

# PHYSICAL EDUCATION (PE)

## PE 101 F Pickleball

1 Unit

54 hours lab per term. This course provides an overview of the fundamentals for Pickleball. This sport combines the elements of tennis, badminton and table tennis. Topics will include strokes, serve, shot selection and strategies for doubles and singles play. (Degree Credit) (CSU) (UC)

## PE 102 F Yoga

1 Unit

54 hours lab per term. This course provides an overview of yoga, an integrated study of health. It involves the practice of breathing techniques, Hatha yoga postures (asanas), meditation, and relaxation. Emphasis is on practicing the principles of pranayama (breathing) and deep relaxation to reduce stress and improve concentration, circulation, and flexibility, and unify body, mind, and spirit. The Hatha yoga portion will also help to tone and strengthen muscles. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

## PE 103 F Aikido

1 Unit

54 hours lab per term. This course will introduce Aikido as a relatively modern Japanese martial art based upon nonresistance rather than strength. It is a non-aggressive, non-competitive art based upon a philosophy that stresses harmony with nature and control of body and mind. Comparison and introduction to related forms of throwing arts is included. Self-confidence is enhanced through the study of technique. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 104 F Spinning

1 Unit

54 hours lab per term. This course provides a unique, indoor, group stationary cycling program. This efficient, high-energy group exercise integrates music, camaraderie and visualization in a complete body-mind exercise routine. This philosophy of being mentally and physically fit is the basis of spinning. Spinning emphasizes everyone's individual needs, regardless of athletic ability, taught in a group atmosphere. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 105 F Badminton

1 Unit

54 hours lab per term. This course provides analysis of fundamental strokes with emphasis on court strategy for singles and doubles play. Rules, court etiquette and different types of tournaments will be introduced to the class. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 108 F Bowling

1 Unit

54 hours lab per term. This course is designed to develop sufficient knowledge and skill for successful participation in recreational, league and tournament bowling. Emphasis will be placed on the rules, scoring, etiquette, safety, mechanics, ball dynamics and strategy. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 109 F Intermediate Yoga

2 Units

**Prerequisite(s):** PE 102 F with a grade of C or better

18 hours lecture and 54 hours lab per term. This course introduces students to breathing practices, meditation techniques, guided relaxation and intermediate yoga sequences. Discussion of yoga philosophy and movement will be based on Hatha yoga traditions. (Degree Credit) (CSU) (UC Credit Limitation, UC) CSU GE

## PE 111 F Off-Season Training - Track and Field (formerly Decathlon)

1-2 Units

54-108 hours lab per term. This course provides instruction and participation with advanced skill fundamentals of track and field. The events covered are sprints, horizontal jumps, vertical jumps, shot put, discus, javelin, hammer, distance and middle-distance running. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

## PE 112 F Fencing

1 Unit

54 hours lab per term. This course provides instruction in basic fencing movement positions with the weapon, simple and compound actions, defenses, drills, and activity. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 114 F High Intensity Interval Training (formerly Cardiovascular Conditioning)

1 Unit

54 hours lab per term. This course provides a program of personalized exercised designed for the student interested in achieving physical fitness through a program of high intensity interval training. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 115 F Golf

1 Unit

54 hours lab per term. This course has an emphasis on learning the fundamental aspects of golf. There will be instruction in all areas of basic golf, including: rules, etiquette, and swing mechanics. Use of all golf clubs including woods, fairway metals, long irons, and short irons. Emphasis on the "short game" including chipping and putting. Class will be held at an off-campus golf facility. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 116 F Off-Season Training - Cross Country

1-2 Units

54-108 hours lab per term. This course provides instruction and participation in training for the intercollegiate cross country team. An emphasis is placed on cardiovascular conditioning, strength training, and flexibility in preparation for competing in long-distance running. (Degree Credit) (CSU) CSU GE

## PE 117 F Gymnastics - Tumbling (formerly Gymnastics)

1 Unit

54 hours lab per term. This course provides the students the opportunity to explore the possibilities of human motion in gymnastic framework. This course is designed to instruct students in a progressional motor learning experience. The skill range is from simple to complex tumbling. The course integrates the beginning, intermediate and advanced level gymnastic students together in an educational environment. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

## PE 119 F Beach Tennis

1 Unit

54 hours lab per term. This course provides an overview of the fundamentals for Beach Tennis. Beach Tennis is a sport that combines the elements of tennis, badminton and beach volleyball. Topics will include serve, volley (forehand/backhand), overheads, windmill, drop shot, push shots, grips, shot selection, physical movement for beach tennis and strategies for doubles and singles play. (Degree Credit) (CSU) (UC Credit Limitation)

## PE 121 F Walking for Fitness

1 Unit

54 hours lab per term. This course will emphasize walking for health and fitness for men and women who are interested in instruction and practice in fitness walking. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through aerobic and anaerobic conditioning. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 125 F Aquatic Fitness-Crosstraining****0.5-2 Units****Advisory:** Swim 50 yards and tread water for 5 minutes.

