

P Photography

PHTG 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 210 or equivalent.

Two hours lecture, three hours laboratory.

Introduction to black and white photography. Overview of the 35mm, single lens reflex, camera 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. Preparatory for further work in photography including digital imaging.

(CAN ART 18)

PHTG 2 Intermediate Photography 3 Units

Prerequisite: Photography 1.

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 portraiture and basic studio practices. Continued development of critical thinking skills to analyze historical, cultural, conceptual, and practical aspects of a medium used worldwide. Preparatory for further work in photography including digital imaging.

PHTG 3 Advanced Photography 3 Units

(Formerly Photography 51.)

Prerequisite: Photography 2.

Two hours lecture, three hours laboratory.

Advanced black and white photography. Introduction to large format photography. Pre-visualization of the 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. Preparatory for further work in photography including digital imaging.

PHTG 7 Exploring Visual Expression 4 Units

(Formerly Photography 63.)

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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.

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

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

Advisory: English Writing 1A or English as a Second Language 5.

Four hours lecture, one additional hour to be arranged.

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

PHTG 21 Contemporary Trends in Photography 4 Units

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

Advisory: English Writing 1A or English as a Second Language 5.

Four hours lecture.

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

PHTG 52 Photography Production Lab 1 Unit

PHTG 52X 2 Units

Corequisite: Photography 52 students must also enroll in a Photography

Department course other than Photography 1, 7, 20, or 21. Photography 52 and 52X may not be taken concurrently.

Three hours laboratory per week for each unit of credit.

(Any combination of Photography 52 and 52X may be taken up to six times for credit.)

Supervised use of photographic studio and darkrooms toward fulfillment of projects assigned in other photography courses.

PHTG 54 Experimental Photography 3 Units

Prerequisite: Photography 1.

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent.

Two hours lecture, three hours laboratory.

(May be taken three times for credit.)

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

PHTG 56A Color Photography I 4 Units

Advisory: Photography 1; English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent.

Two hours lecture, six hours laboratory.

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

PHTG 56B Color Photography II 4 Units

Prerequisite: Photography 56A.

Two hours lecture, six hours laboratory.

Reversal systems for color photography, color reversal film exposure techniques with handheld light meters, introduction to the 4x5 view camera, basic studio lighting and advanced RA-4 printing techniques.

PHTG 57A Commercial Photography I 3 Units

Advisory: Photography 3 and 56A.

Two hours lecture, three hours laboratory.

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

PHTG 57B Commercial Photography II 3 Units

Advisory: Photography 3 and 56A.

Two hours lecture, three hours laboratory.

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

PHTG 58 Using a Digital Camera 2 Units

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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.

PHTG 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 or equivalent.

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.

PHTG 58B Intermediate/Advanced Digital Imaging 3 Units

Prerequisite: Photography 58A.

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent.

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.

PHTG 59 Special Projects in Photography 2 Units

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

Six hours laboratory.

(May be taken two times 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.

PHTG 64 Introduction to Digital Photography 3 Units

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

An introduction to digital photography and digital imaging processes. Gain proficiency in the use of a digital camera and explore the digital darkroom using Adobe Lightroom. Develop skills in digital print output for both fine art and commercial applications. Gain knowledge of issues in contemporary photography and develop an ability to analyze and discuss photographic imagery. Basic, beginning photography and wet darkroom experience recommended.

Physical Education**P E 1A Softball 1/2 Unit**

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory.

(May be taken six times for credit.)

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

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

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 up to six times for credit.)

An introduction to the discipline of Physical Education through team sport basketball. Activities include individual and team strategies and techniques required for competitive games. A brief historical examination of significant national and international contributions to the development of styles of play will be presented. The impact of culture and gender on amateur and professional levels of competition will also be analyzed. Skills emphasized will enable students to participate in formal and informal basketball activities. Students will recognize basketball needs associated with physiology, nutrition, flexibility, and strength concepts in order to improve level of skill. Instructors will motivate and encourage students to practice and adapt skills to physical ability, age, strength, and gender.

**P E 2A Beginning Karate 1/2 Unit
P E 2AX 1 Unit**

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 up to six times for credit for the family of courses.)

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 up to six times for credit for the family of courses.)

Intermediate karate skills and techniques of Japanese karate.

**P E 2K Aikido 1/2 Unit
P E 2KX 1 Unit**

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 up to six times for credit for the family of courses.)

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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 up to six times for credit for the family of courses.)

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

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

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 for the family of courses.)

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 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 1 Unit**

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

Prerequisite: Physical Education 2M or 2MX.

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 for the family of courses.)

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 1 Unit**

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

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 credit for the family of courses.)

An introduction to the discipline of Physical Education through Tai Chi exercises including well-known short forms consisting of 24 postures. Principles of unity, centering, balance, alignment, breath and mind intent "yin and yang" relationships and the development of Chi. Benefits of Tai Chi exercise relative to age, gender and environmental conditions. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and "health and wellness". A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi.

P E 6F P E 6FX	Deep Water Running	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing lo impact techniques, current styles such as tai bo, funk, Latin, and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Prerequisite: Physical Education 26C, 26CX. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6F and 6FX may be taken up to six times for credit.)			
P E 6G P E 6GX	Aerobic Swimming	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing hi and lo impact techniques, current styles such as Tai Bo, funk, Latin and Hip-hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Prerequisite: Completion of Physical Education 26C, 26CX, or permission of instructor. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6G and 6GX may be taken up to six times for credit.)			
P E 6H P E 6HX	Aerobic Power Walking	1/2 Unit 1 Unit	Cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6H and 6HX may be taken up to six times for credit.)			
P E 6K P E 6KX	Cardio Kick	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6K and 6KX may be taken up to six times for credit.)			
P E 6Q P E 6QX	Lo Impact Aerobic Rhythms	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX may be taken up to six times for credit for the family of courses.)			
P E 6R P E 6RX	Hi-Lo Impact Aerobic Rhythms	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(Formerly Physical Education 6 and 6X.) (See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX may be taken up to six times for credit for the family of courses.)			
P E 6S P E 6SX	Step Aerobics	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(Formerly Physical Education 6A and 6AX.) (See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S, and 6SX may be taken up to six times for credit for the family of courses.)			
P E 6U P E 6UX	Fit Camp	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing a step system; current styles such as cardio-kick, funk, Latin and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.
(See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination Physical Education 6U and 6UX may be taken up to six times for credit.)			
P E 6V P E 6VX	Core Conditioning	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through Core conditioning which is an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Included is an historical examination of Core strengthening. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with breathing, posture, and muscle awareness.
(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 6V and 6VX may be taken six times for credit.)			

