

NUTR 10 Contemporary Nutrition 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.

Introductory level nutrition. Physiological, psychological and economic aspects of obtaining an adequate diet through the life cycle. Relationship of nutrients to health and physical fitness. Evaluation of current nutritional issues and controversies.

NUTR 62 Nutrition and Athletic Performance 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.

Principles of sports nutrition. Suggested diets for strength training, endurance activities and weight control. Use of popular ergogenic aids.

NUTR 62G Dieting (Sifting Fact from Fiction) 1/2 Unit

Advisory: Nutrition 10 or 62.

One-half hour lecture.

Causes of obesity, evaluation of popular weight control diets and programs, and effective methods of weight loss.

Older Adult Services**OAS 7100 Photography for the Older Adult 0 Units**

Non-credit course - Does not apply to De Anza Associate degree.

Three hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

Experienced and novice students will explore the world of image making. Discussions will include camera functions, use of different films, composition, flash use, capturing motion and photographing people.

OAS 7101 Survey of Art for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to the artistic experience for the older adult. Emphasis will be on developing interest and experience through a wide variety of art projects.

OAS 7102 Artistic Experience for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course to expand the artistic experiences and abilities of the older adult through a wide variety of art projects.

OAS 7103 Art Appreciation for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to the history of art with emphasis on the enjoyment and appreciation of works of art.

OAS 7104 Art History for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course on the history of art with emphasis on the terminology, techniques and concepts in the development of art.

OAS 7105 Drawing and Painting for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to various adapted two-dimensional art mediums such as adapted painting, drawing, sketching, and design on an experiential level.

OAS 7106 Sketching Techniques for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

Continued experience with two-dimensional art mediums with emphasis on a chosen art form.

OAS 7109 Working with Clay Art for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An adaptive introduction to basic ceramics terminology, materials, tools, and techniques on an appreciation or developmental level.

OAS 7110 Glazing Techniques for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course in adaptive ceramics with continuing work on ceramics materials and techniques, and some development of creative glazing and design.

OAS 7111 Creative Sewing for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to textiles on an appreciation or developmental level with emphasis on satisfaction derived from selecting and working with textile materials.

OAS 7112 Needle Craft and Textile Projects for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

Continuing experience with textile materials, emphasizing individual design.

OAS 7202 General Conditioning for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Three hours laboratory.

(No limit on repeatability for 0 unit courses.)

Physical conditioning program for the older adult. Includes self range of motion of each joint; muscular strength and endurance exercises; balance and posture exercise; proper body mechanics; and proper breathing techniques.

OAS 7203 Healthful Living for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to information and practices related to personal health needs. Body systems and their relation to personal health will be considered. The need to accommodate attitudes and health habits to aging bodies will be emphasized.

OAS 7204 Personal Health and Aging Bodies 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course in adaptive health. Body systems and their relationship to individual health will be reviewed with emphasis on holistic health and the aging process.

OAS 7205 Nutrition for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to nutrition and food practices for the older adult. Food groups, nutritive elements, and their relation to personal health needs will be considered, and the need to accommodate food habits to aging bodies will be emphasized.

OAS 7206 Food Groups and Nutritive Elements 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course in nutrition with continuing review of food groups and nutritive elements, and an emphasis on holistic nutrition and the aging process.

OAS 7208 Life Development and Adaptation for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course in nature and science with continuing study of natural systems and the environment.

OAS 7209 Human Environment for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Two hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An introduction to the relationships between the human race and its environment with emphasis on individual responsibility for natural resources and the preservation of nature.

OAS 7304 Self Expression Through Writing for the Older Adult 0 Units

Non-credit course - Does not apply to De Anza Associate degree.

Three hours lecture-laboratory.

(No limit on repeatability for 0 unit courses.)

An intermediate course in adaptive creative writing with continued experience in collaborative and individual writing. Students will develop more complex projects according to their ability.

