

**PHTG 62 The Photographic Fine Print III 3 Units**  
*Prerequisites: Photography 1 and 2.*  
*Advisory: Photography 53.*  
*Two hours lecture, three hours laboratory.*  
 Production of a group of photographs to be used for publication in books, magazines, newspapers and other literature.

**PHTG 500 Studio Practice 0 Units**  
*Corequisite: Photography 500 students must also enroll in an art production or skills course.*  
*One and one-half hours laboratory.*  
*(No limit on repeatability for 0 unit classes.)*  
*No grade (NG) course.*  
 Supervised use of individual production facilities.

## Physical Education

**P E 1A Beginning Softball 1/2 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Two hours laboratory.*  
*(Any combination of Physical Education 1A, 1B, and 1C may be taken six times for credit.)*  
 Fundamental skills and rules pertaining to softball. Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions.

**P E 1B Intermediate Softball 1/2 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Physical Education 1A.*  
*Two hours laboratory.*  
*(Any combination of Physical Education 1A, 1B, and 1C may be taken six times for credit.)*  
 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.

**P E 1C Advanced Softball 1/2 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Physical Education 1B.*  
*Two hours laboratory.*  
*(Any combination of Physical Education 1A, 1B, and 1C may be taken six times for credit.)*  
 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.

**P E 1H Team Sport - Basketball 1/2 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.*  
*(May be taken six times for credit.)*  
 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 formal and informal 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.

**P E 2A Beginning Karate 1/2 Unit**  
**P E 2AX 1 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 100A and Reading 201, or English as a Second Language 161 through 163.*  
*Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.*  
*(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken six times for credit.)*  
 Skills and techniques of the art of beginning karate. Analysis and application of movement; individual and group interaction.

**P E 2B Intermediate Karate 1/2 Unit**  
**P E 2BX 1 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Physical Education 2A or 2AX.*  
*Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.*  
*(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken six times for credit.)*  
 Intermediate karate skills and techniques of Japanese karate.

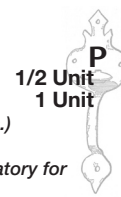
**P E 2K Aikido 1/2 Unit**  
**P E 2KX 1 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.*  
*(Any combination of Physical Education 2K and 2KX may be taken six times for credit.)*  
 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.

**P E 2L Intermediate Aikido 1/2 Unit**  
**P E 2LX 1 Unit**  
*Prerequisites: Physical Education 2K, 2KX, 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.*  
*Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.*  
*(Any combination of Physical Education 2K, 2KX, 2L and 2LX may be taken six times for credit.)*  
 A continuation of the practice of Aikido. Emphasis on mind-body integration and non-competitive positive relationships with others while learning self-defense from the Aikido model. Certification testing will not be required but will be offered to students wishing to obtain official rank sanctioned by the Hombu Dojo, the main Aikido headquarters in Japan.

**P E 2Q Tai Chi 1/2 Unit**  
**P E 2QX 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 2Q and 2QX may be taken six times for credit.)*  
 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.

**P E 2R Intermediate Tai Chi 1/2 Unit**  
**P E 2RX 1 Unit**  
*Prerequisite: Physical Education 2Q or 2QX; or technical proficiency suitable to the course level.*  
*Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.*  
*(Any combination of Physical Education 2Q, 2QX, 2R and 2RX may be taken six times for credit.)*  
 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.

**P E 2Y Yoga 1/2 Unit**  
**P E 2YX 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 2Y and 2YX may be taken six times for credit.)*  
 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.





<b>P E 3G</b> <b>P E 3GX</b>	<b>Self-Defense</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 6F</b> <b>P E 6FX</b>	<b>Deep Water Running</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<p>(See general education pages for the requirement this course meets.)  <i>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.</i>  <i>(Any combination of Physical Education 3G and 3GX may be taken six times for credit.)</i>            This activity course will provide the student with a sense of awareness and practical applications of self-defense. The student will gain knowledge in the areas of recognition of potential problems, attack prevention/avoidance, escape strategies, counterattack, kidnapping, and the confidence of knowing that he/she can use the newfound 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>			<p>(See general education pages for the requirement this course meets.)  <i>Prerequisite: Physical Education 26B or consent of instructor.</i>  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(Any combination of Physical Education 6F and 6FX may be taken up to six times, not to exceed 18 units for the the family of courses.)</i>            An introduction to the discipline of Physical Education through deep water running including an historical and global examination of deep water running fro fitness rehabilitation and play. Students will improve fitness through a program of cardiovascular endurance, strength development and flexibility using water based exercise routines.</p>		
<b>P E 4</b> <b>P E 4X</b>	<b>Strength Development</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 6G</b> <b>P E 6GX</b>	<b>Aerobic Swimming</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(Any combination of Physical Education 4, 4X, and 4XX may be taken six times for credit.)</i>            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 adaptations 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>			<p>(See general education pages for the requirement this course meets.)  <i>Prerequisite: Physical Education 26C, 26CX, or permission of instructor.</i>  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            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 training methods, measurements, 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>		
<b>P E 4XX</b>	<b>High Intensity Strength Development for Athletes</b>	<b>1 Unit</b>	<b>P E 6H</b> <b>P E 6HX</b>	<b>Aerobic Walking with Hand Weights</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<p>(See general education pages for the requirement this course meets.)  <i>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.</i>            Three hours laboratory.  <i>(Any combination of Physical Education 4, 4X, and 4XX may be taken six times for credit.)</i>            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>			<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            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>		
<b>P E 6B</b> <b>P E 6BX</b>	<b>Cross Training</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 6K</b> <b>P E 6KX</b>	<b>Cardio Kick</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            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>			<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            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>		
<b>P E 6C</b> <b>P E 6CX</b>	<b>Step Circuit</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 6Q</b> <b>P E 6QX</b>	<b>Lo Impact Aerobic Rhythms</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing hi and 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>			<p>(See general education pages for the requirement this course meets.)  <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i>            Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  <i>(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.)</i>            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, 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>		



<b>P E 6R</b> <b>P E 6RX</b> (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. 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.	<b>Hi-Lo Impact Aerobic Rhythms</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 6V</b> <b>P E 6VX</b> (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.	<b>Core Conditioning</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<b>P E 6S</b> <b>P E 6SX</b> (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, 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.	<b>Step Aerobics I</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 7</b> <b>P E 7X</b> (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.	<b>Women's Body Mechanics</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<b>P E 6T</b> <b>P E 6TX</b> (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 steps 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.	<b>Step Aerobics II</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 8</b> <b>P E 8X</b> (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.	<b>Total Fitness</b>	<b>1/2 Unit</b> <b>1 Unit</b>
<b>P E 6U</b> <b>P E 6UX</b> (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 Physical Education 6U and 6UX 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 fit camp. An historical examination of fit camp for fitness which includes a look at the U.S. military boot camp regimen. The student will strive for ultimate fitness through a program of cardiovascular exercise including (but not limited to) circuit and intervals, agility, speed, strength, and flexibility training both indoors and outdoors. Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.	<b>Fit Camp</b>	<b>1/2 Unit</b> <b>1 Unit</b>	<b>P E 9</b> <b>P E 9X</b> <b>P E 9Y</b> (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.	<b>Cardiovascular and Strength Training</b>	<b>1/2 Unit</b> <b>1 Unit</b> <b>1 1/2 Units</b>
			<b>P E 10</b> <b>P E 10X</b> <b>P E 10Y</b> (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.	<b>Multi-Sport Training</b>	<b>1/2 Unit</b> <b>1 Unit</b> <b>1 1/2 Units</b>





**P E 19A Beginning Volleyball 1/2 Unit**  
**P E 19AX 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 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**  
**P E 19BX 1 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**  
**P E 19CX 1 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**  
**P E 20AX 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 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**  
**P E 20BX 1 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**  
**P E 21AX 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 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 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 1/2 Unit**  
**P E 21BX 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**  
**P E 21CX 1 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, 21 AX, 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 1/2 Unit**  
**P E 21DX 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.



