

Physical Education and Health

The Curriculum

The Physical Education Program at Irvine Valley College is designed to acquaint students with the concepts of lifelong fitness and health. Students not only exercise but also are introduced to topics related to exercise such as the physiology of the body, nutrition, injury prevention, and health enhancement. The program serves all students, regardless of age, fitness level, or previous experience.

The college's physical education complex currently includes soccer and softball fields, lighted outdoor tennis courts, sand volleyball courts, outdoor basketball courts, and a running course. The Health Fitness Complex houses an aerobics/multipurpose room; the Life Fitness Center, with top-of-the-line strength-training and aerobic exercise equipment; and a locker room. Students may use the center by enrolling in PE 192 and completing the required orientation session. The Sports Medicine Lab houses state-of-the-art equipment capable of assessing resting EKGs, stress EKGs, flexibility, percentage body fat (measured by hydrostatic weighing), and blood chemistry. Students enrolled in Lifetime Fitness and Personal Appraisal (PE 130) have the opportunity not only to be tested but to learn what their test results suggest, how their data compares to normative data, and what they may do to improve their fitness levels. Finally, the Hart Gymnasium serves both as a PE classroom facility and home court of the Lasers basketball and volleyball teams. The gymnasium also houses a strength training center and dance studio.

The Associate Degree/Occupational Certificate Major

The Physical Education faculty recommends that students intending to transfer to a four-year institution with a major in physical education or dance consult with a faculty member in the Physical Education Department. Those seeking employment in an industrial fitness/club fitness setting are advised to explore the Fitness Specialist Occupational Certificate. This one-year program is designed to qualify students to serve as personal trainers, aerobics instructors, and/or strength-training instructors. Those who pursue this program will be educated in the principles of exercise science that apply to fitness evaluation, exercise recommendation, and application of appropriate exercise methods.

If you intend to transfer:

Courses that fulfill major requirements for an associate degree at Irvine Valley College may not be the same as those required for completing the major at a transfer institution offering a baccalaureate degree. If you plan to transfer to a four-year college or university, you should (1) refer to the transfer section of this catalog, (2) consult the catalog of your prospective transfer institution (see the IVC Transfer Center for assistance), and (3) schedule an appointment with an IVC counselor to develop a plan of study before you begin your program. In addition, it may be helpful to meet with the appropriate department faculty at IVC.

If you plan to complete an associate degree or occupational certificate:

You must complete one of the following sets of courses to fulfill the requirements for the Occupational Certificate or the associate degree major. For the A.A. degree in Physical Education you must also meet the general education requirements listed on page 21. Refer to page 16 for additional options for fulfilling the major requirement for the A.A. degree.

The Faculty
Mikel Bistany
Monique Brass
Ben Burnett
Stacey Cargnelutti
Ann Doty
Mike Gervais
Julie Hanks
Jerry Hernandez
Lisa Hesse
Chris Hogstedt
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Lesley Lowe
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Kathryn Milostan-Egus
Aracely Mora
Janet Olsen
Stacy Parker
Martin Pennell
Tom Pestolesi
Jacqui Polz
Geordan Reynolds
Leigh-Anne Rice
JoAnna Schoon
Jovan Stojanovski
Ted Weatherford

School of Health Sciences, Physical Education and Athletics

(majors begin on next page)

PHYSICAL EDUCATION MAJOR

(A.A. Degree)

It is recommended that students who plan to transfer to another college or university see a counselor before beginning this program.

Complete the following courses:		Units
HLTH 1	Health Education	(3)
or	or	
NUT 1	Principles of Nutrition	(3)
PE 130	Lifetime Fitness and Personal Appraisal	1

Complete at least two of the following courses:		Units
BIO 11	Human Anatomy	(4)
or	or	
BIO 12	Human Physiology	(3)
HLTH 2	First Aid: Responding to Emergencies	(3)
or	or	
PE 120	Prevention and Treatment of Athletic Injuries	(3)

Complete a minimum of six different physical education activity courses as follows:

PE 1-132	(Complete a minimum of two cardiovascular courses)	(1-4)
and	and	
PE 11-47, 70-79, 90-97; DNCE 6-50	(Complete a minimum of four different courses from those noted in individual or team sports, combative skills, physical fitness, body movement, or dance)	(2-4)

