

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/multi-purpose room; the Life Fitness Center, with top-of-the-line strength-training and aerobic exercise equipment; and locker rooms. Students may use the center by enrolling in PE 3 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, recreation or leisure studies 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.

Career Options

Career options for the physical education major include the following:

- Athletic Trainer
- Coach/Referee
- Commercial Recreation
- Dietician/Nutrition Specialist
- Exercise Physiologist
- Fitness/PE Instructor
- Occupational Therapist
- Personal Trainer
- Positions in the Leisure, Wellness and Health Industries
- Recreation Leader
- Rehabilitation Specialist
- Sports Marketing
- Sports Medicine
- Sports Scout
- Strength-Conditioning Coach

Associate Degree

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 43-49), with an overall GPA of 2.0 or better, and a grade of "A," "B," "C," or "P" in all courses to be counted toward the major. A minimum of 12 units must be completed at Irvine Valley College. See pages 34-35 for further information.

Certificate Program

Certificate of Achievement: Fitness Specialist

Students must complete all courses in the certificate program ("Major Requirements") with a grade of "A," "B," "C," or "P." A minimum of 12 units in the certificate program must be completed at Irvine Valley College. See page 31 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 bachelor's degree. Students who plan to transfer to a four-year college or university should 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 Major Requirements: PHYSICAL EDUCATION

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 at least one of the following courses:

HLTH 1	Health Education	3
NUT 1	Principles of Nutrition	3
PE 101	Introduction to Sport Psychology	3

Complete at least one of the following courses:

HLTH 2	First Aid: Responding to Emergencies	3
PE 85	Prevention and Treatment of Athletic Injuries	3

Complete a minimum of two of the following fitness courses:

PE 3	Life Fitness Center	0.5-2
PE 4, 5, 6, 8, 9, 10	(Strength training, conditioning, aerobics)	0.5-2
DNCE 50	Conditioning for Dance	1-2
DNCE 51	Pilates	1-2

Complete a minimum of four different experiential courses:

PE 11, 12, 13, 20, 22, 23, 25, 26, 27, 32	(Individual sports)	0.5-1
PE 71, 73, 76, 77, 78, 79	(Team sports)	0.5-1
PE 90, 91, 92, 94, 96, 97	(Combative skills, fitness, body movement)	0.5-1
IA 1, 2, 3, 6, 7, 9, 10, 12, 13, 15, 18, 19, 20	(Intercollegiate athletics)	2
DNCE 1, 6, 7, 12, 13, 17, 18, 22, 23, 30, 33, 36	(Dance)	0.5-1

AND

EITHER

Traditional biology-based physical education majors—

Complete at least one of the following courses:

BIO 11	Human Anatomy	4
BIO 12	Human Physiology	3

OR

Health and wellness, recreation or leisure studies majors—

Complete at least one of the following courses:

PE 107	Survey and Assessment of Fitness	1
PE 131	Simple Strategies for Successful Weight Management	1.5

AND

Complete the following course:

SP 1	Communication Fundamentals	3
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TOTAL UNITS MUST BE AT LEAST 18

Recommended Electives:

PE 86, 201, 202

Certificate of Achievement: **FITNESS SPECIALIST**

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



COURSES

HEALTH AND NUTRITION

HLTH 1: HEALTH EDUCATION

3 Units

3 hours lecture

Transfers: CSU, UC

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

Transfers: CSU, UC

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." NR

HLTH 103: WOMEN'S HEALTH ISSUES

3 Units

3 hours lecture

Transfers: CSU

This course investigates a variety of topics that concern women's health. These include the effect of lifestyle on health; the role of exercise and nutrition in promoting wellness; risk factors for cardiovascular disease, chronic diseases, and cancer; social influences and work trends that affect women; abusive behaviors, sexual harassment, and substance abuse; sexual and reproductive health; and the aging process. Students analyze theoretical and practical information to make healthy lifestyle choices. NR

NUT 1: PRINCIPLES OF NUTRITION**3 Units****3 hours lecture****Transfers: CSU, UC**

This course provides a through introduction to the principles of nutrition and their application in wellness and disease. The course includes discussions of the role, function and sources of carbohydrates, proteins, fats, vitamins, minerals, and water; food pyramids, diets, and fads; food safety; changing nutritional needs; and global issues such as world hunger. Emphasis is on assessing nutritional information and applying it to the individual diet. NR

PHYSICAL FITNESS AND BODY MOVEMENT**PE 3: LIFE FITNESS CENTER LABORATORY****.5, 1, 1.5, or 2 Units****1.5, 3, 4.5, or 6 hours learning center****Transfers: CSU; UC credit pending**