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

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
 (Any combination of Physical Education 8 and 8X may be taken up to six times for credit.)

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

P E 9 Cardiovascular and Strength Training 1/2 Unit
P E 9X 1 Unit
P E 9Y 1 1/2 Units

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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.

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

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course; four and one-half hours for the one and one-half unit course.
 (Any combination of Physical Education 10, 10X, and 10Y may be taken up to six times for credit.)

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

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

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 up to 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, 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 the 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.

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

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 200 and Reading 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 up to six times for credit.)

An introduction to the discipline of Physical Education through Aqua Exercise. Aqua Exercise uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. The freestyle interval format combines jogging, jumping, walking, punching, kicking, and a variety of aerobic type movements performed in land based programs. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of Aqua Exercise for fitness, rehabilitation, and play will be included.

P E 13A Beginning Badminton 1/2 Unit
P E 13AX 1 Unit

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 credit for the family of courses.)

An introduction to the discipline of Physical Education through badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and basic strokes in beginning level badminton and the use of basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions

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

(See general education pages for the requirement this course meets.)
 Prerequisite: Skills acquired in Physical Education 13A or AX, or permission of instructor.

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 credit for the family of courses.)

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

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

(See general education pages for the requirement this course meets.)
 Advisory: Physical Education 13B or 13BX, or consent of instructor; English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 credit for the family of courses.)

An introduction to the discipline of Physical Education through the sport of badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and advanced skills and strategy as related to competitive play. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level will be covered. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.

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

(See general education pages for the requirement this course meets.)
 Advisory: Successful completion of Physical Education 13B or 13BX; intermediate badminton skills.
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

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

An introduction to the discipline of Physical Education through the sport of badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and advanced skills and strategy as related to tournament 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 competitive techniques to age, gender and physical conditions.

P E 14A P E 14AX	Beginning Fencing	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education. Includes an historical examination, styles of play and strategies of the sport of men's and women's golf. Students will strive to develop intermediate skills in putting, chipping, pitching, unusual lies and full swing fundamentals utilizing theories of physics. Variations in concepts due to age, gender, and physical conditions will be noted. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 14A, 14AX, 14B, and 14BX may be taken up to six times for credit for the family of courses.)</i>			
Fundamental techniques/skills utilizing the French foil. Students will learn the rules and regulations governing fencing competition. Fundamental exercise physiology, physiological benefits, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and/or genetics will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female and junior champions of the Olympic, PANAM, and World Championships.			
P E 14B P E 14BX	Intermediate Fencing	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education. Includes an historical examination, styles of play and strategies of the sport of men's and women's golf. Students will strive to develop advanced skills in putting, chipping, pitching, unusual lies and full swing fundamentals utilizing theories of physics. Variations in concepts due to age, gender, and physical conditions will be noted. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Prerequisite: Skills acquired in Physical Education 14A or 14AX, or a comparable course.</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 14A, 14AX, 14B, and 14BX may be taken up to six times for credit for the family of courses.)</i>			
An introduction to the discipline of Physical Education through the activity of fencing with a French foil. Complex combinations of blade and footwork that build upon the Skills taught are transferable for use of the epee and sabre. The physiological benefits of fencing, fundamental exercise physiology, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and genetics will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female and junior champions will be covered.			
P E 15 P E 15X	Beginning Bowling	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through the sport of volleyball. Includes: rules, equipment, facilities, safety, etiquette, basic fundamentals in beginning level volleyball with strategies for team offense and defense, and a brief historical examination of Global contributions by the men and women who changed the game of volleyball. Students will develop passing, hitting, blocking, and serving techniques utilizing fundamental theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play at a more advanced level.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 15 and 15X may be taken up to six times for credit.)</i>			
An introduction to the discipline of Physical Education through the sport of Bowling. Includes an historical examination, styles of play and strategies of the sport. Students will strive to develop basic skills including approach, types of deliveries, strategy, etiquette, and league play associated with the sport of bowling. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, muscular strength and endurance will be covered.			
P E 16A P E 16AX	Beginning Golf	1/2 Unit 1 Unit	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.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit for the family of courses.)</i>			
An introduction to the discipline of Physical Education through the sport of golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt to the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.			
P E 16B P E 16BX	Intermediate Golf	1/2 Unit 1 Unit	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.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Prerequisite: Physical Education 16A or instructor permission.</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit for the family of courses.)</i>			
P E 16C P E 16CX	Advanced Golf	1/2 Unit 1 Unit	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.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Prerequisite: Physical Education 16B or instructor permission.</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 16A, 16AX, 16B, 16BX, 16C, and 16CX may be taken up to six times for credit for the family of courses.)</i>			
P E 19A P E 19AX	Beginning Volleyball	1/2 Unit 1 Unit	An introduction to the discipline of Physical Education through the sport of volleyball. Includes: rules, equipment, facilities, safety, etiquette, basic fundamentals in beginning level volleyball with strategies for team offense and defense, and a brief historical examination of Global contributions by the men and women who changed the game of volleyball. Students will develop passing, hitting, blocking, and serving techniques utilizing fundamental theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play at a more advanced level.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.)</i>			
An introduction to the discipline of Physical Education through the sport of volleyball. Includes: rules, equipment, facilities, safety, etiquette, basic fundamentals in beginning level volleyball with strategies for team offense and defense, and a brief historical examination of Global contributions by the men and women who changed the game of volleyball. Students will develop passing, hitting, blocking, and serving techniques utilizing fundamental theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play at a more advanced level.			
P E 19B P E 19BX	Intermediate Volleyball	1/2 Unit 1 Unit	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.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Advisory: Successful completion of Physical Education 19A or 19AX; English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.)</i>			
P E 19C P E 19CX	Advanced Volleyball	1/2 Unit 1 Unit	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.
<i>(See general education pages for the requirement this course meets.)</i>			
<i>Prerequisite: Successful completion of Physical Education 19B or 19BX, or consent of instructor.</i>			
<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i>			
<i>Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.</i>			
<i>(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.)</i>			

P E 19T Tournament Volleyball 1 Unit

(See general education pages for the requirement this course meets.)
Advisory: Successful completion of Physical Education 19C or 19CX, or consent of instructor; English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Three hours laboratory.
 (Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.)
 An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through tournament play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

P E 20A Beginning Archery 1/2 Unit
P E 20AX 1 Unit

(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 for credit for the family of courses.)
 An introduction to the discipline of physical education through archery. Includes an historical and global examination of the sport, rules, etiquette, equipment, facilities, and beginning archery skills along with theories of physics relating to arrow flight and adaptations of the sport to individual physical abilities. Principles of fitness and nutrition as they relate to archery will be covered.

