### Physical Education

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>P E 1A</td>
<td>Beginning Softball</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisite: Physical Education 1A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fundamental skills and rules pertaining to softball. Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions.</td>
<td></td>
</tr>
<tr>
<td>P E 1B</td>
<td>Intermediate Softball</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisite: Physical Education 1A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Review of basic fundamental skills. Drills to improve skills and game strategies. Designed for the student who knows the basic skills of softball and wants to improve upon them.</td>
<td></td>
</tr>
<tr>
<td>P E 1C</td>
<td>Advanced Softball</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisite: Physical Education 1B.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Strong skills and knowledge of strategies and rules. Designed for the student who has advanced skills in softball. The student must have the skills to execute all fundamental skills and plays. The student must be able to effectively throw varying distances with accuracy, catch ground balls, fly balls and be able to bat a ball with purposeful changes in ball height and direction.</td>
<td></td>
</tr>
<tr>
<td>P E 1H</td>
<td>Team Sport - Basketball</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisite: Physical Education 1A.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>An introduction to the discipline of Physical Education through team sport basketball. Activities include individual and team strategies and techniques required for competitive games. A brief historical examination of significant national and international contributions to the development of styles of play will be presented. The impact of culture and gender on amateur and professional levels of competition will also be analyzed. Skills emphasized will enable students to participate in informal and formal basketball activities. Students will recognize basketball needs associated with physiology, nutrition, flexibility, and strength concepts in order to improve level of skill. Instructors will motivate and encourage students to practice and adapt skills to physical ability, age, strength, and gender.</td>
<td></td>
</tr>
<tr>
<td>P E 2A</td>
<td>Beginning Karate</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201, or English as a Second Language 161 through 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Skills and techniques of the art of beginning karate. Analysis and application of movement; individual and group interaction.</td>
<td></td>
</tr>
<tr>
<td>P E 2B</td>
<td>Intermediate Karate</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisites: Physical Education 2A or 2AX.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Intermediate karate skills and techniques of Japanese karate.</td>
<td></td>
</tr>
<tr>
<td>P E 2K</td>
<td>Aikido</td>
<td>1/2</td>
</tr>
<tr>
<td>P E 2KX</td>
<td>Aikido</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2K and 2KX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Introduction to Aikido, a self-defense art with emphasis on the integration between the mind and body, noncompetitive positive relationships with others as well as principles underlying self-discipline, strength, cardiovascular conditioning and flexibility. The student will achieve some self-defense capabilities.</td>
<td></td>
</tr>
<tr>
<td>P E 2Q</td>
<td>Tai Chi</td>
<td>1/2</td>
</tr>
<tr>
<td>P E 2QX</td>
<td>Tai Chi</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2Q and 2QX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>History, philosophy, principles, and application of Tai chi and its relationship to health, well-being, meditation, self-awareness, relaxation, balance, and harmony. Patterns of movements for improving body awareness, efficiency of daily activity, and self-defense techniques will be taught.</td>
<td></td>
</tr>
<tr>
<td>P E 2R</td>
<td>Intermediate Tai Chi</td>
<td>1/2</td>
</tr>
<tr>
<td>P E 2RX</td>
<td>Intermediate Tai Chi</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2Q and 2QX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Review of basic Tai chi movements and the addition of new exercises to complete the 24 movement short form Tai chi. Continued study and integration of the application of Tai chi philosophy and principles for relaxation and well being into student’s lifestyle.</td>
<td></td>
</tr>
<tr>
<td>P E 2Y</td>
<td>Yoga</td>
<td>1/2</td>
</tr>
<tr>
<td>P E 2YX</td>
<td>Yoga</td>
<td>1/2</td>
</tr>
<tr>
<td></td>
<td>(See general education pages for the requirement this course meets.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(Any combination of Physical Education 2Y and 2YX may be taken six times for credit.)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>An introduction to the discipline of Physical Education through the study of Yoga including an historical examination and key philosophical concepts of the Yoga tradition and the evolution of Yoga throughout the ages. Students will practice simple Yoga poses for the mind, body, and emotions that can easily be incorporated into daily life. Relaxed movement, mindfulness, breath awareness, and relaxation techniques will be covered.</td>
<td></td>
</tr>
</tbody>
</table>
P E 3G  Self-Defense  1/2 Unit
P E 3GX  1 Unit
(See general education pages for the requirement this course meets.)
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).
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 3G and 3GX may be taken six times
for credit.)
This activity course will provide the student with a sense of awareness and
proficient knowledge and skills in an actual confrontation. Students will
discuss and prepare for various types of assailants depending upon size, strength,
and gender. The students will master skills and techniques that they will be able to
apply appropriately with confidence knowing that they are much better prepared
to handle any situation.