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 pass/no-pass basis and is open-entry/open-exit. Students must complete at least 24 hours during the semester for each half unit of credit. PE 3 was formerly offered as PE 192. R-E-3

PE 4: WEIGHT TRAINING**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces the basic principles related to the acquisition of muscular strength and 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. R-A-3

PE 5: ADVANCED STRENGTH TRAINING**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)***Recommended Preparation: PE 4*

This course is designed to help students develop their physical strength through weight lifting. Students practice advanced methods and techniques of weight lifting and develop an individual program to improve their strength. A combination of Physical Education 4 and 5 may be taken a total of four times. 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****Transfers: CSU, UC credit proviso (see UC course list)***Recommended Preparation: PE 4 or 5 or previous strength training experience*

This course is designed for students interested in strength training and conditioning methods specific to their sport. The course presents the principles and properties of a physiologically sound strength-training program, focusing on advanced modes of training, including free weights, machines, medicine balls, plyometrics, circuit training, and conditioning. R-E-3

PE 8: BEGINNING AEROBICS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-A-3

PE 9: INTERMEDIATE AEROBICS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-A-3

PE 10: WALKING/JOGGING FOR FITNESS**1 Unit****3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course is designed for students of all ages and skill levels seeking a healthy lifetime activity. Students develop and practice a progressive exercise program intended to help lower the risk of obesity, cardiovascular disease, diabetes, osteoporosis, and high blood pressure. The course introduces walking/jogging techniques, safety, proper attire, stretching, nutrition, and methods for monitoring heart rate. R-E-3

PE 94: TAI CHI**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course provides an introduction to the principles and basic movements of the ancient Taoist art of t'ai chi ch'uan. Emphasis is on balance, physical strength and flexibility through the discipline of slow, fluid movements. The course is designed to promote relaxation, tranquility, health and well-being. R-E-3

PE 96: INTRODUCTION TO YOGA**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-E-3

PE 97: HATHA YOGA**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-E-3



PE 131: SIMPLE STRATEGIES FOR SUCCESSFUL WEIGHT MANAGEMENT

1.5 Units

1 hour lecture, 1.5 hours lab

Transfers: CSU

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 253: GYROKINESIS(R) THE ART OF EXERCISING AND BEYOND

.5 or 1 Unit

2 or 4 hours lab

GYROKINESIS® methodology is a holistic system of exercise that embraces some of the key principles also found in yoga, dance, swimming, gymnastics, massage, and tai chi. The entire body is worked using three-dimensional movement sequences designed to stretch and strengthen the muscles; articulate, decompress, and increase the range of joint motion; and develop coordination and endurance. Students focus on the natural directions of spinal movement and coordinated breath patterns intended to open energy pathways and enhance the nervous and circulatory systems. The objective is to improve overall health of mind, body and spirit by teaching the body to move with fluidity, ease and power. PE 253 is also listed as Dance 253. R-E-3

PHYSICAL EDUCATION: COMBATIVE SKILLS

PE 90: SELF-DEFENSE

1 Unit

3 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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. R-E-3

PE 91: BEGINNING AIKIDO

.5 or 1 Unit

2 or 3 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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

Transfers: CSU, UC credit proviso (see UC course list)

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

INTERCOLLEGIATE ATHLETICS

IA 1: INTERCOLLEGIATE SPORTS OFF SEASON TRAINING

2 Units

10 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

Recommended Preparation: Previous experience playing competitive athletics at the high school or club level.

This course gives students an opportunity to train for intercollegiate athletics. R-E-3

IA 2: INTERCOLLEGIATE MEN'S BASKETBALL

1 or 2 Units

5 or 10 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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. R-E-3

IA 3: INTERCOLLEGIATE MEN'S BASEBALL

2 Units

10 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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. R-E-3

IA 6: INTERCOLLEGIATE MEN'S GOLF

2 Units

10 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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. R-E-3

IA 7: INTERCOLLEGIATE WOMEN'S GOLF

2 Units

10 hours lab

Transfers: CSU, UC credit proviso (see UC course list)

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. R-E-3

IA 9: INTERCOLLEGIATE MEN'S TENNIS**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 26 or 27 or two years of organized competitive playing experience strongly recommended.

This course gives students an opportunity to train for and participate in men's intercollegiate tennis. R-E-2

IA 10: INTERCOLLEGIATE WOMEN'S VOLLEYBALL**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 75, 76 or 78 or organized competitive playing experience strongly recommended.