4.5-18 hours lecture and 13.5-54 hours lab per term. This course is designed to examine biomechanics and develop cardiovascular fitness and muscle strength through aquatic crosstraining. Students will engage in a variety of strategies that include swim fitness, fitness through paddling, and wave riding. This course includes units on water safety, technique, equipment examination. Participants seeking a crosstraining program may expect to improve their overall fitness. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 126 F Beach Volleyball****1 Unit**

54 hours lab per term. This course provides basic instruction and strategies in beach volleyball. Designed to develop basic skills, knowledge of rules, team strategies and desire for future participation during leisure times. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 127 F Racquetball-Indoors****1 Unit**

54 hours lab per term. This course provides the opportunity to learn and improve the essential strokes of racquetball. Emphasis is on skill development, knowledge of rules and basic strategies for singles and doubles play. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 129 F Cardio Step (formerly Cardio Step Aerobics)****1 Unit**

54 hours lab per term. This course will provide vigorous aerobic activity through coordinated stepping movements. The class will be held in a musical setting with emphasis on cardiovascular improvements, muscle development, and an increased awareness of body composition. Field trips may be required outside of regularly-scheduled class times. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 134 F Beginning Swimming****1 Unit**

54 hours lab per term. This course is designed for the beginning and novice swimmer with an emphasis on developing fundamental skills of swimming. All strokes are taught along with elementary diving and basic survival skills. Endurance training and cardiovascular fitness will be discussed. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 137 F Triathlon****1 Unit**

54 hours lab per term. This course provides cardiovascular fitness training and nutritional program information to compete successfully in a triathlon. This class offers techniques in swimming, biking and running for ultimate performance. Bike rental fee if you do not own your own bicycle. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 139AF Beginning Tennis****1 Unit**

54 hours lab per term. This course offers students the opportunity to learn and improve the essential strokes of tennis. Emphasis is on skill development, knowledge of rules and basic strategies for singles and doubles play. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 141 F Tennis Workshop****0.5-2 Units**

27-108 hours lab per term. This course is designed for those students desiring intermediate to advanced instruction in tennis. The class gives students the opportunity to put tennis techniques into practice through placement in the various levels of tennis ability. Twenty hours required for each half unit. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 144 F Volleyball-Beginning****0.5-1 Units**

27-54 hours lab per term. This course provides instruction in basic skills, rules and etiquette in the sport of volleyball. Students will experience improvement through supervised instruction and participation. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 144AF Volleyball Novice****1 Unit**

54 hours lab per term. This course provides introductory instruction in basic skills, rules and etiquette in the sport of volleyball at the novice level. Students will experience improvement through supervised instruction and participation. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 144BF Volleyball Advanced Beginner****1 Unit**

54 hours lab per term. This course provides instruction in basic skills, techniques in movement, rules and etiquette in the sport of volleyball at the advanced beginner level. Students will experience improvement through supervised instruction and participation. (Degree Credit) (CSU)

**PE 144CF Volleyball Intermediate****1 Unit**

54 hours lab per term. This course is designed for the intermediate volleyball athlete with intermediate skill and knowledge in the sport of volleyball. Students will receive training in fundamentals and strategies necessary for successful competition. (Degree Credit) (CSU)

**PE 144DF Volleyball Advanced****1 Unit**

54 hours lab per term. This course is designed for the advanced volleyball athlete with advanced skill and knowledge in the sport of volleyball. Students will receive training in fundamentals and strategies necessary for successful competition. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 145 F Volleyball - Intermediate****1 Unit**

54 hours lab per term. This course is designed to provide progressive instruction for intermediate skill development, player positioning in an offensive and defensive system, and team play. Intermediate techniques and strategies are applied. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 149 F Swim for Fitness****1 Unit****Advisory:** Ability to swim 50 yards and tread water for one minute

54 hours lab per term. This course is designed to increase the knowledge of the cardiovascular system through the use of aerobic workouts. Swimming strokes will improve through endurance and repetitive training. Participants seeking a fitness program may expect to improve their overall fitness levels. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 151 F Aqua Aerobics****1 Unit**

54 hours lab per term. This course is a fitness and recreational exercise program done in the water. Various water exercise programs are included, such as aerobics to music, flexibility activities, and conditioning activities designed for special needs. (Especially recommended for 40+ individuals and those with handicaps or movement limitations.) (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 153 F Strength Training and Conditioning****3 Units**

162 hours lab per term. This course is designed to allow students to strength train and cardiovascular condition their body. This class enables students to work out with a prescribed individual weight program to improve their overall physical fitness. This class will involve specific resistance exercises and cardiovascular exercises to develop parts of the body used in all types of activities. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 154 F Fitness Testing with Exercise Prescription****3 Units**