**P E 21E Competitive Tennis 21/2 Units**

(See general education pages for the requirement this course meets.)  
Prerequisites: Experience in tournament or interscholastic competition or appropriate skill level.  
Eight hours laboratory.  
(May be taken six times for credit.)  
A coeducation program emphasizing competitive tennis play. Open to men and women interested in competing on an intercollegiate athletic tennis team.

**P E 22 Theory and Technique of Body Awareness 1 Unit**

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 22. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(May be taken three times for credit.)  
Principles and practice of body awareness, focusing on floor work derived from ballet, contemporary dance, and other psycho-physical disciplines. Alignment and centering, concentration and relaxation, development of the kinesthetic sense and exploration of the body/mind connection.

**P E 22K Theory and Technique of Ballet I 1 Unit**

(Formerly Physical Education 22B.)  
(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; Physical Education 22 or Dance 22.  
(Also listed as Dance 22K. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Physical Education/Dance 22K, 22L, and 22M may be taken up to six times, not to exceed 18 units for the family of courses.)  
Introduction to the art of classical ballet, including the development of a working ballet vocabulary, exposure to great works and artists of the field, theory and practice of barre and center floor exercises.

**P E 22L Theory and Technique of Ballet II 2 Units**

(Formerly Physical Education 22C.)  
Prerequisite: Physical Education 22K.  
(Also listed as Dance 22L. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Physical Education/Dance 22K, 22L, and 22M may be taken up to six times, not to exceed 18 units for the family of courses.)  
Principles and practice of classical ballet, combining traditional techniques of Russian, French and Italian schools. Barre and center floor work emphasizing alignment/centering, motion through space, and the acquisition of a working ballet vocabulary.

**P E 22M Theory and Technique of Ballet III 2 Units**

(Formerly Physical Education 22D.)  
Prerequisite: Physical Education 22L.  
(Also listed as Dance 22M. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Physical Education/Dance 22K, 22L, and 22M may be taken up to six times, not to exceed 18 units for the family of courses.)  
Classical ballet barre and center floor work emphasizing strengthening and refinement of technique, development of musicality and expressiveness, and expansion of a working ballet vocabulary.

**P E 23A Theory and Technique of Contemporary Dance I 1 Unit**

(Formerly Physical Education 23B.)  
(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; Physical Education 22.  
(Also listed as Dance 23A. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Physical Education/Dance 23A, 23B, and 23C may be taken up to six times, not to exceed 18 units for the family of courses.)  
Introduction to the art of contemporary dance. Exposure to great works and artists of the field; development of a working contemporary dance vocabulary; theory and practice of basic technique.

**P E 23B Theory and Technique of Contemporary Dance II 2 Units**

(Formerly Physical Education 23C.)  
(See general education pages for the requirement this course meets.)  
Prerequisites: Physical Education 23A.  
(Also listed as Dance 23B. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.

(Any combination of Physical Education/Dance 23A, 23B, and 23C may be taken up to six times, not to exceed 18 units for the family of courses.)  
Movement explorations in time, space, shape and motion. Theory and practice of basic technique and improvisation. Development of a working contemporary dance vocabulary.

**P E 23C Theory and Technique of Contemporary Dance III 2 Units**

(Formerly Physical Education 23D.)  
Prerequisites: Physical Education 23B.  
(Also listed as Dance 23C. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Physical Education/Dance 23A, 23B, and 23C may be taken up to six times, not to exceed 18 units for the family of courses.)  
Technique refinement, improvisation, composition and performance. Expansion of a working contemporary dance vocabulary.

**P E 23H Dance Composition 2 Units**

Prerequisites: Physical Education or Dance 23D.  
(Also listed as Dance 23H. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Physical Education 23H and Dance 23H may be taken twice for credit.)  
Study of the basic theories and skills of dance choreography. The creation of the student's personal dance works for solo, large and small groups.

**P E 23J Dance and Theatre Improvisation 2 Units**

(Also listed as Dance 23J. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Dance and Physical Education 23J may be taken twice for credit.)  
Development of an ability to adapt rapidly to given dance and theater situations involving form derived from narrative and motional concepts, imagery, other related media and physical extensions.