P E 20B Intermediate Archery 1/2 Unit
P E 20BX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 20A or 20AX.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 for credit for the family of courses.)
 An introduction to the discipline of physical education through archery. Includes an historical and global examination of the sport, rules, etiquette, equipment, facilities, and intermediate archery skills along with theories of physics relating to arrow flight and adaptations of the sport to individual physical abilities. Principles of fitness and nutrition as they relate to archery will be covered.

P E 21A Beginning Tennis 1/2 Unit
P E 21AX 1 Unit

(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 for the family of courses.)
 An introduction to the discipline of Physical Education through the sport of Tennis. Basic ground-strokes, serve and footwork as well as basic single's and double's strategies will be covered. Includes a brief historical examination of the sport, rules, equipment, facilities and etiquette. Students will strive to 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 and to adapt the game to their individual physical ability, age, and gender.

P E 21B Advanced Beginning Tennis 1/2 Unit
P E 21BX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 21A or 21AX, or equivalent skills.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 for the family of courses.)
 A continuing introduction to the rules, equipment, facilities, etiquette, and basic strokes-- volley, lob and overhead and with further development of the forehand, backhand, serve. Instructors will emphasize conventional skill development, but also encourage adaptations based on physical ability, age, strength, gender and/or genetics. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

P E 21C Intermediate Tennis 1/2 Unit
P E 21CX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisites: Physical Education 21B or 21BX or equivalent skills.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
 (Any combination of Physical Education 21A, 21 AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX may be taken up to six times for credit for the family of courses.)
 Development of consistency, accuracy and control for forehand, backhand ground-strokes, serve, volley, lob and overhead skills utilizing fundamental theories of physics. Introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; basic singles and doubles strategies. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

P E 21D Advanced Tennis 1/2 Unit
P E 21DX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 21C or 21CX, or equivalent skills based on instructors' evaluation.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 for the family of courses.)
 An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an advanced level will be included. The course will encourage an understanding of how to adapt game strategies and conventional techniques to one's needs and abilities based on age, gender and environmental conditions, personal strengths and weaknesses.

P E 21E Competitive Tennis 2 1/2 Units

(See general education pages for the requirement this course meets.)
Prerequisite: Experience in tournament or interscholastic competition or appropriate skill level with consent of instructor.
 Eight hours laboratory.
 (May be taken six times for credit.)
 An introduction to the discipline of Physical Education through the study of Tennis. Includes 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. Development of consistency, accuracy and ground strokes, serve, volley, footwork, lob and overhead skills within a competitive situation will be emphasized. Introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; advanced singles and doubles 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 competitive level.

P E 22 Body Awareness and Conditioning for Dancers 1 Unit

(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 (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 for credit 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.

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- 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 credit 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 credit 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 credit 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 for the family of courses.)
 The discipline and creative art of contemporary dance focusing on practice of theory, technique and movement explorations in time and space, developing a working intermediate contemporary dance vocabulary.
- P E 23H Dance Composition 2 Units**
 Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or Language Arts 261, 262 and 263.
(Also listed as Physical Education/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 two times 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 Physical Education/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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(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/Dance 23L and 23M may be taken up to six times for credit for the family of courses.)

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 abdominals 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 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 24B Theory and Technique of Social Dance II 1 Unit

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

(Also listed as Dance 24B. Student may enroll in either department, but not both, for credit.)
 Two hours lecture-laboratory.

(Any combination of Physical Education/Dance 24A, 24B, and 24C may be taken up to six times for credit as long as the topics are different each time.)

Introduction to the discipline and creative art of social dance, part two. Exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance.

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

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Dance/Physical Education 24A or 24B.

(Also listed as Dance 24C. Student may enroll in either department, but not both, for credit.)
 Two hours lecture-laboratory.

(Any combination of Physical Education/Dance 24A, 24B, and 24C may be taken up to six times for credit as long as the topics are different each time.)

The art of social dance at the advanced level. Expanded exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 26A Novice Swimming 1/2 Unit
P E 26AX 1 Unit

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 up to six times for credit for the family of courses.)

Swimming skills and techniques for the non-swimmer. Global and historical development of swimming as a fitness activity, novice stroke skills, survival methods, overcoming fear of water, and safety will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

<p>P E 32L Volleyball Techniques 2 Units (See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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>	<p>of movement, team interaction, and softball theory. Through the study of film, the student will learn the various segments of offensive and defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.</p>
<p>P E 32M Soccer Techniques 2 Units (See general education pages for the requirement this course meets.) Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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>	<p>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 up to six times for credit for the family of courses.) An introductory course to enhance skills used in the game of soccer, including a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be on the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand the world's most popular game.</p>
<p>P E 32N Track and Field Techniques 2 Units (See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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>	<p>P E 33H League Soccer 1 Unit (Formerly Physical Education 33B.) (See general education pages for the requirement this course meets.) Prerequisite: Soccer experience at any level. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Four hours laboratory. (Any combination of Physical Education 33A, 33AX, 33H, 33I, and 33IX may be taken up to six times for credit for the family of courses.) An introduction to Physical Education through League Soccer. Soccer skills and strategies will be enhanced and developed through match play. Includes a global perspective and the contributions of both male and female soccer experts and players throughout the World Emphasis is placed upon the four major pillars of the game: technical ability, tactical understanding, physical dimension, and the mental approach to compete successfully in match play. An introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game will be discussed.</p>
<p>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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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>	<p>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 up to six times for credit 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>
<p>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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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>	<p>P E 35 Care and Prevention of Athletic Injuries 4 Units Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; 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>
<p>P E 32W Softball Techniques 2 Units (See general education pages for the requirement this course meets.) Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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</p>	<p>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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. (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>

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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**(Also listed as Dance 37B. Student may enroll in either department, but not both, for credit.)**Four hours lecture-laboratory.**(Any combination of Physical Education/Dance 37A and 37B may be taken up to six times for credit as long as the topics are different each time.)*

Exploring elements of time, space, shape and motion as related to jazz dance. Body conditioning, exposure to major international influences, artists, and works. The development of a working vocabulary in significant jazz dance styles; and practice of intermediate level techniques.

P E 39M Intercollegiate Men's Soccer 3 Units*(Formerly Physical Education 39.)**(See general education pages for the requirement this course meets.)**Prerequisite: Competitive soccer experience, medical examination, enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 39W Intercollegiate Women's Soccer 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 40 Intercollegiate Football 3 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive football experience, medical examination, athletic eligibility (concurrent enrollment in 12 academic or more units, second year athletes must fulfill academic requirements as per the COA.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

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

P E 41 Intercollegiate Water Polo 3 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive water polo experience, medical examination, concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

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

P E 42W Intercollegiate Women's Volleyball 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

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

P E 43 Intercollegiate Cross Country (Men and Women) 3 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Medical examination. Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of cross country. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual running skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of endurance, strength development and body awareness.

