

**PHIL 20A History of Western Philosophy From Thales to Aristotle 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture.*

An introduction to the major philosophers in the Western tradition from the Pre-Socratics through Plato and Aristotle. An analysis of these philosophers' ideas about the nature of knowledge, what it means to be a human being, and the roots of the idea of philosophy as it is understood in the Western tradition.  
 (CAN PHIL 8)

**PHIL 20B History of Western Philosophy From the Renaissance through Kant 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture.*

An introduction to the major philosophers of the Western tradition from the Renaissance through the early modern period, with a focus on thinkers such as Descartes, Hume, and Kant. An engagement with these thinkers' ideas about the nature of science, the relationship between reason and religion, and the relationship between mind and body.

**PHIL 20C History of Western Philosophy in the 19th and 20th Centuries 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture.*

An introduction to the major philosophers of the Western tradition in the 19th and 20th Centuries with an emphasis on major philosophers such as Hegel, Russell, Nietzsche, Sartre, DeBeauvoir, and Wittgenstein. An examination of questions about the relationship between language and thought, the nature of human existence, and the limits of philosophy.

**PHIL 24 Philosophy of Religion 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 172 and 173.*  
*Four hours lecture.*

A philosophical investigation of religious experience as expressed by several different human cultures from many different historical periods; an analysis of the emergence of modern western philosophy of religion and its major issues; and an analysis of current issues in contemporary philosophy of religion including such issues as religion and feminism, East-West attitudes toward philosophy and religion, religious fundamentalism and politics, and others.

**PHIL 30 Introduction to Existential Phenomenology 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture.*

Examination of the problems of knowledge, reality, truth, and value in existential and phenomenological thinkers and their application to social, aesthetic, cultural, gender, historical, and religious issues.

**PHIL 49 Women and Philosophy 4 Units**

(Formerly Philosophy 55.)  
 (See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
 (Also listed as Women's Studies 49. Student may enroll in either department, but not both, for credit.)  
*Four hours lecture.*

Examination of feminist theory and philosophy produced by a diverse range of women and investigation of the ways that understandings of the relations between the sexes have influenced the work of philosophers from different cultures.

*Photography*

**PHTG 1 Basic Photography 3 Units**

*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 200 or 210.*  
*Two hours lecture, three hours laboratory.*

Introduction to black and white photography. Overview of the 35mm camera's operating system. Basic understanding of film processing, printing and finishing. Development of critical thinking skills to analyze historical, cultural, conceptual, and practical aspects of a medium used worldwide.  
 (CAN ART 18)

**PHTG 2 Intermediate Photography 3 Units**

*Prerequisite: Photography 1.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 200 or 210.*  
*Two hours lecture, three hours laboratory.*

Intermediate black and white photography. Overview of the medium format camera and continued use of the 35mm camera. Demonstration of basic 4x5 camera

principles. Introduction to studio lighting and emphasis on studio practices. Continued development of critical thinking skills to analyze historical, cultural, conceptual, and practical aspects of a medium used worldwide.

**PHTG 3 Advanced Photography 3 Units**

(Formerly Photography 51.)  
*Prerequisite: Photography 2.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 200 or 210.*  
*Two hours lecture, three hours laboratory.*

Advanced black and white photography. Introduction to large format photography. Pre-visualization of image and the application of the Zone System including archival print processing. Process and print technically and well-conceived images as part of a final portfolio. Refined development of critical thinking skills to analyze historical, cultural, conceptual and practical aspects of a medium used worldwide.

**PHTG 7 Exploring Visual Expression 4 Units**

(Formerly Photography 63.)  
 (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 172 and 173.*  
*Four hours lecture, one additional hour to be arranged.*

A comprehensive introduction to the field of photography as a science, an art, and as a medium for visual communication. The development of critical thinking skills to analyze intellectual, philosophical, ethical and aesthetic concerns expressed by photographers worldwide. Basic understanding of light, color, composition and visual awareness. Instruction on the use of 35 mm cameras, lenses, film, and other creative controls of photography for personal expression.

**PHTG 20 History of Early Photography from Its Beginnings to 1925 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture, one additional hour to be arranged.*

The development of amateur photography, major artistic styles, a comparison of photography and painting, drawing, and other visual arts will be explored. The course will also assess photography's impact on world communication, social change, and the interpretation and analysis of visual reality.

**PHTG 21 Contemporary Trends in Photography 4 Units**

(See general education pages for the requirement this course meets.)  
*Advisory: English Writing 1A or English as a Second Language 5.*  
*Four hours lecture.*

A comprehensive introduction to contemporary trends, styles and applications of photography starting in 1925. Examination of photography's broad impact as a cultural, visual and social force including the diversity of 20th Century photographic movements as photography enters the 21st Century.

**PHTG 52 Photography Production Lab 1 Unit**  
**PHTG 52X 2 Units**

*Corequisite: Photography 52 students must also enroll in a Photography Department course other than Photography 1, 7, 20, or 21. Photography 52 and 52X may not be taken concurrently.*  
*Three hours laboratory per week for each unit of credit.*

(Any combination of Photography 52 and 52X may be taken up to six times.)  
 Supervised use of photographic studio and darkrooms toward fulfillment of projects assigned in other photography courses.

**PHTG 54 Experimental Photography 3 Units**

*Prerequisite: Photography 1.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 200 or 210.*  
*Two hours lecture, three hours laboratory.*  
 (May be taken three times for credit.)

Introduction to experimental and nontraditional photographic processes. Historical and current approaches to both camera and darkroom use in the creation of contemporary photographic images. Addressing the technical, procedural, and interdisciplinary connections from the beginning of photography to today's digital world.

**PHTG 56A Color Photography I 4 Units**

*Advisory: Photography 1; English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; and Mathematics 200 or 210.*  
*Two hours lecture, six hours laboratory.*

Negative-positive color systems. Development of basic color-printing processing, and skills needed to evaluate and balance color prints. Contemporary styles in color photography, including the impact of digital media on color photography.

**PHTG 56B Color Photography II 4 Units**

*Prerequisite: Photography 56A.*  
*Two hours lecture, six hours laboratory.*  
 Reversal systems for color photography, color reversal film exposure techniques with handheld light meters, introduction to the 4x5 view camera, basic studio lighting and advanced RA-4 printing techniques.

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**PHTG 57A Commercial Photography I 3 Units**

*Advisory: Photography 3 and 56A.*

*Two hours lecture, three hours laboratory.*

Photographs for business and industry. Corrective camera techniques, portrait and product photography, use of studio lights to model form and texture, control of reflections.

**PHTG 57B Commercial Photography II 3 Units**

*Advisory: Photography 3 and 56A.*

*Two hours lecture, three hours laboratory.*

Architectural and fashion photography. Commercial studio organization and operation. Business records, pricing, laws of ownership and privacy. Preparation of a portfolio for seeking employment.

**PHTG 58A Beginning Digital Imaging 3 Units**

*Prerequisite: Photography 1.*

*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*Two hour lecture, three hours laboratory.*

*(Any combination of Photography 58A and 58B may be taken up to six times, not to exceed 18 units for the family of courses.)*

Digital imaging using the application Photoshop. Overview of Macintosh operating system. Basic understanding of image capture, input, storage, and output. Use of specifically photographic methods and controls to create and manage imagery in an all digital environment. The development of critical thinking skills to analyze diverse cultural, intellectual, philosophical, ethical and aesthetic concerns of the photographic medium as a part of new technologies.

**PHTG 58B Intermediate/Advanced Digital Imaging 3 Units**

*Prerequisite: Photography 58A.*

*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*Two hours lecture, three hours laboratory.*

*(Any combination of Photography 58A and 58B may be taken up to six times, not to exceed 18 units for the family of courses.)*

Refinement of digital imaging skills using the application Photoshop. Learn montage, advanced layering, selecting and masking techniques. Understanding of color management, channels and optimization of the toolbox. Use of specifically photographic methods and controls to create and manage imagery in an all-digital environment. Development of critical thinking skills to analyze diverse cultural, intellectual, philosophical, ethical and aesthetic concerns of the digital photograph.

**PHTG 59 Special Projects in Photography 2 Units**

*Prerequisite: Photography 2 and/or Photography 56B or 58B and consent of instructor and division dean.*

*Six hours laboratory.*

*(May be taken twice for credit as long as the topics/projects are different each time.)*

Individual projects in creative, technical, or applied photography by written arrangement with the instructor. A specific area is explored in depth and quality.

**Physical Education**

**P E 1A Softball 1/2 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 172 and 173.*

*Two hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of softball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and beginning skills and strategy as related to playing the game. Fundamental skills and rules pertaining to softball. Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions will be covered. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be included.

**P E 1H Team Sport - Basketball 1/2 Unit**

**P E 1HX 1 Unit**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

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

*(Any combination of Physical Education 1H and 1HX 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 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*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.)*

An introduction to the discipline of Physical Education through the discipline of Karate. Includes, a global and historical examination of the sport, rules, equipment, and etiquette. Students will analyze and demonstrate the application of traditional Japanese Shotokan karate techniques including blocking, punching, kicking striking and stances. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility and strength concepts in an effort to improve their physical condition. Considerations for the variables that occur due to age, gender and physical conditions will be covered.

**P E 2B Intermediate Karate 1/2 Unit**

**P E 2BX 1 Unit**

*(See general education pages for the requirement this course meets.)*

*Prerequisite: 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 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*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.)*

An introduction to the discipline of Physical education through the study of Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its present form. Students will practice simple Aikido techniques for the mind, body and spirit that can easily be incorporated into daily life. Rotation movements, mindfulness, breath awareness, and relaxation techniques will be covered. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Aikido and health.

**P E 2L Intermediate Aikido 1/2 Unit**

**P E 2LX 1 Unit**

*(See general education pages for the requirement this course meets.)*

*Prerequisite: Physical Education 2K, 2KX, or technical proficiency suitable to the course level.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*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.)*

An introduction to the discipline of Physical education through the study of Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its present form. Students will practice Intermediate Aikido techniques for the mind, body and spirit that can easily be incorporated into daily life. Rotation movements, mindfulness, breath awareness, and relaxation techniques will be covered. The course will incorporate exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Aikido and health.

**P E 2P Pilates Mat Exercise 1/2 Unit**

**P E 2PX 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 172 and 173.*

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

*(Any combination of Physical Education 2P and 2PX may be taken up to six times for credit.)*

An introduction to the discipline of Physical Education through the study of Pilates. The course includes a global and historical perspective, key philosophical concepts of the Pilates method, and the evolution of Pilates to its current form. Students will practice Pilates techniques for the mind, body and spirit that can be incorporated into daily life. The course will include basic exercise physiology concepts, nutrition, strength development, flexibility, and meditation as related to Pilates exercise.

**P E 2Q Tai Chi 1/2 Unit**  
**P E 2QX 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 172 and 173.  
 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 up to six times, not to exceed 18 units, for the family of courses.)  
 An introduction to the discipline of Physical Education through Tai Chi exercises including well-known short forms consisting of 24 postures. Principles of unity, centering, balance, alignment, breath and mind intent", "yin and yang" relationships and the development of Chi. Benefits of Tai Chi exercise relative to age, gender and environmental conditions. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and "health and wellness". A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi.

**P E 2R Intermediate Tai Chi 1/2 Unit**  
**P E 2RX 1 Unit**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Physical Education 2Q or 2QX, or comparable level, or permission of instructor.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 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 up to six times for the family of courses.)  
 An introduction to the discipline of Physical Education through the ancient exercise of Tai Chi. Includes the well-known short forms consisting of 24 postures. Complete and polish movements of the 24 Tai Chi set, self-defense applications, "push-hands," and sparring will be performed. Review and embody principles of unity, centering, balance, alignment, breath and mind intent, "yin and yang" relationships and the development of Tai Chi at an intermediate level. Benefits of Tai Chi exercise relative to age, gender and environmental conditions will be studied. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Tai Chi and health. A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi will be explored.

**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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.  
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  
 (Any combination of Physical Education 2Y, 2YX, 2Z and 2ZX may be taken up to 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.

**P E 2Z Intermediate Yoga 1/2 Unit**  
**P E 2ZX 1 Unit**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Physical Education 2Y or 2YX, or technical proficiency suitable to the course level.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.  
 (Any combination of Physical Education 2Y, 2YX, 2Z and 2ZX may be taken up to 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 spirit that can easily be incorporated into daily life. Relaxed movement, mindfulness, breath awareness, and relaxation techniques will be covered.

**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 172 and 173.  
 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.)

An introduction to the discipline of Physical Education through personal self-defense. The course includes a historical and global examination of self-defense. It will provide the student with a sense of awareness and practical applications that will maximize the student's strength, endurance, and skill relative to gender, body build and physiology. Recognition of potential problems, attack prevention/avoidance, escape strategies, counterattack, kidnapping, and abduction will be discussed. Basic exercise physiology, nutrition, fundamentals of strength development, and flexibility.

**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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.  
 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 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 E 4XX High Intensity Strength Development for Athletes 1 Unit**  
 Prerequisite: Enrollment in intercollegiate athletics.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Three hours laboratory.  
 (Any combination of Physical Education 4, 4X, and 4XX may be taken up to six times for the family of courses.)  
 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. Utilizing 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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.  
 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 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 200 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 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.

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**P E 6G                      Aerobic Swimming                      1/2 Unit**  
**P E 6GX                      1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Completion of Physical Education 26C, 26CX, or permission of instructor.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*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.)*

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 E 6H                      Aerobic Power Walking                      1/2 Unit**  
**P E 6HX                      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 172 and 173.*

*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 for credit.*

An introduction to the discipline of Physical Education through aerobic power walking. 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**

*(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 172 and 173.*

*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 for credit.*

An introduction to the discipline of Physical Education through the activity of Cardio Kick. 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 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

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

*(Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX 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, 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 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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

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

*(Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX 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.

**P E 6S                      Step Aerobics                      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 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

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

*(Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX 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 cardio-kick, 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 6U                      Fit Camp                      1/2 Unit**  
**P E 6UX                      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 172 and 173.*

*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.)*

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 circuit and intervals, balance, agility, speed, strength, and flexibility training both indoors and outdoors. Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.

**P E 6V                      Core Conditioning                      1/2 Unit**  
**P E 6VX                      1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 100), or English as a Second Language 261, 262 and 263.*

*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 8                      Total Fitness                      1/2 Unit**  
**P E 8X                      1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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 1/2 Unit**  
**P E 10X 1 Unit**  
**P E 10Y 1 1/2 Units**

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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.

**P E 11 Stretching 1/2 Unit**  
**P E 11X 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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

(Any combination of Physical Education 11 and 11X may be taken six times for credit.)

An introduction to a variety of stretching techniques including passive and active, yoga, tai chi, somatics, 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.

**P E 12 Aqua Exercise 1/2 Unit**  
**P E 12X 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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

(Any combination of Physical Education 12 and 12X may be taken six times for credit.)

An introduction to the discipline of Physical Education through Aqua 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.

**P E 13A Beginning Badminton 1/2 Unit**  
**P E 13AX 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 172 and 173.

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

(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken up to six times for the family of courses.)

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.

**P E 13B Intermediate Badminton 1/2 Unit**  
**P E 13BX 1 Unit**

(See general education pages for the requirement this course meets.)

Prerequisite: Skills acquired in Physical Education 13A or AX, or permission of instructor.

Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 173 and 173.

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

(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken up to six times for the family of courses.)

An introduction to the discipline of Physical Education through the sport of Badminton. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an intermediate level will be included. The course will encourage an understanding of how to adapt game strategies and conventional techniques to one's needs and abilities based on age, gender and environmental conditions, personal strengths and weaknesses.

**P E 13C Advanced Badminton 1/2 Unit**  
**P E 13CX 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: Physical Education 13B or 13BX, or consent of instructor; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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

(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, and 13T may be taken up to six times for the family of courses.)

An introduction to the discipline of Physical Education through the sport of badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and advanced skills and strategy as related to competitive play. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level will be covered. 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.

**P E 13T Tournament Badminton 1/2 Unit**  
**P E 13TX 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: Successful completion of Physical Education 13B or 13BX; intermediate badminton skills.

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

(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for the family of courses.)

Skills and strategy as related to competitive play.

**P E 14A Beginning Fencing 1/2 Unit**  
**P E 14AX 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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

(Any combination of Physical Education 14A, 14AX, 14B, and 14BX may be taken up to six times for the family of courses.)

Fundamental techniques/skills utilizing the French foil. Students will learn the rules and regulations governing fencing competition. Fundamental exercise physiology, physiological benefits, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and/or genetics will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female and junior champions of the Olympic, PANAM, and World Championships.

**P E 14B Intermediate Fencing 1/2 Unit**  
**P E 14BX 1 Unit**

(See general education pages for the requirement this course meets.)

*Prerequisite:* Skills acquired in Physical Education 14A or 14AX, or a comparable course.

*Advisory:* English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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

(Any combination of Physical Education 14A, 14AX, 14B, and 14BX may be taken up to six times for the family of courses.)

An introduction to the discipline of Physical Education through the activity of fencing with a French foil. Complex combinations of blade and footwork that build upon the Skills taught are transferable for use of the epee and sabre. The physiological benefits of fencing, fundamental exercise physiology, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and genetics will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female and junior champions will be covered.

**P E 15 Beginning Bowling 1/2 Unit**  
**P E 15X 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 172 and 173; Mathematics 200 or 210.

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

(Any combination of Physical Education 15 and 15X may be taken six times for credit.)

An introduction to the discipline of Physical Education through the sport of Bowling. Includes an historical examination, styles of play and strategies of the sport. Students will strive to develop basic skills including approach, types of deliveries, strategy, etiquette, and league play associated with the sport of bowling. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, muscular strength and endurance will be covered.

**P E 16A Beginning Golf 1/2 Unit**  
**P E 16AX 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 172 and 173.

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

(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt to the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

**P E 16B Intermediate Golf 1/2 Unit**  
**P E 16BX 1 Unit**

(See general education pages for the requirement this course meets.)

*Prerequisite:* Physical Education 16A or instructor permission.

*Advisory:* English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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

(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education. Includes an historical examination, styles of play and strategies of the sport of men's and women's golf. Students will strive to develop intermediate skills in putting, chipping, pitching, unusual lies and full swing fundamentals utilizing theories of physics. Variations in concepts due to age, gender, and physical conditions will be noted. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 16C Advanced Golf 1/2 Unit**  
**P E 16CX 1 Unit**

(See general education pages for the requirement this course meets.)

*Prerequisite:* Physical Education 16B or instructor permission.

*Advisory:* English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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

(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education. Includes an historical examination, styles of play and strategies of the sport of men's and women's golf. Students will strive to develop advanced skills in putting, chipping, pitching, unusual lies and full swing fundamentals utilizing theories of physics. Variations in concepts due to age, gender, and physical conditions will be noted. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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 up to 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.)

*Advisory:* Successful completion of Physical Education 19A or 19AX; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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 up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through tournament play. Students will develop their volleyball skills and improve upon basic team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

**P E 19C Advanced Volleyball 1/2 Unit**  
**P E 19CX 1 Unit**

(See general education pages for the requirement this course meets.)

*Prerequisite:* Successful completion of Physical Education 19B or 19BX, or consent of instructor.

*Advisory:* English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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 up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball. Students will develop their volleyball skills and improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

**P E 19T Tournament Volleyball 1 Unit**

(See general education pages for the requirement this course meets.)

*Advisory:* Successful completion of Physical Education 19C or 19CX, or consent of instructor; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

Three hours laboratory.

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

An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through tournament play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

**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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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.)  
*Advisory: Physical Education 20A or 20AX; English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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 up to 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.)  
*Prerequisite: Skills grade of "A" in Physical Education 21A or 21AX, or equivalent skills.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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 up to 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.)  
*Prerequisite: Passing skills grade of "B" in Physical Education 21B or 21BX, or equivalent skills based on instructors' evaluation.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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 up to 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.)  
*Prerequisite: Passing skills grade of "B" in Physical Education 21C or 21CX, or equivalent skills based on instructors' evaluation.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*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 up to 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. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an advanced level will be included. The course will encourage an understanding of how to adapt game strategies and conventional techniques to one's needs and abilities based on age, gender and environmental conditions, personal strengths and weaknesses.

**P E 21E Competitive Tennis 2 1/2 Units**

(See general education pages for the requirement this course meets.)  
*Prerequisite: 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 Body Awareness and Conditioning for Dancers 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 172 and 173.*  
*(Also listed as Dance 22. Student may enroll in either department, but not both, for credit.)*  
*Two hours lecture-laboratory.*  
*(Any combination of Physical Education/Dance 22 may be taken up to six times as long as the topics/projects are different each time.*  
 Principles of dance and practice of body awareness focusing on center, floor and barre work derived from ballet, contemporary dance, and other psycho-physical disciplines. Topics may include, but are not limited to, body 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.)  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; 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 for the family of courses.)*  
 Introduction to the discipline and creative art of classical ballet, including the development of elementary movement techniques, a working ballet vocabulary, exposure to great works and artists from a global perspective, theory and practice of barre and center floor exercises.

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

(Formerly Physical Education 22C.)  
 (See general education pages for the requirement this course meets.)  
*Prerequisite: Dance/Physical Education 22K.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*(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 for the family of courses.)*  
 Principles and practice of the discipline and creative art 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 an intermediate working ballet vocabulary.

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

(Formerly Physical Education 23B.)

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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 for the family of courses.)

Introduction to the discipline and creative art of contemporary dance. Exposure to a basic movement repertoire from global artists. Development of a working contemporary dance vocabulary. Theory and practice of basic technique.

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

(Formerly Physical Education 23C.)

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Dance/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 for the family of courses.)

The discipline and creative art of contemporary dance focusing on practice of theory, technique and movement explorations in time and space, developing a working intermediate contemporary dance vocabulary.

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

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or Language Arts 261, 262 and 263.

(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.)

Introduction to the fundamental elements and techniques of individual and group dance composition.

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

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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 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**

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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 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 23R Dance Repertory (The Assortment) 5 Units**

Prerequisite: Enrollment by audition only. Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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 for credit as long as the topics are different each time.)

Introduction to the discipline and creative 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.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

(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 for credit as long as the topics are different each time.)

Introduction to the discipline and creative art of social dance, part two. 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.

**P E 24C Theory and Technique of Social Dance III 1 Unit**

(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Dance/Physical Education 24A or 24B.

(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 for credit as long as the topics are different each time.)

The art of social dance at the advanced level. 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 Novice Swimming 1/2 Unit****P E 26AX 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 172 and 173.

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 the family of courses.)

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****P E 26BX 1 Unit**

(See general education pages for the requirement this course meets.)

Prerequisite: Physical Education 26A or 26AX, or consent of instructor.

Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.

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 the family of courses.)

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**  
**P E 26CX 1 Unit**

(See general education pages for the requirement this course meets.)  
*Prerequisite: Physical Education 26B or 26BX, or consent of instructor.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*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 the family of courses.)*  
 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 1/2 Unit**  
**P E 26DX 1 Unit**

(See general education pages for the requirement this course meets.)  
*Prerequisite: Physical Education 26C or 26CX, or consent of instructor.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*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 the family of courses.)*  
 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 28A Lifeguard Training 4 Units**

(See general education pages for the requirement this course meets.)  
*Prerequisite: 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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*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 4 Units**

*Prerequisite: Physical Education 26C or ability to swim basic strokes at Red Cross Level 4.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours lecture, three hours laboratory.*  
*(May be taken six times for credit.)*  
 A course for Red Cross certification of swimming and diving instructors. Emphasis on the biomechanics of strokes, teaching progressions, and feedback techniques. Includes the American Red Cross Fundamentals of Instructor Training Certification.

**P E 30 Introduction to Physical Education 4 Units**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Four hours lecture; field investigation.*  
 A comprehensive, academic, and analytical introductory study of career choice and the required preparation and training for occupations involved with human performance education, fitness, leisure coaching and wellness. An in-depth overview of past, present, and future foundations, principles, and philosophies of physical education, sport, recreation, and athletics.

**P E 32F Defensive Baseball Techniques 2 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 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through Defensive Baseball Techniques. Includes a global and historical examination of the skills and techniques of advanced defensive baseball, team interaction, and baseball theory. Through the study of film and use of playbooks, the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 32G Offensive Baseball Techniques 2 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 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
 An introduction to the discipline of Physical Education through Offensive Baseball Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and baseball theory. Through the study of film, the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 32H Offensive Football Techniques 2 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 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
 An introduction to the discipline of Physical Education through Offensive Football Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks, the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 32I Defensive Football Techniques 2 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 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
 An introduction to the discipline of Physical Education through Defensive Football Techniques. Includes a global and historical examination of the skills and techniques of advanced defensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks, the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 32J Water Polo Techniques 2 Units**

(See general education pages for the requirement this course meets.)  
*Prerequisite: Competitive water polo experience at the high school, club or collegiate levels.*  
*Advisory: English Writing 100B or Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
 An introduction to the discipline of Physical Education through the sport of water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual water polo skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

**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 Volleyball Techniques 2 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 172 and 173.*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
 An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through intercollegiate play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level. 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.)

*Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette and contributions of both male and female soccer players. This course is designed to enhance skills and strategies of intermediate or advanced soccer players. Emphasis is placed upon the four pillars of the game necessary to compete successfully in match play. Strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

**P E 32N Track and Field Techniques 2 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 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Students will improve their individual track and field 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 body awareness.

**P E 32P Techniques of Competitive Swimming 2 Units**

(See general education pages for the requirement this course meets.)

*Prerequisite: Competitive swimming skills.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the competitive class experience students will improve their individual swimming skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

**P E 32S Women's Soccer Techniques 2 Units**

(See general education pages for the requirement this course meets.)

*Prerequisite: Competitive soccer experience at the high school, club or collegiate levels; approval of the instructor.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of soccer. Emphasis is placed upon the four pillars of the game necessary to compete successfully in match play. This course is designed to enhance skills and strategies of intermediate or advanced soccer players. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette and contributions of both male and female soccer experts and players. Strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

**P E 32W Softball Techniques 2 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 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through softball techniques. Includes a global and historical examination of the skills and techniques of advanced softball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and softball theory. Through the study of film, the student will learn the various segments of offensive and defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 32W Softball Techniques 2 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 172 and 173.*

*Six hours laboratory.*

*(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through softball techniques. Includes a global and historical examination of the skills and techniques of advanced softball and the changes that have influenced the modern game. Includes analysis of

movement, team interaction, and softball theory. Through the study of film the student will learn the various segments of offensive and defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 33A Soccer 1/2 Unit  
P E 33AX 1 Unit**

(See general education pages for the requirement this course meets.)

*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*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 the family of courses.)*

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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*Four hours laboratory.*

*(Any combination of Physical Education 33A, 33AX, 33H, 33I, and 33IX may be taken six times for the family of courses.)*

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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*

*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 the family of courses.)*

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**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173 ; 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.)

(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 172 and 173.*

*(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 and 37B may be taken up to six times for credit as long as the topics are different each time.)*

Introduction to the discipline and creative art of jazz dance. Body conditioning, exposure to the history of major international influences, artists, and works. 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.)  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Dance/Physical Education 37A.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 (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 and 37B may be taken up to six times for credit as long as the topics are different each time.)  
 Exploring elements of time, space, shape and motion as related to jazz dance. Body conditioning, exposure to major international influences, artists, and works. The development of a working vocabulary in significant jazz dance styles; and practice of intermediate level techniques.

**P E 39M Intercollegiate Men's Soccer 3 Units**  
 (Formerly Physical Education 39.)  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive soccer experience, medical examination, enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

**P E 39W Intercollegiate Soccer (Women) 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive soccer experience, medical examination, enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

**P E 40 Intercollegiate Football 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive football experience, medical examination, athletic eligibility (concurrent enrollment in 12 academic or more units, second year athletes must fulfill academic requirements as per the COA).  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual water polo skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

**P E 41 Intercollegiate Water Polo 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive water polo experience, medical examination, concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual water polo skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

**P E 42W Intercollegiate Volleyball (Women) 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive volleyball experience, medical examination and athletic eligibility. Enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through intercollegiate play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level. Students will represent the team and the school as they compete against other colleges.

**P E 43 Intercollegiate Cross Country (Men and Women) 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Medical examination. Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through the sport of cross country. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual running skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of endurance, strength development and body awareness.

**P E 44M Intercollegiate Men's Basketball 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: 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.)

**P E 44W Intercollegiate Women's Basketball 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: 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 Men's/Women's Swimming and Diving 3 Units**  
 (See general education pages for the requirement this course meets.)  
 Prerequisite: Competitive swimming/diving experience; medical examination (concurrent enrollment in 12 or more units, second year athletes must fulfill requirements as per the COA).  
 Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
 Ten hours laboratory. By arrangement.  
 (May be taken six times for credit.)  
 An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual swimming and diving skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.



**Intercollegiate Track and Field  
(Men and Women)****3 Units***(See general education pages for the requirement this course meets.)**Prerequisite: Medical examination; concurrent enrollment in 12 or more units; second year athletes must fulfill academic requirements as per the COA.**Advisory: Physical Education 32N; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**Ten hours laboratory. By arrangement.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience, students will improve their individual track and field 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 body awareness.

**P E 47M****Intercollegiate Baseball****3 Units***(See general education pages for the requirement this course meets.)**Prerequisite: Competitive baseball experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).**Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**Ten hours laboratory. By arrangement.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through Intercollegiate Baseball Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and baseball theory. Through the study of film the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 47W****Intercollegiate Softball****3 Units***(See general education pages for the requirement this course meets.)**Prerequisite: Competitive softball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).**Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**Ten hours laboratory. By arrangement.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through Intercollegiate Softball Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive softball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and softball theory. Through the study of film the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

**P E 48M****Intercollegiate Men's Tennis****3 Units***(See general education pages for the requirement this course meets.)**Prerequisite: 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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.**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.)**Prerequisite: 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 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.**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 49A****Topics in Theory and  
Technique of World Dance****1 Unit***(Formerly Physical Education 50A.)**(See general education pages for the requirement this course meets.)**Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.**(Also listed as Dance 49A. Student may enroll in either department, but not both, for credit.)**Two hours lecture-laboratory.**(Any combination of Dance 49A and Physical Education 49A may be taken six times, 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 172 and 173.**(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 affect 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.)**Advisory: Biology 40A and 40B; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**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***Prerequisite: Physical Education 54 or technical proficiency suitable to the course level.**Advisory: Biology 40A and 40B; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**Two hours lecture, three hours laboratory.**Further study and practice utilizing the principles of massage therapy.***P E 54B****Sports Massage****3 Units***Prerequisite: Physical Education 54 or technical proficiency suitable to the course level.**Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173; Biology 40A and additional massage course strongly advised.**Two hours lecture, three hours laboratory.*

Massage techniques and evaluation procedures for creating a massage specific to the athlete's condition and sport. Study of the muscles and movements involved in sports activities, with an understanding of common types and areas of injuries related to specific sports.

**P E 54C****Advanced Massage Skills****4 Units***Prerequisite: Biology 47A and 47B, and Physical Education 54B (may be taken concurrently); or technical proficiency suitable to the course level.**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 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.**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 54, 54A, 54B, and 54C.*  
*Three hours lecture, three hours laboratory.*  
 Theory, methods, procedures and practice of Shiatsu, a Japanese method of hands-on healing.

**P E 54F Introduction to Chair Massage 3 Units**  
*Prerequisite: Physical Education 54D and 54E, or consent of instructor.*  
*Advisory: Biology 40A; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Two hours lecture, three hours laboratory.*

An introduction to the practice of chair massage. Includes a global and historical examination of chair massage, with an exploration of a variety of techniques and modalities used throughout the world. The theory behind chair massage will be covered. Students will be given practical experiences, and critiques will be used to evaluate proper methods, procedures, and for correcting any contraindications.

**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.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Physical Education 54T-Z may be taken six times for credit.)*  
 Provides opportunities for the massage therapy students to reinforce the massage training gained in the classroom setting. Students shall either assume the role of Teacher's Assistant or gain additional hands-on 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 172 and 173.*  
*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 63A Beginning Sailing 1 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Physical Education 26C, or technical proficiency suitable to the course level; swimming test required.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Three hours laboratory.*  
*(Any combination of Physical Education 63A and 63B may be taken up to six times for the family of courses.)*  
 An introduction to the discipline of Physical Education through the sport of sailing. Includes a global and historical examination of the sport, water craft, equipment, and etiquette in men's and women's sailing events. Students will develop introductory skills including: safety, terminology, wind characteristics, and handling of dinghy sailboats on inland lakes. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, and strength and muscular endurance will be covered.

**P E 63B Intermediate Sailing 1 Unit**  
*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Physical Education 62G and 63A, or technical proficiency suitable to the course level; swimming test required.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Three hours laboratory.*  
*(Any combination of Physical Education 63A and 63B may be taken up to six times for the family of courses.)*  
 An introduction to the discipline of Physical Education through the sport of sailing. Includes a global and historical examination of the sport, water craft, equipment, and etiquette in men's and women's sailing events. Students will develop intermediate skills including: safety, terminology, wind characteristics, and handling of dinghy sailboats, or small keel boats on inland lakes. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, and strength and muscular endurance will be covered.

**P E 70A Orientation to the Lifetime Fitness Center 2 Units**  
*(Physical Education 70A and 71 were formerly Physical Education 70.)*  
*(See general education pages for the requirement this course meets.)*  
*Corequisite: Physical Education 70A students must also enroll in Physical Education 71, Physical Education-Adapted 1, 1X, 2, 2X, 3, 3X, 4, 4X, 5, or 5X.*  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*  
*Two hours lecture.*

Introduction to fitness, wellness and lifestyle management. Students will be exposed to past and current theories of health and fitness with emphasis on how lifestyle, wellness, and personal fitness are affected by genetics, gender, and age. Each student will perform a pre- and post- assessment of their own cardiovascular capacity, muscular strength and endurance, flexibility, and body composition during the class and receive instruction on the proper use of the Lifetime Fitness Center.

**P E 71 Lifetime Wellness and Fitness Center Laboratory 1 Unit**  
*(Physical Education 70A and 71 were formerly Physical Education 70.)*  
*(See general education pages for the requirement this course meets.)*  
*Prerequisite: Concurrent enrollment in or successful completion of Physical Education 70A, Health 51, or Physical Education 51.*  
*Three hours laboratory.*  
*(May be taken six times for credit.)*

Laboratory designed to improve student's cardiorespiratory fitness, muscular strength and endurance, flexibility and body composition. Strength and muscular endurance will be developed using Magnum weight equipment. Cardiorespiratory programs will be run on treadmills, cycles, stair steppers, and elliptical trainers.

**P E 77 Special Projects in Physical Education 1/2 Unit**  
**P E 77X 1 Unit**  
**P E 77Y 1 1/2 Units**  
*(Formerly Physical Education 29, 29X, and 29Y.)*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Physical Education 77, 77X, and 77Y may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)*

Designed for students who are doing a project directly under the supervision of a credentialed De Anza College instructor. These projects are undertakings that are not in the regular physical education curriculum.

**P E 78L Special Projects in Dance 1/2 Unit**  
**P E 78M 1 Unit**  
**P E 78N 2 Units**  
**P E 78P 3 Units**  
**P E 78Q 4 Units**  
**P E 78R 5 Units**  
**P E 78S 6 Units**  
**P E 78T 7 Units**  
**P E 78U 8 Units**  
*(Formerly Physical Education 25L-U.)*  
*Advisory: Enrollment by audition only; English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*(Also listed as Dance 78L-U. Student may enroll in either department, but not both, for credit.)*  
*Two hours lecture-laboratory for each unit of credit.*  
*(Any combination of Physical Education/Dance 78L-U may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)*

Projects for groups in special areas of interest relative to but outside of the departmental curriculum.

**P E 85 Exercise Science 2 Units**  
*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173 ; Biology 10 or 11 or equivalent.*  
*Two hours lecture.*

Basic concepts of anatomy, physiology, nutrition, and exercise physiology for students planning on majoring in Physical Education and/or completing a certificate program in personal trainer, massage therapy, or coaching.

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

**P E 85M Introduction to Athletic Injuries 2 Units**  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*One hour lecture, three hours laboratory.*  
 Introduction to basic taping and wrapping techniques for various athletic injuries. A general awareness of common injuries associated with athletics and the appropriate first aid.

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**P E 85S Fitness Assessment for Personal Trainers 3 Units**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173; Mathematics 200 or 210, Physical Education 85.*

*Two and one-half hours lecture; one and one-half hours laboratory.*  
Basic concepts of fitness assessment for personal trainers. Includes measurement of cardiovascular fitness and use of American College of Sports medicine metabolic equations, body composition using skinfold equations and calipers, muscular strength and endurance, and flexibility. Test results will be analyzed and used for exercise prescription.

**P E 88A Coaching I 2 Units**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Two hours lecture.*  
Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and YMCA), middle school, high school, community college, and four-year university levels of competition and play. A comprehensive study of issues and requirements associated with possible duties and job responsibilities relations to fund raising, medical, legal, equipment, facilities, and travel experiences.

**P E 88B Coaching II 2 Units**

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Two hours lecture.*  
Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and YMCA), middle school, high school, community college, and four-year university levels of competition and play. A comprehensive study of issues and requirements associated with possible duties and job responsibilities relations to fund raising, medical, legal, equipment, facilities, teaching, and travel experiences.

**P E 210 Sports Conditioning 0 Units**

**P E 210W 0 Units**

**P E 210X 0 Units**

**P E 210Y 0 Units**

**P E 210Z 0 Units**

(Formerly Physical Education 110, 110W-Z.)  
*Non-credit course - Does not apply to De Anza Associate degree.*  
*Two hours laboratory for Physical Education 210; three hours laboratory for Physical Education 210W; six hours laboratory for Physical Education 210X; nine hours laboratory for Physical Education 210Y; and twelve hours laboratory for Physical Education 210Z.*  
*(No limit on repeatability for 0 unit classes.)*  
Conditioning and testing principles for all sports. Measuring strengths and weaknesses of student athlete at De Anza College with emphasis on the athlete's preseason conditioning. Standards will be established for each athlete, plus team norms.

**P E 215 Conditioning for Intercollegiate Athletes 2 Units**

(Formerly Physical Education 115.)  
*Credit course - Does not apply to De Anza Associate degree.*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263*  
*Six hours laboratory.*  
*(May be taken six times for credit.)*  
Exercise physiology theory and sport-specific weight training for athletes.

*Physical Education/Adapted*

*Physical Education classes for individuals with special needs.*

**PEA 1 Adapted Total Fitness 1/2 Unit**

**PEA 1X 1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Adapted Physical Education 1 and 1X may be taken up to six times for the family of courses.)*  
Development and maintenance of strength, flexibility and aerobic fitness for students with a verified physical disability.

**PEA 2 Adapted Strength Development 1/2 Unit**

**PEA 2X 1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours laboratory for each unit of credit.*

*(Any combination of Adapted Physical Education 2 and 2X may be taken up to six times for the family of courses.)*

Development and maintenance of muscular strength for students with a verified physical disability.

**PEA 3 Adapted Stretching 1/2 Unit**

**PEA 3X 1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Adapted Physical Education 3 and 3X may be taken up to six times for the family of courses.)*  
Development and maintenance of flexibility for students with a verified physical disability.

**PEA 4 Adapted Aerobic Fitness 1/2 Unit**

**PEA 4X 1 Unit**

**PEA 4Y 1 1/2 Units**

**PEA 4Z 2 Units**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Adapted Physical Education 4, 4X, 4Y, and 4Z may be taken up to six times for the family of courses.)*  
Development and maintenance of aerobic fitness for students with a verified physical disability.

**PEA 5 Adapted Aquatic Fitness 1/2 Unit**

**PEA 5X 1 Unit**

*(See general education pages for the requirement this course meets.)*  
*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 161, 162 and 163.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Adapted Physical Education 5 and 5X may be taken up to six times for the family of courses.)*  
Development and maintenance of aquatic fitness for students with a verified physical disability.

**PEA 26 Care and Prevention of Back Disorders 1/2 Unit**

**PEA 26X 1 Unit**

*Advisory: English Writing 200 and Reading 201 (or Language Arts 200), or English as a Second Language 261, 262 and 263.*  
*Three hours laboratory for each unit of credit.*  
*(Any combination of Adapted Physical Education 26 and 26X may be taken up to six times for credit.)*  
Proper fitness training in the prevention and care of chronic back disorders for students with verified physical limitations.

*Physics*

**PHYS 2A General Introductory Physics 5 Units**

*(See general education pages for the requirement this course meets.)*

*Prerequisite: Mathematics 1A (may be taken concurrently).*

*Advisory: Physics 50; English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Four hours lecture, three hours laboratory.*

An introduction to the most fundamental of all sciences. An elementary study of the basic physical laws describing the motion of bodies. Includes the study of oscillations, waves, and sound. Applications to every day physical phenomena in problem solving using verbal logic, critical thinking, and mathematics up to elementary calculus. In the laboratory, explore experimental scientific procedures by comparing theoretical models to classic experiments using standard measurement techniques, basic uncertainty analysis, and graphical interpretations of data.

(PHYS 2A + 2B + 2C = CAN PHYS SEQ A)

**PHYS 2B General Introductory Physics 5 Units**

*Prerequisite: Physics 2A.*

*Advisory: English Writing 100B and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.*

*Four hours lecture, three hours laboratory.*

The laws of mechanics applied to those of electricity and magnetism. An introduction to the physical properties of that fundamental quantity called charge. Includes the study of DC and AC circuits and their elementary applications. Concludes with electromagnetic waves. In the laboratory, learn to construct elementary circuits, measure and analyze their properties with electronic equipment including the oscilloscope, and study the behavior of moving charge in magnetic fields.

(PHYS 2A + 2B + 2C = CAN PHYS SEQ A)