Total units: must be at least 18

Recommended electives: PE 121, 122, 201, 202

FITNESS SPECIALIST

(Certificate only)

		Units
PE 201	Applied Kinesiology	2
PE 202	Applied Exercise Physiology	2
PE 203	Techniques of Instructing Aerobic Exercise	2
PE 204	Exercise for Special Populations	2
PE 205	Nutrition for Fitness and Sport	2
PE 206	First Aid and Injury Prevention	1.5
PE 207	Exercise Testing	2
PE 208	Instructional Techniques of Strength Training	2
PE 209	Exercise Psychology	1
PE 210	Marketing Techniques for the Fitness Specialist	1
PE 215	Fitness Specialist Internship—A	2
Total units:		19.5

Health Courses

HLTH 1 **HEALTH EDUCATION** 3 units

This course investigates health issues from a holistic perspective. Physiological, emotional, mental, social, and environmental aspects of human health are discussed. General topics of investigation include nutrition, fitness, stress, sexuality, relationships, aging, drug abuse, and health care. NR
Lecture hours: 3

HLTH 2 3 units

FIRST AID: RESPONDING TO EMERGENCIES

This course covers accident and injury prevention, emergency medical care, first aid for common injuries, emergency childbirth, first aid for people with special needs, and responding to delayed help (e.g., wilderness) situations. This lifesaving skill training provides students with the practical resources to respond effectively in emergency situations. Successful completion of the course qualifies students for two American Red Cross first aid certificates: "Responding to Emergencies" and "Community CPR." NR
Lecture hours: 3

HLTH 89 0.5-5 units

SPECIAL TOPICS IN HEALTH

This transfer-level course provides an opportunity to explore a topical concept, issue, or event in the field of health. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

HLTH 99 0.5-5 units

SPECIAL TOPICS IN HEALTH

This transfer-level course explores a particular subject in the field of health which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

HLTH 189 0.5-5 units

SPECIAL TOPICS IN HEALTH

This course provides an opportunity to explore a topical concept, issue, or event in the field of health. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

HLTH 199 0.5-5 units

SPECIAL TOPICS IN HEALTH

This course explores a particular subject in the field of health which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

HLTH 289 0.5-5 units

SPECIAL TOPICS IN HEALTH

This nontransferable course provides an opportunity to explore a topical concept, issue, or event in the field of health. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

HLTH 299 0.5-5 units

SPECIAL TOPICS IN HEALTH

This nontransferable course explores a particular subject in the field of health which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

Nutrition Courses

NUT 1 3 units

PRINCIPLES OF NUTRITION

This course is designed for individuals who wish to increase their understanding of nutrition. Included are discussions of carbohydrates, proteins, fats, vitamins, minerals, diets, food fads, cancer, and changing nutritional needs. NR

Lecture hours: 3

NUT 201 3 units

VEGETARIAN NUTRITION

This course is designed to teach the fundamentals of nutrition necessary for a healthy vegetarian diet. Students will explore why individuals become vegetarians, how meat eaters make the transition to a plant-based diet, and how food intake affects the environment. Practical considerations such as shopping techniques, label reading, vegetarian recipes, and eating at restaurants and social occasions will be discussed. Students will review research that investigates the health benefits of the vegetarian diet and analyze their food intake to assess the nutritional content of their diets. NR

Lecture hours: 3

NUT 89 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This transfer-level course provides an opportunity to explore a topical concept, issue, or event in the field of nutrition. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

NUT 99 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This transfer-level course explores a particular subject in the field of nutrition which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

NUT 189 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This course provides an opportunity to explore a topical concept, issue, or event in the field of nutrition. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

NUT 199 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This course explores a particular subject in the field of nutrition which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

NUT 289 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This nontransferable course provides an opportunity to explore a topical concept, issue, or event in the field of nutrition. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

NUT 299 0.5-5 units

SPECIAL TOPICS IN NUTRITION

This nontransferable course explores a particular subject in the field of nutrition which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

Physical Education Courses

PHYSICAL FITNESS AND BODY MOVEMENT

PE 1 0.5 or 1 unit

CONDITIONING FOR RUNNING

This course is designed to improve students' cardiorespiratory endurance by means of an aerobic conditioning program. Learning objectives will be achieved through active participation in individualized programs. The course will examine the effects of various types of conditioning on the muscular system, the cardiorespiratory system, and flexibility. UC credit provisions (see UC course list). R-E-3