45 hours lecture and 27 hours lab per term. This course will provide students with guidelines for the design of individual exercise programs in the areas of cardiovascular endurance, muscular strength and endurance, flexibility, and weight control. Students will participate in exercise and in the performance of field tests in the areas of aerobic capacity, muscular strength, flexibility, and body composition. Nutritional support for optimizing fitness objectives is utilized during the course. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 158 F Personalized Fitness****1 Unit**

54 hours lab per term. This course promotes individualized exercise programs utilizing a variety of exercise equipment. The focus is on individual needs revolving around the five components of fitness. Individual assessments will include review of medical history, resting and exercising heart rate, blood pressure, and body weight. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 159 F Strength Training-Olympic Weights****0.5-2 Units**

18-72 hours lab per term. This course is an open-entry lab experience for those people who want to get maximum physical return for a limited time invested. This course is designed to provide instruction and supervision of students with individualized strength programs using Olympic weights and nautilus apparatus. It is for men and women of all age groups who are interested in muscle toning, muscle rehabilitation, strength increases and body building. Workout times are adjusted to the student's schedule. Letter Grade or Pass/No Pass option. Open Entry/Open Exit. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

**PE 160 F Beginning Basketball (formerly Basketball- Recreational)****1 Unit**

54 hours lab per term. This course provides instruction on the basic concepts, strategy and rules of the game. The course will consist of in-class drills and demonstrations. (CSU) (UC Credit limitation) (Degree Credit) CSU GE

**PE 161 F Body Conditioning and Fitness****1 Unit**

54 hours lab per term. This course will focus on individual exercise for contouring, conditioning, posture, weight training, aerobics and overall fitness. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 162 F Conditioning for Athletes-Strength****1-2 Units**

54-108 hours lab per term. This course is designed to organize and employ individual conditioning programs for intercollegiate athletes. The program includes analysis and appraisal of strength, cardiovascular, and flexibility of each intercollegiate athlete along with program prescriptions. Course may be taken four times for credit. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

**PE 163 F Kickboxing****1 Unit**

54 hours lab per term. This course provides instruction in kickboxing that stress cardiovascular endurance, strength development, and improved flexibility. The aerobic workout will include influences from several martial arts. For interested students, the sparring and self-defense aspects of kickboxing will be included. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

**PE 165 F Lifetime Fitness****1 Unit**

54 hours lab per term. This course provides cardiovascular fitness training, strength and conditioning exercises and nutrition programs to improve in the components of health related physical fitness. Each student will develop an individual program suited to his/her goals. Lab will cover cardio and strength training exercises, nutritional links, exercise goal setting and adaptation. (CSU) (UC Credit limitation) (Degree Credit) CSU GE

**PE 167 F Cardio Kickboxing (formerly Cardio Kick Boxing Aerobics)****1 Unit**

54 hours lab per term. This course is designed for a group and individual exercise program. Emphasis in class will be on cardiovascular development through basic kickboxing aerobic movements. Activities include stretching, strength training, and basic kickboxing exercise (no physical contact) set to music. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 168 F Cross Fit Training (formerly Boot Camp Workout)****1 Unit**

54 hours lab per term. This course will focus on individual exercises including obstacle course, calisthenics, conditioning, weight training, aerobics, yoga, Pilates, and overall fitness. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 169 F Advanced Water Polo****1 Unit**

**Advisory:** Ability to swim 100 yards and to tread water for at least 3 minutes.

54 hours lab per term. This course provides instruction in advanced skills, techniques, fundamentals and tactics in the sport of water polo. This course is designed to cover strategies and game-type situations for students with a basic knowledge of the game. (Degree Credit) (CSU) (UC Credit Limitation) AA GE, CSU GE

**PE 171 F Soccer I (formerly Soccer - Recreational)****1 Unit**

54 hours lab per term. This course provides instruction on the basic skills of soccer: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. This course will include interclass competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 172 F Competitive Fast Pitch Softball****1 Unit**

**Advisory:** Intermediate skill level in catching, throwing, and hitting.

54 hours lab per term. This course is designed for experienced softball players to give instruction in advanced techniques and game strategies. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 175 F Volleyball - Club****1 Unit**

54 hours lab per term. This course provides the potential intercollegiate player with advanced skill and knowledge in volleyball. Students will receive advance level training in the skills and strategies required with team competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 179 F Intercollegiate Spirit Squad****3 Units**

**Prerequisite(s):** Audition

180 hours lab per term. This course is designed for cheer and dance team members. The focus is on the skills required for a successful spirit squad individual and group. The class will emphasize the fundamentals of lifts, pom-pom and dance technique, choreography, competition, leadership skills, and crowd motivation. Performance at school athletic events and campus functions is mandatory. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 180 F Baseball****1 Unit**

54 hours lab per term. This course has an emphasis on learning the fundamental aspects of baseball. There will be instruction in all areas of baseball, including: hitting, bunting, fielding, throwing, base running, and sliding as well as an emphasis on other offensive and defensive fundamentals such as strategy, positioning and practice organization. This course is designed as an introduction to students who have the desire and ability to perform on the intercollegiate level. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 181 F Intermediate/Advanced Basketball (formerly Basketball)****1 Unit**