**P E 23K Music and Movement 2 Units**

(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; Music 10A, 12A, or 102.  
(Also listed as Dance 23K. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
A study of metre, rhythm, syncopation. Rudiments of music in relation to movement.

**P E 23L Theory and Technique of Hip-Hop I (Popular American Dance) 1 Unit**

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 23L. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 23L and 23M may be taken up to six times, not to exceed 18 units for the family of courses.)  
Introduction to the art of hip-hop dance. Exposure to great works and artists of the field. Development of a working hip-hop dance vocabulary. Theory and practice of basic technique.

**P E 23M Theory and Technique of Hip Hop II (Popular American Dance II) 1 Unit**

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 23M. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Physical Education 23L and 23M may be taken up to six times, not to exceed 18 units for the family of courses.)  
Explorations in the art of hip-hop dance. Theory and practice of intermediate/advanced level technique. Development of a complex working hip-hop dance vocabulary.

**P E 23P Styles and Techniques of Theatre Dance 2 Units**

(See general education pages for the requirement this course meets.)  
(Also listed as Dance 23P. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Dance 23P and Physical Education 23P may be taken four times for credit.)  
Study and practice of established styles and techniques of stage dance, including the historical development and exposure to the following dance forms: folk, pre-classic, ballet, tap, modern, and jazz.



<b>P E 23R</b>	<b>Dance Repertory (The Assortment)</b>	<b>5 Units</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>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.</i> <i>(Also listed as Dance 23R. Student may enroll in either department, but not both, for credit.)</i> <i>Ten hours lecture-laboratory.</i> <i>(Any combination of Physical Education and Dance 23R may be taken three times for credit.)</i> Participation in works choreographed by professionals for the college dance company, The Assortment.			
<b>P E 24A</b>	<b>Theory and Technique of Social Dance I</b>	<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>(Also listed as Dance 24A. Student may enroll in either department, but not both, for credit.)</i> <i>Two hours lecture-laboratory.</i> <i>(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.)</i> 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.			
<b>P E 24B</b>	<b>Theory and Technique of Social Dance II</b>	<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>(Also listed as Dance 24B. Student may enroll in either department, but not both, for credit.)</i> <i>Two hours lecture-laboratory.</i> <i>(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.)</i> 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.			
<b>P E 24C</b>	<b>Theory and Technique of Social Dance III</b>	<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>(Also listed as Dance 24C. Student may enroll in either department, but not both, for credit.)</i> <i>Two hours lecture-laboratory.</i> <i>(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.)</i> 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.			
<b>P E 26A</b>	<b>Novice Swimming</b>	<b>1/2 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<b>P E 26AX</b>		<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i> <i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.			
<b>P E 26B</b>	<b>Beginning Swimming</b>	<b>1/2 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<b>P E 26BX</b>		<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisites: Physical Education 26A or 26AX.</i> <i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.			
<b>P E 26C</b>	<b>Intermediate Swimming</b>	<b>1/2 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<b>P E 26CX</b>		<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisites: Physical Education 26B or 26BX.</i>			
<b>P E 26D</b>	<b>Advanced Swimming</b>	<b>1/2 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<b>P E 26DX</b>		<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisites: Physical Education 26C or 26CX.</i> <i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D, and 26DX may be taken six times for credit.)</i> 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.			
<b>P E 27</b>	<b>Springboard Diving</b>	<b>1/2 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 27 and 27X may be taken six times for credit.)</i> Skills and techniques of springboard diving; one and three meter boards, and diving performance criteria.
<b>P E 27X</b>		<b>1 Unit</b>	<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 27 and 27X may be taken six times for credit.)</i> Skills and techniques of springboard diving; one and three meter boards, and diving performance criteria.
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisites: Ability to swim in deep water.</i> <i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i> <i>(Any combination of Physical Education 27 and 27X may be taken six times for credit.)</i> Skills and techniques of springboard diving; one and three meter boards, and diving performance criteria.			
<b>P E 28A</b>	<b>Lifeguard Training</b>	<b>4 Units</b>	<i>Two-and-one-half hours lecture, four-and-one-half hours laboratory.</i> <i>(May be taken six times for credit.)</i> 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.
<i>(See general education pages for the requirement this course meets.)</i> <i>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).</i> <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i> <i>Two-and-one-half hours lecture, four-and-one-half hours laboratory.</i> <i>(May be taken six times for credit.)</i> 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.			
<b>P E 28G</b>	<b>Water Safety Instructor's Course</b>	<b>4 Units</b>	<i>Three hours lecture, three hours laboratory.</i> <i>(May be taken six times for credit.)</i> Designed to train instructors in techniques of teaching swimming strokes and related skills.
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisites: Physical Education 26C.</i> <i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i> <i>Three hours lecture, three hours laboratory.</i> <i>(May be taken six times for credit.)</i> Designed to train instructors in techniques of teaching swimming strokes and related skills.			
<b>P E 30</b>	<b>Introduction to Physical Education</b>	<b>4 Units</b>	<i>Four hours lecture.</i> 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.
<i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i> <i>Four hours lecture.</i> 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.			
<b>P E 32F</b>	<b>Defensive Baseball Techniques</b>	<b>2 Units</b>	<i>Six hours laboratory.</i> <i>(May be taken six times for credit.)</i> Skills and techniques of advanced defensive baseball play. Analysis of movement, team interaction and baseball theory.
<i>Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.</i> <i>Six hours laboratory.</i> <i>(May be taken six times for credit.)</i> Skills and techniques of advanced defensive baseball play. Analysis of movement, team interaction and baseball theory.			