OAS 7306	Word Power for the Older Adult	0 Units	An introduction to relaxation techniques for older adult students with emphasis on releasing mental and physical tension with music, movement, and imaginative devices.
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Continuing study in language skills with emphasis on broadening the participation of the older student in word study and memory exercises.			
OAS 7308	Literature and History for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Continuing adaptive study of literature and its appreciation through a variety of techniques and experiences.			
OAS 7310	Book Reviews for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Continuing study in reading with emphasis on experiencing various reading forms.			
OAS 7401	Entertainment Arts for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An introduction to the performing and entertaining arts with emphasis on stimulating the older adult with a wide variety of experience in theater.			
OAS 7402	Performing Arts Exercises for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course to expand the experiences of older adults in the performing and entertaining arts through a wide variety of projects.			
OAS 7403	Music and Song for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An introduction to musical expression with emphasis given to listening, body movement, the use of instruments, and singing.			
OAS 7404	Songs of Yesteryear for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course in musical expression with musical development in rhythm and melody and some study of harmony and composition.			
OAS 7405	Appreciating Musical Themes	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An introduction to music appreciation for the older adult with emphasis on listening to music with greater understanding of its elements and with more personal satisfaction.			
OAS 7406	Listening Techniques in Music for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course in music appreciation with further development of listening technique and the various elements which affect understanding and satisfaction in music.			
OAS 7409	Acting Techniques for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An introduction to acting techniques for older adult students with emphasis on developing spontaneous presentations and better self expression.			
OAS 7410	Dramatic Passages and Scenes for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course in acting technique with continuing practice in present dramatic passages and scenes.			
OAS 7411	Relaxing with Music and Movement	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
OAS 7412	Relaxing Through the Performing Arts	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course in relaxation technique with continuing practice in releasing mental and physical tension.			
OAS 7503	The Aging Process for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An introduction to the aging process and the behavior of the older adult.			
OAS 7504	Behavioral Changes and the Aging Process	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Continuing study of human and personal behavior with emphasis on the aging process.			
OAS 7510	World Cultures and Customs Through Visual Media	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Two hours lecture-laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An intermediate course in travel and geography with continuing study of people and their cultures through their geographical location and traditions.			
OAS 7603	Outdoor Fitness for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Three hours laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
An outdoor fitness trail designed for the older adult. The trail consists of a series of safe, mild stretching, strengthening, balance and relaxation activities that can be adapted for many levels of participation. Encourages even the sedentary individual to walk and improve various components of physical fitness.			
OAS 7904	Stretching and Relaxation for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Three hours laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Safe stretching, breathing and relaxation training for the older adult.			
OAS 7908	Rhythmic Exercise for the Older Adult	0 Units	
<i>Non-credit course - Does not apply to De Anza Associate degree.</i>			
<i>Three hours laboratory.</i>			
<i>(No limit on repeatability for 0 unit courses.)</i>			
Rhythmic exercises are gentle in nature and require minimal coordination. Routines are modified to meet the individual aerobic needs of the older adult.			

Paralegal Program

PARA 3	Concepts of Criminal Law (CP 2)	4 Units	
<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 3 and Political Science 13. Student may enroll in only one department for credit.)</i>			
<i>Four hours lecture.</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 in a multicultural, multiethnic society.			
PARA 11	Federal Courts and Constitutional Law	4 Units	
<i>Advisory: English Writing 1A or English as a Second Language 5.</i>			
<i>(Also listed as Administration of Justice 11 and Political Science 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.			
PARA 18	Business Law I	5 Units	
<i>Advisory: English Writing 1A or English as a Second Language 5; Business 10.</i>			
<i>(Also listed as Business 18. Student may enroll in either department, but not both, for credit.)</i>			
<i>Five hours lecture.</i>			
The American legal system and laws applicable to business emphasizing contract, sales and agency laws, the impact of the legal system on business, and ethical considerations in the business environment.			