54 hours lab per term. This course is designed for students with intermediate to advanced levels of basketball skill and knowledge. Instruction in intermediate to advanced skills of basketball: technique, strategy and rules of the game. This course will consist of in-class competition and aerobic conditioning. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 182 F Body Building/Body Development and Weight Lifting****1 Unit**

54 hours lab per term. This course includes those resistive exercises designed to develop and increase size and strength of muscle tissue with emphasis on safe and proper weight lifting techniques. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 183 F Conditioning for Athletes - Circuit****1-2 Units**

54-108 hours lab per term. This course provides instruction and practice in weight training, weight lifting, anaerobic and aerobic fitness, and flexibility for competition in intercollegiate athletics. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 185 F Football - Defense****3 Units**

162 hours lab per term. This course is designed to give students the proper knowledge and mental preparation necessary to play collegiate football, specifically at the defensive position. Emphasis is placed on acquiring specific position skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Commission on Athletes (COA). (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 186 F Football - Offense****3 Units**

162 hours lab per term. This course is designed to give students the skills, proper knowledge, and mental preparation necessary to play collegiate football, specifically at the offensive position. Emphasis is placed on acquiring specific positions skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Commission on Athletes (COA). (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 187 F Physical Fitness****1 Unit**

54 hours lab per term. This course provides students the opportunity to achieve physical fitness through the use of resistance exercises, body-building routines and cardiovascular endurance exercises. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 188 F Self Defense-Boxing****1 Unit**

54 hours lab per term. This course is designed to teach the students the fundamentals of boxing and self-defense. Instruction will be based on the rules and regulations of boxing. The students will learn the necessary skills and techniques for participation in amateur boxing. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 189 F Soccer II (formerly Soccer)****1 Unit**

54 hours lab per term. This course provides advanced instruction on the following skills of soccer: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. The course will include interclass competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 191 F Volleyball-Advanced****0.5-2 Units**

27-108 hours lab per term. This course is designed for the advanced volleyball athlete with advanced skill and knowledge in the sport of volleyball. Students will receive training in fundamentals and strategies necessary for successful competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 192 F Water Polo****1 Unit**

**Prerequisite(s):** Intermediate Swimmer

Advisory: Ability to swim 50 yards and tread water for three minutes. 54 hours lab per term. This course is designed to provide aquatic game activity for the intermediate and advanced swimmer and to develop a greater understanding of the game of water polo. Instruction will be given in the fundamentals of water polo to include physical skill development, conditioning, game strategy and terminology. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 193 F Weight Training/Weight Lifting****1 Unit**

54 hours lab per term. This course provides instruction in strength training and focuses on weight lifting techniques that will produce muscle endurance and muscle strength. This course will provide instruction and demonstration for Olympic style lifts. Students will develop an individual program. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 193AF Beginning Weight Lifting and Weight Training****1 Unit**

54 hours lab per term. This course is designed for beginner individualized instruction and supervision of students with individualized strength training programs using Life Fitness, Universal and Olympic weights. It is for men and women of all ages who are interested in learning the beginner workouts for muscle toning, muscle rehabilitation, and/or weight redistribution. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 193BF Intermediate Weight Lifting and Weight Training****1 Unit**

54 hours lab per term. This course includes intermediate body building and developing the body through the use of progressive resistance exercises, as well as instruction in the proper techniques of power lifting. (Degree Credit) (CSU)

**PE 193CF Advanced Weight Lifting and Weight Training****1 Unit**

54 hours lab per term. This course is designed to provide advanced instruction and supervision of students with individualized power training programs using free weights. It is for students of all ages who are interested in improving power moves using squats, dead lifts, cleans, jerk, snatch, and the bench press. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 196 F Swimming - Recreational****1 Unit**

54 hours lab per term. This course will provide intermediate instruction and practice in the fundamentals of swimming, including beginning diving and water-safety instruction. This course is designed to develop proficiency in basic strokes to meet prerequisite for advanced Lifesaving and Water-Safety Instruction (WSI) courses. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 199 F Physical Education Independent Study I****1-2 Units**

54-108 hours lab per term. In this course, students should choose an interest area and schedule conferences. This class is for students who wish to participate in acceptable non-curricular physical activities or who wish to work in the field as a teaching assistant or official or to study special programs in physical education. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 201 F Athletic Conditioning Development****1-2 Units**

54-108 hours lab per term. This course is designed to enable student-athletes to participate in prescribed athletic conditioning exercises. It will involve sport specific resistance training and sport specific cardiovascular training in preparation for intercollegiate competition. It will add to the safety of student-athletes in preventing athletic related injuries. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit limitation)