P E 44M Intercollegiate Men's Basketball 3 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive basketball experience, medical examination; concurrent enrollment in 12 or more units (second year athletes must fulfill academic requirements per the COA).**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory. By arrangement.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. 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 basketball will be discussed.

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; concurrent enrollment in 12 or more units (second year athletes must fulfill academic requirements per the COA).**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Ten hours laboratory.**(May be taken six times for credit.)*

An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. 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 basketball will be discussed.

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a smoke-free campus



- P E 45 Intercollegiate Men's/Women's Swimming and Diving 3 Units**
 (See general education pages for the requirement this course meets.)
 Prerequisite: Competitive swimming/diving experience; medical examination (concurrent enrollment in 12 or more units, second year athletes must fulfill requirements as per the COA).
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Ten hours laboratory. By arrangement.
 (May be taken six times for credit.)
 An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual swimming and diving skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.
- P E 46 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Ten hours laboratory. By arrangement.
 (May be taken six times for credit.)
 An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience, students will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and body awareness.
- P E 47M Intercollegiate Baseball 3 Units**
 (See general education pages for the requirement this course meets.)
 Prerequisite: Competitive baseball experience, medical examination and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Ten hours laboratory. By arrangement.
 (May be taken six times for credit.)
 An introduction to the discipline of Physical Education through Intercollegiate Baseball Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and baseball theory. Through the study of film the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
- P E 47W Intercollegiate Softball 3 Units**
 (See general education pages for the requirement this course meets.)
 Prerequisite: Competitive softball experience, medical examination, and athletic eligibility (concurrent enrollment and successful completion of 12 academic units).
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 Ten hours laboratory. By arrangement.
 (May be taken six times for credit.)
 An introduction to the discipline of Physical Education through Intercollegiate Softball Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive softball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and softball theory. Through the study of film the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
- P E 48M Intercollegiate Men's Tennis 3 Units**
 (See general education pages for the requirement this course meets.)
 Prerequisite: Competitive tennis experience, medical examination (Concurrent enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the COA).
 Advisory: English Writing 200 and Reading 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 COA).
 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 Physical Education/Dance 49A may be taken up to six times for credit, as long as the topics are different each time.)
 Introduction to the art of world dance. Course will provide exposure to forms of dance from an international perspective. Students will learn to perform the basic skills of classical, traditional, and folk dances from various world cultures, while developing a working vocabulary of traditional dance movements. Students will attempt to gain an understanding and appreciation of the cultural and historical contexts that produced the specific dance forms.
- P E 51 Health and Fitness 4 Units**
 (See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 (Also listed as Health 51. Student may enroll in either department, but not both, for credit.)
 Four hours lecture.
 Introduction to the disciplines of Physical Education and Health through fitness, wellness and lifestyle management. Concepts of wellness from an interdisciplinary and global perspective. Practices and beliefs that contribute to fitness and healthful living. Students will be exposed to past and current theories of health and fitness with emphasis on how lifestyle, wellness, and personal fitness are affected by genetics, gender, and age. Each student will assess their own cardiovascular capacity, muscular strength and endurance, flexibility, body composition, and diet during the class.
- P E 53 Physical Stress Management 2 Units**
 (See general education pages for the requirement this course meets.)
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 40A and additional massage course strongly advised.

Two hours lecture, three hours laboratory.

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

P E 54C Advanced Massage Skills 4 Units

Prerequisite: Biology 47A and 47B, and Physical Education 54B (may be taken concurrently); or technical proficiency suitable to the course level.

Three hours lecture, three hours laboratory.

Methods and procedures of advanced soft tissue techniques and related topics; an amplification of techniques practiced in Physical Education 54, 54A, and 54B.

P E 54D Clinical Practicum in Massage Therapy 3 Units

Prerequisite: Physical Education 54C or technical proficiency suitable to course level.

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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

P E 54U 2 Units

P E 54V 3 Units

P E 54W 4 Units

P E 54X 5 Units

P E 54Y 6 Units

P E 54Z 7 Units

Prerequisite: Physical Education 54A or technical proficiency suitable to the course level.

Three hours laboratory for each unit of credit.

(Any combination of Physical Education 54T-Z may be taken up to six times for credit.)

Provides opportunities for the massage therapy students to reinforce the massage training gained in the classroom setting. Students shall either assume the role of Teacher's Assistant or gain additional hands-on experience in the field under the supervision of an instructor, athletic trainer, or coach.

P E 60 Introduction to Parks and Recreation 3 Units

(Formerly Recreation Management 50A and Physical Education 50.)

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Three hours laboratory.

(Any combination of Physical Education 63A and 63B may be taken up to six times for credit 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Three hours laboratory.

(Any combination of Physical Education 63A and 63B may be taken up to six times for credit 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 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours lecture.

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

P E 71 Lifetime Wellness and Fitness Center Laboratory 1 Unit

(Physical Education 70A and 71 were formerly Physical Education 70.)

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

Prerequisite: Concurrent enrollment in or successful completion of Physical Education 70A, Health 51, or Physical Education 51.

Three hours laboratory.

(May be taken six times for credit.)

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

P E 77 Special Projects in Physical Education 1/2 Unit

P E 77X 1 Unit

P E 77Y 1 1/2 Units

(Formerly Physical Education 29, 29X, and 29Y.)

Three hours laboratory for each unit of credit.

(Any combination of Physical Education 77, 77X, and 77Y may be taken up to six times for credit as long as the topics/projects are different each time.)

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

P E 78L Special Topics in Dance 1/2 Unit

P E 78M 1 Unit

P E 78N 2 Units

P E 78P 3 Units

P E 78Q 4 Units

P E 78R 5 Units

P E 78S 6 Units

P E 78T 7 Units

P E 78U 8 Units

(Formerly Physical Education 25L-U.)

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

(Also listed as Dance 78L-U. Student may enroll in either department, but not both, for credit.)

Two hours lecture-laboratory for each unit of credit.

(Any combination of Physical Education/Dance 78L-U may be taken up to six times, not to exceed 18 units, as long as the topics are different each time.)

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

P E 85 Exercise Science 2 Units

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 10 or 11 or equivalent.

Two hours lecture.

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

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

P E 85M Introduction to Athletic Injuries 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. One hour lecture, three hours laboratory.
 Introduction to basic taping and wrapping techniques for various athletic injuries. A general awareness of common injuries associated with athletics and the appropriate first aid.