P E 4  Strength Development  1/2 Unit
P E 4X  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.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 4, 4X, and 4XX may be taken six times
for credit.)
An introduction to the discipline of Physical Education through strength training.
Includes rules, equipment, facilities, etiquette, safety and technique of strength
development, and a brief historical examination of how strength training has changed
due to the influence of individuals, their countries, and their styles of lifting techniques
and strategies. The development of skill and technique, and adaptability based on the
physical ability, age and gender of the individual student, will be encouraged.
Students will review and apply basic exercise physiology, nutrition, flexibility and
strength concepts to improve their physical condition.

P E 4XX  High Intensity Strength Development for Athletes  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: Physical Education 4 or 4X.
Three hours laboratory.
(Any combination of Physical Education 4, 4X, and 4XX may be taken six times
for credit.)
Specific rigorous total body single set, high intensity three day per week program.
Based on the principles of high intensity lifting emphasizing concentric and eccentric
failure. Utilizes nautilus and free weight apparatus.

P E 6B  Cross Training  1/2 Unit
P E 6BX  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.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6B and 6BX may be taken up to six
times, not to exceed 18 units for the family of courses.)
Gain ultimate fitness levels through the use of cross training techniques. Exercises
are designed to work both the upper and lower body equally while emphasizing
cardiovascular fitness utilizing various aerobic and anaerobic conditioning programs,
periodization (interval training) and resistive exercises. Students will participate in
both indoor and outdoor facilities.

P E 6C  Step Circuit  1/2 Unit
P E 6CX  1 Unit
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or
English as a Second Language 161, 162 and 163.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6C, 6CX, 6Q, 6QX, 6R, 6RX, 6S, 6SX,
6T, and 6TX may be taken up to six times, not to exceed 15 units for the family of
courses.)
An introduction to the discipline of Physical Education through cardiovascular/
aerobic exercise utilizing hi lo impact techniques, a step system, balls, rubber
bands, weights and other apparatus; current styles such as tai bo, funk, Latin and
hip hop. Students will learn fundamental patterns and routines with popular music
accompaniment. Global and historical review of the evolution of aerobic exercise,
exercise trends for men, women and athletes as they corresponded with the evolution
of the discipline of Physical Education. Students will review and apply basic exercise
physiology, nutrition and wellness concepts related to cardiovascular exercise relative
to age, gender, or physical limitations.

P E 6F  Deep Water Running  1/2 Unit
P E 6FX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B or consent of instructor.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or
English as a Second Language 161, 162 and 163.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6F and 6FX may be taken up to six
times, not to exceed 18 units for the family of courses.)
An introduction to the discipline of Physical Education through deep water running
including an historical and global examination of deep water running for fitness rehabilitation and play. Students will improve fitness through a program of cardiovascular endurance, strength development and flexibility using water based exercise routines.

P E 6G  Aerobic Swimming  1/2 Unit
P E 6GX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C, 26CX, or permission of instructor.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or
English as a Second Language 161, 162 and 163.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6G and 6GX may be taken up to six
times, not to exceed 18 units for the family of courses.)
An introduction to the discipline of Physical Education through aerobic swimming.
Cardiovascular conditioning for the swimmer who is proficient at the intermediate level. Includes global and historical development of swimming as a fitness activity, a review of concepts, safety, individual program design, exercise physiology and nutrition appropriate to swimming. Intermediate to advanced stroke skills, turns, body positioning, and overall efficiency in the water will be covered.

P E 6H  Aerobic Walking with Hand Weights  1/2 Unit
P E 6HX  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.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6H and 6HX may be taken up to six
times, not to exceed 18 units for the family of courses.)
An introduction to the discipline of Physical Education through aerobic walking with
hand weights. Includes an historical and global examination of walking for health
and fitness. Students will improve fitness through a progressive program of walking,
strength development, and flexibility exercises. Adaptations of the exercises to
individual physical abilities and principles of fitness and nutrition will be covered.

P E 6K  Cardio Kick  1/2 Unit
P E 6KX  1 Unit
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or
English as a Second Language 161, 162 and 163.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6K and 6KX may be taken up to six
times, not to exceed 18 units for the family of courses.)
An introduction to the discipline of Physical Education through kickboxing. Dynamic
kickboxing techniques are used to provide a level of conditioning for both the aerobic
and anaerobic systems. The freestyle interval format combines boxing and kicking
drills specific to martial arts and kickboxing integrating the mind/body elements of
attitude, readiness, visualization, reaction and fun. Students will participate in
a safe, modifiable program to improve overall fitness, agility, balance, strength, and
endurance. An historical examination of Cardio Kick for fitness and its roots in the
sports of kickboxing, boxing, and martial arts will be included.

