utilize sophisticated conditioning equipment to accomplish their individual conditioning goals. Three hours per week with flexible hours. Students may not be concurrently enrolled in PE 141. (Fall, Spring, Summer) (Pass/No Pass)

**PE 141 Physical Fitness Laboratory****0.5 units**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Designed to permit students to build muscle mass and strength, as well as develop overall physical fitness and cardiovascular conditioning. Provides students with the opportunity to utilize sophisticated conditioning equipment to accomplish their individualized conditioning goals. Two hours per week with flexible hours. Students may not be concurrently enrolled in PE 140. (Fall, Spring, Summer) (Pass/No Pass)

**PE 142 Low Impact Conditioning Exercises****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Provides ways for students to improve fitness level by using principles of cardiovascular conditioning, flexibility, strength, coordination, and endurance training. Special attention is given to proper motion, but not required for participation. (Fall, Spring) (Letter Grade or Pass/No Pass)

**PE 143 Step Aerobics****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

An aerobic exercise program that improves aerobic conditioning, flexibility, muscular strength and endurance by utilizing a platform for stepping up and down. Includes a variety of stepping routines and strength training exercises in controlled rhythmic patterns set to music. The complete high intensity low impact balanced aerobic activity accommodates students at all fitness levels. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 145 Intercollegiate Conditioning****0.5 - 3.0 units**

Acceptable for credit: Transfer CSU

Designed to permit students to utilize an individualized strength and body building program using a combination of exercise machines and free weights in preparation for participation in intercollegiate competition. Students may not be concurrently enrolled in PE 140 or PE 141. Students will additionally engage in a variety of activities designed to enhance skill development and performance capabilities required for successful participation in future competitive intercollegiate sport circumstances and events. Students may repeat this course if they are CCCAA (California community College Athletic Association) eligible. (Fall, Spring) (Letter Grade or Pass/No Pass)

**PE 146 Strength and Flexibility****1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Designed to improve body alignment, flexibility and tone, and to strengthen problem areas, i.e. back, knees, and abdominals, through the use of various exercise equipment and a variety of stretching and strength exercises. Students learn a basic strength-fitness exercise program. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

**PE 149 Cooperative Work Experience: Occupational****1.0 - 8.0 units**

Acceptable for credit: Transfer CSU

Limitations on Enrollment: To participate in Cooperative Work Experience: (1) students must be working at a job within their major, (2) students must be able to become involved in new or expanded responsibilities on the job, (3) the employer must be willing to cooperate with the college in the supervision and evaluation of the student and (4) the student must attend all coordination/consultation meetings in addition to other work and

class responsibilities. NUMBER OF TIMES COURSE CAN BE REPEATED: Students enrolled in CWE 149 may earn up to 8 units of credit per semester not to exceed 16 units in total. Any units earned in any other Cooperative Work Experience course will be included in the 16 unit maximum. CWE Units Unpaid Placement: 1 unit 60 hours 2 units 120 hours 3 units 180 hours 4 units 240 hours 5 units 300 hours 6 units 360 hours 7 units 420 hours 8 units 480 hours CWE Units Paid Placement: 1 unit 75 hours 2 units 150 hours 3 units 225 hours 4 units 300 hours 5 units 375 hours 6 units 450 hours 7 units 525 hours 8 units 600 hours

Supervised employment extending classroom-based learning to an on-the-job learning environment relating to the student's career and educational goals. In addition, these work experiences improve the student's basic work skills and professional competencies by creating career awareness, improving work habits, and fostering positive workplace attitudes. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 154 Jogging/Walking**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

In this course, students improve cardiovascular and muscular physical fitness levels and flexibility by learning the concepts and principles and applying the techniques associated with walking and jogging. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 156 Beginning Golf**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Introduction to golf, elementary golf skills, the values and challenge of the game. Emphasis on developing a sound, repeating one-piece golf swing. Range practice. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 160 Tennis**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Designed to equip the student with the necessary knowledge and skills to become proficient enough to enjoy the game of tennis and participate at the beginning level. Fundamental strokes and strategy will be stressed. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 164 Soccer**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

Designed to prepare students to learn soccer and the rules of soccer. Fundamentals, strategy, and techniques will be stressed. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 167 Basketball**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

This course stresses the development of the fundamental skills, basic team offense and defense, and physical conditioning. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 170 Softball**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

This course is designed to provide the fundamental skills and knowledge necessary to successfully participate in the game of softball. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 172 Volleyball**

#### **1.0 unit**

Acceptable for credit: \*Transfer to CSU, limited to UC/see counselor

This course is designed to give instruction and practice in the fundamental skills basic to successful performance in volleyball. Rules and offensive and defensive formation will be included. (Fall, Spring, Summer) (Letter Grade or Pass/No Pass)

### **PE 189 Independent Projects**

#### **1.0 - 3.0 units**

Acceptable for credit: Transfer CSU

Courses for students capable of independent work who demonstrate the need or desire for additional study beyond the regular curriculum. Enrollment allows students to pursue activities such as directed field experience, research, or development of skills and competencies under faculty advisement and supervision. Independent projects may be earned in most disciplines. Students wishing to enroll in Independent Projects should contact the appropriate Academic Dean, or an instructor identified in the class schedule. If the project proposed is acceptable to that instructor, a contract will be developed. All contracts for these classes must be completed and approved by the appropriate dean before the last day of enrollment. Units are awarded depending upon satisfactory performance and the amount of time committed by the student to the course. Allowable units vary according to discipline, and are based on the following formula: 1 unit - 48 hours per semester 2 units - 96 hours per semester 3 units - 144 hours per semester (Fall, Spring) (Letter Grade or Pass/No Pass)

### **PE 199 Adapted Wilderness Experience**

#### **0.5 units**

Acceptable for credit: Transfer CSU

Designed to enable the disabled student the opportunity to enjoy and appreciate the wilderness and participate in wilderness activities. Trained assistants are available. (A) (Letter Grade Only)