**PE 202 F Intercollegiate Baseball****3 Units**

175 hours lab per term. Enrollment subject to audition. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Orange Empire Conference and the CCCAA. The student athlete will need to pass the sports physical administered by a team physician prior to competition. All practices are included in the scheduled hours of this class. This course is designed for advanced male baseball players wanting to participate on the intercollegiate baseball team. This course is designed to prepare athletes for future participation at the four-year university level. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE



**PE 203 F Intercollegiate Basketball - Men****1.5 Units**

**Advisory:** Two or more years of experience at the high school basketball level.

90 hours lab per term. This course is designed for advanced male basketball players wanting to participate on the Intercollegiate basketball team. In order to be eligible for athletic competition, students must meet the eligibility requirements of the COA and Orange Empire Conference. Student athletes will need to pass the sports physical administered by a team physician prior to competition. The following intercollegiate sports offer credit. Physical Education majors-see counselor for transfer requirements. Course may be taken four times for credit. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 204 F Intercollegiate Basketball - Women****1.5 Units**

**Advisory:** Two or more years of experience at the high school basketball level.

90 hours lab per term. This course is designed for advanced female basketball players who wish to participate on a competitive community college program. Daily practice or play for a minimum of ten hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA and Orange Empire Conference. Participants will need to pass the sports physical administered by a team physician prior to competition. The following intercollegiate sports offer credit. Physical Education majors-see counselor for transfer requirements. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 205 F Intercollegiate Cross Country - Men and Women****3 Units**

**Advisory:** Audition to determine fitness level and running ability (student athletes will need to pass the sports physical administered by a team physician prior to competition) 175 hours lab per term.

This course provides instructions and training in the exercise techniques and principles required for successful development in cross country distance running and intercollegiate competition. To become eligible for athletic competition, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Daily practice or play for a minimum of ten hours per week. Practice and cross country meets are mandatory. NOTE: PE majors: see counselor for transfer requirements. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 207 F Intercollegiate Football****3 Units**

**Advisory:** Audition recommended

180 hours lab per term. This course needs to be taken in order for a student athlete to participate in intercollegiate football. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Southern California Football Association and the California Commission on Athletics. This will include daily after-school practice designed to meet the needs of those interested in football. Student must pass a physical. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 208 F Intercollegiate Golf - Women****2 Units**

175 hours lab per term. For this course, in order to be eligible for athletic competition, students must meet the eligibility requirements of the California Community College Athletic Association (CCCAA) and Orange Empire Conference (OEC), including pass a physical exam given by the team doctor. Daily practice or play is required. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 209 F Intercollegiate Soccer****3 Units**

175 hours lab per term. This course provides student athletes the opportunity to participate in intercollegiate soccer. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Daily practice or play for a minimum of ten hours per week. The following intercollegiate sport offers credit. Physical Education majors must see counselor for transfer requirements. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 210 F Intercollegiate Softball - Women****3 Units**

**Advisory:** Subject to audition

180 hours lab per term. This course is designed for advanced female softball players to participate on the intercollegiate softball team. Participation in intercollegiate contests outside of class time is required. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference (OEC). Student athletes will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 211 F Intercollegiate Swimming (formerly Swimming - Men)****3 Units**

**Advisory:** Audition.

175 hours lab per term. This course provides daily practice for a minimum of ten hours per week. Team standards and expectations established. This course includes competition versus local college teams. For student eligibility, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Student athletes are required to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 214 F Intercollegiate Tennis****3 Units**

**Advisory:** Audition and pass sports physical administered by a team physician prior to competition

175 hours lab per term. This course is designed for the advanced tennis player wanting to participate on the intercollegiate tennis teams. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Orange Empire Conference. Student athlete will need to pass the sports physical administered by a team Physician prior to competition. Daily after-school practice or play for a minimum of ten hours per week. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 215 F Intercollegiate Track and Field - Men and Women (formerly Track - Men/Women)****3 Units**

**Advisory:** Audition (students must pass a sports physical administered by a team physician prior to competition).

180 hours lab per term. This course provides instruction, training and practice in the advanced techniques of track and field. To be eligible, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Practice and track and field meets are mandatory. NOTE: Physical Education majors: see counselor for transfer requirements. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 217 F Intercollegiate Sand Volleyball-Women****3 Units**

**Advisory:** Perform advanced level volleyball skills as assessed by the instructor.

175 hours lab per term. This course is designed for advanced sand volleyball players with a strong desire to participate on the intercollegiate sand volleyball team. Course may be taken three times for credit. Field trips may be required outside of regularly-scheduled class times. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 218 F Intercollegiate Volleyball - Women****3 Units**

**Advisory:** Perform advanced level volleyball skills as assessed by the instructor.

175 hours lab per term. This course is designed for advanced female volleyball players to participate on the intercollegiate volleyball team. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference. Student athlete will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 219 F Intercollegiate Water Polo****3 Units**