P E 6Q  Lo Impact Aerobic Rhythms  1/2 Unit
P E 6QX  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.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 6Q, 6QX, 6QX, 6QX, 6RX, 6S, 6SX,
6T, and 6TX may be taken up to six times, not to exceed 18 units for the family of
courses.)
An introduction to the discipline of Physical Education through cardiovascular/aerobic
exercise utilizing lo impact techniques, current styles such as tai bo, funk, Latin and
hip hop. Students will learn fundamental patterns and routines with popular music
accompaniment. Global and historical review of the evolution of aerobic exercise and
trend trends for men, women and athletes as they corresponded with the
evolution of the discipline of Physical Education. Students will review and apply
basic exercise physiology, nutrition and wellness concepts related to cardiovascular
exercise relative to age, gender, or physical limitations.
P E 6R | Hi-Lo Impact Aerobic Rhythms | 1/2 Unit
P E 6RX | 1 Unit
(Formerly Physical Education 6 and 6X.)

(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.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6C, 6CX, 6Q, 6QX, 6R, 6RX, 6S, 6SX, 6T, and 6TX may be taken up to six times, not to exceed 18 units for the family of courses.)

An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing hi and lo impact techniques, current styles such as tai bo, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise. Trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.

P E 6S | Step Aerobics I | 1/2 Unit
P E 6SX | 1 Unit
(Formerly Physical Education 6A and 6AX.)

(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.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6C, 6CX, 6Q, 6QX, 6R, 6RX, 6S, 6SX, 6T, and 6TX may be taken up to six times, not to exceed 18 units for the family of courses.)

Cardiovascular/aerobic exercise utilizing a step system; current styles such as tai bo, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise. Trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.

P E 6T | Step Aerobics II | 1/2 Unit
P E 6TX | 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 6S or 6SX.

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6C, 6CX, 6Q, 6QX, 6R, 6RX, 6S, 6SX, 6T, and 6TX may be taken up to six times, not to exceed 18 units for the family of courses.)

This course is designed for the step aerobics student who has mastered the step system as a means for improving overall fitness. The student must already have a knowledge of basic exercises such as: basic right, basic left, wide step, turn, up and over, repeater knees, and Charleston. The student will learn more complex step techniques while gaining a clearer understanding of choreography and cardiovascular fitness.

P E 8V | Core Conditioning | 1/2 Unit
P E 6VX | 1 Unit
(See general education pages for the requirement this course meets.)

Advisory: English Writing 100A and Reading 201 (or Language Arts 100), or English as a Second Language 161, 162 and 163.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6V and 6VX may be taken six times, not to exceed 18 units for the family of courses.)

An introduction to the discipline of Physical Education through Core conditioning which is an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Included is an historical examination of Core strengthening. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with breathing, posture, and muscle awareness.

P E 7 | Women's Body Mechanics | 1/2 Unit
P E 7X | 1 Unit
(See general education pages for the requirement this course meets.)

Advisory: English Writing 100A and Reading 201 (or Language Arts 100), or English as a Second Language 161, 162 and 163.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 7 and 7X may be taken six times for credit.)

An exercise program emphasizing women's strength development, cardiovascular fitness, diet and nutrition. Individual assessment and exercises required to maintain a biomechanically sound posture at rest or while moving.

P E 8 | Total Fitness | 1 Unit
P E 8X | 1/2 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.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 8 and 8X may be taken up to six times, not to exceed 18 units for the family of courses.)

Introduction to the discipline of Physical Education through total fitness, including an historical and global examination of Total Fitness and conditioning. Students will improve fitness through a program of cardiovascular exercise, agility, speed, flexibility, and resistance training using both indoor and outdoor facilities. Fitness assessments will occur throughout the term.

P E 9 | Cardiovascular and Strength Training | 1/2 Unit
P E 9X | 1 Unit
P E 9Y | 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Technical proficiency suitable to the course level.

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course; four and one-half hours for the one and one-half unit course.

(Any combination of Physical Education 9, 9X, and 9Y may be taken six times for credit.)

Introduction to the discipline of Physical Education through cardiovascular and strength training. Includes rules, equipment, facilities, etiquette, safety and technique of cardiovascular and strength training. Includes a brief historical examination of how cardiovascular and strength training has changed due to the influence of individuals and their countries. Students will review and apply basic exercise physiology, nutrition, and flexibility concepts to improve their physical condition.

P E 10 | Multi-Sport Training | 1 Unit
P E 10X | 1 1/2 Units
P E 10Y | 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.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course; four and one-half hours for the one and one-half unit course.

(Any combination of Physical Education 10, 10X, and 10Y may be taken up to six times, not to exceed 18 units for the family of courses.)

An introduction to the discipline of Physical Education through Multi-Sport fitness. An historical examination of multi-sport training methodology to include triathlon training. The student will strive for ultimate fitness through a program of cardiovascular exercise including interval training, strengthening exercises, and flexibility training both indoors and outdoors with an emphasis on aquatic fitness. Strength, cardiovascular fitness, and flexibility will be monitored and assessed throughout the term.

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

2004-2005 De Anza College Catalog
<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Units</th>
<th>Prerequisites</th>
</tr>
</thead>
<tbody>
<tr>
<td>P E 11</td>
<td>Stretching</td>
<td>1/2 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td>P E 11X</td>
<td></td>
<td>1 Unit</td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
<td>(Any combination of Physical Education 11 and 11X may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>An introduction to a variety of stretching techniques including passive and active, yoga, tai chi, aornastics, sport specific, therapeutic techniques with the aid of rubber, band systems, stability balls and other equipment. Emphasis on combining core strengthening, flexibility, balance and spatial awareness exercises. Technique modifications to account for physical limitations and injury avoidance. A brief examination of the evolution of the various forms of stretching and how it may reflect the cultural values of the country the style emanates from. Fundamental exercise physiology, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and/or genetics.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P E 12</td>
<td>Aqua Exercise</td>
<td>1/2 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td>P E 12X</td>
<td></td>
<td>1 Unit</td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
<td>(Any combination of Physical Education 12 and 12X may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>An introduction to the discipline of Physical Education through water exercise. Aqua Exercise uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. The freestyle interval format combines jogging, jumping, walking, punching, kicking, and a variety of aerobic type movements performed in land based programs. Student s will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of Aqua Exercise for fitness, rehabilitation, and play will be included.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P E 13A</td>
<td>Beginning Badminton</td>
<td>1/2 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td>P E 13AX</td>
<td></td>
<td>1 Unit</td>
<td>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
<td>(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>An introduction to the discipline of Physical Education through badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and basic strokes in beginning level badminton and the use of basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P E 13B</td>
<td>Intermediate Badminton</td>
<td>1/2 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td>P E 13BX</td>
<td></td>
<td>1 Unit</td>
<td>Prerequisites: Physical Education 13A.</td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
<td>(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>Intermediate techniques, strategies and analysis of badminton.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P E 13C</td>
<td>Advanced Badminton</td>
<td>1/2 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td>P E 13CX</td>
<td></td>
<td>1 Unit</td>
<td>Advisory: Physical Education 13B.</td>
</tr>
<tr>
<td></td>
<td>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</td>
<td></td>
<td>(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>Advanced skills and strategy as related to competitive play.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P E 13T</td>
<td>Tournament Badminton</td>
<td>1 Unit</td>
<td>(See general education pages for the requirement this course meets.)</td>
</tr>
<tr>
<td></td>
<td>Advisory: Successful completion of Physical Education 13B or 13X; intermediate badminton skills.</td>
<td></td>
<td>Advisory: Successful completion of Physical Education 13B or 13X; intermediate badminton skills.</td>
</tr>
<tr>
<td></td>
<td>Three hours laboratory</td>
<td></td>
<td>Three hours laboratory (Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken six times for credit.)</td>
</tr>
<tr>
<td></td>
<td>Skills and strategy as related to competitive play.</td>
<td></td>
<td>Skills and strategy as related to competitive play.</td>
</tr>
</tbody>
</table>

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
### P E 19A  
**Beginning Volleyball**  
1/2 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.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX, and 19T may be taken six times for credit.)

An introduction to the discipline of Physical Education through the sport of volleyball. Includes rules, equipment, facilities, safety, etiquette, basic fundamentals in beginning level volleyball with strategies for team offense and defense, and a brief historical examination of global contributions by the men and women who changed the game of volleyball. Students will develop passing, hitting, blocking, and serving techniques utilizing fundamental theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual’s physical abilities. Students will understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play at a more advanced level.

### P E 19B  
**Intermediate Volleyball**  
1/2 Unit  
(See general education pages for the requirement this course meets.)  

Advisories: Successful completion of Physical Education 19A, or 19AX; beginning volleyball skills.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX, and 19T may be taken six times for credit.)

Improvement of basic volleyball skills and basic team play strategies.

### P E 19C  
**Advanced Volleyball**  
1/2 Unit  
(See general education pages for the requirement this course meets.)  

Advisories: Successful completion of Physical Education 19B, 19BX; intermediate volleyball skills.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX, and 19T may be taken six times for credit.)

Designed for the student who can successfully execute all fundamental techniques and team plays.

### P E 19T  
**Tournament Volleyball**  
1 Unit  
(See general education pages for the requirement this course meets.)  

Prerequisites: Successful completion of Physical Education 19C or 19CX; advanced volleyball skills.  

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 19A, 19AX, 19B, 19BX, 19C, 19CX, and 19T may be taken six times for credit.)

A coed activity emphasizing the techniques, skills and strategy related to tournament play.

### P E 20A  
**Beginning Archery**  
1/2 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.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 20A, 20AX, 20B, and 20BX may be taken up to six times, not to exceed 18 units for the family of courses.)

An introduction to the discipline of physical education through archery. Includes an historical and global examination of the sport, rules, etiquette, equipment, facilities, and intermediate archery skills along with theories of physics relating to arrow flight and adaptations of the sport to individual physical abilities. Principles of fitness and nutrition as they relate to archery will be covered.

