

# PHYSICAL EDUCATION AND HEALTH

SCHOOL OF HEALTH SCIENCES, PHYSICAL EDUCATION AND ATHLETICS

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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.

Classes are offered in cardiovascular fitness, individual/paired sports, intramurals, intercollegiate athletics, aikido, yoga, tai chi, dance, team sports, combative skills, and physical training. The school also provides special services courses for physically challenged individuals seeking corrective and rehabilitative exercise. All activity classes are designed not only to provide for physiological development but also to educate students about the principles involved in that process and to introduce them to the related topics of nutrition, injury prevention, and health enhancement.

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, badminton, and volleyball teams. The gymnasium also houses a strength training center, dance studio, and PE classrooms. 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.

## DEGREE OPTION

### • Associate in Arts Degree in Physical Education

Students must complete a minimum of 60 units of credit, including the courses in the major ("Major Requirements") and general education requirements (pages 56-61), with an overall GPA of 2.0 or better. A minimum of 12 units must be completed at Irvine Valley College. See pages 52-54 for further information.

## CERTIFICATE OPTION

### • Certificate of Achievement: Fitness Specialist

Students must complete all courses in the certificate program ("Major Requirements") 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 55 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 University Studies major (page 185) and "Transfer Planning" (page 64); (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.

## MAJOR REQUIREMENTS: PHYSICAL EDUCATION

### ASSOCIATE IN ARTS DEGREE

*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 one of the following courses: Units

**HLTH 1** Health Education 3

**OR**

**NUT 1** Principles of Nutrition 3

#### Complete at least two 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 85** Prevention and Treatment of Athletic Injuries 3

#### Complete a minimum of two cardiovascular courses:

**PE 4-9** (Strength training, conditioning, aerobics) 1-2

#### Complete a minimum of four 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 86, 201, 202.

# REQUIREMENTS: FITNESS SPECIALIST CERTIFICATE

## CERTIFICATE OF ACHIEVEMENT

<b>Complete the following courses:</b>		<b>Units</b>
<b>PE 88</b>	First Aid and Injury Prevention	1.5
<b>PE 201</b>	Applied Kinesiology	2
<b>PE 202</b>	Applied Exercise Physiology	2
<b>PE 203</b>	Techniques of Instructing Aerobic Exercise	2
<b>PE 204</b>	Exercise for Special Populations	2
<b>PE 205</b>	Nutrition for Fitness and Sport	2
<b>PE 207</b>	Exercise Testing	2
<b>PE 208</b>	Instructional Techniques of Strength Training	2
<b>PE 209</b>	Exercise Psychology	1
<b>PE 210</b>	Marketing Techniques for the Fitness Specialist	1
<b>PE 215</b>	Fitness Specialist Internship–A	2
<b>TOTAL UNITS:</b>		<b>19.5</b>

## COURSES

### HEALTH AND NUTRITION

#### HLTH 1: Health Education

3 Units

3 hours lecture

This course investigates issues of human health from a holistic perspective, addressing its physiological, emotional, mental, social, and environmental aspects. General topics of investigation include nutrition, fitness, stress, sexuality, relationships, aging, drug abuse, and personal health care. NR

#### HLTH 2: First Aid: Responding to Emergencies

3 Units

3 hours lecture

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

#### 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

### PHYSICAL FITNESS AND BODY MOVEMENT

#### PE 4: Weight Training

.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

.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 hour lecture, 2 hours lab

or 1.5 hours lecture, 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-E-3

#### PE 8: Beginning Aerobics

.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

.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

.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

.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

.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. R-E-1

#### PE 192: Life Fitness Center Laboratory

.5 or 1 or 1.5 or 2 Units

1 or 2 or 3 or 4 hours learning center

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. 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

## PHYSICAL EDUCATION (COMBATIVE SKILLS)

### 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

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

## INTERCOLLEGIATE ATHLETICS

### 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 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-E-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-E-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 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

## PHYSICAL EDUCATION (SPORTS)

### PE 11: Beginning Badminton

.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, rules, and etiquette. A combination of Physical Education 11, 12, and 13 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3

### PE 12: Intermediate Badminton

.5 or 1 Unit

2 or 3 hours lab

Emphasis is on individual stroke analysis, playing strategies, and match play in both singles and doubles games. A combination of Physical Education 11, 12, and 13 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3

### PE 13: Advanced Badminton

.5 or 1 Unit

2 or 3 hours lab

This course focuses on advanced strokes, playing strategies, and match play in both singles and doubles games. A combination of Physical Education 11, 12, and 13 may be taken a total of four times. UC credit provisions (see UC course list). R-A-3

### PE 20: Beginning Golf

.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

.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 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

### PE 25: Beginning Tennis

.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

.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

.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

.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. This course is taught on a credit/no-credit basis only. 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

.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. UC credit provisions (see UC course list). R-E-3

### PE 73: Advanced Soccer

.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-E-3

### PE 74: Coed Softball: Slowpitch

.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

.5 or 1 Unit

2 or 3 hours lab

This course is designed for students of 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

.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

.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

.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**

.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. R-E-3

**PHYSICAL EDUCATION  
(TRAINING & THEORY)****PE 85: Prevention and Treatment  
of Athletic Injuries**

3 Units

3 hours lecture

This course studies both the theory and the practice of preventing, recognizing, and rehabilitating common athletic injuries. Students gain practical experience in basic taping, wrapping, and bracing. The course is designed to assist trainers, coaches, athletes, and physical education majors. UC credit provisions (see UC course list). R-E-2

**PE 86: 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. UC credit provisions (see UC course list). NR

**PE 88: 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. UC credit provisions (see UC course list). 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 postpartum 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 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 85 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**

1.5 or 2 Units

1 hour lecture, 1.5 or 3 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  
(ADAPTIVE PE)****APE 1: Adapted Personalized Fitness**

.5 or 1 Unit

2 or 3 hours lab

This fitness class stresses strength, flexibility, cardiovascular endurance, balance, and gait. It is designed for students who have participated in physical therapy or have a chronic medical diagnosis, or permanent disability. APE 1 was formally PESS 1. UC credit provisions (see UC course list). R-E-3

**APE 6: Adapted Sports**

.5 or 1 Unit

2 or 3 hours lab

This course is designed for individuals who need assistance and equipment adaptations to participate in activities and sports. The course discusses equipment modifications, rule variations, skill-building techniques, and strategies for competition. APE 6 was formerly PESS 6. UC credit provisions (see UC course list). R-E-3