**Advisory:** Ability to swim 50 yards and tread water for 3 minutes

180 hours lab per term. This course is designed for the competitive student athlete participating in water polo. Course content will include aspects of competitive training such as weight training, repetitive swim sets, offensive and defensive game strategy, and intercollegiate contests. All participants will need to meet eligibility requirements set by the California Community College Athletic Association (CCCAA). Student athlete will need to pass the sports physical administered by a team physician prior to competition. They will also be governed by their given conference rules and regulations. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 220 F Intercollegiate Lacrosse - Women****3 Units**

**Advisory:** Tryout.

175 hours lab per term. This course provides opportunities for competitive level lacrosse athletes. Students must meet the eligibility requirements set forth by the CCCAA. Course may be taken four times for credit. (CSU) (UC) (Degree Credit) CSU GE

**PE 221 F Intercollegiate Volleyball - Men****3 Units**

**Advisory:** Perform advanced level volleyball skills as assessed by the instructor.

175 hours lab per term. This course provides advanced male volleyball players the opportunity to participate on the intercollegiate volleyball team. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference. Student athlete will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 223 F Pilates Mat I****1 Unit**

54 hours lab per term. This course provides instruction in alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. The course will include mat work, and will emphasize exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 224 F Pilates Mat II****1 Unit**

**Prerequisite(s):** PE 223 F with a grade of C or better

54 hours lab per term. This course provides instruction in alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. This course will include advanced level mat work using mats, rings, and foam rollers, and will emphasize exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 225 F Pilates Reformer****2 Units**

**Prerequisite(s):** PE 223 F with a grade of C or better.

108 hours lab per term. This course is a course in alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. The course will include exercises in mat work and on the reformer, and will emphasize exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (Degree Credit) (CSU) (UC) CSU GE

**PE 226 F Pilates Apparatus****2 Units**

**Prerequisite(s):** PE 223 F with a grade of C or better.

108 lab hours per term. A course emphasizing beginning through advanced levels of instruction of exercises and concepts developed by Joseph H. Pilates and incorporating various equipment. This course focuses on exercises for Pilates apparatus, including the Trapeze Table/Cadillac/Tower, Pilates Chair, Step Barrel and Ladder Barrel. Field trips may be required outside regularly-scheduled class times. (Degree Credit) (CSU) (UC)

**PE 227 F Effective Teaching Methods for Pilates****2 Units**

**Prerequisite(s):** PE 223 F, PE 225 F and PE 226 F, with a grade of C or better.

18 hours lecture and 54 hours lab per term. This course covers the principles, sequencing, progressions, cues, modifications, muscular integration and appropriate terminology that students need to effectively teach Pilates exercises. (Degree Credit) (CSU)

**PE 228 F Pilates Observation and Eval****2 Units**

**Prerequisite(s):** PE 227 F with a grade of C or better.

**Corequisite(s):** PE 229 F with a grade of C or better.

18 hours lecture and 54 hours lab per term. This course gives students the opportunity to assist and teach Pilates on all pieces of equipment, including Mat, Reformer, Cadillac, Chair, Barrel, and Spine Corrector. (Degree Credit) CSU, UC review required.

**PE 229 F Pilates Clinic****2 Units**

**Prerequisite(s):** PE 227 F with a grade of C or better.

**Advisory:** WELL 265 F.

Corequisite: PE 228 F with a grade of C or better. 18 hours lecture and 54 hours lab per term. This course offers students the practical experience of instructing Pilates. This lab experience develops student confidence and professional Pilates training while working with the public under supervision of instructor. (CSU) (Degree Credit) CSU GE

**PE 230 F Yoga Teaching Training Fundamentals****2 Units**

**Prerequisite(s):** PE 102 F with a grade of C or better

18 hours lecture and 54 hours lab per term. This course will teach students the fundamentals of yoga that are essential for both practice and teaching. Students will learn proper body mechanics, alignment principles, and breathing techniques as they relate to the performance and instruction of beginning yoga poses. Topics include the history and philosophy of yoga, Sanskrit terminology, injury prevention, and vocational opportunities. (Degree Credit) (CSU)

**PE 231 F Yoga Teaching Training Development 2 Units****Prerequisite(s):** PE 102 F with a grade of C or better

18 hours lecture and 54 hours lab per term. This course provides students with the tools to design and teach a 60-minute yoga class with verbal clarity. This course integrates yogic history and philosophy with Yoga Sutras, body mechanics and alignment, and complementary practices such as breathing styles, flow sequences, and subtle body. Topics include principles of teaching yoga as well as lifestyle choices and ethics for yoga teachers. Field trips may be required outside of regularly-scheduled class times. (CSU) (Degree Credit)

**PE 234 F Yoga Teaching Training Integration 2 Units****Prerequisite(s):** PE 102 F with a grade of C or better.

18 hours lecture and 54 hours lab per term. This course provides aspiring yoga teachers with tools to deepen their independent practice in order to strengthen their teaching and develop a personal teaching style. This course continues to focus on designing, integrating, and implementing knowledge and teaching of asanas, pranayama techniques, meditation, and yogic history and philosophy. Students also learn about the business aspects of teaching yoga. Field trips may be required outside of regularly-scheduled class times. (CSU) (Degree Credit)

