



P E 63A Beginning Sailing 1 Unit
Prerequisites: Physical Education 26C, or technical proficiency suitable to the course level; swimming test required.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Three hours laboratory.
(Any combination of Physical Education 63A and 63B may be taken up to six times, not to exceed 18 units for the family of courses.)
 Introduction to sailing. Theory of sail, terminology, and development of basic small sailboat handling skills on inland lakes.

P E 63B Intermediate Sailing 1 Unit
Prerequisites: Physical Education 62G and 63A, or technical proficiency suitable to the course level; swimming test required.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Three hours laboratory.
(Any combination of Physical Education 63A and 63B may be taken up to six times, not to exceed 18 units for the family of courses.)
 Intermediate sailing skill development, theory, terminology, concepts and small boat handling on inland lakes.

P E 70A Orientation to Lifetime Fitness 1 Unit
(Physical Education 70A and 71 were formerly Physical Education 70.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Corequisite: Physical Education 70A students must also enroll in Physical Education 71, Physical Education-Adapted 1, 1X, 2, 2X, 3, 3X, 4, 4X-Z, 5, or 5X.
One hour lecture.
 Introduction to fitness, wellness and lifestyle management. Students will be exposed to past and current theories of health and fitness with emphasis on how lifestyle, wellness, and personal fitness are affected by genetics, gender, and age. Each student will assess their own cardiovascular capacity, muscular strength and endurance, flexibility, and body composition during the class.

P E 71 Lifetime Wellness and Fitness Center Laboratory 1 Unit
(Physical Education 70A and 71 were formerly Physical Education 70.)
(See general education pages for the requirement this course meets.)
Prerequisite: Concurrent enrollment in or successful completion of Physical Education 70A, Health 51, or Physical Education 51.
Three hours laboratory.
(May be taken six times for credit.)
 Laboratory designed to improve student's cardiorespiratory fitness, muscular strength and endurance, flexibility and body composition. Strength and muscular endurance will be developed using Magnum weight equipment. Cardiorespiratory programs will be run on treadmills, cycles, stair steppers, and elliptical trainers.

P E 77 Special Projects in Physical Education 1/2 Unit
P E 77X 1 Unit
P E 77Y 1 1/2 Units
(Formerly Physical Education 29, 29X, and 29Y.)
Three hours laboratory for each unit of credit.
(Any combination of Physical Education 77, 77X, and 77Y may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)
 Designed for students who are doing a project directly under the supervision of a credentialed De Anza College instructor. These projects are undertakings that are not in the regular physical education curriculum.

P E 78L Special Problems in Dance 1/2 Unit
P E 78M 1 Unit
P E 78N 2 Units
P E 78P 3 Units
P E 78Q 4 Units
P E 78R 5 Units
P E 78S 6 Units
P E 78T 7 Units
P E 78U 8 Units
(Formerly Physical Education 25L-U.)
Prerequisite: Enrollment by audition only.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
(Also listed as Dance 78L-U. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory for each unit of credit.
(Any combination of Physical Education/Dance 78L-U may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)
 Projects for groups in special areas of interest relative to but outside of the departmental curriculum.

P E 85 Exercise Science 2 Units
Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 24 and 72 (or English as a Second Language 4); Biology 10 or 11 or equivalent.
Two hours lecture.
 Basic concepts of anatomy, physiology, nutrition, and exercise physiology for students planning on majoring in Physical Education and/or completing a certificate program in personal trainer, massage therapy, or coaching.

P E 85A Personal Fitness Trainer 2 Units
Advisory: Completion of or concurrent enrollment in Physical Education 85.
One-and-one-half hours lecture, two hours laboratory.
 Concepts needed for instruction to develop individualized strength and cardiovascular fitness programs.

P E 85M Introduction to Athletic Injuries 2 Units
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
One hour lecture, three hours laboratory.
 Introduction to basic taping and wrapping techniques for various athletic injuries. A general awareness of common injuries associated with athletics and the appropriate first aid.

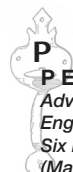
P E 85P Assessment of Body Composition 1 Unit
Prerequisite: Physical Education 85.
Advisory: Mathematics 200 or 210.
One-third hour lecture, one and one-third hours lecture-laboratory.
 Assessment of body composition using the three most popular methods (hydrostatic weighing, bioelectrical impedance, and skin fold measurements), their accuracy, and use of equations to predict percent body fat, lean body mass, and ideal weight. Students will intern in the Body Composition Clinic for six hours.