This course gives students an opportunity to train for and participate in women's intercollegiate volleyball. R-E-3

IA 12: INTERCOLLEGIATE WOMEN'S BASKETBALL**1 or 2 Units****5 or 10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**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. R-E-3

IA 13: INTERCOLLEGIATE WOMEN'S TENNIS**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 26 or PE 27 or two years of organized competitive playing experience strongly recommended.

This course gives students an opportunity to train for and participate in women's intercollegiate tennis. R-E-2

IA 15: INTERCOLLEGIATE MEN'S SOCCER**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 73 or two years of organized competitive playing experience.

This course gives students an opportunity to train for and participate in men's intercollegiate soccer. R-E-2

IA 18: INTERCOLLEGIATE WOMEN'S SOCCER**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 73 or two years of organized competitive playing experience.

This course gives students an opportunity to train for and participate in women's intercollegiate soccer. R-E-3

IA 19: INTERCOLLEGIATE MEN'S VOLLEYBALL**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 75, 76 or 78 or organized competitive playing experience strongly recommended.

This course gives students an opportunity to train for and participate in men's intercollegiate volleyball. R-E-3

IA 20: INTERCOLLEGIATE WOMEN'S BADMINTON**2 Units****10 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)**Limitation:** *Students must meet the COA eligibility requirement and pass a physical examination prior to intercollegiate competition.***Recommended Preparation:** PE 12 or PE 13 or two years of organized competitive playing experience strongly recommended.

This course gives students an opportunity to train for and participate in women's intercollegiate badminton. R-E-3

PHYSICAL EDUCATION: SPORTS**PE 11: BEGINNING BADMINTON****.5 or 1 Unit****2 or 3 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)

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. R-A-3

PE 12: INTERMEDIATE BADMINTON**.5 or 1 Unit****2 or 3 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)

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. R-A-3

PE 13: ADVANCED BADMINTON**.5 or 1 Unit****2 or 3 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)

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. R-A-3

PE 20: BEGINNING GOLF**.5 or 1 Unit****1.5 or 3 hours lab****Transfers:** CSU, UC credit proviso (see UC course list)

This course introduces golf techniques, rules and etiquette. Students practice chipping, putting and golfing strategies, and incorporate these skills in playing a round of golf. Students are responsible for balls, green fees and clubs. A combination of Physical Education 20, 22 and 23 may be taken a total of four times. R-A-3

PE 22: INTERMEDIATE GOLF**.5 or 1 Unit****1.5 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)***Recommended Preparation: PE 20 or some prior golfing experience.*

This course presents intermediate-level ball-striking techniques, golf rules and course etiquette. Students study and practice chipping, putting, and hitting at the local driving range/practice facility will all clubs allowed in a competitive round of golf. Students are responsible for balls, golf clubs, and range fees. A combination of Physical Education 20, 22 and 23 may be taken a total of four times. R-A-3

PE 23: ADVANCED GOLF**1 Unit****3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)***Recommended Preparation: PE 20 or 22 or professional golf lessons and experience playing standard length golf courses.*

This course provides training for those seeking improvement in their golf technique and knowledge. Emphasis is on developing ball-striking skills, and on scorecard evaluation, strategy, course management, and proper application of the rules of golf. Students are responsible for balls, golf clubs, and range fees. A combination of Physical Education 20, 22 and 23 may be taken a total of four times. R-A-3

PE 25: BEGINNING TENNIS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces the official singles and doubles games. It also provides an exercise program for those striving for a healthy lifetime activity. Students practice forehand and backhand strokes, serves, basic strategies, footwork, scoring and court etiquette. A combination of Physical Education 25, 26, and 27 may be taken a total of four times. R-A-3

PE 26: INTERMEDIATE TENNIS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-A-3

PE 27: ADVANCED TENNIS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-A-3

PE 32: INTRAMURAL ACTIVITIES**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course provides an opportunity for students to participate in individual and team sports. Sports offered vary by semester and may include volleyball, soccer, tennis, basketball, and golf. This course is taught on a credit/no credit basis only. R-E-3

PE 71: ADVANCED BASKETBALL**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course focuses on developing advanced basketball skills and preparing students for competitive team play. The course is intended primarily to provide advanced training for students prior to participating on one of the intercollegiate basketball teams; however, it is open to all students possessing advanced basketball abilities. R-E-3

PE 73: ADVANCED SOCCER**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)***Recommended Preparation: Two years of organized competitive playing experience strongly recommended.*

This course is designed to develop 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 proviso (see UC course list). R-E-3

