

School of Health Sciences, Physical Education and Athletics

Physical Education and Health

Faculty

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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 baseball, soccer and softball fields; lighted outdoor tennis courts; sand volleyball courts; and outdoor basketball courts. The Hart Gymnasium serves as home court of the Lasers basketball and volleyball teams. The gymnasium also houses a strength training center, dance studio, and PE classrooms. In the Sports Testing Lab (Room B 320), faculty and students in the Fitness Specialist certificate program use state-of-the-art equipment to assess resting EKGs, stress EKGs, flexibility, percentage body fat (measured by hydrostatic weighing), and blood chemistry. The Health Fitness Complex includes 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.

Major

The Physical Education faculty recommend that students intending to transfer to a four-year institution with a major in physical education 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 certificate program. 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.

Associate in Arts Degree in Physical Education:
Students must complete a minimum of 60 units of credit, including the courses in the major and general education requirements (page 22), with an overall GPA of 2.0 or better. A minimum of 12 units must be completed at Irvine Valley College. See pages 20-21 for further information, including other options for fulfilling the major requirement.

Fitness Instructor Certificate:

Students must complete all courses in the certificate program with a grade of "C" or better. A minimum of 12 units in the certificate program must be completed at Irvine Valley College. See page 26 for further information.

Transfer Preparation:

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. Students who plan to transfer to a four-year college or university should (1) refer to the transfer section of this catalog, (2) consult the catalog of their 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 beginning their program. It may be helpful to meet with the department faculty at IVC.

Associate in Arts Degree Physical Education Major

Students who plan to transfer to a four-year college or university should see an IVC counselor and a faculty member in the Physical Education Department before beginning their course of study.

Complete <u>one</u> of the following courses:		Units
HLTH 1	Health Education	3
OR		
NUT 1	Principles of Nutrition	3
Complete at least <u>two</u> of the following courses:		
BIO 11	Human Anatomy	4
OR		
BIO 12	Human Physiology	3
HLTH 2	First Aid: Responding to Emergencies	3
OR		
PE 120	Prevention and Treatment of Athletic Injuries	3
Complete a minimum of <u>two</u> cardiovascular courses:		
PE 4-9	(Strength training, conditioning, aerobics)	1-2
Complete a minimum of <u>four</u> different courses from those noted below in individual or team sports, combative skills, fitness, body movement, or dance:		
PE 11-47	(Individual sports)	0.5-1
PE 71-79	(Team sports)	0.5-1
PE 90-97	(Combative skills, fitness, body movement)	0.5-1
DNCE 6-51	(Dance)	0.5-1
TOTAL UNITS MUST BE AT LEAST 18		

Recommended Electives: PE 121, 201, 202

Fitness Specialist Certificate

Complete the following courses:

		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 and Nutrition Courses

HLTH 1: HEALTH EDUCATION

3 Units

3 hours lecture

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

HLTH 2: First Aid: Responding to Emergencies

3 Units

3 hours lecture

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 practical resources to responding 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

HLTH 89: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

HLTH 99: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

HLTH 189: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

HLTH 199: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

HLTH 289: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

HLTH 299: Special Topics in Health

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

NUT 1: Principles of Nutrition

3 Units

3 hours lecture

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

NUT 89: Special Topics in Nutrition

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

NUT 99: Special Topics in Nutrition

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

NUT 189: Special Topics in Nutrition

0.5–5 units

0.5–5 hours lecture, 0.5–5 hours lab

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

NUT 199: Special Topics in Nutrition**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

NUT 289: Special Topics in Nutrition**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

NUT 299: Special Topics in Nutrition**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

Physical Fitness and Body Movement Courses

PE 4: Weight Training**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 5: Advanced Strength Training**0.5 or 1 Unit***2 or 3 hours lab*

Recommended Preparation: Previous strength-training experience. 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

PE 6: Advanced Strength Training and Conditioning for Sport**1.5 or 2 Units***1 or 1.5 hours lecture, 2 or 2.5 hours lab*

Recommended Preparation: Previous strength-training experience. 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

PE 8: Beginning Aerobics**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 9: Intermediate Aerobics**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 94: Tai Chi**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 96: Introduction to Yoga**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 97: Hatha Yoga**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 131: Simple Strategies for Successful Weight Management**1.5 Units***1 hour lecture, 1.5 hours lab*

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 as 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. Formerly PE 10. R-E-1

PE 192: Life Fitness Center Laboratory**0.5 or 1 or 1.5 or 2 Units***1 or 2 or 3 or 4 hours 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 weight-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

Combati ve Ski l l s Courses

PE 90: Self-Defense

1 Unit

3 hours lab

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

PE 91: Beginning Aikido

0.5 or 1 Unit

2 or 3 hours lab

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. A combination of Physical Education 91 and 92 may be taken a maximum of four times. R-A-3

PE 92: Intermediate Aikido

1 Unit

3 hours lab

Recommended Preparation: 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. A combination of Physical Education 91 and 92 may be taken a maximum of four times. R-A-3

I ntercol l egi ate Athl eti cs Courses

IA 2: Intercollegiate Men's Basketball

1 or 2 Units

5 or 10 hours lab

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

IA 3: Intercollegiate Men's Baseball

2 Units

10 hours lab

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

IA 4: Intercollegiate Men's Track and Field

2 Units

10 hours lab

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 track and field. UC credit pending. R-E-3

IA 5: Intercollegiate Men's Cross-Country

2 Units

10 hours lab

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

IA 6: Intercollegiate Men's Golf

2 Units

10 hours lab

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 men's intercollegiate golf. UC credit provisions (see UC course list). R-D-3