**PE 235 F First Aid, CPR, and Safety Education 3 Units**

54 hours lecture per term. This course clarifies when and how to call for emergency medical help, eliminating the confusion that is frequently a factor in any emergency. This course emphasizes the importance of a safe, healthy lifestyle. The American Red Cross instructional outline will be followed. Students will be certified in both Standard First Aid and CPR. (CSU) (UC) (C-ID: KIN 101)

**PE 236 F Prevention and Care of Athletic Injuries 3 Units**

54 hours lecture per term. This course provides basic exposure to the care and prevention of sports-related injuries and illnesses. Discussion includes mechanism of injury, signs and symptoms and the appropriate treatment for the most common injuries. Some class time is spent in the Fullerton College training room learning how to tape ankles and better understand the necessary equipment. (CSU) (UC) (Degree Credit)

**PE 239 F Open Water Scuba Diving 3 Units****Advisory:** Ability to swim 50 yards and tread water for 3 minutes

36 hours lecture and 72 hours lab per term. This is a course designed to prepare the student to perform skills of skin and SCUBA diving. Instruction will identify, discuss, and employ safety techniques in all phases of underwater diving. Confined water training will be practiced in the pool and repeated during open-water (ocean) dive trips. Field trips and boat dives are required for certification, but certification is not required for completion of this course. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 240 F Sports Officiating (formerly Sports Officiating for Men) 3 Units**

54 hours lecture per term. This course covers the basic rules and mechanics of officiating the sports of football, baseball, basketball, softball and soccer. Students will receive practical experience in sports officiating. Students will receive guidance in pursuit of a career in officiating. (Degree Credit) (CSU) (UC Credit Limitation) CSU GE

**PE 243 F Stress Management 3 Units**

54 hours lecture per term. This course examines productive and non-productive stress and the influence of various types of stress on health and wellness. Topics include the physiological aspects of stress and its effects on health, assessments of personal coping style, strategies for coping effectively with stress, relaxation techniques, mindful awareness, and positive self-talk. Emphasis is placed on practical application of stress management techniques in daily life. (Degree Credit) (CSU) AA GE, CSU GE

**PE 244 F Techniques and Principles of Coaching 3 Units**

54 hours lecture per term. This course will focus on the factors related to coaching strategies, techniques, principles, and philosophies. Units on nutrition and substance use. ASEP Coaching Certification offered through this course. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 245 F Lifesaving, Basic Rescue and CPR 3 Units**

54 hours lecture per term. This course follows the guidelines set by the American Red Cross to teach students to critically analyze the strategies to successfully execute the appropriate first aid and lifesaving rescue application for on land and in water emergencies. Upon successful completion of the course, students will have the opportunity to qualify for Lifeguard Training, First Aid, CPR, and AED certifications following the standards set forth by the American Red Cross. (Degree Credit) (CSU) (UC Credit Limitation)

**PE 246 F Advanced/Master SCUBA Diver 3 Units****Advisory:** Demonstrate the basic skills of SCUBA according to the

national standards of NAUI: Regulator clear, mask clear, low and out of air emergency. Students must be able to swim in order to complete the water component of the course.

Students must be able to swim in order to complete the water component of the course. 36 hours lecture and 72 hours lab per term. This course is an intensive program consisting of lectures and practical application of water skills. The information presented will increase the student's knowledge in the area of equipment, ocean environment, safety, decompression, leadership and specialty diving options. This course provides the opportunity to receive certification not only for Advanced and/or Master, but also for specialties such as Rescue, Deep Water, Night, and Decompression diving, etc. NAUI standards and certification will be utilized. Field trips may be required outside of regularly-scheduled class time. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 247 F Sports Management 3 Units**

54 hours lecture per term. This course introduces organization, management, planning, staffing, directing, and controlling a sports program. The course also includes such areas as budget, facilities, scheduling, officials, transportation, public relations, parent and booster clubs, purchase and care of athletic equipment, fundraising, and marketing. (CSU) (Degree Credit) AA GE, CSU GE

**PE 248 F Psychology of Sport 3 Units**

54 hours lecture per term. This course will assist students to understand the effects of psychological factors on motor performance. In addition, students will gain an understanding of the effects of participating in physical activity on psychological development, health, and well-being. (CSU) (Degree Credit) CSU GE

**PE 250 F Sports and Society 3 Units**

54 hours lecture per term. This course examines the role of sport in modern society; looks at how sport influences and shapes global attitudes among nations; and investigates the historical, social, economic and political impact of sport on society. This course fulfills Multicultural Education Requirement for graduation. (CSU) (Degree Credit) CSU GE