PE 76: BEGINNING VOLLEYBALL**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course introduces the fundamental strategies and skills of volleyball, including setting, passing, spiking, blocking, and serving, as well as beginning concepts of team and tournament play. A combination of Physical Education 76, 77, and 78 may be taken a total of four times. R-A-3

PE 77: INTERMEDIATE VOLLEYBALL**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course gives intermediate students an opportunity to improve their volleyball skills. Students practice passing, setting, hitting, serving and blocking, as well as basic offensive and defensive systems of play. The course includes discussions of rules and strategy. A combination of Physical Education 76, 77, and 78 may be taken a total of four times. R-A-3

PE 78: ADVANCED VOLLEYBALL**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course presents advanced volleyball techniques and tactics for team and tournament play. The course covers advanced 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. R-A-3

PE 79: ADVANCED BASEBALL**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

This course is designed for students interested in competing in baseball at the inter-collegiate level. Students concentrate on refining their fundamental skills (throwing, catching, fielding, hitting, bunting, base running, pitching, sliding) and applying advanced offensive and defensive strategies. R-E-3

**PHYSICAL EDUCATION:
TRAINING AND THEORY****PE 85: PREVENTION AND TREATMENT
OF ATHLETIC INJURIES****3 Units****3 hours lecture****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-E-2

PE 86: THEORY OF COACHING**3 Units****3 hours lecture****Transfers: CSU, UC credit proviso (see UC course list)**

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 100: INTRODUCTION TO THERAPY
AND REHABILITATION****1.5 or 3 Units****1 hour lecture, 1.5 hours lab or
2 hours lecture, 3 hours lab****Transfers: CSU**

This course is designed to provide career information and practical experience for students pursuing careers in therapy and rehabilitation, such as physical therapy, occupational therapy, speech therapy/pathology, recreational therapy, adapted physical education, kinesiology, respiratory therapy, nursing, physiatry, and sports medicine. The course presents strength training principles, range of motion techniques, cardiovascular measurements, assessment strategies, and exercise protocols that students apply to assess and assist individuals with specific disabilities. Students complete lab hours by assisting students enrolled in APE 1. R-E-3

**PE 101: INTRODUCTION TO SPORT
PSYCHOLOGY****3 Units****3 hours lecture****Transfers: CSU**

This course provides a thorough introduction to the principles of psychology as applied to the area of sport. The course explores individual personality differences and team dynamics as they apply to sporting performance; psychological techniques to enhance performance (hypnosis, cognitive-behavioral, imagery); and the profile of the "mentally tough" athletic. Students explore mental training techniques and create applied performance routines. NR

**PE 107: SURVEY AND ASSESSMENT
OF FITNESS****1 Unit****1 hour lecture****Transfers: CSU**

This course uses different testing and assessment techniques to evaluate the physical condition of students, including their muscular strength and endurance, flexibility, body composition, cardiovascular endurance, and skill-related fitness. The course examines personality factors, as well as lifestyle, diet, nutrition and weight management, and their effect on managing stress levels and designing a viable fitness program for life. NR

PE 201: APPLIED KINESIOLOGY**2 Units****2 hours lecture**

This course, part of the Fitness Specialist Certificate Program, discusses movement as it relates to exercise and sports. The course examines the composition, structure, function and movements of bones and joints; the structure and actions of skeletal muscle; and the practical application of kinesiological principles in developing structurally sound exercise program. 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, cardio-respiratory 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 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, focuses on the principles and practices of first aid in athletic and sports settings. The course discusses cardiac and breathing emergencies; sudden illnesses; CPR; and the prevention, treatment, and rehabilitation of specific athletic/exercise injuries. Students participate in practicums involving the basic assessment, care, and prevention of medical emergencies and common injuries. Physical Education 206 was formerly Physical Education 88. 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, provides a thorough review of the structure, action and performance of skeletal muscle for those intending to teach strength training. The course studies anatomy and physiology; muscular strength and endurance; flexibility; 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 hour lecture, 3 hours lab**

This course provides both theoretical and practical instruction in the prevention, recognition, and rehabilitation of common athletic injuries. It presents an opportunity for students to study and apply athletic training techniques by working with the intercollegiate athletic teams. R-E-3

PE 215: FITNESS SPECIALIST INTERNSHIP-A**1.5 or 2 Units****1 hour lecture, 1.5 hours lab; or****1 hour lecture, 3 hours lab**

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: ADAPTED PE**APE 1: ADAPTED PERSONALIZED FITNESS****.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-E-3

APE 6: ADAPTED SPORTS**.5 or 1 Unit****2 or 3 hours lab****Transfers: CSU, UC credit proviso (see UC course list)**

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. R-E-3