### P E 20B  
**Intermediate Archery**  
1/2 Unit  
(See general education pages for the requirement this course meets.)  

Advisories: Physical Education 20A or 20AX; English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 20A, 20AX, 20B, and 20BX may be taken up to six times, not to exceed 18 units for the family of courses.)

An introduction to the discipline of physical education through archery. Includes an historical and global examination of the sport, rules, etiquette, equipment, facilities, and intermediate archery skills along with theories of physics relating to arrow flight and adaptations of the sport to individual physical abilities. Principles of fitness and nutrition as they relate to archery will be covered.

### P E 21A  
**Beginning Tennis**  
1/2 Unit  
(See general education pages for the requirement this course meets.)  

Prerequisites: Skills grade of “A” in Physical Education 21A or 21AX, or equivalent skills.  

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D and 21DX may be taken six times for credit.)

An introduction to the rules, equipment, facilities, etiquette, and basic strokes—forehand, backhand, and serve. Instructors will encourage conventional skill development, but also encourage adaptations based on physical ability, age, strength, gender and/or genetics. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

### P E 21B  
**Advanced Beginning Tennis**  
1 Unit  
(See general education pages for the requirement this course meets.)  

Prerequisites: Skills grade of “A” in Physical Education 21A or 21AX, or equivalent skills.  

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX may be taken six times for credit.)

A continuing introduction to the rules, equipment, facilities, etiquette, and basic strokes—volley, lob and overhead and with further development of the forehand, backhand, serve. Instructors will emphasize conventional skill development, but also encourage adaptations based on physical ability, age, strength, gender and/or genetics. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

### P E 21C  
**Intermediate Tennis**  
1/2 Unit  
(See general education pages for the requirement this course meets.)  

Prerequisites: Passing skills grade of “B” in Physical Education 21B or 21BX, or equivalent skills based on instructors’ evaluation.  

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX, may be taken six times for credit.)

Development of consistency, accuracy and control for forehand, backhand ground strokes, serve, volley, lob and overhead skills utilizing fundamental theories of physics, introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; basic singles and doubles strategies. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

### P E 21D  
**Advanced Tennis**  
1 Unit  
(See general education pages for the requirement this course meets.)  

Prerequisites: Passing skills grade of “B” in Physical Education 21C or 21CX, or equivalent skills based on instructors’ evaluation.  

Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.  

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  

(Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX may be taken six times for credit.)

Emphasis on consistency, accuracy and control, further development of imparting spin; opponent assessment, advanced offensive and defensive strategies. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.
All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.

2004-2005 De Anza College Catalog
P E 23R  Dance Repertory (The Assortment)  5 Units
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 23R. Student may enroll in either department, but not both, for credit.)
Ten hours lecture-laboratory.
(Any combination of Physical Education and Dance 23R may be taken three times for credit.)
Participation in works choreographed by professionals for the college dance company. The Assortment.

P E 24A  Theory and Technique of Social Dance I  1 Unit
(See general education pages for the requirement this course meets.)
(Also listed as Dance 24A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Physical Education/Dance 24A, 24B, and 24C may be taken up to six times, not to exceed 18 units for the family of courses.)
Introduction to the art of social dance. Exposure to basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 24B  Theory and Technique of Social Dance II  1 Unit
(See general education pages for the requirement this course meets.)
(Also listed as Dance 24B. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Physical Education/Dance 24A, 24B, and 24C may be taken up to six times, not to exceed 18 units for the family of courses.)
The art of social dance, part two. Expanded exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 24C  Theory and Technique of Social Dance III  1 Unit
(See general education pages for the requirement this course meets.)
(Also listed as Dance 24C. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Physical Education/Dance 24A, 24B, and 24C may be taken up to six times, not to exceed 18 units for the family of courses.)
The art of social dance, part three. Expanded exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 26A  Seasonal Physical Education  1/2 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.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education/Dance 26A, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)
Swimming skills and techniques for the non-swimmer. Global and historical development of swimming as a fitness activity. Novice stroke skills, survival methods, overcoming fear of water, and safety, will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26B  Beginning Swimming  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisites: Physical Education 26A or 26AX.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education/Dance 26A, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)
Swimming skills and techniques for the beginning swimmer. Global and historical development of swimming as a fitness activity. Beginning stroke skills, survival methods, diving from the side of the pool, and deep water swimming will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26C  Intermediate Swimming  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisites: Physical Education 26B or 26BX.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)
Swimming skills and techniques for the intermediate swimmer. Global and historical development of swimming as a fitness activity. Intermediate stroke skills, springboard diving, turns, and water safety will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26D  Advanced Swimming  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisites: Physical Education 26C or 26CX.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)
Swimming skills and techniques for the advanced swimmer. Global and historical development of swimming as a fitness activity. Advanced stroke skills, endurance swimming, racing turns and starts, and springboard diving will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 27  Springboard Diving  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisites: Ability to swim in deep water.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 27 and 27X may be taken six times for credit.)
Skills and techniques of springboard diving; one and three meter boards, and diving performance criteria.