P E 85S Fitness Assessment for Personal Trainers 3 Units
Advisory: Physical Education 85; English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent. Two and one-half hours lecture; one and one-half hours laboratory.
 Basic concepts of fitness assessment for personal trainers. Includes measurement of cardiovascular fitness and use of American College of Sports medicine metabolic equations, body composition using skinfold equations and calipers, muscular strength and endurance, and flexibility. Test results will be analyzed and used for exercise prescription.

P E 88A Coaching I 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours lecture.
 Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and YMCA), middle school, high school, community college, and four-year university levels of competition and play. A comprehensive study of issues and requirements associated with possible duties and job responsibilities relations to fund raising, medical, legal, equipment, facilities, and travel experiences.

P E 88B Coaching II 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. 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 comprehension study of issues and requirements associated with possible duties and job responsibilities relations to fund raising, medical, legal, equipment, facilities, teaching, and travel experiences.

P E 90 Intercollegiate Women's Badminton 3 Units
(Formerly Physical Education 38W.) (See general education pages for the requirement this course meets.) Prerequisite: Competitive badminton experience, medical examination, enrollment in 12 units or more, and completion of eligibility forms. Advisory: Physical Education 13T; English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Ten hours laboratory. (May be taken six times for credit.)

An introduction to the discipline of Physical Education through the sport of badminton. Includes a global examination of the sport, rules, equipment, facilities and etiquette. The students will be prepared and compete in competitive badminton. Equipment technology and sportsmanship will be incorporated into the class. Basic physiology, nutrition, flexibility, strength and endurance techniques relative to badminton will be discussed.

P E 99 Orientation to Athletics 1 Unit
Prerequisite: Competitive athletics experience at a high school or club level. Medical examination. Enrollment in 12 or more units, second year athletes must fulfill academic requirements as per the CCCAA. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. One hour lecture. Pass-No Pass (P-NP) course.
 An introduction to De Anza College Intercollegiate Athletics. An orientation to the De Anza College Physical Education and Athletics Division programs, policies, services, requirements, transfer, etc. Topics discussed will be eligibility, decorum, team rules, college rules, NCAA rules, CCCAA rules, medical information, insurance, nutrition, alcohol awareness, drug education, sexual responsibility, team work, leadership, time management and study skills. Academic and Athletic success will be the focus.

P E 210 Sports Conditioning 0 Units
P E 210W 0 Units
P E 210X 0 Units
P E 210Y 0 Units
P E 210Z 0 Units

(Formerly Physical Education 110, 110W-Z.) Non-credit course - Does not apply to De Anza Associate degree. Two hours laboratory for Physical Education 210; three hours laboratory for Physical Education 210W; six hours laboratory for Physical Education 210X; nine hours laboratory for Physical Education 210Y; and twelve hours laboratory for Physical Education 210Z. (No limit on repeatability for 0 unit courses.)
 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

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, 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 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

PHYS 4D	Physics for Scientists and Engineers: Modern Physics	6 Units	POLI 10	Introduction to Administration of Justice (CP 1)	4 Units
<i>Prerequisite: Physics 4C; Mathematics 1D.</i> <i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> <i>Five hours lecture, three hours laboratory.</i> Physics meets the twentieth century with a study of special relativity and quantum mechanics. Nuclear physics, elementary particles, and other selected topics are treated as time allows. (CAN PHYS 16), (PHYS 4A+4B+4C+4D = CAN SEQ C)			<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> <i>(Also listed as Administration of Justice 1. Student may enroll in either department, but not both, for credit.)</i> <i>Four hours lecture.</i> The history and philosophy of the administration of justice in America. A study of the overall system from its European antecedents and development within the United States; identification of various subsystems and components; their role expectations and interrelationships; basic premise of crime, punishment and rehabilitation; the role of education in the administration of justice within a democracy.		
PHYS 10	Concepts of Physics	5 Units	POLI 11	Federal Courts and Constitutional Law	4 Units
<i>(See general education pages for the requirement this course meets.)</i> <i>Prerequisite: Qualifying score on the Intermediate Algebra Placement Test or Mathematics 114 or equivalent.</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>Five hours lecture.</i> Explore the fundamental concepts of physics as applied to everyday phenomena from an essentially non-mathematical perspective emphasizing verbal logic, critical analysis, and rational thought. Analyze the history of scientific procedure as an interplay between theory and experimentation. Critically evaluate the role of scientific discovery in the success and development of technology.			<i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>(Also listed as Paralegal 11 and Administration of Justice 11. Student may enroll in only one department, for credit.)</i> <i>Four hours lecture.</i> Federal court procedure and the impact of U.S. Constitutional law on federal and state law. Read and analyze the Constitution. Effect of U.S. Supreme Court cases on current constitutional interpretation.		
PHYS 50	Preparatory Physics	3 Units	POLI 13	Concepts of Criminal Law (CP 2)	5 Units
<i>Advisory: Mathematics 49B and Physics 10.</i> <i>Three hours lecture.</i> Basic problem solving techniques in mechanics as a preparation for Physics 4A.			<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> <i>(Also listed as Paralegal 3 and Administration of Justice 3. Student may enroll in only one department, for credit.)</i> <i>Four hours lecture, three hours directed research.</i> Historical development, philosophy of law, and constitutional provisions; definitions, classification of crime, and their application to the system of administration of justice; legal research, study of case law, methodology and concepts of law as a social force.		
PHYS 77	Special Projects in Physics	1 Unit	POLI 15	Grassroots Democracy (Race, Culture and Liberation)	4 Units
PHYS 77X		2 Units	<i>(Formerly Political Science 53.)</i> <i>(See modules under Political Science 53G-J.)</i> <i>(See general education pages for the requirement this course meets.)</i> <i>(Students who have received credit for the four-unit parent course, Social Science 15, Political Science 15, or Women's Studies 15, may not also receive credit for any of the modules.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>(Also listed as Social Science 15 and Women's Studies 15. Student may enroll in only one department, for credit.)</i> <i>Four hours lecture.</i> <i>(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 15, 53G-J, Political Science 15, 53G-J, and Women's Studies 15, 53G-J.)</i> Applied and theoretical study for students of social justice, this course will examine race, culture and contradictions in the ideal of the American Dream through a comparative analysis of American experiences of migration. Particular emphasis will be on the historical experiences of European immigrants, African Americans, Mexican Americans, and Asian Americans. The course will also discuss the contemporary social and cultural implications of the migration process. Using a multidisciplinary social science approach, attention will be given to issues of race, ethnicity, gender, and class, as well as the role of the state (policy) to the process of immigration.		
PHYS 77Y		3 Units			
<i>(Formerly Physics 40, 40X, and 40Y.)</i> <i>Prerequisite: Consent of instructor and division dean.</i> <i>Three hours laboratory for each unit of credit.</i> <i>(Any combination of Physics 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.)</i> <i>Pass-No Pass (P-NP) course.</i> Individual special reading, writing, or study projects in Physics as determined in consultation with the instructor.					