P E 85Q Assessment of Cardiovascular Fitness 1 Unit
Prerequisites: Physical Education 85.
Advisory: Mathematics 200 or 210.
One-third hour lecture, one and one-third hours lecture-laboratory.
 Assessment of cardiovascular fitness using field and laboratory tests. Test results will be used to design and prescribe exercise programs to improve health, personal fitness, and performance. Designed for students pursuing a Personal Fitness Trainer Certificate or taking one of the national personal fitness trainer certification tests.

P E 88A Coaching I 2 Units
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Two hours lecture.
 Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and Y.M.C.A.), middle school, high school, community college, and four year university levels of competition and play.

P E 88B Coaching II 2 Units
Advisories: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163; Mathematics 200 or 210; Physical Education 88A.
Two hours lecture.
 Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of the relationship between organization, management, and administration of sports including: fund raising, team leadership skills, facility usage, and legal liabilities associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and Y.M.C.A.), middle school, high school, community college, and four year university levels of competition and play.

P E 110 Sports Conditioning 0 Units
P E 110W 0 Units
P E 110X 0 Units
P E 110Y 0 Units
P E 110Z 0 Units
(Formerly Physical Education 10, and 10X.)
Non-credit course - Does not apply to De Anza Associate Degree.
Two hours laboratory for Physical Education 110; three hours laboratory for Physical Education 110W; six hours laboratory for Physical Education 110X; nine hours laboratory for Physical Education 110Y; and twelve hours laboratory for Physical Education 110Z.
(No limit on repeatability for 0 unit classes.)
 Conditioning and testing principles for all sports. Measuring strengths and weaknesses of student athlete at De Anza College with emphasis on the athlete's preseason conditioning. Standards will be established for each athlete, plus team norms.



P E 115 Conditioning for Intercollegiate Athletes 2 Units
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163
 Six hours laboratory.
 (May be taken six times for credit.)
 Exercise physiology theory and sport-specific weight training for athletes.

P E 535 Athletic Injury Rehabilitation 0 Units
Prerequisite: Athlete/Student must have completed a pre-participation exam, sustained an athletic injury, and is under the care of an athletic trainer.
 Five to fifty hours laboratory.
 (No limit on repeatability for 0 unit classes.)
 No grade (NG) course.
 Provides supervised rehabilitation program for athlete/student injured while competing for De Anza College.

P E 545 Non-Intercollegiate Swimming Competition and Training 0 Units
Prerequisite: Competitive swimming experience or appropriate skill level and exceeded college swimming repeatability.
 Five to fifty hours laboratory.
 (No limit on repeatability for 0 unit classes.)
 No grade (NG) course.
 Provides supervised swimming workout for students desiring to develop more stroke efficiency, improve fitness, and gain experience swimming in competition outside of the intercollegiate swimming program.

P E 570 Lifetime Fitness Center 0 Units
Prerequisite/Corequisite: Previous or concurrent enrollment in Physical Education 70 or 70A; or Health 51 or Physical Education 51.
 Ten hours laboratory.
 (No limit on repeatability for 0 unit classes.)
 No grade (NG) course.
 Provides supervised exercise time for students desiring to exercise more than three hours per week in the Lifetime Fitness Center.

Physical Education/Adapted Physical Education classes for individuals with special needs.

PEA 1 Adapted Total Fitness 1/2 Unit
PEA 1X 1 Unit
 (See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 1 and 1X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Development and maintenance of strength, flexibility and aerobic fitness for students with a verified physical disability.

PEA 2 Adapted Strength Development 1/2 Unit
PEA 2X 1 Unit
 (See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 2 and 2X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Development and maintenance of muscular strength for students with a verified physical disability.

PEA 3 Adapted Stretching 1/2 Unit
PEA 3X 1 Unit
 (See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 3 and 3X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Development and maintenance of flexibility for students with a verified physical disability.

PEA 4 Adapted Aerobic Fitness 1/2 Unit
PEA 4X 1 Unit
PEA 4Y 1 1/2 Units
PEA 4Z 2 Units
 (See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 4, 4X, 4Y, and 4Z may be taken up to six times, not to exceed 18 units for the family of courses.)
 Development and maintenance of aerobic fitness for students with a verified physical disability.

PEA 5 Adapted Aquatic Fitness 1/2 Unit
PEA 5X 1 Unit
 (See general education pages for the requirement this course meets.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 5 and 5X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Development and maintenance of aquatic fitness for students with a verified physical disability.

PEA 15 Special Projects in Adaptive Physical Education 1/2 Unit
PEA 15X 1 Unit
Prerequisites: Medical release form signed by a physician.
 Three hours laboratory with consultation for each unit of credit.
 (Any combination of Adapted Physical Education 15 and 15X may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)
 Pass-No Pass (P-NP) course.
 Designed for students who are doing a project directly under the supervision of a credentialed De Anza College instructor. These projects are undertakings that are not in the Adaptive and Remedial Physical Education curriculum.

