PHYSICAL EDUCATION

Division: Physical Education

Faculty
Phillip Austin
Greg Aviles
Lisa Bassi
Chad Baum
Gina Bevec
Tim Byrnes
Garrett Campbell
Connie Carroll
Brian Crooks
Yolanda Duron
Marcia Foster
Pamela Lewin
Alix Plum
Rhett Price
Eddie Rapp
Sean Shill
Peter Snyder
Perry Webster

Courses

PE 101 F Pickleball 1 Unit
54 hours lab per term. This course provides an overview of the fundamentals for Pickleball. This sport combines the elements of tennis, badminton and table tennis. Topics will include strokes, serve, shot selection and strategies for doubles and singles play. (CSU) (Degree Credit)

PE 102 F Yoga 1 Unit
54 hours lab per term. This course provides an overview of yoga, an integrated study of health. It involves the practice of breathing techniques, Hatha yoga postures (asanas), meditation, and relaxation. Emphasis is on practicing the principles of pranayama (breathing) and deep relaxation to reduce stress and improve concentration, circulation, and flexibility, and unify body, mind, and spirit. The Hatha yoga portion will also help to tone and strengthen muscles. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 103 F Aikido 1 Unit
54 hours lab per term. This course will introduce Aikido as a relatively modern Japanese martial art based upon nonresistance rather than strength. It is a non-aggressive, non-competitive art based upon a philosophy that stresses harmony with nature and control of body and mind. Comparison and introduction to related forms of throwing arts is included. Self-confidence is enhanced through the study of technique. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 104 F Spinning 1 Unit
54 hours lab per term. This course provides a unique, indoor, group stationary cycling program. This efficient, high-energy group exercise integrates music, camaraderie and visualization in a complete body-mind exercise routine. This philosophy of being mentally and physically fit is the basis of spinning. Spinning emphasizes everyone’s individual needs, regardless of athletic ability, taught in a group atmosphere. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 105 F Badminton 1 Unit
54 hours lab per term. This course provides analysis of fundamental strokes with emphasis on court strategy for singles and doubles play. Rules, court etiquette and different types of tournaments will be introduced to the class. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 108 F Bowling 1 Unit
54 hours lab per term. This course is designed to develop sufficient knowledge and skill for successful participation in recreational, league and tournament bowling. Emphasis will be placed on the rules, scoring, etiquette, safety, mechanics, ball dynamics and strategy. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 109 F Intermediate Yoga 2 Units
Prerequisite(s): PE 102 F with a grade of C or better
18 hours and 54 hours lab per term. This course provides breathing practices, meditation techniques, guided relaxation and intermediate yoga sequences. Discussion of yoga philosophy and movement will be based on Hatha yoga traditions. (CSU) (UC) (Degree Credit)

PE 110 F Off-Season Training - Track and Field (formerly Decathlon) 1 Unit
54 hours lab per term. This course provides instruction and participation with advanced skill fundamentals of track and field. The events covered are sprints, horizontal jumps, vertical jumps, shot put, discus, javelin, hammer, distance and middle-distance running. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 111 F Intermediate Yoga 1 Unit
54 hours lab per term. This course provides instruction and participation with advanced skill fundamentals of track and field. The events covered are sprints, horizontal jumps, vertical jumps, shot put, discus, javelin, hammer, distance and middle-distance running. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 114 F High Intensity Interval Training (formerly Cardiovascular Conditioning) 1 Unit
54 hours lab per term. This course provides a program of personalized exercises designed for the student interested in achieving physical fitness through a program of high intensity interval training. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 115 F Golf 1 Unit
54 hours lab per term. This course has an emphasis on learning the fundamental aspects of golf. There will be instruction in all areas of basic golf, including: rules, etiquette, and swing mechanics. Use of all golf clubs including woods, fairway metals, long irons, and short irons. Emphasis on the "short game" including chipping and putting. Class will be held at an off-campus golf facility. Facility use fee of $5 is required. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 117 F Gymnastics - Tumbling (formerly Gymnastics) 1 Unit
54 hours lab per term. This course provides the students the opportunity to explore the possibilities of human motion in gymnastic framework. This course is designed to instruct students in a progression motor learning experience. The skill range is from simple to complex tumbling. The course integrates the beginning, intermediate and advanced level gymnastic students together in an educational environment. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE
PE 121 F Walking for Fitness 1 Unit
54 hours lab per term. This course will emphasize walking for health and fitness for men and women who are interested in instruction and practice in fitness walking. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through aerobic and anaerobic conditioning. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