Political Science

POLI 1	American Government and Politics	4 Units	POLI 16	Grassroots Democracy (Social Movements Since the 1960's)	4 Units
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> <i>Four hours lecture.</i> Critical examination of the contemporary and historical struggle for the development of democratic political institutions in the United States at the state, local, and national levels. Particular emphasis given to the conflict between disparate socioeconomic groups (e.g. traditional elites versus the historically (and currently) disenfranchised; women, people of color, workers, immigrants, etc.) in the conduct of U.S. political life. (CAN GOVT 2)			<i>(Formerly Political Science 54.)</i> <i>(See modules under Political Science 54G-J.)</i> <i>(See general education pages for the requirement this course meets.)</i> <i>(Students who have received credit for the four-unit parent course, Social Science 16, Political Science 16, or Women's Studies 16, may not also receive credit for any of the modules.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>(Also listed as Social Science 16 and Women's Studies 16. Student may enroll in only one department for credit.)</i> <i>Four hours lecture.</i> <i>(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 16, 54G-J, Political Science 16, 54G-J, and Women's Studies 16, 54G-J.)</i> Applied and theoretical learning for students of social justice, this course is a comparative survey of protest movements since the 1960's. An introductory, comparative, and interdisciplinary study of Mexican American, African American, Asian American, and white working class social and political struggles from 1960 to the present. The course traces the development of protest movements in response to racial, class, gender, and political inequality in the context of U.S. politics and history. The course critically examines the internal and external factors contributing to the rise and fall of social and political movements with special attention to the conjuncture of gender, race, ethnicity, culture, class, and sexual preference in contemporary U.S. politics.		
POLI 2	Comparative Politics	4 Units			
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>Four hours lecture.</i> Critical examination of the historical and contemporary development of various current major world political systems and the comparison of political phenomena at the nation-state, inter-state and global level of analysis.					
POLI 3	International Relations	4 Units			
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>Four hours lecture.</i> Critical examination of the basic elements of contemporary international relations: scope, terminology, methodology, sovereignty, nationalism, national policies, globalization, power, international and regional political systems. The course will also discuss non-governmental organizations and issues such as human rights and the environment.					
POLI 5	Introduction to Political Thought	4 Units			
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> <i>Four hours lecture.</i> This course will survey the field of political theory including how to interpret, discuss, and write about classical and contemporary political thought and theory, especially theory developing among constituent groups which have traditionally been excluded from full participation in U.S. political life. Through this course of study, students will learn to think critically about classic problems in politics (e.g., individual versus group rights, freedom, equality and distributional justice, order, etc.).					

POLI 53G Comparative Immigration and Democracy 2 Units

(Students who have received credit for the four-unit parent course, Social Science 15, Political Science 15, or Women's Studies 15, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 53G, and Social Science 53G. Student may enroll in only one department, for credit.)

Two hours lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 15, 53G-J, Political Science 15, 53G-J, and Women's Studies 15, 53G-J.)

This course will examine race, culture and political change through a comparative analysis of American experiences of migration. Particular emphasis will be placed on the historical experiences of European immigrants, African Americans, Mexican Americans, and Asian Americans.

POLI 53H Contemporary Legacies of Immigration 2 Units

(Students who have received credit for the four-unit parent course, Social Science 15, Political Science 15, or Women's Studies 15, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 53H, and Social Science 53H. Student may enroll in only one department, for credit.)

Two hours lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 15, 53G-J, Political Science 15, 53G-J, and Women's Studies 15, 53G-J.)

This course will examine race, culture and political change through a comparative analysis of the contemporary social and cultural implications of past and current migration processes. Particular emphasis will be placed on the contemporary experiences of European Americans, African Americans, Mexican Americans, and Asian Americans.

POLI 53I Comparative Immigration and State Policy 1 Unit

(Students who have received credit for the four-unit parent course, Social Science 15, Political Science 15, or Women's Studies 15, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 53I, and Social Science 53I. Student may enroll in only one department, for credit.)

One hour lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 15, 53G-J, Political Science 15, 53G-J, and Women's Studies 15, 53G-J.)

This course will examine race, culture and political change through a comparative analysis of state policy towards migration. Particular emphasis will be placed on the historical experiences of European immigrants, African Americans, Mexican Americans, and Asian Americans.

POLI 53J Contemporary Legacies of Immigration and State Policy 1 Unit

(Students who have received credit for the four-unit parent course, Social Science 15, Political Science 15, or Women's Studies 15, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 53J and Social Science 53J. Student may enroll in only one department, for credit.)

One hour lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 15, 53G-J, Political Science 15, 53G-J, and Women's Studies 15, 53G-J.)

This course will examine race, culture and political change through a comparative analysis of state policy affecting the contemporary social and cultural consequences of past and current migration processes. Particular emphasis will be placed on the contemporary experiences of European Americans, African Americans, Mexican Americans, and Asian Americans.

POLI 54G Social Movements During the 60s 2 Units

(Students who have received credit for the four-unit parent course, Social Science 16, Political Science 16, or Women's Studies 16, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 54G and Social Science 54G. Student may enroll in only one department for credit.)

Two hours lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 16, 54G-J, Political Science 16, 54G-J, and Women's Studies 16, 54G-J.)

An introductory, comparative, and interdisciplinary study of Mexican American, African American, Asian American, and white working class social and political struggles during the 1960's.

POLI 54H Social Movements After the 60s 2 Units

(Students who have received credit for the four-unit parent course, Social Science 16, Political Science 16, or Women's Studies 16, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 54H and Social Science 54H. Student may enroll in only one department for credit.)

Two hours lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 16, 54G-J, Political Science 16, 54G-J, and Women's Studies 16, 54G-J.)

An introductory, comparative, and interdisciplinary study of Mexican American, African American, Asian American, and white working class social and political struggles after the 1960's.

POLI 54I Social Movements and Inequality 1 Unit

(Students who have received credit for the four-unit parent course, Social Science 16, Political Science 16, or Women's Studies 16, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 54I and Social Science 54I. Student may enroll in only one department for credit.)

One hour lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 16, 54G-J, Political Science 16, 54G-J, and Women's Studies 16, 54G-J.)