**P E 32G 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 levels.*

*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 intercollegiate 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.



- P E 37C Theory and Technique of Jazz Dance III 2 Units**  
*Prerequisites: Physical Education 37B.*  
*(Also listed as Dance 37C. 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.)*  
Techniques, idioms, and theories of jazz dance. Participation in significant jazz dance styles. Improvisation, composition, performance. Expansion of a working jazz dance vocabulary.
- P E 38W Intercollegiate Women's Badminton 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive badminton experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate badminton. Personal development towards possible athletic scholarship and career opportunities.
- P E 39 Intercollegiate Men's Soccer 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive soccer experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Community college intercollegiate men's soccer. 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.
- P E 39W Intercollegiate Women's Soccer 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive soccer experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Community college intercollegiate women's soccer. Designed to enhance skills and strategies of advanced female 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.
- P E 40 Intercollegiate Football 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive football experience, medical examination, athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate football: personal development towards athletic scholarship and career opportunities.
- P E 41 Intercollegiate Water Polo 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive water polo experience, medical examination, athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate water polo: personal development towards athletic scholarship and career opportunities.
- P E 42W Intercollegiate Volleyball (Women's) 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*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.)*  
*Advisory: English Writing 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate volleyball. Personal development toward athletic scholarship and career opportunities.
- P E 43 Intercollegiate Cross Country 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*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.*  
*Advisory: English as a Second Language 100A and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate cross country. Personal development leading towards athletic scholarship and career opportunities.
- P E 44M Intercollegiate Men's Basketball 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive basketball 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.)*  
Competitive intercollegiate basketball: personal development towards athletic scholarship and career opportunities.
- P E 44W Intercollegiate Women's Basketball 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive basketball experience, medical examination, athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate basketball: personal development towards athletic scholarship and career opportunities.
- P E 45 Intercollegiate Swimming and Diving 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive swimming/diving 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 46 Intercollegiate Track and Field 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive track and field 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 47M Intercollegiate Baseball 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive baseball 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 47W Intercollegiate Women's Softball 3 Units**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisites: Competitive softball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).*  
*Ten hours laboratory.*  
*(May be taken six times for credit.)*  
Competitive intercollegiate softball: personal development towards athletic scholarship and career opportunities.
- P E 48M Intercollegiate Men'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 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.  
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**

**P E 54U 2 Units**  
**P E 54V 3 Units**  
**P E 54W 4 Units**  
**P E 54X 5 Units**  
**P E 54Y 6 Units**  
**P E 54Z 7 Units**  
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.