Lab hours: 2 or 3

<p>PE 3 0.5 or 1 or 1.5 or 2 units STRENGTH-TRAINING CENTER The Strength-Training Center is a facility designed to promote the benefits and development of physical fitness, with an emphasis on muscular strength and endurance. Students may sign up for one, two, three or four hours per week of training in the center using a variety of resistance machines and free-weight equipment. Students taking this course must attend an orientation session before using the center. This is an open-entry/open-exit, optional unit course offered on a credit/no-credit basis. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 1 or 2 or 3 or 4</i></p>	<p>PE 8 0.5 or 1 unit BEGINNING AEROBICS This is a beginning course designed to introduce students to the basic concepts related to muscular strength and endurance, cardiorespiratory endurance, stretching, and nutrition. A combination of Physical Education 8 and 9 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 96 0.5 or 1 unit INTRODUCTION TO YOGA This is an overview course in yoga, an integrated study of health. It involves the investigation and 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; improve concentration, circulation, and flexibility; and unify body, mind, and spirit. The hatha yoga portion will also help to tone and strengthen muscles. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>
<p>PE 4 0.5 or 1 unit WEIGHT TRAINING This course provides instruction in the basic principles related to the acquisition of muscular strength and muscular endurance. The course addresses the physiological adaptations which occur as a result of strength training. Students will explore training techniques as well as available equipment. A combination of Physical Education 4 and 5 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 9 0.5 or 1 unit INTERMEDIATE AEROBICS This is a course designed for the intermediate student who has had previous experience in aerobics or has successfully completed the beginning aerobics course and can participate in twenty minutes of high-intensity aerobics. In addition to participating in workouts, students will be introduced to concepts related to muscular strength and endurance, stretching, and nutrition. A combination of Physical Education 8 and 9 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 97 0.5 or 1 unit HATHA YOGA This course involves the investigation and practice of hatha yoga principles. Emphasis is on physical exercises, postures (asanas), and associated breathing techniques designed to improve body alignment; joint flexibility; muscle tone; relaxation; and unity of body, mind and spirit. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>
<p>PE 5 0.5 or 1 unit ADVANCED STRENGTH TRAINING <i>Recom: Previous strength-training experience.</i> This course is designed for students interested in competing in intercollegiate athletics. The course focuses on advanced methods and techniques of weight lifting. A combination of Physical Education 4 and 5 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 10 1.5 units SIMPLE STRATEGIES FOR SUCCESSFUL WEIGHT MANAGEMENT This course is designed to help students manage their weight. The emphasis is on combining good nutrition and regular exercise to meet body weight goals. This comprehensive class includes classroom teaching time as well workouts at the IVC Fitness Center. Students learn how to choose healthy, balanced meals at home or away; read packaged food labels; avoid the "diet failure mentality"; use exercise equipment properly; and design a safe, individualized exercise program. R-E-1 <i>Lecture hours: 1 Lab hours: 1.5</i></p>	<p>PE 130 1 unit LIFETIME FITNESS AND PERSONAL APPRAISAL <i>Recom: Concurrent enrollment in PE 192.</i> The purpose of this course is to inform students about the components and benefits of physical fitness. The course explores nutrition, training principles, and consumer awareness about health and fitness. Students learn how to design appropriate exercise programs, taking into account personal risk factors. The course includes lecture, laboratory, exercise, and physical fitness tests. NR <i>Lecture hours: 1 Lab hours: 1</i></p>
<p>PE 6 1.5 or 2 units ADVANCED STRENGTH TRAINING AND CONDITIONING FOR SPORT <i>Recom: Previous strength-training experience.</i> This course is designed for students interested in strength-training and conditioning methods specific to their sport. The course focuses on advanced modes of strength training, including free weights, machines, medicine balls, plyometrics, circuit training, and conditioning. UC credit provisions (see UC course list). R-A-3 <i>Lecture hours: 1 or 1.5 Lab hours: 2 or 2.5</i></p>	<p>PE 94 0.5 or 1 unit TAI CHI This course provides an introduction to the principles and basic movements of the ancient Taoist art of tai chi. Emphasis is on the development of balance, harmony, and physical strength through the discipline of slow, fluid movements. The course is designed to help participants to achieve health and tranquility. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 132 2 units CROSS-TRAINING FOR FITNESS AND MULTI-SPORT EVENTS <i>Recom: Ability to swim, bike, and run.</i> This course introduces advanced training techniques to enhance the student's overall fitness level and to prepare the student to participate in multi-sport events, such as triathlons and duathlons. Disciplines will include swimming, bicycling, running, and strength lifting. The course also discusses rules of competition and safety in training. R-E-3 <i>Lecture hours: 1 Lab hours: 3</i></p>