IA 7: Intercollegiate Women's Golf

2 Units

10 hours lab

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

IA 9: Intercollegiate Men's Tennis

2 Units

10 hours lab

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

IA 10: Intercollegiate Women's Volleyball

2 Units

10 hours lab

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

IA 11: Intercollegiate Women's Softball

2 Units

10 hours lab

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

IA 12: Intercollegiate Women's Basketball

1 or 2 Units

5 or 10 hours lab

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

IA 13: Intercollegiate Women's Tennis

2 Units

10 hours lab

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

IA 15: Intercollegiate Men's Soccer

2 Units

10 hours lab

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

IA 16: Intercollegiate Women's Track and Field**2 Units***10 hours lab*

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 track and field. UC credit pending. R-E-3

IA 17: Intercollegiate Women's Cross-Country**2 Units***10 hours lab*

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

IA 18: Intercollegiate Women's Soccer**2 Units***10 hours lab*

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

IA 19: Intercollegiate Men's Volleyball**2 Units***10 hours lab*

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

IA 20: Intercollegiate Women's Badminton**2 Units***10 hours lab*

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

IA 89: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

IA 99: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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. Granting of UC credit for courses of this kind is contingent upon a review of the course outline by a UC campus. R-E

IA 189: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

IA 199: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

IA 289: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

IA 299: Special Topics in Athletics**0.5–5 units***0.5–5 hours lecture, 0.5–5 hours lab*

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

Physical Education: Sports Courses**PE 11: Beginning Badminton****0.5 or 1 Unit***2 or 3 hours lab*

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 four times. UC credit provisions (see UC course list). R-A-3

PE 12: Intermediate Badminton**0.5 or 1 Unit***2 or 3 hours lab*

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 four times. UC credit provisions (see UC course list). R-A-3

PE 13: Advanced Badminton**0.5 or 1 Unit***2 or 3 hours lab*

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 four times. UC credit provisions (see UC course list). R-A-3

PE 20: Beginning Golf**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 22: Intermediate Golf**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 23: Advanced Golf**1 Unit***3 hours lab*

Recommended Preparation: Demonstrated ability to score consistently in the 70's-80's. This course provide 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

PE 25: Beginning Tennis**0.5 or 1 Unit***2 or 3 hours lab*

This course presents the official singles and doubles games. Students will learn 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

PE 26: Intermediate Tennis**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 27: Advanced Tennis**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 32: Intramural Activities**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 47: Cross-Country**1 Unit***3 hours lab*

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

PE 71: Advanced Basketball**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 73: Advanced Soccer**0.5 or 1 Unit***2 or 3 hours lab*

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-A-3

PE 74: Coed Softball: Slow Pitch**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 75: Advanced Softball for Women**0.5 or 1 Unit***2 or 3 hours lab*

This course is designed for students with advanced ability in competitive fast-pitch softball. Students practice such skills and tactics 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

PE 76: Beginning Volleyball**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 77: Intermediate Volleyball**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 78: Advanced Volleyball**0.5 or 1 Unit***2 or 3 hours lab*

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

PE 79: Advanced Baseball**0.5 or 1 Unit***2 or 3 hours lab*

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

Physical Education: Training and Theory Courses

PE 120: Prevention and Treatment of Athletic Injuries

3 Units

3 hours lecture

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

PE 121: Theory of Coaching

3 Units

3 hours lecture

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

PE 201: Applied Kinesiology

2 Units

2 hours lecture

This course, a 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

PE 202: Applied Exercise Physiology

2 Units

2 hours lecture

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

PE 203: Techniques of Instructing Aerobic Exercise

2 Units

2 hours lecture, 1 hour lab

This course, a 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

PE 204: Exercise for Special Populations

2 Units

2 hours lecture

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

PE 205: Nutrition for Fitness and Sport

2 Units

2 hours lecture

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

PE 206: First Aid and Injury Prevention

1.5 Units

1.5 hours lecture, 1 hour lab

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

PE 207: Exercise Testing

2 Units

2 hours lecture, 1 hour lab

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

PE 208: Instructional Techniques of Strength Training

2 Units

2 hours lecture

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

PE 209: Exercise Psychology

1 Unit

1 hour lecture

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

PE 210: Marketing Techniques for the Fitness Specialist

1 Unit

1 hour lecture

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

PE 212: Sports Medicine Internship

2 Units

1.5 hours lecture, 2 hours lab

Recommended Preparation: 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. The course is repeatable with department approval. R-E-3

PE 215: Fitness Specialist Internship-A

2 Units

1 hour lecture, 2 hours lab

Recommended Preparation: 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

Physical Education: Special Topics Courses

PE 89: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

PE 99: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

PE 189: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

PE 199: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

PE 289: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

PE 299: Special Topics in Physical Education **0.5–5 units**

0.5–5 hours lecture, 0.5–5 hours lab

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

Adaptive Physical Education Courses

PESS 1: Adaptive Physical Education **0.5 or 1 Unit** *2 or 3 hours lab*

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. R-E-3

PESS 6: Adaptive Recreation and Sports **0.5 or 1 Unit** *2 or 3 hours lab*

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. R-E-3

PESS 89: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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

PESS 99: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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

PESS 189: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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

PESS 199: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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

PESS 289: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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

PESS 299: Special Topics in Adaptive Physical Education **0.5-5 units** *0.5–5 hours lecture, 0.5–5 hours lab*

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