P E 28A  Lifeguard Training  4 Units
(See general education pages for the requirement this course meets.)
Prerequisites: Pass Red Cross screening test (swim 500 yards continuously, including 200 yards of front crawl using rhythmic breathing to the side or front, 100 yards of breast stroke, 200 yards of front crawl and/or breast stroke; swim 20 yards front crawl or breast stroke, dive to a depth of seven to 10 feet, retrieve a 10-pound object and return to the surface, swim with the weight 20 yards back to the starting point).
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Two-and-one-half hours lecture, four-and-one-half hours laboratory. (May be taken six times for credit.)
A course for lifeguard certification that includes techniques and skills for rescue and personal safety. Instructors will encourage skills adaptations based on physical ability, age, strength, gender and/or genetics. The following certificates are available upon completion: American Red Cross Lifeguard Training, First Aid, CPR for the Professional Rescuer, Head Lifeguard, Waterfront Lifeguard, Automated External Defibrillation Essentials, and Preventing Disease Transmission.

P E 28G  Water Safety Instructor's Course  4 Units
(See general education pages for the requirement this course meets.)
Prerequisites: Physical Education 26C.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Three hours lecture, three hours laboratory. (May be taken six times for credit.)
Designed to train instructors in techniques of teaching swimming strokes and related skills.

P E 30  Introduction to Physical Education  4 Units
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Four hours lecture.
A comprehensive, academic, and analytical study of career choice and the required preparation and training for occupations involved with physical education, fitness, leisure and coaching activities. An in-depth look at past, present, and future foundations, principles, and philosophies of physical education, sport, recreation, and athletics.

P E 32F  Defensive Baseball Techniques  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.)
Skills and techniques of advanced defensive baseball play. Analysis of movement, team interaction and baseball theory.
P E 32A  Offensive Baseball Techniques  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.)
Skills and techniques of advanced offensive baseball play. Analysis of movement, team interaction and baseball theory.

P E 32H  Offensive Football Techniques  2 Units
Six hours laboratory.
(May be taken six times for credit.)
Skills and techniques of advanced offensive football play. Analysis of movement, team interaction and football theory.

P E 32I  Defensive Football Techniques  2 Units
Six hours laboratory.
(May be taken six times for credit.)
Skills and techniques of advanced defensive football play. Analysis of movement, team interaction and football theory.

P E 32J  Water Polo Techniques  2 Units
Six hours laboratory.
(May be taken six times for credit.)
The skills and techniques of advanced water polo play. Analysis of movement, team interaction and water polo theory.

P E 32K  Basketball Techniques  2 Units
Six hours laboratory.
(May be taken six times for credit.)
Skills and techniques of advanced basketball play. Analysis of movement, team interaction and basketball theory.

P E 32L  Intercollegiate Volleyball Techniques  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.)
Skills and techniques of advanced volleyball play. Analysis of movement, team interaction, and volleyball theory.

P E 32M  Soccer Techniques  2 Units
(See general education pages for the requirement this course meets.)
Prerequisites: Competitive soccer experience at the high school, club or collegiate level.
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.)
Designed to enhance the skills and strategies of intermediate or advanced soccer players. Emphasis is placed on the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play.

P E 32N  Track and Field Techniques  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.)
Skills and techniques involved in advanced track and field events. Analysis of movement, team interaction and track and field theory.

P E 32P  Techniques of Intercollegiate Swimming  2 Units
Prerequisites: Competitive swimming skills.
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.)
Skills and techniques of collegiate swimming. Personal development in the four competitive strokes.

P E 32Q  Techniques of Intercollegiate Golf  2 Units
(See general education pages for the requirement this course meets.)
Advisory: Competitive golf experience.
Six hours laboratory.
(May be taken four times for credit.)
Techniques, fitness and skill enhancement for an athlete interested in golf at the competitive level.

P E 33A  Soccer  1/2 Unit
P E 33AX  1 Unit
(See general education pages for the requirement this course meets.)
Advisories: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 33A, 33AX, 33H, 33I, and 33IX may be taken six times for credit.)

An introductory course to enhance skills used in the game of soccer, including a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be on the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand the world's most popular game.

P E 33H  League Soccer  1 Unit
(Formerly Physical Education 33B.)
(See general education pages for the requirement this course meets.)
Limitation on enrollment: Must be a current high school student attending one of the high schools approved for this course.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Four hours laboratory.
(Any combination of Physical Education 33A, 33AX, 33H, 33I, and 33IX may be taken six times for credit.)

Designed to enhance skills and strategies of high school soccer players through match play. Emphasis is placed on the four major pillars of the game: technical ability, tactical understanding, physical dimension, and the mental approach to compete successfully in match play.

P E 33I  Indoor Soccer  1/2 Unit
P E 33IX  1 Unit
(Formerly Physical Education 33C and 33CX.)
(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.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 33A, 33AX, 33H, 33I, and 33IX may be taken six times for credit.)