PE 192 0.5 or 1 or 1.5 or 2 units

LIFE FITNESS CENTER LAB

The Life Fitness Center is an open exercise laboratory designed to develop and encourage healthy attitudes and habits with regard to cardiovascular efficiency, body composition, muscular strength and endurance, and flexibility. Students may sign up for one, two, three, or four hours per week of exercise training in the laboratory. The course enables students to enhance their fitness levels using state-of-the-art strength-training and cardiovascular equipment. Students enrolling in this course must attend an orientation session before using the center. This course is offered on a credit/no-credit basis and is open-entry/open-exit. Units will be credited based on amount of work completed. R-E-3
Lab hours: 1 or 2 or 3 or 4

COMBATIVE SKILLS

PE 90 1 unit

SELF-DEFENSE

This course is designed to develop both cognitive and physical skills for self-defense. The student will learn how to recognize and avoid potentially dangerous situations and how to apply basic self-defense techniques appropriately. UC credit provisions (see UC course list). R-E-3
Lab hours: 3

PE 91 0.5 or 1 unit

BEGINNING AIKIDO

This course will cover the basic movements, techniques and theory of aikido, a classic Japanese martial art by which the weak control the strong through balance, displacement, concentration, and strong spirit. UC credit provisions (see UC course list). A combination of Physical Education 91 and 92 may be taken a maximum of four times. R-A-3
Lab hours: 2 or 3

PE 92 1 unit

INTERMEDIATE AIKIDO

Recom: PE 91. This course will emphasize the basic physical movements of aikido practiced in more complex combinations with a training partner. Students will concentrate on developing and applying skills and appropriate technique. UC credit provisions (see UC course list). A combination of Physical Education 91 and 92 may be taken a maximum of four times. R-A-3
Lab hours: 3

INTERCOLLEGIATE SPORTS

IA 2 1 unit

INTERCOLLEGIATE MEN'S BASKETBALL

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate basketball. UC credit provisions (see UC course list). R-E-3
Lab hours: 5

IA 3 2 units

INTERCOLLEGIATE MEN'S BASEBALL

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate baseball. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 5 2 units

INTERCOLLEGIATE MEN'S CROSS-COUNTRY

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate cross-country. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 6 2 units

INTERCOLLEGIATE MEN'S GOLF

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate golf. UC credit provisions (see UC course list). R-D-3
Lab hours: 10

IA 7 2 units

INTERCOLLEGIATE WOMEN'S GOLF

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course is designed to give students an opportunity to train for and participate in women's intercollegiate golf. UC credit provisions (see UC course list). R-D-3
Lab hours: 10

IA 9 2 units

INTERCOLLEGIATE MEN'S TENNIS

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate tennis. UC credit provisions (see UC course list). R-E-2
Lab hours: 10

IA 10 2 units

INTERCOLLEGIATE WOMEN'S VOLLEYBALL

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate volleyball. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 11 2 units

INTERCOLLEGIATE WOMEN'S SOFTBALL

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate softball. UC credit provisions (see UC course list). R-E-2
Lab hours: 10

IA 12 1 unit

INTERCOLLEGIATE WOMEN'S BASKETBALL

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate basketball. UC credit provisions (see UC course list). R-E-3
Lab hours: 5

IA 13 2 units

INTERCOLLEGIATE WOMEN'S TENNIS

Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate tennis. UC credit provisions (see UC course list). R-E-2
Lab hours: 10

IA 15 **2 units**
INTERCOLLEGIATE MEN'S SOCCER
Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate soccer. UC credit provisions (see UC course list). R-E-2
Lab hours: 10