The course traces the development of protest movements in response to racial, class, gender, and political inequality in the context of U.S. politics and history.

POLI 54J Social Movements and Diversity 1 Unit

(Students who have received credit for the four-unit parent course, Social Science 16, Political Science 16, or Women's Studies 16, may not also receive credit for any of the modules.)

Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 54J and Social Science 54J. Student may enroll in only one department for credit.)

One hour lecture.

(The courses are not repeatable, and students may receive a maximum of four units of credit for any combination of Social Science 16, 54G-J, Political Science 16, 54G-J, and Women's Studies 16, 54G-J.)

The course critically examines the internal and external factors contributing to the rise and fall of social and political movements with special attention to the conjunction of gender, race, ethnicity, culture, class, and sexual preference in contemporary U.S. politics.

POLI 75 Principles and Procedures of the Justice System (CP 6) 4 Units

(Formerly Political Science 12.)

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

(Also listed as Administration of Justice 75 and Paralegal 75. Student may enroll in only one department, for credit.)

Four hours lecture.

Procedures followed by law enforcement and courts in criminal cases; constitutional principles governing those procedures.

POLI 95 Overview of American Law 4 Units

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

(Also listed as Paralegal 95 and Administration of Justice 95. Student may enroll in only one department, for credit.)

Four hours lecture.

Overview of the major substantive areas of American law: agency, contracts, constitutional law, corporations, criminal law, family law, property, torts, wills, and estates.

Psychology

PSYC 1 General Psychology 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.

Factors influencing human behavior including: biological and neurological processes and structures, evolution, genetics, gender, life span development, consciousness, attention, sensation, perception, learning, memory cognition, intelligence, motivation, emotion, stress, personality, psychopathology, psychotherapy, social and cultural determinants.

(CAN PSY 2)

PSYC 2	Psychology as a Behavioral Science and Profession	6 Units	PSYC 12	Psychology of Women	4 Units
<i>Prerequisite: Psychology 1.</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Five hours lecture, three hours laboratory, one additional hour to be arranged. Psychology as a behavioral science and profession. Basic principles of learning, and behavior modification.			<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> (Also listed as Women's Studies 12. Student may enroll in either department, but not both, for credit.) Four hours lecture. A survey of the psychobiological, cultural, social, and intellectual factors influencing the psychology of women.		
PSYC 3	Human Experimental Psychology (An Introduction to Cognitive Science)	6 Units	PSYC 14	Developmental Aspects of Psychology	4 Units
<i>Advisory: English Writing 1A or English as a Second Language 5; Psychology 1.</i> Five hours lecture, three hours laboratory, one additional hour to be arranged. A survey of human experimental psychology and cognitive science with emphasis on research design, methodology and scientific report writing. Research design and methodology will be illustrated and integrated through a selected review of concepts and research in neurophysiology, sensation, perception and memory.			<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. Interaction of the physical, social, gender role, cognitive and personality development across the life span.		
PSYC 4	Abnormal Psychology	4 Units	PSYC 15	Basic Statistics and Research Methods in Psychology	4 Units
<i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. A historical overview of abnormal psychology with emphasis on current paradigms and models in psychopathology and therapy including a survey of research methodology; clinical assessment, classification, and diagnosis with special focus on cultural, gender, and age issues in psychopathology and therapy.			<i>Prerequisite: Psychology 1; Mathematics 114 or equivalent.</i> <i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> (Also listed as Sociology 15. Student may enroll in either department, but not both, for credit.) Four hours lecture. Elementary statistics including measures of central tendency, variability, probability, correlation, tests of significance, experimental and quasi-experimental designs. (CAN PSY 6)		
PSYC 5	Introduction to Theories of Personality	4 Units	PSYC 24	Introduction to Psychobiology	4 Units
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5; Psychology 1.</i> Four hours lecture. Survey of major theories and concepts of personality. Topics to include: Freudian, neo-Freudian, interpersonal, dispositional, behavioral and phenomenological theories.			<i>Prerequisite: Psychology 1.</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. A survey of the central and peripheral nervous system processes underlying the behavior of humans and animals, with emphasis on evolutionary, genetic and gender differences underlying social behavior, the basic anatomical and physiological substrates of behavior and consciousness and on the neural mechanisms and sensory processes associated with learning, language, perception, motivation, emotion, sleep, speech, and sexual behavior.		
PSYC 6	Introduction to Humanistic Psychology	4 Units	PSYC 60	Industrial Organizational Psychology	4 Units
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. A survey of humanistic, existential-phenomenological psychology and Eastern thought. A cross-cultural survey of humanistic personality principles including Western European existential phenomenological psychology and the current and historical impact of Eastern thought.			<i>Advisory: Psychology 1; English Writing 1A or English as a Second Language 5.</i> Four hours lecture. Application of psychological principles to issues faced by business and industry, law, government, and the military services.		
PSYC 8	Introduction to Social Psychology	4 Units	PSYC 63	Sexual Assault, Police and Community	4 Units
<i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. The scientific study of the way individuals think, feel and behave in social situations. The systematic approach will include cross cultural and comparative perspectives.			<i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> (Also listed as Administration of Justice 62. Student may enroll in either department, but not both, for credit.) Four hours lecture. Societal and psychological aspects of sexual assault, the perpetrators and the victims; practical application of the police investigation, the criminal justice process, and the social service intervention.		
PSYC 9	Psychology of Human Relationships and Normal Adjustment	4 Units	PSYC 64	Psychology Internship	1 Unit
<i>(Formerly Psychology 33.)</i> <i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. A survey of current theoretical and applied psychological knowledge relevant to personal/social interactions and normal psychological adjustment.			PSYC 64X		2 Units
PSYC 10G	Child Development (The Early Years)	4 Units	PSYC 64Y		3 Units
<i>(Formerly Psychology 62A and 62G.)</i> <i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> (Also listed as Child Development 10G. Student may enroll in either department, but not both, for credit.) Three hours lecture, three hours laboratory, one additional hour to be arranged. Critical examination of human growth and development from conception to middle childhood with particular attention given to current theoretical and research perspectives within a diverse society. Observational study of children with analysis of factors influencing development including conditions that put children at risk.			PSYC 64Z		4 Units
PSYC 10H	Child Development (Middle Childhood and Adolescence)	4 Units	<i>Advisory: Psychology 1, 10G and 74A; English Writing 1A or English as a Second Language 5.</i> Four hours per week laboratory per unit of supervised internship in an authorized office or agency. (Any combination of Psychology 64, 64X, 64Y, and 64Z may be taken up to six times, not to exceed 18 units for the family of courses.) Program of work experience and study in Psychology or Human Services under the supervision of the instructor and agency personnel.		
<i>(Formerly Psychology 62B.)</i> <i>(See general education pages for the requirement this course meets.)</i> <i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.</i> (Also listed as Child Development 10H. Student may enroll in either department, but not both, for credit.) Three hours lecture, three hours laboratory, one additional hour to be arranged. Critical examination of human growth and development from school age through adolescence with particular attention given to current theoretical and research perspectives within a diverse society.			PSYC 67	Introduction to Clinical Psychology	4 Units
			<i>Advisory: English Writing 1A or English as a Second Language 5.</i> Four hours lecture. An analysis of the major theoretical formulations in the history of clinical psychology, from classical psychoanalysis to contemporary existentialism and behavior modification. An overview of diagnosis, assessment and treatment methods. An examination of clinical psychology as a profession including education, training, specialties and employment.		

PSYC 74A Interviewing, Interrogation and Crisis Intervention 4 Units

*Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Administration of Justice 74A and Paralegal 74A. Student may enroll in only one department, for credit.)
Four hours lecture.*

Theories, principles and strategies of tactical and interpersonal communication necessary to interview victims, witnesses, and suspects; crisis intervention strategies for victims and witnesses of crime; communication with individuals from diverse backgrounds with consideration to race, ethnicity, gender, age and special needs.

Reading

(See other self-paced Reading courses under Skills.)

READ 70 Reading Across the Disciplines 1 Unit

Prerequisite: A qualifying score on the English and Reading Placement Test for English Writing 1A or satisfactory completion of English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

*Corequisite: Students taking Reading 70 must also be enrolled in an appropriate course in the disciplines of Business, History, Humanities, Intercultural Studies, Psychology or Sociology.
One hour lecture.*

(May be taken up to six times for credit as long as the corequisites are different each time.)

Improve comprehension of reading materials in a specific content-area course through the application of reading strategies and critical analysis of reading materials specific to the course. Offered in coordination with specific sections of content area courses.

READ 80 Advanced Reading for College Success 4 Units

Prerequisite: Qualifying score on the Reading Placement Test for English Writing 1A or satisfactory completion of English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Four hours lecture.

College-level reading techniques and practice to enhance reading efficiency for academic, career, and personal growth. Application of comprehension, analysis, and interpretation skills to a range of challenging readings, including texts and primary-source materials from various cultural perspectives and across disciplines. This course may be linked with courses in other disciplines.

READ 200 Reading Fundamentals 5 Units

(Formerly Reading 201.)

Credit course - Does not apply to De Anza Associate degree.

Prerequisite: Qualifying score on Reading Placement Test or by referral.

Corequisite: Reading 200 students must also enroll in Reading 202.

Five hours lecture.

(May be taken two times for credit.)

Pass-No Pass (P-NP) course.

Introduction to everyday benefits of reading. Practice in applying reading methods to appropriate reading material. Learning strategies for improving reading.

READ 202 Guided Practice in Reading Fundamentals 1/2 Unit

Credit course - Does not apply to De Anza Associate degree.

Prerequisite: Qualifying score on English Placement Test for Reading 200.

Corequisite: Reading 202 students must also enroll in Reading 200.

One hour lecture-laboratory.

Pass-No Pass (P-NP) course.

Development of fundamental reading skills. Guided practice in reading and comprehending reading materials to prepare for Reading 211.

READ 211 Developmental Reading 5 Units

(Formerly Reading 100.)

Credit course - Does not apply to De Anza Associate degree.

Prerequisite: Qualifying score on the Reading Placement Test, a passing grade in Reading 200, or by referral.

Corequisite: Reading 211 students must also enroll in Reading 212.

Five hours lecture.

Pass-No Pass (P-NP) course.

Improve reading ability to read independently and effectively in work, academic, and personal environments.

READ 212 Guided Practice in Developmental Reading 1/2 Unit

(Formerly Reading 101.)

Credit course - Does not apply to De Anza Associate degree.

Prerequisite: Qualifying score on the English Placement Test for Reading 211 or by successful completion of Reading 200 and 202, or Language Arts 200.

Corequisite: Reading 212 students must also enroll in Reading 211.

One hour lecture-laboratory.

Pass-No Pass (P-NP) course.

Development of college-level reading skills. Guided practice in reading and comprehending college-level reading materials.

Real Estate

REST 50 Real Estate Principles 4 Units

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent.

Four hours lecture.

Fundamental principles of real estate: economics, law, working concepts, forms and terminology. Successful completion of the course provides eligibility to take the California Real Estate Salesperson examination.

REST 51 Real Estate Practices 4 Units

Prerequisite: Real Estate 50.

Four hours lecture.

Real Estate business practices: procedures, forms and contracts.

REST 52A Legal Aspects of Real Estate in California I 4 Units

Advisory: Real Estate 50.

(Also listed as Paralegal 52A. Student may enroll in either department, but not both, for credit.)

Four hours lecture.

California real property laws with emphasis on their practical application. Sources of real estate law; classes of property; fixtures; easements; estates or interest in real property; contracts of sale; covenants; conditions; and restrictions.

REST 53 Real Estate Finance 4 Units

Prerequisite: Real Estate 50.

Four hours lecture.

Regulations and procedures for financing real estate: types of lenders; primary and secondary investors; methods and guidelines for qualifying for real property loans.

REST 54 Real Estate Economics 4 Units

Prerequisite: Real Estate 50.

Four hours lecture.

Economic factors affecting real estate; urban development, renewal and regulation of land uses; business fluctuations and real estate cycles; mortgage market; commercial, industrial and residential income properties and trends; rural and special purposes properties and trends.

REST 56A Real Estate Appraisal I 4 Units

Prerequisite: Real Estate 50.

Four hours lecture.

Principles of real property valuation; sales market data, construction, methods of appraising; current trends and new technologies; uniform standards for appraising (USPAP), career opportunities.

REST 56B Real Estate Appraisal II 4 Units

Prerequisite: Real Estate 56A.

Four hours lecture.

Advanced analysis of property valuation; emphasis on site value and income capitalization as they relate to income producing properties. Statistical and traditional approaches of capitalization.

REST 59 Survey of Real Estate Property Management 4 Units

Prerequisite: Real Estate 50.

Four hours lecture.

Successful techniques and practices in the management of income property from acquisition to disposal; neighborhood analysis, rent schedules, renting, credit and collections, maintenance, insurance, tax considerations, pitfalls in the purchase of income property.

REST 61 Real Estate Investments 4 Units

Advisory: Real Estate 50.

Four hours lecture.

Real Estate investments including apartments, commercial and industrial buildings.