PEA 23 Care and Prevention of Back Disorders 1 Unit
PEA 23X 2 Units
 (See general education pages for the requirement this course meets.)
Prerequisites: Medical release form signed by a physician.
 One-half hour lecture and one-and-one-half hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 23 and 23X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Pass-No Pass (P-NP) course.
 Designed to help students with medically verified back disorders learn to care for their disorder and avoid future problems: includes analysis of the anatomy of the vertebral column and the musculature affecting it. Emphasis is on proper pelvic alignment, normal posture, correct body mechanics, and contraindications for activity. Instruction and practice of techniques and remedial exercises designed to relieve or reduce pain and discomfort are covered.

PEA 24 Cardiac Exercise 1 Unit
PEA 24X 2 Units
Prerequisites: Physical Education 64 or equivalent. Medical verification and referral form signed by a physician.
 One-half hour lecture and one-and-one-half hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 24 and 24X may be taken up to six times, not to exceed 18 units for the family of courses.)
 Pass-No Pass (P-NP) course.
 Prescribed exercise and behavior modification for persons considered high risk or who have experienced a cardiac episode such as myocardial infarction or coronary bypass surgery. Exercises will develop the cardiovascular and muscular systems to enable student to function more efficiently and effectively. Emphasis on nutrition, weight control, stress reduction, and smoking terminations.

PEA 26X Care and Prevention of Back Disorders 1 Unit
Prerequisites: Medical release form signed by physician.
 Three hours laboratory.
 Individualized exercise program for students with back disorders. Remedial exercises designed to relieve or reduce back pain.

PEA 51 Introduction to Adaptive and Remedial Physical Education Assisting 4 Units
 (See general education pages for the requirement this course meets.)
 Three hours lecture, three hours laboratory.
 Designed to provide practical experience and formal training for students interested in assisting in the Adaptive Physical Education (APE) program. Designed for students interested in PE, Adaptive PE and the therapeutic disciplines.



PEA 55 Adaptive Physical Education Assisting 1 Unit
PEA 55V 2 Units
PEA 55W 3 Units
PEA 55X 4 Units
PEA 55Y 5 Units
PEA 55Z 6 Units

Prerequisites: Physical Education Adaptive 51. Three hours laboratory for each unit of credit. (Any combination of Adapted Physical Education 55, 55V-Z may be taken up to six times, not to exceed 18 units for the family of courses.)
 Designed for students who want experience working with physically limited students enrolled in the PEA or PEAS programs. Students have the opportunity to apply and improve their skills acquired in PEA 1 or other disciplines. Students will also have the opportunity of working with students with a wide range and varying degrees of disabilities and disease manifestations.

Physical Therapist Assistant

Admission to the Physical Therapist Assistant Curriculum is based on GPA (minimum of 2.8 required), minimum of 100 hours of volunteer work, or three months of paid work in a patient care field; completion of prerequisite coursework including Biology 40A and 40B; English Writing 1A or English as a Second Language 5; Mathematics 101; and completion of physician-signed health form. Admission by application only; deadline is June 16 by 5 p.m.

PTHR 50 Introduction to Physical Therapy 2 Units
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163. Two hours lecture.

Physical Therapy and the allied health field scope of practice; differentiation of PT, PT Assistant, PT Aide; health care delivery systems; work settings; historical background; ethical and legal practices in a diverse, multicultural society. Identification of roles in health care.

PTHR 53 Functional Activities for Orthopedic and Cardiopulmonary Disorders 2 Units

Prerequisites: Biology 40B; English Writing 1A or English as a Second Language 5; Mathematics 101 or 112; work/volunteer experience in patient care; and a grade point average of 2.8 or above. One hour lecture, three hours laboratory.

Bed mobility, positioning, transfer and gait training for non-neurological patients with consideration to issues of gender, body type, cultural practices and occupational work life.

PTHR 54A Kinesiology and Orthopedic Disorders 5 Units

Prerequisites: Biology 40B; English Writing 1A or English as a Second Language 5; Mathematics 101 or 112; work/volunteer in patient care; and a grade point average of 2.8 or above. Three hours lecture, six hours laboratory.

Kinesiology and orthopedic disorders of the vertebral column and the lower extremities addressing relevant issues of gender, body types, cultural practices and occupational work life. Incorporating these issues into the development of beginning exercise programs to address musculoskeletal pathology of the thoracic and lumbar spine, pelvis and lower extremity. Goniometry and manual muscle testing of the vertebral column and lower extremity.