IA 17 **2 units**
INTERCOLLEGIATE WOMEN'S CROSS-COUNTRY
Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate cross-country. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 18 **2 units**
INTERCOLLEGIATE WOMEN'S SOCCER
Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate soccer. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 19 **2 units**
INTERCOLLEGIATE MEN'S VOLLEYBALL
Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in men's intercollegiate volleyball. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

IA 20 **2 units**
INTERCOLLEGIATE WOMEN'S BADMINTON
Limitation: Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition. This course gives students an opportunity to train for and participate in women's intercollegiate badminton. UC credit provisions (see UC course list). R-E-3
Lab hours: 10

INTERCOLLEGIATE SPORTS

SPECIAL TOPICS

IA 89 **0.5-5 units**
SPECIAL TOPICS IN ATHLETICS
This transfer-level course provides an opportunity to explore a topical concept, issue, or event in the field of athletics. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

IA 99 **0.5-5 units**
SPECIAL TOPICS IN ATHLETICS
This transfer-level course explores a particular subject in the field of athletics which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

IA 189 **0.5-5 units**
SPECIAL TOPICS IN ATHLETICS
This course provides an opportunity to explore a topical concept, issue, or event in the field of athletics. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

IA 199 **0.5-5 units**
SPECIAL TOPICS IN ATHLETICS
This course explores a particular subject in the field of athletics which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

IA 289 **0.5-5 units**
SPECIAL TOPICS IN ATHLETICS
This nontransferable course provides an opportunity to explore a topical concept, issue, or event in the field of athletics. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

IA 299 **0.5-5 units**

SPECIAL TOPICS IN ATHLETICS

This nontransferable course explores a particular subject in the field of athletics which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E
Lecture hours: 0.5-5 Lab hours: 0.5-5

SPORTS

PE 11 **0.5 or 1 unit**
BEGINNING BADMINTON
This course introduces the official singles and doubles games of badminton, including the basic strokes, footwork, strategy, and etiquette. A combination of Physical Education 11, 12, and 13 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3
Lab hours: 2 or 3

PE 12 **0.5 or 1 unit**
INTERMEDIATE BADMINTON
Emphasis is on individual stroke analysis, playing strategies, and match play, both singles and doubles. A combination of Physical Education 11, 12, and 13 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3
Lab hours: 2 or 3

PE 13 **0.5 or 1 unit**
ADVANCED BADMINTON
This course focuses on advanced strokes, playing strategies, and match play in singles and doubles. A combination of Physical Education 11, 12, and 13 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3
Lab hours: 2 or 3

PE 19 **0.5 or 1 unit**
BICYCLING
This course is designed to increase the student's skills in bicycling. Students will develop an appreciation of cycling both as a lifetime sport and as a means of developing and maintaining muscular and cardiorespiratory fitness. Field trips may be required. UC credit provisions (see UC course list). R-E-3
Lab hours: 2 or 3

<p>PE 20 0.5 or 1 unit</p> <p>BEGINNING GOLF</p> <p>This course is designed to teach fundamental techniques, basic rules, and proper course etiquette of the game of golf. A lab fee will be required to cover green fees. A combination of Physical Education 20, 22 and 23 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 22 0.5 or 1 unit</p> <p>INTERMEDIATE GOLF</p> <p>This course is designed to present intermediate techniques, rules, and etiquette of the game of golf. Students study and practice chipping, putting, sand shots and wood shots, and golfing strategies. Students will incorporate these skills in playing a successful round of golf. A lab fee will be required to cover green fees. A combination of Physical Education 20, 22 and 23 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 26 0.5 or 1 unit</p> <p>INTERMEDIATE TENNIS</p> <p>This course is designed to help the intermediate tennis student improve basic skills, analyze weaknesses, and learn strategies on the court. The course will include review of basic strokes, match play, and singles and doubles games. A combination of Physical Education 25, 26, and 27 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 71 0.5 or 1 unit</p> <p>ADVANCED BASKETBALL</p> <p>This course is intended primarily to provide advanced training for students prior to participating on one of the intercollegiate basketball teams; however, the course is open to all students possessing advanced basketball abilities. A combination of Physical Education 70 and 71 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>
<p>PE 23 1 unit</p> <p>ADVANCED GOLF</p> <p>This course provides advanced training for students prior to participating on one of the intercollegiate golf teams. Students develop a personal golf profile that includes air carry distances for each club, ball-striking and ball-flight tendencies, and strategies for the various lies. Students are responsible for golf balls, green fees, and golf clubs. A combination of Physical Education 20, 22 and 23 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 3</i></p>	<p>PE 27 0.5 or 1 unit</p> <p>ADVANCED TENNIS</p> <p>This course presents advanced techniques for playing of singles, doubles, mixed doubles, and match play. Students concentrate on improving their form, strokes, and serves. A combination of Physical Education 25, 26, and 27 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 32 0.5 or 1 unit</p> <p>INTRAMURAL ACTIVITIES</p> <p>This course provides an opportunity for students to participate in individual and team sports. Sports offered vary by semester and may include volleyball, racquetball, tennis, basketball, strength training, archery, and golf. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 73 0.5 or 1 unit</p> <p>ADVANCED SOCCER</p> <p>This course is designed to teach advanced skills for individual and team play. Students practice dribbling, heading, shooting, trapping, passing, and defensive tactics and work to improve their individual performance. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>
<p>PE 25 0.5 or 1 unit</p> <p>BEGINNING TENNIS</p> <p>This course presents the official singles and doubles games. Students will learn the forehand and backhand strokes, serves, basic strategies, footwork, and etiquette of tennis. A combination of Physical Education 25, 26, and 27 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 47 1 unit</p> <p>CROSS-COUNTRY</p> <p>This course is designed to introduce cross-country running techniques and tactics. The course covers basic skills, training, conditioning, and strategies for running. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 3</i></p>	<p>PE 74 0.5 or 1 unit</p> <p>COED SOFTBALL: SLOW PITCH</p> <p>This course offers instruction in slow-pitch softball for men and women, focusing on the fundamentals of offensive and defensive play. Students participate in basic drills and team games. Learning objectives will be achieved through active participation in individual and/or group assignments. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 75 0.5 or 1 unit</p> <p>ADVANCED SOFTBALL FOR WOMEN</p> <p>This course is designed for students with advanced ability in competitive fast-pitch softball. Students practice such skills as throwing, fielding, batting, bunting, base running, sliding, and positioning, as well as offensive and defensive strategy. UC credit provisions (see UC course list). R-E-3 <i>Lab hours: 2 or 3</i></p>
	<p>PE 70 0.5 or 1 unit</p> <p>BEGINNING BASKETBALL</p> <p>This course introduces the basic techniques, strategies, and rules of basketball. Emphasis is on developing the student's fundamental offensive and defensive skills. A combination of Physical Education 70 and 71 may be taken a maximum of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	<p>PE 76 0.5 or 1 unit</p> <p>BEGINNING VOLLEYBALL</p> <p>This course introduces the fundamental strategies and skills of volleyball, including setting, passing, spiking, blocking, and serving. Students will be instructed in team and tournament play. A combination of Physical Education 76, 77, and 78 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3 <i>Lab hours: 2 or 3</i></p>	

PE 77 0.5 or 1 unit

INTERMEDIATE VOLLEYBALL

This course gives intermediate students an opportunity to improve their basic volleyball skills. Students practice passing, setting, hitting, serving and blocking, as well as basic offensive and defensive systems of play. The course includes discussion of rules and strategy. Learning objectives will be achieved through active participation in individual and/or group assignments. A combination of Physical Education 76, 77, and 78 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3
Lab hours: 2 or 3

PE 78 0.5 or 1 unit

ADVANCED VOLLEYBALL

This course is designed to introduce advanced volleyball techniques and tactics. The course covers basic skills, court positioning, rolls, dives, and team strategy, both offensive and defensive. A combination of Physical Education 76, 77, and 78 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3
Lab hours: 2 or 3

PE 79 0.5 or 1 unit

ADVANCED BASEBALL

This course is designed for students interested in competing in baseball at the intercollegiate level. The course focuses on advanced offensive and defensive strategies. UC credit provisions (see UC course list). R-E-3
Lab hours: 2 or 3

PE 135 1.5 units

SURVEY OF OUTDOOR PURSUITS

This course is designed to foster interest in selected outdoor sports and recreational activities. Students explore such activities as Nordic skiing, survival camping, fishing, scuba diving, sailing, rafting, and rock climbing. Lectures and laboratories concentrate on developing students' skills and on assessing equipment for each pursuit. Field trips are required. Activities studied will vary each semester. R-E-3
Lecture hours: 1 Lab hours: 2

PE 136 1 unit

BAY KAYAKING

This is an introductory course in bay kayaking. Students will learn to paddle various types of kayaks in calm waters. The course covers water safety, boat and paddle maintenance, and stroke techniques. R-A-3
Lab hours: 3

TRAINING AND THEORY

PE 120 3 units

PREVENTION AND TREATMENT OF ATHLETIC INJURIES

This course provides both theoretical and practical instruction in the prevention, recognition, and rehabilitation of common athletic injuries. Students will gain practical experience in basic taping, wrapping, and bracing. The course is designed to assist trainers, coaches, athletes, and physical education majors. R-E-2
Lecture hours: 3

PE 121 3 units

THEORY OF COACHING

This generic foundations course is designed for individuals interested in coaching sports at various levels. The course examines the philosophy of coaching; the role and responsibilities of the modern coach; techniques for motivating and communicating with athletes; principles and methods of training; developing and organizing sports programs; nutrition for health and performance; and managing injuries and emergencies. NR
Lecture hours: 3

PE 194 0.5 unit

FITNESS ASSESSMENT

This course is designed to inform the student about the various components of physical fitness. Included are discussions of epidemiology, physiology, and methods for affecting change of blood chemistry, pulmonary function, blood pressure, body composition and cardiac function. To enhance understanding of these concepts, participation in a laboratory analysis of the aforementioned parameters will be included. R-E-3
Lecture hours: 0.5 Lab hours: 0.5

PE 201 2 units

APPLIED KINESIOLOGY

This course, part of the Fitness Specialist Certificate Program, discusses movement as it relates to exercise. Students will learn the practical implications of bones, joints, muscles, nerves, and muscle actions in developing structurally sound exercise programs. NR
Lecture hours: 2

PE 202 2 units

APPLIED EXERCISE PHYSIOLOGY

This course, part of the Fitness Specialist Certificate Program, examines how the body functions under conditions of exercise stress. Students will study the practical implications of muscle function, cardiorespiratory function, training techniques, and the environment on exercise. NR
Lecture hours: 2

PE 203 2 units

TECHNIQUES OF INSTRUCTING AEROBIC EXERCISE

This course, part of the Fitness Specialist Certificate Program, studies the principles and techniques involved in teaching aerobics. Students will learn how to construct a physiologically safe and effective exercise class. NR
Lecture hours: 2 Lab hours: 1

PE 204 2 units

EXERCISE FOR SPECIAL POPULATIONS

This course is a part of the Fitness Specialist Certificate Program. Students will learn the physiological as well as anatomical differences between various special populations and how these differences impact each population's exercise program. Special groups discussed include pregnant and post-partum women, seniors, children, and the physically impaired. NR
Lecture hours: 2

PE 205 2 units

NUTRITION FOR FITNESS AND SPORT

This course is a part of the Fitness Specialist Certificate Program. Students will study the basic principles of nutrition and the ramifications of nutrition on sports activities. NR
Lecture hours: 2

PE 206 1.5 units

FIRST AID AND INJURY PREVENTION

This course, part of the Fitness Specialist Certificate Program, discusses cardiovascular disease and sudden death, CPR, first aid, athletic/exercise injury, and injury prevention and treatment. Through a combination of lectures, slides, films, demonstrations, and practicums, students will learn the basic assessment, care, and prevention of medical emergencies and common injuries. NR
Lecture hours: 1.5 Lab hours: 1

PE 207 2 units

EXERCISE TESTING

This course is a part of the Fitness Specialist Certificate Program. Students will learn to assess cardiorespiratory endurance, body fat, muscle strength and endurance, pulmonary function, and blood pressure and to evaluate the results of such tests. NR
Lecture hours: 2 Lab hours: 1

PE 208 **2 units**

INSTRUCTIONAL TECHNIQUES OF STRENGTH TRAINING

This course, part of the Fitness Specialist Certificate Program, is designed to provide a thorough review for those intending to teach strength training. The course studies anatomy and physiology, training sequences, available equipment, and safety factors, including contraindications. NR

Lecture hours: 2

PE 209 **1 unit**

EXERCISE PSYCHOLOGY

This course is part of the Fitness Specialist Certificate Program. Students will explore theoretical information and practical techniques that individuals may apply to change a specific behavior related to exercise and maintain that change. The course is designed primarily for fitness instructors, but others may also benefit from it, including coaches, nurses, teachers, and recreational and competitive athletes. NR

Lecture hours: 1

PE 210 **1 unit**

MARKETING TECHNIQUES FOR THE FITNESS SPECIALIST

This course, part of the Fitness Specialist Certificate Program, is designed to develop basic marketing and business skills specific to the fitness industry. Students will learn how to identify a target market and create a marketing plan to support and promote their career goal. NR

Lecture hours: 1

PE 212 **2 or 4 units**

SPORTS MEDICINE INTERNSHIP

Recom: Concurrent enrollment in PE 120 or previous experience or the equivalent. Students will learn athletic training techniques and apply them to a sports team in a practical field situation. Students must have completed all prerequisite courses and must have department approval to enroll in this course. R-E-3

Lecture hours: 1.5 or 3 Lab hours: 2 or 3

PE 215 **1.5 or 2 units**

FITNESS SPECIALIST INTERNSHIP-A

Prereq: Completion of one semester in the fitness specialist certificate program or the equivalent. This course is designed to provide students in the Fitness Specialist Certificate Program with practical experience in screening individuals for risk of heart disease, performing physical fitness testing, and formulating an exercise prescription based on fitness testing indicators. In addition to the scheduled lecture and lab hours, there will be additional practicum hours to be arranged. R-E-3

Lecture hours: 1 Lab hours: 1.5 or 3

SPECIAL TOPICS

PE 89 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This transfer-level course provides an opportunity to explore a topical concept, issue, or event in the field of physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PE 99 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This transfer-level course explores a particular subject in the field of physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PE 189 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This course provides an opportunity to explore a topical concept, issue, or event in the field of physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PE 199 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This course explores a particular subject in the field of physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PE 289 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This nontransferable course provides an opportunity to explore a topical concept, issue, or event in the field of physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PE 299 **0.5-5 units**

SPECIAL TOPICS IN PHYSICAL EDUCATION

This nontransferable course explores a particular subject in the field of physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

ADAPTIVE PHYSICAL EDUCATION

PESS 1 **0.5 or 1 unit**

ADAPTIVE PHYSICAL EDUCATION

This adaptive physical education course consists of four major components: (1) strength improvement, (2) cardiovascular conditioning, (3) range of motion stretching, and (4) relaxation drills. Each student is assessed in order to determine his/her particular abilities. UC credit provisions (see UC course list). R-E-3

Lab hours: 2 or 3

PESS 4 **0.5 or 1 unit**

WHEELCHAIR BASKETBALL

This course is especially designed to incorporate the use of a wheelchair in basketball. Students are introduced to the basic rules, skills, and strategies of the sport, as well as appropriate conditioning. UC credit provisions (see UC course list). R-E-3

Lab hours: 2 or 3

PESS 6 **0.5 or 1 unit**

ADAPTIVE RECREATION AND SPORTS

This adaptive physical education course is for challenged students who require special assistance or equipment to participate in leisure activities. Course content will vary each semester in order to meet current students' needs. A variety of activities will be introduced to assist students in developing skills and competency through their active participation. UC credit provisions (see UC course list). R-E-3

Lab hours: 2 or 3

PESS 89 **0.5-5 units**

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This transfer-level course provides an opportunity to explore a topical concept, issue, or event in the field of adaptive physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PESS 99 0.5-5units

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This transfer-level course explores a particular subject in the field of adaptive physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PESS 189 0.5-5units

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This course provides an opportunity to explore a topical concept, issue, or event in the field of adaptive physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PESS 199 0.5-5units

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This course explores a particular subject in the field of adaptive physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PESS 289 0.5-5 units

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This nontransferable course provides an opportunity to explore a topical concept, issue, or event in the field of adaptive physical education. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5

PESS 299 0.5-5 units

SPECIAL TOPICS IN ADAPTIVE PHYSICAL EDUCATION

This nontransferable course explores a particular subject in the field of adaptive physical education which is likely to become a part of the college curriculum. The course content is thematic in nature, and each version differs from other offerings in the same course. R-E

Lecture hours: 0.5-5 Lab hours: 0.5-5