Advisory: PE 126 C
4.5-18 hours lecture and 13.5-54 hours lab per term. This course is designed to examine biomechanics and develop cardiovascular fitness and muscle strength through aquatic crosstraining. Students will engage in a variety of strategies that include swim fitness, fitness through paddling, and wave riding. This course includes units on water safety, technique, equipment examination. Participants seeking a crosstraining program may expect to improve their overall fitness. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 125 F Aquatic Fitness-Crosstraining 0.5-2 Units
54 hours lab per term. This course provides basic instruction and strategies in beach volleyball. Designed to develop basic skills, knowledge of rules, team strategies and desire for future participation during leisure times. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 126 F Beach Volleyball 1 Unit
54 hours lab per term. This course provides basic instruction and strategies in beach volleyball. Designed to develop basic skills, knowledge of rules, team strategies and desire for future participation during leisure times. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 129 F Cardio Step (formerly Cardio Step Aerobics) 1 Unit
54 hours lab per term. This course will provide vigorous aerobic activity through coordinated stepping movements. The class will be held in a musical setting with emphasis on cardiovascular improvements, muscle development, and an increased awareness of body composition. Field trips may be required outside of regularly-scheduled class times. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 134 F Beginning Swimming 1 Unit
54 hours lab per term. This course is designed for the beginning and novice swimmer with an emphasis on developing fundamental skills of swimming. All strokes are taught along with elementary diving and basic survival skills. Endurance training and cardiovascular fitness will be discussed. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 137 F Triathlon 1 Unit
54 hours lab per term. This course provides cardiovascular fitness training and nutritional program information to compete successfully in a triathlon. This class offers techniques in swimming, biking and running for ultimate performance. Bike rental fee if you do not own your own bicycle. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 139 F Tennis 1 Unit
54 hours lab per term. This course offers students the opportunity to learn and improve the essential strokes of tennis. Emphasis is on skill development, knowledge of rules and basic strategies for singles and doubles play. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 141 F Tennis Workshop 0.5-2 Units
27-108 hours lab per term. This course is designed for those students desiring intermediate to advanced instruction in tennis. The class gives students the opportunity to put tennis techniques into practice through placement in the various levels of tennis ability. Twenty hours required for each half unit. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 144 F Volleyball-Beginning 0.5-1 Units
27-54 hours lab per term. This course provides instruction in basic skills, rules and etiquette in the sport of volleyball. Students will experience improvement through supervised instruction and participation. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 145 F Volleyball - Intermediate 0.5-1 Units
27-54 hours lab per term. This course is designed to provide progressive instruction for intermediate skill development, player positioning in an offensive and defensive system, and team play. Intermediate techniques and strategies are applied. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 148 F Non-Impact Cardiofit (formerly Non-Impact Aerobics) 1 Unit
54 hours lab per term. This course consists of group and individual exercise program without jogging, jumping or other jarring movements. Emphasis is on cardiovascular development through static and locomotive movements set to music. This course is designed for first-time individuals of any age, or those medically restricted or with weight-related conditions. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 149 F Swim for Fitness 1 Unit
Advisory: PE 192 F or equivalent
54 hours lab per term. This course is designed to increase the knowledge of the cardiovascular system through the use of aerobic workouts. Swimming strokes will improve through endurance and repetitive training. Participants seeking a fitness program may expect to improve their overall fitness levels. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 150 F Latin Cardiofit (formerly Latin Aerobic Exercise) 1 Unit
54 hours lab per term. This course is designed for a group and individual exercise program. Emphasis in class will be on cardiovascular development through Latin rhythm movements. Activities will include Merengue, Cha-Cha, Cumbia, Reggaeton, and floor exercise in a dance setting to music. Field trips may be required outside of regularly-scheduled class times. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 151 F Water Aerobics/Pool Exercise 1 Unit
54 hours lab per term. This course is a fitness and recreational exercise program done in the water. Various water exercise programs are included, such as aerobics to music, flexibility activities, and conditioning activities designed for special needs. (Especially recommended for 40+ individuals and those with handicaps or movement limitations.) (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 152 F Fitness Training Lab-Circuit 1 Unit
Letter Grade or Pass/No Pass option. Open Entry/Open Exit. 54 hours lab per term. This course is designed to utilize the equipment and develop a routine with an exercise regimen that will better prepare the student for overall fitness. This course provides students an opportunity to determine their overall fitness level, and improve on areas of need. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE
PE 153 F Strength Training and Conditioning  3 Units
162 hours lab per term. This course is designed to allow students to strengthen train and cardiovascular condition their body. This class enables students to work out with a prescribed individual weight program to improve their overall physical fitness. This class will involve specific resistance exercises and cardiovascular exercises to develop parts of the body used in all types of activities. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 154 F Fitness Testing with Exercise Prescription  3 Units
45 hours lecture and 27 hours lab per term. This course will provide students with guidelines for the design of individual exercise programs in the areas of cardiovascular endurance, muscular strength and endurance, flexibility, and weight control. Students will participate in exercise and in the performance of field tests in the areas of aerobic capacity, muscular strength, flexibility, and body composition. Nutritional support for optimizing fitness objectives is utilized during the course. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 158 F Personalized Fitness  1 Unit
54 hours lab per term. This course is a supervised, group-circuit exercise program using a variety of exercise equipment that focuses on individual needs which includes the various principles and techniques of exercise as they relate to the older adult. Individual assessments will include review of medical history, resting and exercising heart rate, blood pressure, and body weight. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

PE 159 F Strength Training-Olympic Weights  0.5-2 Units
Letter Grade or Pass/No Pass option. Open Entry/Open Exit. 18-72 hours lab per term. This course is an open-entry lab experience for those people who want to get maximum physical return for a limited time invested. This course is designed to provide instruction and supervision of students with individualized strength programs using Olympic weights and nautilus apparatus. It is for men and women of all age groups who are interested in muscle toning, muscle rehabilitation, strength increases and body building. Workout times are adjusted to the student's schedule. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 160 F Beginning Basketball (formerly Basketball- Recreational)  1 Unit
54 hours lab per term. This course provides instruction on the basic concepts, strategy and rules of the game. The course will consist of in-class drills and demonstrations. (CSU) (UC Credit limitation) (Degree Credit) CSU GE

PE 161 F Body Conditioning and Fitness  1 Unit
54 hours lab per term. This course will focus on individual exercise for contouring, conditioning, posture, weight training, aerobics and overall fitness. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

PE 162 F Conditioning for Athletes-Strength  1-2 Units
54-108 hours lab per term. This course is designed to organize and employ individual conditioning programs for intercollegiate athletes. The program includes analysis and appraisal of strength, cardiovascular, and flexibility of each intercollegiate athlete along with program prescriptions. Course may be taken four times for credit. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

PE 163 F Kickboxing  1 Unit
54 hours lab per term. This course provides instruction in kickboxing that stress cardiovascular endurance, strength development, and improved flexibility. The aerobic workout will include influences from several martial arts. For interested students, the sparring and self-defense aspects of kickboxing will be included. (CSU) (UC Credit limitation) (Degree Credit) AA GE, CSU GE

PE 165 F Lifetime Fitness  1 Unit
54 hours lab per term. This course provides cardiovascular fitness training, strength and conditioning exercises and nutrition programs to improve in the components of health related physical fitness. Each student will develop an individual program suited to his/her goals. Lab will cover cardio and strength training exercises, nutritional links, exercise goal setting and adaptation. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 167 F Cardio Kickboxing (formerly Cardio Kick Boxing Aerobics)  1 Unit
54 hours lab per term. This course is designed for a group and individual exercise program. Emphasis in class will be on cardiovascular development through basic kickboxing aerobic movements. Activities include stretching, strength training, and basic kickboxing exercise (no physical contact) set to music. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 168 F Cross Fit Training (formerly Boot Camp Workout)  1 Unit
54 hours lab per term. This course will focus on individual exercises including obstacle course, calisthenics, conditioning, weight training, aerobics, yoga, Pilates, and overall fitness. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 169 F Advanced Water Polo  1 Unit
Advisory: A grade of C or better or a minimum of two years of 54 hours lab per term. This course is designed to cover strategies and game-type situations for those with a basic knowledge of the game. Instruction will be given in advanced skills, techniques, fundamentals and tactics in the sport of water polo. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 171 F Soccer I (formerly Soccer - Recreational)  1 Unit
54 hours lab per term. This course provides instruction on the basic skills of soccer: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. This course will include interclass competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 172 F Competitive Fast Pitch Softball  1 Unit
Advisory: Intermediate skill level in catching, throwing, and hitting. 54 hours lab per term. This course is designed for experienced softball players to give instruction in advanced techniques and game strategies. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 175 F Volleyball - Club  1 Unit
54 hours lab per term. This course provides the potential intercollegiate player with advanced skill and knowledge in volleyball. Students will receive advance level training in the skills and strategies required with team competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 179 F Intercollegiate Spirit Squad  3 Units
Prerequisite(s): Audition
180 hours lab per term. This course is designed for cheer and dance team members. The focus is on the skills required for a successful spirit squad individual and group. The class will emphasize the fundamentals of tumbling, stunts, pom-pom and dance technique, choreography, competition, leadership skills, and crowd motivation. Performance at school athletic events and campus functions is mandatory. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE
PE 180 F Baseball 1 Unit
54 hours lab per term. This course has an emphasis on learning the fundamental aspects of baseball. There will be instruction in all areas of baseball, including: hitting, bunting, fielding, throwing, base running, and sliding as well as an emphasis on other offensive and defensive fundamentals such as strategy, positioning and practice organization. This course is designed as an introduction to students who have the desire and ability to perform on the intercollegiate level. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 181 F Intermediate/Advanced Basketball (formerly Basketball) 1 Unit
54 hours lab per term. This course is designed for students with intermediate to advanced levels of basketball skill and knowledge. Instruction in intermediate to advanced skills of basketball: technique, strategy and rules of the game. This course will consist of in-class competition and aerobic conditioning. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 182 F Body Building/Body Development and Weight Lifting 1 Unit
54 hours lab per term. This course includes those resistive exercises designed to develop and increase size and strength of muscle tissue with emphasis on safe and proper weight lifting techniques. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 183 F Conditioning for Athletes - Circuit 1-2 Units
54-108 hours lab per term. This course provides instruction and practice in weight training, weight lifting, anaerobic and aerobic fitness, and flexibility for competition in intercollegiate athletics. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 185 F Football - Defense 3 Units
162 hours lab per term. This course is designed to give students the proper knowledge and mental preparation necessary to play collegiate football, specifically at the defensive position. Emphasis is placed on acquiring specific position skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Commission on Athletics (COA). (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 186 F Football - Offense 3 Units
162 hours lab per term. This course is designed to give students the skills, proper knowledge, and mental preparation necessary to play collegiate football, specifically at the offensive position. Emphasis is placed on acquiring specific positions skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Commission on Athletics (COA). (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 187 F Physical Fitness 1 Unit
54 hours lab per term. This course provides students the opportunity to achieve physical fitness through the use of resistance exercises, body-building routines and cardiovascular endurance exercises. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 188 F Self Defense-Boxing 1 Unit
54 hours lab per term. This course is designed to teach the students the fundamentals of boxing and self-defense. Instruction will be based on the rules and regulations of boxing. The students will learn the necessary skills and techniques for participation in amateur boxing. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 189 F Soccer II (formerly Soccer) 1 Unit
54 hours lab per term. This course provides advanced instruction on the following skills of soccer: technique, tactics and rules of the game. The workout will be both aerobic and anaerobic. The course will include interclass competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 191 F Volleyball-Advanced 0.5-2 Units
27-108 hours lab per term. This course is designed for the advanced volleyball athlete with advanced skill and knowledge in the sport of volleyball. Students will receive training in fundamentals and strategies necessary for successful competition. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 192 F Water Polo
Prerequisite(s): Intermediate Swimmer
Advisory: Ability to swim 50 yards and tread water for three minutes. 54 hours lab per term. This course is designed to provide aquatic game activity for the intermediate and advanced swimmer and to develop a greater understanding of the game of water polo. Instruction will be given in the fundamentals of water polo to include physical skill development, conditioning, game strategy and terminology. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 193 F Weight Training/Weight Lifting 1 Unit
54 hours lab per term. This course provides instruction in strength training and focuses on weight lifting techniques that will produce muscle endurance and muscle strength. This course will provide instruction and demonstration for Olympic style lifts. Students will develop an individual program. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 194 F Swimming - Recreational 1 Unit
54 hours lab per term. This course will provide intermediate instruction and practice in the fundamentals of swimming, including beginning diving and water-safety instruction. Students will also have an understanding of the basic strokes to meet prerequisite for advanced Lifesaving and Water-Safety Instruction (WSI) courses. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 195 F Physical Education Independent Study I 1-2 Units
54-108 hours lab per term. In this course, students should choose an area of interest and schedule conferences. This class is for students who wish to participate in acceptable non-curricular physical activities or who wish to work in the field as a teaching assistant or official or to study special programs in physical education. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 196 F Intercollegiate Baseball 3 Units
175 hours lab per term. Enrollment subject to audition. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Orange Empire Conference and the CCCAA. The student athlete will need to pass the sports physical administered by a team physician prior to competition. All practices are included in the scheduled hours of this class. This course is designed for advanced male baseball players wanting to participate on the intercollegiate baseball team. This course is designed to prepare athletes for future participation at the four-year university level. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE
PE 203 F Intercollegiate Basketball - Men 1 Unit
Advisory: varsity high school basketball. Audition recommended
85.5 hours lab per term. This course is designed for advanced male basketball players wanting to participate on the intercollegiate basketball team. Daily practice or play for a minimum 175 lab hours per semester is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the COA and Orange Empire Conference. Student athletes will need to pass the sports physical administered by a team physician prior to competition. The following intercollegiate sports offer credit. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 204 F Intercollegiate Basketball - Women 1 Unit
Prerequisite(s): A grade of C or better in a minimum of two years of varsity high school basketball.
85.5 hours lab per term. This course is designed for advanced female basketball players wanting to participate on the intercollegiate basketball team. Daily practice or play for a minimum of ten hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the COA and Orange Empire Conference. Student athletes will need to pass the sports physical administered by a team physician prior to competition. The following intercollegiate sports offer credit. Course may be taken four times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 205 F Intercollegiate Cross Country - Men and Women 3 Units
Advisory: Audition to determine fitness level and running ability (student athletes will need to pass the sports physical administered by a team physician prior to competition) 175 hours lab per term.
This course provides instructions and training in the exercise techniques and principles required for successful development in cross country distance running and intercollegiate competition. To become eligible for athletic competition, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Daily practice or play for a minimum of ten hours per week. Practice and cross country meets are mandatory. NOTE: PE majors: see counselor for transfer requirements. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 207 F Intercollegiate Football 3 Units
Advisory: Subject to audition
180 hours lab per term. This course needs to be taken in order for a student athlete to participate in intercollegiate football. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Southern California Football Association and the California Commission on Athletics. This will include daily after-school practice designed to meet the needs of those interested in football. Student must pass a physical. Course may be taken four times for credit. Materials fee of $200 is payable at registration. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 208 F Intercollegiate Golf - Women 2 Units
175 hours lab per term. For this course, in order to be eligible for athletic competition, students must meet the eligibility requirements of the California Community College Athletic Association (CCCAA) and Orange Empire Conference (OEC), including pass a physical exam given by the team doctor. Daily practice or play is required. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 209 F Intercollegiate Soccer 3 Units
175 hours lab per term. This course provides student athletes the opportunity to participate in intercollegiate soccer. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Daily practice or play for a minimum of ten hours per week. The following intercollegiate sport offers credit. Physical Education majors must see counselor for transfer requirements. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 210 F Intercollegiate Softball - Women 2 Units
Advisory: Audition.
175 hours lab per term. This course is designed for advanced female softball players to participate on the intercollegiate softball team. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference (OEC). Student athletes will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 211 F Intercollegiate Swimming (formerly Swimming - Men) 3 Units
Advisory: Audition (students must pass a sports physical 175 hours lab per term. This course provides daily practice for a minimum of ten hours per week. Team standards and expectations established. This course includes competition versus local college teams. For student eligibility, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Student athletes are required to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 214 F Intercollegiate Tennis 2 Units
180 hours lab per term. This course is designed for the advanced tennis player wanting to participate on the intercollegiate tennis team. In order to be eligible for athletic competition, students must meet the eligibility requirements of the Orange Empire Conference. Daily after-school practice or play for a minimum of ten hours per term. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 215 F Intercollegiate Track and Field - Men and Women (formerly Track - Men/Women) 3 Units
Advisory: administered by a team physician prior to competition. Student needs to be able to perform competitive 180 hours lab per term. This course provides instruction, training and practice in the advanced techniques of track and field. To be eligible, students must meet the eligibility requirements of the CCCAA and the Orange Empire Conference. Practice and track and field meets are mandatory. NOTE: Physical Education majors: see counselor for transfer requirements. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 217 F Intercollegiate Sand Volleyball-Women 2 Units
Advisory: collegiate-level volleyball skills as assessed by the instructor
The student needs to be able to perform collegiate 180 hours lab per term. This course is designed for advanced sand volleyball players with a strong desire to participate on the intercollegiate sand volleyball team. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE
PE 218 F Intercollegiate Volleyball - Women 2 Units
Advisory: level volleyball skills as assessed by the instructor Ability to swim 50 yards and tread water for
175 hours lab per term. This course is designed for advanced female volleyball players to participate on the intercollegiate volleyball team. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference (OEC). Student athletes will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit)

PE 219 F Intercollegiate Water Polo 2 Units
Advisory: 3 minutes Tryout.
180 hours lab per term. This course is designed for the competitive student athlete participating in water polo. Course content will include aspects of competitive training such as weight training, repetitive swim sets, offensive and defensive game strategy, and intercollegiate contests. All participants will need to meet eligibility requirements set by the California Community College Athletic Association (CCCAA). Student athlete will need to pass the sports physical administered by a team Physician prior to competition. They will also be governed by their given conference rules and regulations. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 220 F Intercollegiate Lacrosse - Women 3 Units
Advisory: Perform collegiate level volleyball skills as assessed
175 hours lab per term. This course provides opportunities for competitive level lacrosse athletes. Students must meet the eligibility requirements set forth by the CCCAA. Course may be taken four times for credit. (CSU) (UC) (Degree Credit) CSU GE

PE 221 F Intercollegiate Volleyball - Men 2 Units
Advisory: by the instructor WELL 265 F.
175 hours lab per term. This course provides advanced male volleyball players the opportunity to participate on the intercollegiate volleyball team. Daily practice or a minimum of 10 hours per week is required. In order to be eligible for athletic competition, students must meet the eligibility requirements of the CCCAA (California Community College Athletic Association) and the Orange Empire Conference. Student athlete will need to pass the sports physical administered by a team physician prior to competition. Course may be taken three times for credit (CSU) (UC) (Degree Credit) CSU GE

PE 222 F Badminton - Women 2 Units
Advisory: Audition 180 hours lab per term.
For this course, in order to be eligible for athletic competition, students must meet the eligibility requirements of the Orange Empire Conference and the CCCAA. Also, candidates must pass a physical exam. A tryout is required to demonstrate skills and badminton ability. Daily practices and games per schedule. Course may be taken three times for credit. (CSU) (UC Credit Limitation) (Degree Credit)

PE 223 F Pilates Mat I 1 Unit
54 hours lab per term. This course provides instruction in alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. The course will include beginning level mat work, and will emphasize exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 224 F Pilates Mat II 1 Unit
Prerequisite(s): PE 223 F with a grade of C or better
54 hours lab per term. This course provides instruction in alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. This course will include advanced level mat work using mats, rings, and foam rollers, and will emphasize exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 227 F Effective Teaching Methods for Pilates 2 Units
Prerequisite(s): PE 223 F with a grade of C or better
Corequisite: PE 273 F with a grade of C or better. 18 hours lecture and 54 hours lab per term. This course covers the principles, sequencing, progressions, cues, modifications, muscular integration and appropriate terminology that students need to effectively teach Pilates exercises. (CSU) (Degree Credit)

PE 228 F Pilates Observation and Evaluation (formerly Pilates Internship) 2 Units
Prerequisite(s): PE 227 F with a grade of C or better
18 hours lecture and 54-162 hours lab per term. This course gives students the opportunity to assist and teach Pilates on all pieces of equipment, including Mat, Reformer, Cadillac, Chair, Barrel, and Spine Corrector. (CSU) (UC review required) (Degree Credit) CSU Ge

PE 229 F Pilates Clinic 2 Units
Advisory: Competency in swimming, diving, and water safety skills.
Corequisite: PE 228 F with a grade of C or better. 18 hours lecture and 54 hours lab per term. This course offers students the practical experience of instructing Pilates. This lab experience develops student confidence and professional Pilates training while working with the public under supervision of instructor. (CSU) (Degree Credit) CSU GE

PE 230 F Yoga Teaching Training Fundamentals 2 Units
Prerequisite(s): PE 102 F with a grade of C or better
18 hours lecture and 54 hours lab per term. This course will teach students the fundamentals of yoga that are essential for both practice and teaching. Students will learn proper body mechanics, alignment principles, and breathing techniques as they relate to the performance and instruction of asanas, pranayama techniques, meditation, and Yogic history and philosophy. Topics include Sanskrit terminology, body mechanics and alignment, and complementary practices such as breathing styles, flow sequences, and subtle body. Topics include principles of teaching yoga as well as lifestyle choices and ethics for yoga teachers. Field trips may be required outside of regular class times. (CSU) (Degree Credit)

PE 231 F Yoga Teaching Training Development 2 Units
Prerequisite(s): PE 102 F with a grade of C or better
18 hours lecture and 54 hours lab per term. This course provides students with the tools to design and teach a 60-minute yoga class with verbal clarity. This course integrates yogic history and philosophy with Yoga Sutras, body mechanics and alignment, and complementary practices such as breathing styles, flow sequences, and subtle body. Topics include principles of teaching yoga as well as lifestyle choices and ethics for yoga teachers. Field trips may be required outside of regularly-scheduled class times. (CSU) (Degree Credit)

PE 234 F Yoga Teaching Training Integration 2 Units
Prerequisite(s): PE 102 F with a grade of C or better
18 hours lecture and 54 hours lab per term. This course provides aspiring yoga teachers with tools to deepen their independent practice in order to strengthen their teaching and develop a personal teaching style. This course continues to focus on designing, integrating, and implementing knowledge and teaching of asanas, pranayama techniques, meditation, and yogic history and philosophy. Students also learn about the business aspects of teaching yoga. Field trips may be required outside of regularly-scheduled class times. (CSU) (Degree Credit)
PE 235 F First Aid, CPR, and Safety Education 3 Units
*Advisory: KIN 101*
54 hours lecture per term. This course clarifies when and how to call for emergency medical help, eliminating the confusion that is frequently a factor in any emergency. This course also emphasizes the importance of a safe, healthy lifestyle. The American Red Cross instructional outline will be followed. Upon successful completion the students will be certified in both Standard First Aid and CPR. (CSU) (UC) (Degree Credit)

PE 236 F Prevention and Care of Athletic Injuries 3 Units
54 hours lecture per term. This course provides basic exposure to the care and prevention of sports-related injuries and illnesses. Discussion includes mechanism of injury, signs and symptoms and the appropriate treatment for the most common injuries. Some class time is spent in the Fullerton College training room learning how to tape ankles and better understand the necessary equipment. (CSU) (UC) (Degree Credit)

PE 239 F Open Water Scuba Diving 3 Units
*Advisory: Ability to swim.*
36 hours lecture and 72 hours lab per term. This is a course designed to prepare the student to perform skills of skin and SCUBA diving. Instruction will identify, discuss, and employ safety techniques in all phases of underwater diving. Confined water training will be practiced in the pool and repeated during open-water (ocean) dive trips. Field trips and boat dives are required for certification, but certification is not required for completion of this course. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 240 F Sports Officiating (formerly Sports Officiating for Men) 3 Units
54 hours lecture per term. This course covers the basic rules and mechanics of officiating the sports of football, basketball, baseball and soccer. Students will receive practical experience in sports officiating. Students will receive guidance in pursuit of a career in officiating. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 243 F Stress Management 3 Units
54 hours lecture per term. This course examines productive and non-productive stress and the influence of various types of stress on health and wellness. Topics include the physiological aspects of stress and its effects on health, assessments of personal coping style, strategies for coping effectively with stress, relaxation techniques, mindful awareness, and positive self-talk. Emphasis is placed on practical application of stress management techniques in daily life. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 244 F Techniques and Principles of Coaching 3 Units
54 hours lecture per term. This course will focus on the factors related to coaching strategies, techniques, principles, and philosophies. Units on nutrition and substance use. ASEP Coaching Certification offered through this course. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 245 F Lifesaving, Basic Rescue and CPR 2 Units
*Advisory: Demonstrate the basic skills of SCUBA according to the American Red Cross.*
27 hours lecture and 27 hours lab per term. This course follows the guidelines set by the American Red Cross to teach students to critically analyze the strategies and learn the skills necessary to successfully execute the various first aid and lifesaving rescues for on-land and in-water emergencies. Students will have the opportunity to qualify for lifeguard training, first aid, CPR and AED certifications following the standards set forth by the American Red Cross. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 246 F Advanced/Master SCUBA Diver 3 Units
*Advisory: KIN 100*
54 hours lecture per term. This course introduces organization, management, planning, staffing, directing, and controlling a sports program. The course also includes such areas as budget, facilities, scheduling, officials, transportation, public relations, parent and booster clubs, purchase and care of athletic equipment, fundraising, and marketing. (CSU) (Degree Credit) AA GE, CSU GE

PE 247 F Sports Management 3 Units
54 hours lecture per term. This course introduces organization, management, planning, staffing, directing, and controlling a sports program. The course also includes such areas as budget, facilities, scheduling, officials, transportation, public relations, parent and booster clubs, purchase and care of athletic equipment, fundraising, and marketing. (CSU) (Degree Credit) CSU GE

PE 248 F Psychology of Sport 3 Units
54 hours lecture per term. This course will assist students to understand the effects of psychological factors on motor performance. In addition, students will gain an understanding of the effects of participating in physical activity on psychological development, health, and well-being. (CSU) (Degree Credit) CSU GE

PE 250 F Sports and Society 3 Units
54 hours lecture per term. This course examines the role of sport in modern society, looks at how sport influences and shapes global attitudes among nations; and investigates the historical, social, economic and political impact of sport on society. This course fulfills Multicultural Education Requirement for graduation. (CSU) (Degree Credit) CSU GE

PE 252 F Introduction to Kinesiology 3 Units
*C-ID: KIN 100*
54 hours lecture per term. This course is an introduction to kinesiology as a profession and as an academic discipline. This course explores sub-disciplines, opportunities in the field, philosophy, scientific foundation, and analyzes and evaluates individuals that have influenced these trends and issues in the 21st century. (CSU) (Degree Credit)

PE 254 F Personal Fitness Trainer 3 Units
54 hours lecture per term. This course provides the scientific foundations and practical experienced required by personal fitness trainers for certification by agencies such as American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA) and the National Academy of Sports Medicine (NASM). Topic areas include exercise sciences, nutrition, exercise techniques in resistance, cardiovascular, and flexibility training, consultation and evaluation of new clients, program design for physical training, clients with unique needs, and safety and legal issues with personal training. (CSU) (Degree Credit) CSU GE
PE 266 F Fitness for Living (formerly Physical Fitness as a Lifelong Concept) 3 Units
54 hours lecture per term. This course provides the student an opportunity to survey and analyze the exercise components that make up our individual physical beings. Students will appraise the concepts of behavior that may result in an optimally fit and healthy life-style. Additionally, students will observe the effects that age has on specific body systems and how a reasonably conceived and defined program of activity and diet may result in improved fitness, wellness and quality of life with advancing years. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE

PE 270 F Exercise Nutrition 3 Units
54 hours lecture per term. This course provides scientific information for sport nutrition that covers the principles, background and rationale for current nutrition guidelines for athletes. The goal is to learn to combine good nutritional habits along with a quality exercise regime to meet weight control goals. This course will emphasize caloric planning, energy expenditure, metabolism, and eating disorders. Diet theories will be explained along with the evaluation of fad diets and supplements. (CSU) (Degree Credit)

PE 271 F Beginning/Intermediate Reformer 2 Units
Prerequisite(s): PE 223 F with a grade of C or better
108 hours lab per term. This course covers the alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. The beginning level course will include exercises in matwork and on the reformer, and will emphasize beginning exercises for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) CU GE

PE 272 F Advanced Reformer 2 Units
Prerequisite(s): PE 223 F with a grade of C or better
108 hours lab per term. This course covers the alignment and correctives work based on exercises and concepts developed by Joseph H. Pilates. This course will include advanced exercises on the reformer, and will emphasize advanced skill technique designed for improved body alignment, strength, flexibility, control, coordination and breathing. (CSU) (UC Credit Limitation) (Degree Credit) CU GE

PE 273 F Beginning Apparatus (formerly PE 226 F) 2 Units
Prerequisite(s): PE 223 F with a grade of C or better
108 hours lab per term. This course provides instruction in beginning through intermediate levels of instruction of exercises and concepts developed by Joseph H. Pilates and incorporates various equipment. This course focuses on exercises for Pilates apparatus, including the Trapeze Table/Cadillac/Tower, Pilates Chair, Step Barrel and Ladder Barrel. (CSU) (UC) (Degree Credit)

PE 274 F Advanced Apparatus (formerly PE 226 F) 2 Units
Prerequisite(s): PE 223 F with a grade of “C” or better
108 hours lab per term. This course provides advanced levels of exercises and concepts developed by Joseph H. Pilates and incorporates various equipment. This course focuses on advanced level exercises for Pilates apparatus, including the Trapeze Table/Cadillac/Tower, Pilates Chair, Step Barrel and Ladder Barrel. (CSU) (UC) (Degree Credit)

PE 280 F Theory of Coaching Baseball (formerly Professional Activities: Theory of Baseball) 3 Units
Advisory: college level baseball Eligibility for ENGL 100 C.
54 hours lecture and 18 hours lab per term. This course is designed to prepare future physical education teachers or community youth coaches in the theory of coaching baseball. This course will include the mental and physical preparation of becoming a complete baseball player, theory and practical experience of offensive and defensive phases of the game of baseball, the individual technique drills for each of the nine positions; coach and umpire relationships; the planning and execution of practice sessions; and the strategies involved during a game. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 281 F Professional Activities: Theory of Basketball 2 Units
18 hours lecture and 36 hours lab per term. The course deals with basketball from beginning to present day. The psychology of coaching basketball, player fundamentals, administration of a total basketball program, behavioral objectives for basketball, practical experience of teaching offense and defense will be covered. (CSU) (UC Credit Limitation) (Degree Credit)

PE 282 F Theory of Coaching Softball 2 Units
18 hours lecture and 54 hours lab per term. This course is designed to give students the skills, proper knowledge, and mental preparation necessary to play or coach collegiate softball. Emphasis is placed on acquiring specific positions skill, while participating in a team environment. The students will be instructed on how to participate within the rules and safety procedures set forth by the NCAA and California Community College Athletic Association (CCCAA). (CSU) (UC Credit Limitation) (Degree Credit)

PE 283 F Theory of Coaching Football (formerly Professional Activities/ Theory of Football) 3 Units
54 hours lecture per term. This course is designed for student going into physical education, coaching or recreation with basic fundamentals, strategy and history of football. Students will gain an awareness of techniques and concepts relating to better performance and learning experiences. (CSU) (UC Credit Limitation) (Degree Credit)

PE 284 F Theory of Coaching Soccer 2 Units
36 hours lecture per term. This course provides preparation for future physical education and recreation teachers or community coaches in the theory of coaching soccer. It includes the mental and physical preparation of becoming an instructor of, or participant in, the sport of soccer and the theory and practical experience of offensive and defensive phases of the game. Technique, tactics, fitness, and psychology will be covered in detail. Rules and regulations of the game, along with equipment and safety, will be discussed. (CSU) (UC Credit Limitation) (Degree Credit)

PE 285 F Theory of Coaching Volleyball (formerly Professional Activities - Theory of Volleyball) 3 Units
54 hours lecture per term. This course provides the history of volleyball to present day, the theory of coaching strategy, player fundamentals, and program implementation and administration. Behavioral objectives for volleyball, practical experience of teaching offense and defensive systems will be covered. Field trips may be required outside of regularly-scheduled class. (CSU) (UC Credit Limitation) (Degree Credit) CSU GE

PE 296 F Off Season Athletes - Softball 0.5-3 Units
27-162 hours lab per term. This course is designed to give students the specific preparation necessary to play college softball. It will include position specific training and advanced strategies within a team environment. The students will be instructed on charting using technology to determine individual and team tendencies. Try-outs will be conducted for the purposes of assigning positions. (CSU) (UC Credit Limitation) (Degree Credit) AA GE, CSU GE
Degrees/Certificates

- Aquatic Specialist Certificate (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/aquatic-specialist-certificate)
- Kinesiology Associate in Arts Degree for Transfer (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/kinesiology-associate-arts-degree-transfer)
- Personal Trainer Certificate (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/personal-trainer-certificate)
- Physical Education Associate in Arts Degree (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/physical-education-associate-arts-degree)
- Physical Education — Fitness Associate in Science Degree (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/physical-education-fitness-associate-science-degree)
- Pilates Certificate (https://catalog.nocccd.edu/fullerton-college/degrees-certificates/physical-education/pilates-certificate)