**PE 252 F Introduction to Kinesiology 3 Units**

54 hours lecture per term. This course is an introduction to kinesiology as a profession and as an academic discipline. This course explores sub-disciplines, opportunities in the field, philosophy, scientific foundation, and analyzes and evaluates individuals that have influenced these trends and issues in the 21st century. (Degree Credit) (CSU) (C-ID: KIN 100)

**PE 254 F Personal Fitness Trainer****3 Units**

54 hours lecture per term. This course provides the scientific foundations and practical experience required by personal fitness trainers for certification by agencies such as American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA) and the National Academy of Sports Medicine (NASM). Topic areas include exercise sciences, nutrition, exercise techniques in resistance, cardiovascular, and flexibility training, consultation and evaluation of new clients, program design for physical training, clients with unique needs, and safety and legal issues with personal training. (CSU) (Degree Credit) CSU GE

**PE 266 F Fitness for Living (formerly Physical Fitness as a Lifelong Concept)****3 Units**

54 hours lecture per term. This course provides the student an opportunity to survey and analyze the exercise components that make up our individual physical beings. Students will appraise the concepts of behavior that may result in an optimally fit and healthy life-style. Additionally, students will observe the effects that age has on specific body systems and how a reasonably conceived and defined program of activity and diet may result in improved fitness, wellness and quality of life with advancing years. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

**PE 270 F Exercise Nutrition****3 Units**

54 hours lecture per term. This course provides scientific information for sport nutrition that covers the principles, background and rationale for current nutrition guidelines for athletes. The goal is to learn to combine good nutritional habits along with a quality exercise regime to meet weight control goals. This course will emphasize caloric planning, energy expenditure, metabolism, and eating disorders. Diet theories will be explained along with the evaluation of fad diets and supplements. (Degree Credit) (CSU) (UC)

**PE 280 F Theory of Coaching Baseball (formerly Professional Activities: Theory of Baseball)****3 Units**

**Advisory:** Student must display skill ability comparable to college level baseball

54 hours lecture and 18 hours lab per term. This course is designed to prepare future physical education teachers or community youth coaches in the theory of coaching baseball. This course will include the mental and physical preparation of becoming a complete baseball player, theory and practical experience of offensive and defensive phases of the game of baseball, the individual technique drills for each of the nine positions; coach and umpire relationships; the planning and execution of practice sessions; and the strategies involved during a game. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 281 F Professional Activities: Theory of Basketball****2 Units**

18 hours lecture and 36 hours lab per term. The course deals with basketball from beginning to present day. The psychology of coaching basketball, player fundamentals, administration of a total basketball program, behavioral objectives for basketball, practical experience of teaching offense and defense will be covered. (CSU) (UC Credit Limitation) (Degree Credit)

**PE 282 F Theory of Coaching Softball****2 Units**

18 hours lecture and 54 hours lab per term. This course is designed to give students the skills, proper knowledge, and mental preparation necessary to play or coach collegiate softball. Emphasis is placed on acquiring specific positions skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Community College Athletic Association (CCCCAA). (CSU) (UC Credit Limitation) (Degree Credit)

**PE 283 F Theory of Coaching Football (formerly Professional Activities/ Theory of Football)****3 Units**

54 hours lecture per term. This course is designed for student going into physical education, coaching or recreation with basic fundamentals, strategy and history of football. Students will gain an awareness of techniques and concepts relating to better performance and learning experiences. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 284 F Theory of Coaching Soccer****2 Units**

36 hours lecture per term. This course provides preparation for future physical education and recreation teachers or community coaches in the theory of coaching soccer. It includes the mental and physical preparation of becoming an instructor of, or participant in, the sport of soccer and the theory and practical experience of offensive and defensive phases of the game. Technique, tactics, fitness, and psychology will be covered in detail. Rules and regulations of the game, along with equipment and safety, will be discussed. (CSU) (UC Credit Limitation) (Degree Credit)

**PE 285 F Theory of Coaching Volleyball (formerly Professional Activities - Theory of Volleyball)****3 Units**

54 hours lecture per term. This course provides the history of volleyball to present day, the theory of coaching strategy, player fundamentals, and program implementation and administration. Behavioral objectives for volleyball, practical experience of teaching offense and defensive systems will be covered. Field trips may be required outside of regularly-scheduled class. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

**PE 286 F Athletic Skill Development****1-2 Units**

54-108 hours lab per term. This course is designed for student-athletes to develop sport specific skills to compete in intercollegiate athletics at the California Community College level. It will involve sport specific drills, techniques, and strategy. The class will provide student-athletes with specific exercises to develop the parts of the body for specific athletic activities to prevent athletic related injuries. This course may be repeated three times for credit. (Degree Credit) (CSU) (UC Credit limitation)

**PE 296 F Off Season Athletes - Softball****0.5-3 Units**

27-162 hours lab per term. This course is designed to give students the specific preparation necessary to play college softball. It will include position specific training and advanced strategies within a team environment. The students will be instructed on charting using technology to determine individual and team tendencies. Try-outs will be conducted for the purposes of assigning positions. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE