PHIL 17 Critical Consciousness and Social Change 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 1A or English as a Second Language 5.
(Also listed as Intercultural Studies 17. Student may enroll in either department, but not both for credit.)
Four hours lecture.
An introduction to the basic issues and concepts related to social change, including the development of ways of thinking that promote social change. Students will read classical and contemporary authors on movements for social change, strategies for organizing, and the development of political consciousness.

PHIL 20A History of Western Philosophy: Ancient Greece 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 pre-Socratics through Plato and Aristotle. Focus will be on 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: 1400-1800 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: 1800 - the Present 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 1900 to the present with an emphasis 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 100 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 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.

PHILG 1 Basic Photography 3 Units
Advisory: English Writing 200 and Reading 200 (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)

PHILG 2 Intermediate Photography 3 Units
Prerequisite: Photography 1.
Advisory: English Writing 200 and Reading 200 (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 techniques. Continued development of critical thinking skills to analyze historical, cultural, conceptual, and practical aspects of a medium used worldwide.

PHILG 3 Advanced Photography 3 Units
(Formerly Photography 51.)
Prerequisite: Photography 2.
Advisory: English Writing 200 and Reading 200 (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.

PHILG 7 Exploring Visual Expression 4 Units
(Formerly Photography 63.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 100 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.
Exploring visual expression through the photographic medium. Understanding of basic principles of perception, light, color, composition and visual awareness. Development of “critical thinking” skills to express aesthetic, intellectual and emotional concerns. Instruction on the use of film and/or digital cameras, lenses, and other creative controls of photography.

PHILG 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.
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 and changes as photography enters the 21st Century.

PHILG 52 Photography Production Lab 1 Unit
PHILG 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 darkroom toward fulfillment of projects assigned in other photography courses.

PHILG 54 Experimental Photography 3 Units
Prerequisite: Photography 1.
Advisory: English Writing 200 and Reading 200 (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.

PHILG 56A Color Photography I 4 Units
Advisory: Photography 1; English Writing 200 and Reading 200 (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.
PHGT 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.

PHGT 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.

PHGT 57B Commercial Photography II 3 Units
Advisory: Photography 3 and 56A.
Two hours lecture, three hours laboratory.

PHGT 58 Using a Digital Camera 2 Units
Advisory: English Writing 100 and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.
Four hours lecture-laboratory.
An online introduction to the use of digital cameras; basic camera types, controls, storage, image size, and display will be covered. Technical and compositional exercises will enhance the understanding of digital cameras and techniques covered.

PHGT 58A Beginning Digital Imaging 3 Units
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210.
Two hour lecture, three hours laboratory.
Introduction to 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.

PHGT 58B Intermediate/Advanced Digital Imaging 3 Units
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210.
Two hours lecture, three hours laboratory.
Refinement of digital imaging skills using the application Photoshop. Learn channel mixing, advanced layering, and masking techniques. Understanding of color management, optimization of the toolbox and an introduction to large format printing. 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.

PHGT 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 100 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 can 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
Advisory: English Writing 100 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
(See general education pages for the requirement this course meets.)
Advisory: English Writing 100 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 2KXX  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 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 100 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 it’s 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.

All courses are for unit credit and apply to a De Anza associate’s degree unless otherwise noted.
An introduction to the discipline of Physical Education through the study of Pilates. The course includes a historical and global perspective, key philosophical concepts of the Pilates method, and the evolution of Pilates to its current form. Students will be introduced to practice of Pilates techniques for the mind, body and spirit that can be incorporated into daily life. Students will review and apply basic exercise physiology concepts, nutrition, strength development, flexibility, and the six principles of Pilates for mat and exercise equipment.

**P E 2M** Introduction to Pilates Mat Exercise 1/2 Unit

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

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

Advisory: English Writing 100 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 2M, 2MX, 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 historical and global perspective, key philosophical concepts of the Pilates method, and the evolution of Pilates to its current form. Students will be introduced to the practice of 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 2P** Pilates Mat Exercise 1/2 Unit

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

(See general education pages for the requirement this course meets.) Prerequisite: Physical Education 2M or 2MX.

Advisory: English Writing 100 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 2M, 2MX, 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 mat techniques and techniques using equipment to improve the mind, and body. The course will include basic exercise physiology concepts, nutrition, strength development, flexibility, and the six principles of Pilates for mat and exercise equipment.

**P E 2Q** Tai Chi 1/2 Unit

**P E 2QX** Tai Chi 1 Unit

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

Advisory: English Writing 100 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 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,” and “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** Intermediate Tai Chi 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 100 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.

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**P E 2Y** Yoga 1/2 Unit

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

Advisory: English Writing 200 and Reading 200 (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 spirit that can easily be incorporated into daily life. Relaxed movement, mindfulness, breath awareness, and relaxation techniques will be covered.

**P E 2YX** Intermediate Yoga 1/2 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 100 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

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

Advisory: English Writing 100 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 3GX** Self-defense 1 Unit

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

Advisory: English Writing 100 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

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

Advisory: English Writing 100 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 4, 4X, and 4XX may be taken up to 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 4X** High Intensity Strength Development for Athletes 1 Unit

Prerequisite: Admission to intercollegiate athletics.

Advisory: English Writing 100 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.

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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  
Prerequisite: Physical Education 26B or consent of instructor.

**P E 6FX** Deep Water Running  
Prerequisite: Completion of Physical Education 26C, 26CX, or permission of instructor.

An introduction to the discipline of Physical Education through deep water running including an historical and global examination of deep water running for fitness rehabilitation and play. Students will improve fitness through a program of cardiovascular endurance, strength development and flexibility using water based exercise routines.

**P E 6G** Aerobic Swimming  
Prerequisite: English Writing 200 and Reading 200 (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.

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 concepts, turns, body positioning, and overall efficiency in the water will be covered.

**P E 6H** Aerobic Power Walking  
Prerequisite: English Writing 100 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.

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  
Prerequisite: English Writing 100 and Reading 100 (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.

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 kickboxing focusing on 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 6L** Cross Training  
Prerequisite: English Writing 200 and Reading 200 (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.

An introduction to the discipline of Physical Education through cross training activities 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 Cross Training for fitness and its roots in the sports of kickboxing, boxing, and martial arts will be included.
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Advisory: English Writing 200 and Reading 200 (or Language Arts 200), English as a Second Language 261, 262 and 263.

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.

Advisory: English Writing 100 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; 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 up to six times for credit.)

An 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.

Advisory: English Writing 100 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; four and one-half hours for the one and one-half 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.)

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.

Advisory: English Writing 100 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 11 and 11X may be taken six times for credit.)

An introduction to the discipline of Physical Education through Stretching. A variety of Stretching techniques including passive and active, yoga, Tai Chi, Pilates, sport specific, and therapeutic techniques with the aid of yoga straps, stability balls, and other equipment will be taught. Emphasis on combining core strengthening, flexibility, balance and spatial awareness exercises will be included. Technique modifications to account for physical limitations and injury prevention will be emphasized. A brief examination of the evolution of various forms of stretching reflecting cultural values and diversity, exercise physiology, nutrition and wellness concepts related to total fitness, age, gender, disabilities and/or genetics will be covered.

Advisory: English Writing 200 and Reading 200 (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 and 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.

Advisory: English Writing 100 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 and etiquette. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility to train at an intermediate level will be included. This 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.

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, and 13T may be taken up to six times for the family of courses.)

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

Advisory: English Writing 100 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, 14BX, 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 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.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units/Unit Type</th>
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<tbody>
<tr>
<td>P E 14B</td>
<td>Intermediate Fencing</td>
<td>1/2 Unit</td>
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<tr>
<td>P E 14BX</td>
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<td>1 Unit</td>
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</table>

(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 100 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 saber. 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.

<table>
<thead>
<tr>
<th>P E 15</th>
<th>Beginning Bowling</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 15X</td>
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<td>1 Unit</td>
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</table>

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

Advisory: Physical Education 15 or instructor permission.

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 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.

<table>
<thead>
<tr>
<th>P E 16A</th>
<th>Beginning Golf</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 16AX</td>
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<td>1 Unit</td>
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</table>

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

Advisory: English Writing 100 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 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.

<table>
<thead>
<tr>
<th>P E 16B</th>
<th>Intermediate Golf</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 16BX</td>
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<td>1 Unit</td>
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</table>

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

Advisory: English Writing 100 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 fundamentals of beginner golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic 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.

<table>
<thead>
<tr>
<th>P E 16C</th>
<th>Advanced Golf</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 16CX</td>
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<td>1 Unit</td>
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</table>

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

Advisory: Physical Education 16B or instructor permission.

An introduction to the discipline of Physical Education through the sport of golf. Students will strive to develop intermediate skills in putting, chipping, pitching, 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.

<table>
<thead>
<tr>
<th>P E 19A</th>
<th>Beginning Volleyball</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 19AX</td>
<td></td>
<td>1 Unit</td>
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</table>

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

Advisory: English Writing 200 and Reading 200 (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, 19, 19BX, 19, 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, 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.

<table>
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<tr>
<th>P E 19B</th>
<th>Intermediate Volleyball</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 19BX</td>
<td></td>
<td>1 Unit</td>
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</table>

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

Advisory: Successful completion of Physical Education 19A or 19AX; English Writing 100 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, 19, 19BX, 19, 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.

<table>
<thead>
<tr>
<th>P E 19C</th>
<th>Advanced Volleyball</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 19CX</td>
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<td>1 Unit</td>
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(See general education pages for the requirement this course meets.)

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

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.

<table>
<thead>
<tr>
<th>P E 19T</th>
<th>Tournament Volleyball</th>
<th>1 Unit</th>
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</table>

(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 100 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, 19, 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 upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

<table>
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<tr>
<th>P E 20A</th>
<th>Beginning Archery</th>
<th>1/2 Unit</th>
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<tbody>
<tr>
<td>P E 20AX</td>
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<td>1 Unit</td>
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(See general education pages for the requirement this course meets.)

Advisory: English Writing 100 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 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. Students will improve upon archery skills and begin 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.

186 All courses are for unit credit and apply to a De Anza associate's degree unless otherwise noted.
P E 21A Beginning Tennis 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 100 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. Tennis, basic technique, serve and overhead. 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 21B Advanced Beginning Tennis 1/2 Unit
Prerequisite: Skills grade of "A" in Physical Education 21A or 21AX, or equivalent skills.
Advisory: English Writing 200 and Reading 200 (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
(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 200 (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.)

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

P E 21D Advanced Tennis 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Passing skills grade of "B" in Physical Education 21C or 21CX, or equivalent skills based on instructors evaluation.
Advisory: English Writing 100 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 21 A, 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 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 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 100 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 200 (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.)
Advisory: Dance/Physical Education 22K; English Writing 200 and Reading 200 (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 200 (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 and 23B 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 200 (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 and 23B may be taken up to six times for credit as long as the topics are different each time.)  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 200 (or Language Arts 200), or Language Arts 2nd Writing 100 and 101, or Dance 100, 101, 230, 231.  (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
Advisory: English Writing 200 and Reading 200 (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 200 (or Language Arts 200), or English as a Second Language 172 and 173.  (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 credit.)  Explorations in the discipline of creative arts through the theory and practice of hip-hop dance intermediate/advanced level technique, with an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body.  Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominal will be used in conjunction with breathing, posture, and muscle awareness.  Exposure to great works and multicultural artists of the field.  Development of a working hip-hop vocabulary and performance skills.

P E 23R  Dance Repertory (The Assortment)  5 Units
Prerequisite: Enrollment by audition only.  Advisory: English Writing 200 and Reading 200 (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 200 (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 26D Advanced Swimming
1/2 Unit
Prerequisite: Physical Education 26C or 26CX, or consent of instructor.
Advisory: English Writing 100 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
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 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
Six 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 28C or ability to swim basic strokes at Red Cross Level 4.
Advisory: English Writing 200 and Reading 200 (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 100 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 Advanced Swimming
1 Unit
Prerequisite: Physical Education 26C or 26CX, or consent of instructor.
Advisory: English Writing 100 and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.
Two hours laboratory.
(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 32H Offensive Football Techniques
2 Units
Prerequisite: Physical Education 26C or 26CX, or consent of instructor.
Advisory: English Writing 100 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
Prerequisite: Physical Education 26C or 26CX, or consent of instructor.
Advisory: English Writing 100 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
Prerequisite: Competitive water polo experience at the high school, club or collegiate levels.
Advisory: English Writing 100 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
Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor.
Advisory: English Writing 100 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
Prerequisite: Competitive soccer experience at the high school, club or collegiate levels.
Advisory: English Writing 100 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 100 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 100 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 100 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 100 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 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 200 (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 dimension, and the mental approach necessary to successfully compete in match play. Discussion of the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game will be discussed.

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 200 (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 100 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 100 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 100 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 work of dance in a given style, exposure to 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 100 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.
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 100 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.)

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 (concurent enrollment in 12 academic or more units, second year athletes must fulfill academic requirements as per the COA.
Advisory: English Writing 100 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.)

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 100 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.)

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 100 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.)

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 100 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.)

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 (concurent 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 (concurent enrollment and successful completion of 12 academic units). Ten hours laboratory. (May be taken six times for credit.)

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 (concurent enrollment in 12 or more units, second year athletes must fulfill requirements as per the COA.
Advisory: English Writing 100 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.)

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 100 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.)

Intercollegiate Baseball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive baseball experience, medical examination and athletic eligibility (concurent enrollment and successful completion of 12 academic units). Ten hours laboratory. By arrangement. (May be taken six times for credit.)

Intercollegiate Softball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive softball experience, medical examination, and athletic eligibility (concurent enrollment and successful completion of 12 academic units). Ten hours laboratory. By arrangement. (May be taken six times for credit.)

All courses are for unit credit and apply to a De Anza associate’s degree unless otherwise noted.
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 COAJ).  
Advisory: English Writing 200 and Reading 200 (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 COAJ).  
Advisory: English Writing 200 and Reading 200 (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 200 (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 50  
**Indoor Cycling**  
1/2 Unit  
P E 50X  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 100 and Reading 100 (Reading 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 50 and 50X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through indoor cycling. It includes an historical examination of indoor/cycling, spinning. The Cycling program is an individually paced, non-competitive, group training program designed for all riders and all fitness levels. Cardiovascular fitness and cycling techniques will be improved. Cycling is an exercise performed on a stationary racing bicycle and is performed to music. Training is fast paced, and is open to anyone who is interested in losing body fat, improving cycling techniques, and wants to improve cardio respiration.

P E 51  
**Health and Fitness**  
4 Units  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 100 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 52  
**Body Sculpting**  
1/2 Unit  
P E 52X  
1 Unit  
Advisory: English Writing 100 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 6D and 6DX may be taken up to six times for credit.)

The body sculpt course is an introduction to the discipline of Physical Education. It includes an historical examination of Core strengthening. Body sculpt conditioning is an integrated approach that focuses on developing the muscles of the entire body. Through body sculpting the student will achieve ultimate fitness by focusing on a program of strength, balance, agility and flexibility. Concentration will be on muscle development of the entire body. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with proper breathing, posture, and muscle awareness.

P E 53  
**Physical Stress Management**  
2 Units  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 100 and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.  
Two hours lecture.

An introduction to Physical Education through the 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 effects 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 100 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 100 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.

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 100 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.  
Methodology 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 100 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 100 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 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

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 student to reinforce the massage training gained in the classroom setting. Students shall either assume the role of the massage therapist 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 and Management 50A and Physical Education 60.)

Advisory: English Writing 100 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 100 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 100 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 100 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 up to 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 76 Introduction to Clinical Massage Therapy 1 Unit

Prerequisite: Physical Education 64A or technical proficiency suitable to the course level.

Three hours laboratory for each unit of credit.

(Also listed as Dance 76.-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 76L-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 77 Special Projects in Physical Education 1/2 Unit

(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 6BB Coaching II  2 Units
Advisory: English Writing 100 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 related 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; two 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 pre-season 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 200 (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
PEA 1Y  1 1/2 Units
PEA 1Z  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
Three hours laboratory for each unit of credit. Two additional to be announced hour per week assisting in the Adapted Physical Education classroom and/or working independently in the Adapted Physical Education Laboratory. (Any combination of Adapted Physical Education 1, 1X, 1Y and 1Z may be taken up to six times for credit.)
Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 1 is an introduction to the discipline of Physical Education through cardiovascular, strength, and flexibility training in the context of an individual’s physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to fitness training. Includes a brief historical examination of how fitness training has changed due to the influences of individuals, cultures, and medical research. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular, strength, and flexibility fitness levels.

PEA 2 Adapted Strength Development  1/2 Unit
PEA 2X  1 Unit
PEA 2Y  1 1/2 Units
PEA 2Z  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
Three hours laboratory for each unit of credit, one additional to be announced hour per week assisting in the Adapted Physical Education classroom and/or working independently in the Adapted Physical Education Laboratory. (Any combination of Adapted Physical Education 2, 2X, 2Y and 2Z may be taken up to six times for credit.)
Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 2 is an introduction to the discipline of Physical Education through strength development in the context of an individual’s physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to strength training. Includes a brief historical examination of how strength training has changed due to the influences of individuals, cultures, and medical research. Students will review and apply basic exercise physiology and strength development concepts in the context of their own abilities and limitations to develop and/or maintain their muscular strength.

PEA 4 Adapted Cardiovascular Training  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 200 (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 credit.)
Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 4 is an introduction to the discipline of Physical Education through cardiovascular training in the context of an individual’s physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to cardiovascular fitness training. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women, and athletes as they correspond to the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular fitness levels.

PEA 5 Adapted Aquatic Exercise  1/2 Unit
PEA 5X  1 Unit
PEA 5Y  1 1/2 Units
PEA 5Z  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (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 5, 5X, 5Y, and 5Z may be taken up to six times for credit.)
Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 5 is an introduction to the discipline of Physical Education through water exercise in the context of an individual’s physical, intellectual, and/or affective abilities and limitations. Aquatic 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. Students will strive for ultimate fitness through a complete program of cardiorespiratory and strength development, and flexibility. An historical examination of Aquatic Exercise for fitness, rehabilitation, and play will be included.

PEA 56 Care and Prevention of Back Disorders  1/2 Unit
PEA 56X  1 Unit
(Formerly Adapted Physical Education 26X.)
Advisory: English Writing 200 and Reading 200 (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 56 and 56X 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.

Physical Science/Math and Engineering

PSME 41 Class Practices in Middle School Science and Mathematics  2 Units
(Formerly Physical Science, Math, and Engineering 61.)
Prerequisite: Qualifying score on Mathematics Placement Test within the last calendar year; or Mathematics 114 with a grade of C or better, and college level science course with a grade of C or better. Current TB test, finger printing, and background check.
Advisory: English Writing 100 and Reading 100 (or Language Arts 100), or English as a Second Language 172 and 173.
(Also listed as Education 41. Student may enroll in either department, but not both, for credit.) One hour lecture, three hours laboratory. Pass-No Pass (P-NP) course.
Introduction to the teaching and learning of science and mathematics in middle school classrooms for prospective science and mathematics teachers. Pairs of students are placed in local middle school classrooms to observe, participate and assist a Mentor Teacher in science and mathematics instruction. Students also participate in a weekly seminar on campus and discuss the best means to teach appropriate science and mathematics concepts at the middle school level.

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

2007-2008 De Anza College Catalog