An introductory course to enhance skills used in the game of Indoor Soccer, including a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be on the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand Indoor Soccer.

P E 35  Care and Prevention of Athletic Injuries  4 Units
Advisories: 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); Physical Education 85M or Biology 40A, 40B, or Physical Education 54.
Three hours lecture, three hours laboratory.
Treatment and preventative procedures in sports medicine. Emphasis on anatomical basis for recognition and evaluation of sports-related injuries. Treatment focuses on immediate first aid, preventative techniques, and injury stress test and rehabilitation.

P E 37A  Theory and Technique of Jazz Dance I  1 Unit
(Formerly Physical Education 23E.)
Advisories: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163; Physical Education 22.
(Also listed as Dance 37A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Physical Education/Dance 37A, 37B, and 37C may be taken up to six times, not to exceed 18 units for the family of courses.)
Introduction to the art of jazz dance. Exposure to major influences, artists and works. The development of a working vocabulary; and practice of basic techniques.

P E 37B  Theory and Technique of Jazz Dance II  2 Units
(Formerly Physical Education 23F.)
Prerequisites: Physical Education 37A.
(Also listed as Dance 37B. Student may enroll in either department, but not both, for credit.)
Four hours lecture-laboratory.
(Any combination of Physical Education/Dance 37A, 37B, and 37C may be taken up to six times, not to exceed 18 units for the family of courses.)
Elements of time, space, shape and motion as related to American jazz dance. Basic jazz techniques; participation in significant jazz dance styles; and acquisition of a working jazz dance vocabulary.

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

2004-2005 De Anza College Catalog
### Intercollegiate Women's Badminton

- **Description:** Competitive intercollegiate badminton. Personal development towards possible athletic scholarship and career opportunities.
- **Units:** 3
- **Prerequisites:** Competitive badminton experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.
- **Advisory:** English as a Second Language 161, 162 and 163.
- **Advisory:** English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
- **Note:** May be taken up to six times for credit.

### Theory and Technique of Jazz Dance III

- **Description:** Techniques, idioms, and theories of jazz dance. Participation in significant jazz dance styles. Improvisation, composition, performance. Expansion of a working jazz dance vocabulary.
- **Units:** 2
- **Prerequisites:** Physical Education 37B.
- **Laboratory:** Four hours lecture-laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Men's Soccer

- **Description:** Designed to enhance skills and strategies of advanced male soccer players. Emphasis is on the four major pillars of the game: mental, physical, tactical, and technical aspects necessary to successfully compete in match play.
- **Units:** 3
- **Prerequisites:** Competitive soccer experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Water Polo

- **Description:** Competitive intercollegiate water polo: personal development towards athletic scholarship and career opportunities.
- **Units:** 3
- **Prerequisites:** Competitive water polo experience, medical examination, athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Volleyball (Women's)

- **Description:** Competitive intercollegiate volleyball. Personal development towards athletic scholarship and career opportunities.
- **Units:** 3
- **Prerequisites:** Competitive volleyball experience, medical examination and athletic eligibility. (Each athlete must be enrolled in 12 quarter units, of which ten quarter units are in academic areas. Second year athletes must have completed 36 quarter units, of which 30 quarter units are in academic areas. Athletes must maintain a cumulative grade point average of 2.0 on a 4.0 point scale.)
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Cross Country

- **Description:** Competitive intercollegiate cross country. Personal development leading towards athletic scholarship and career opportunities.
- **Units:** 3
- **Prerequisites:** Competitive cross country experience, medical examination and athletic eligibility. (Each athlete must be enrolled in 12 quarter units, of which ten quarter units are in academic areas. Second year athletes must have completed 36 quarter units, of which 30 quarter units are in academic areas. Athletes must maintain a cumulative grade point average of 2.0 on a 4.0 point scale.)
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Men's Basketball

- **Description:** Competitive intercollegiate basketball: personal development towards athletic scholarship and career opportunities.
- **Units:** 3
- **Prerequisites:** Competitive basketball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Swimming and Diving

- **Description:** Competitive swimming/diving experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Units:** 3
- **Prerequisites:** Competitive swimming/diving experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Track and Field

- **Description:** Competitive track and field experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Units:** 3
- **Prerequisites:** Competitive track and field experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Baseball

- **Description:** Competitive baseball experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Units:** 3
- **Prerequisites:** Competitive baseball experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Women's Softball

- **Description:** Competitive softball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Units:** 3
- **Prerequisites:** Competitive softball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

### Intercollegiate Men's Tennis

- **Description:** Competitive tennis experience, medical examination (Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.
- **Units:** 3
- **Prerequisites:** Competitive tennis experience, medical examination. (Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.
- **Laboratory:** Ten hours laboratory.
- **Credit:** May be taken up to six times for credit.