PTHR 54B Kinesiology and Orthopedic Disorders 5 Units

Prerequisite: Physical Therapist Assistant 54A. Three hours lecture, six hours laboratory.

Kinesiology of cervical spine, temporomandibular joint and upper extremity, addressing relevant issues of gender, body type, cultural practices and occupational work life. Incorporating these issues into the development of beginning exercise and orthopedic disorders of the same. Goniometry of cervical spine and upper extremity. Postural Assessment.

PTHR 54C Physical Therapy Modalities 4 Units

Prerequisites: Physical Therapist Assistant 54B and 55. Two hours lecture, six hours laboratory.

Thermal physiology and modalities of heat, cold, sound; methods for edema control; vital signs; massage; treatment documentation. Addressing relevant issues of gender, body type, cultural practices and occupational work life.

PTHR 55 Cardiovascular, Respiratory, and Multi System Disorders 3 Units

Prerequisites: Physical Therapist Assistant 53 and 54A. Three hours lecture, one additional hour to be arranged.

Disorders of the cardiovascular, respiratory and immune systems as influenced by aging, occupational work habits, gender, ethnicity, culture and geographical region. Thermal injuries. Multi system disorders. Infectious disease control. Pulmonary hygiene techniques.

PTHR 62 Central Nervous System Disorders 2 1/3 Units

Prerequisites: Physical Therapist Assistant 64A and 70B. Twenty seven hours lecture for the quarter.

Central Nervous System and Peripheral Nervous System control of movement. Central nervous system disorders. Sensory, perceptual, and cognitive assessment.

PTHR 64A Prosthetics, Orthotics, and Therapeutic Exercise for Orthopedic and Cardiopulmonary Disorders 3 Units

Prerequisites: Physical Therapy 54C and 70A. Two hours lecture, three hours laboratory.

Gait analysis. Prosthetics and orthotics. Therapeutic exercise for orthopedic and cardiac patients.

PTHR 64B Functional Activities for Central Nervous System Disorders 2 1/2 Units

Prerequisites: Physical Therapist Assistant 64A and 70B. Sixty three hours lecture-laboratory, twelve additional hours to be arranged, for the quarter.

Normal and abnormal motor development with consideration given to environmental, cultural, socioeconomic and personal influences. Therapeutic exercise, functional activity and ambulation training for patients with a variety of central nervous system disorders. Assessment of home and environmental accessibility.

PTHR 64C Electrotherapy 2 Units

Prerequisites: Physical Therapist Assistant 64B, and 70C. One and one-half hours lecture, two hours laboratory.

Electrotherapeutic management of innervated and denervated muscle, pain, control, edema control, and wound healing and biofeedback. Respectful treatment delivery.

PTHR 65 Psycho-Social Aspects of Disability 1 1/4 Units

Prerequisites: Physical Therapist Assistant 62, 64B, and 70C. One and one-fourth hours lecture.

Social and psychological aspects of disease and injury, patient-therapist relationships, supportive measures which enhance healthy behaviors and support culturally competent health care delivery in a dynamic and diverse health care system.

PTHR 66 Role and Function of the Physical Therapist Assistant 1 1/4 Units

Prerequisites: Physical Therapist Assistant 62, 64B, and 70C. One and one-fourth hours lecture.

Scope of practice of physical therapist and physical therapist assistant, professional ethics, legal aspects of practice, supervising relationships, job seeking skills, preceptor training.

PTHR 70A Clinical Experience I 3 Units

Prerequisites: Physical Therapist Assistant 50, 54B, and 55. One hour lecture, six hours laboratory.

Pass-No Pass (P-NP) course. Directed patient care in selected physical therapy facilities.

PTHR 70B Clinical Experience II 4 1/3 Units

Prerequisites: Physical Therapist Assistant 54C and 70A. One hour lecture, ten hours laboratory.

Pass-No Pass (P-NP) course. Supervised culturally competent patient treatment and supportive care activities in a selected physical therapy site with weekly seminar.

PTHR 70C Clinical Experience III 6 2/3 Units

Prerequisites: Physical Therapist Assistant 62 and 64B. Twenty hours laboratory, one additional hour to be arranged.

Pass-No Pass (P-NP) course. Continuation of Physical Therapist Assistant 70B. Supervised, safe and culturally competent patient treatment in one physical therapy clinical center.

PTHR 70D Clinical Experience IV 6 2/3 Units

Prerequisites: Physical Therapist Assistant 64C, 65, and 66. Twenty hours laboratory.

Pass-No Pass (P-NP) course. Continuation of Physical Therapist Assistant 70C. Supervised, safe and culturally competent patient treatment in one physical therapy clinical center.