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, 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.
Co-requisite: 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 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.)
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Co-requisite: 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.
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. Cardioresistance programs will be run on treadmills, cycles, stair steppers, and elliptical trainers.

P E 77X  Special Projects in Physical Education  1/2 Unit
P E 77Y  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.
Advisor: Physical Education 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 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 courses.)
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 courses.)
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
(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 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.
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.

### Courses

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PTHR 50</td>
<td>Introduction to Physical Therapy</td>
<td>2</td>
</tr>
<tr>
<td>PTHR 53</td>
<td>Functional Activities for Orthopedic and Cardiopulmonary Disorders</td>
<td>2</td>
</tr>
<tr>
<td>PTHR 54A</td>
<td>Kinesiology and Orthopedic Disorders</td>
<td>5</td>
</tr>
<tr>
<td>PTHR 54B</td>
<td>Kinesiology and Orthopedic Disorders</td>
<td>5</td>
</tr>
<tr>
<td>PTHR 54C</td>
<td>Physical Therapy Modalities</td>
<td>4</td>
</tr>
<tr>
<td>PTHR 55</td>
<td>Cardiovascular, Respiratory, and Multi System Disorders</td>
<td>3</td>
</tr>
<tr>
<td>PTHR 62</td>
<td>Central Nervous System Disorders</td>
<td>2.5</td>
</tr>
<tr>
<td>PTHR 64A</td>
<td>Prosthetics, Orthotics, and Electrotherapy</td>
<td>3</td>
</tr>
<tr>
<td>PTHR 64B</td>
<td>Functional Activities for Central Nervous System Disorders</td>
<td>2</td>
</tr>
<tr>
<td>PTHR 65</td>
<td>Psycho-Social Aspects of Disability</td>
<td>1</td>
</tr>
<tr>
<td>PTHR 66</td>
<td>Role and Function of the Physical Therapist Assistant</td>
<td>1</td>
</tr>
<tr>
<td>PTHR 70A</td>
<td>Clinical Experience I</td>
<td>3</td>
</tr>
<tr>
<td>PTHR 70B</td>
<td>Clinical Experience II</td>
<td>4</td>
</tr>
<tr>
<td>PTHR 70C</td>
<td>Clinical Experience III</td>
<td>6</td>
</tr>
<tr>
<td>PTHR 70D</td>
<td>Clinical Experience IV</td>
<td>6</td>
</tr>
</tbody>
</table>

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.