---

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 48W **Intercollegiate Women's Tennis** 3 Units
(See general education pages for the requirement this course meets.)
Prerequisites: Competitive tennis experience, medical examination (Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA).
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Ten hours laboratory. By arrangement.
(May be taken six times for credit.)

An introduction to the discipline of physical education through tennis includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and accuracy.

P E 49 **Intercollegiate Golf** 3 Units
(See general education pages for the requirement this course meets.)
Prerequisites: Competitive golf experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units.)
Ten hours laboratory. By arrangement.
(May be taken six times for credit.)

P E 50A **Topics in Theory and Technique of World Dance** 1 Unit
Advisories: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
(Also listed as Dance 50A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Dance 50A and Physical Education 50A may be taken six times, not to exceed 18 units, as long as the topics/projects are different each time.)

Introduction to the art of world dance. Course will provide exposure to forms of dance from an international perspective. Students will learn to perform the basic skills of classical, traditional, and folk dances from various world cultures, while developing a working vocabulary of traditional dance movements. Students will attempt to gain an understanding and appreciation of the cultural and historical contexts that produced the specific dance forms.

P E 51 **Health and Fitness** 4 Units
(See general education pages for the requirement this course meets.)
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).
(Also listed as Health 51. Student may enroll in either department, but not both, for credit.)
Four hours lecture.

Four hours lecture.
Introduction to the disciplines of Physical Education and Health through fitness, wellness and lifestyle management. Concepts of wellness from an interdisciplinary and global perspective. Practices and beliefs that contribute to fitness and healthful living. 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, body composition, and diet during the class.

P E 53 **Stress Management** 1 Unit
One hour lecture.

Natural techniques that effectively relieve stress-related physical problems. Each student will develop and implement a personal stress reduction program. Students will be exposed to information on how lifestyle, gender, age, personality and occupation effect stress and the ability to successfully cope with it.

P E 54 **Introduction to Massage** 4 Units
(See general education pages for the requirement this course meets.)
Advisories: Biology 40A and 40B; 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).
Three hours lecture, three hours laboratory.
Introduction to the discipline of Physical Education through the field of Massage Therapy. Includes theory, practical experience, methods, procedures, and contraindications. Students will be exposed to the rich international history of massage and to a variety of techniques from around the world including the contributions of men and women to the field.

P E 54A **Intermediate Massage** 3 Units
Prerequisites: Physical Education 54 or technical proficiency suitable to the course level.
Advisories: Biology 47A and 47B; English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Two hours lecture, three hours laboratory.
Further study and practice utilizing the principles of massage therapy.

P E 54B **Sports Massage** 3 Units
Prerequisites: Physical Education 54 or technical proficiency suitable to the course level.
Advisories: Biology 47A and 47B; English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Two hours lecture, three hours laboratory.
Study of the movements involved in sports activity and common areas of injury. Massage techniques and evaluation procedures for creating a massage specific to the athlete's condition and sport.

P E 54C **Advanced Massage Skills** 4 Units
Prerequisites: Physical Education 54B.
Advisories: Biology 47A and 47B; English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Three hours lecture, three hours laboratory.
Methods and procedures of advanced soft tissue techniques and related topics; an amplification of techniques practiced in Physical Education 54, 54A, and 54B.

P E 54D **Clinical Practicum in Massage Therapy** 3 Units
Prerequisite: Physical Education 54C or technical proficiency suitable to course level.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
One hour lecture, six hours laboratory.
Clinical practice in massage therapy: methods, procedures and experience.

P E 54E **Table Shiatsu** 4 Units
Prerequisite: Physical Education 54D.
Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.
Three hours lecture, three hours laboratory.
Theory, methods, procedures and practice of Shiatsu, a Japanese method of hands-on healing.

P E 54T **Internship in Massage Therapy** 1 Unit
Prerequisite: Physical Education 54A or technical proficiency suitable to the course level.
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 Physical Education 54T-Z may be taken six times for credit.)

Opportunities for students in massage therapy training to gain additional experience in the field under the supervision of an instructor, athletic trainer, or coach.

P E 60 **Introduction to Parks and Recreation** 3 Units
(Formerly Recreation Management 50A and Physical Education 50.)
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).
Three hours lecture.
The field of parks and recreation. History, philosophy, and development of resources, facilities, programs, and professions. Scope, survey, and analysis of parks and recreation services, activities, and management systems.

P E 61 **Camping and Outdoor Recreation** 3 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).
Two hours lecture, three hours laboratory.
Principles and concepts of the utilization, organization, and management of outdoor recreation natural resources and public and private facilities, programs, and activities.

P E 62G **Boating Safety Education** 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).
Two hours lecture.
Basic boating safety education covering topics of boat designs, legal requirements, navigation rules, safe boat handling skills and techniques, accident causes and prevention, and other topics which promote safety and environmental sensitivity. Meets U.S. Coast Guard standards and accepted for court-ordered education and/or insurance discounts.