PARA 25	Law and Social Change	4 Units	PARA 75	Principles and Procedures of the Justice System (CP 6)	4 Units
<p><i>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 25 and Sociology 25. Student may enroll in only one department for credit.) Four hours lecture.</i></p> <p>Exploration of the use of law as an instrument for social change. Examination of relationship between law and social change in cross-cultural settings. Analysis of legislation, case law, the process of conflict resolution and legal institutions as they relate to social change.</p>			<p><i>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 Political Science 75. Student may enroll in only one department for credit.) Four hours lecture.</i></p> <p>Procedures followed by law enforcement and courts in criminal cases; constitutional principles governing those procedures.</p>		
PARA 52A	Legal Aspects of Real Estate in California I	4 Units	PARA 84	Trial Preparation	4 Units
<p><i>Advisory: Real Estate 50. (Also listed as Real Estate 52A. Student may enroll in either department, but not both, for credit.) Four hours lecture.</i></p> <p>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.</p>			<p><i>Prerequisite: Paralegal 94 or 95. Advisory: English Writing 1A or English as a Second Language 5; Paralegal 97A. Four hours lecture.</i></p> <p>Role of paralegal in preparing a case for trial including pretrial planning, evidence gathering and case analysis.</p>		
PARA 54	Youth and the Law	4 Units	PARA 85	Intellectual Property Law	4 Units
<p><i>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 54 and Sociology 54. Student may enroll in only one department for credit.) Four hours lecture.</i></p> <p>A legal and sociological approach to understanding the causes of juvenile delinquency; an examination of race, culture and gender in juvenile delinquency; community responses to delinquency; organization, functions and jurisdiction of both social and legal agencies; processing and detention; case disposition; statutes and court procedures.</p>			<p><i>Prerequisite: Paralegal 94 or 95. Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i></p> <p>Overview of the law of intellectual property, including trade secrets, trademarks, patents and copyrights and examination of the role of the paralegal in this area.</p>		
PARA 56	Legal Analysis	4 Units	PARA 86	Legal Analysis	4 Units
<p><i>Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i></p> <p>Principles of legal analysis with an emphasis on analysis of case law; detailed examination of written case opinions; methods of interpreting statutory law; development of legal arguments based on case law and statutory law.</p>			<p><i>Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i></p> <p>Principles of legal analysis with an emphasis on analysis of case law; detailed examination of written case opinions; methods of interpreting statutory law; development of legal arguments based on case law and statutory law.</p>		
PARA 64	Paralegal Internship	1 Unit	PARA 87	Personal Injury and Tort Litigation	4 Units
PARA 64X		2 Units	<p><i>Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Four hours lecture.</i></p> <p>Substantive tort law emphasizing concepts applicable to automobile accident cases, product liability cases, premises liability cases and malpractice cases; insurance law affecting personal injury litigation; basic medical terminology in personal injury litigation; procedural rules and practices related to personal injury litigation in California with an emphasis on the role of the paralegal.</p>		
PARA 64Y		3 Units	PARA 88	The Paralegal and Professional Responsibility	2 Units
PARA 64Z		4 Units	<p><i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Two hours lecture.</i></p> <p>Examination of the role of the paralegal in the legal system. Ethical rules and guidelines governing legal professionals.</p>		
<p><i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Four hours per week per unit of supervised internship in an authorized office or agency. (Any combination of Paralegal 64, 64X, 64Y and 64Z may be taken up to six times, not to exceed 18 units, as long as the topics/projects are different each time.)</i></p> <p>Program of work experience and study in law, paralegal, or legal research under the supervision of the instructor and agency personnel.</p>			PARA 89	Landlord Tenant Law	4 Units
PARA 65	Current Paralegal Topics	1/2 Unit	<p><i>Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Four hours lecture.</i></p> <p>California law relating to creation of landlord/tenant relationship; legal rights of landlords; legal rights of tenants; eviction proceedings.</p>		
PARA 65W		1 Unit	PARA 90A	Legal Aspects of Evidence (CP 4)	4 Units
PARA 65X		2 Units	<p><i>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 90A. Student may enroll in either department, but not both, for credit.) Four hours lecture.</i></p> <p>The origin, development, and content of the rules of evidence; kinds of degrees of evidence and rules governing admissibility of evidence.</p>		
PARA 65Y		3 Units	PARA 91A	California Family Law	4 Units
PARA 65Z		4 Units	<p><i>Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Four hours lecture.</i></p> <p>Substantive and procedural aspects of family law practice in California, with emphasis on dissolution procedures.</p>		
PARA 69	Paralegal Field Trips	3 Units	PARA 74A	Interviewing, Interrogation and Crisis Intervention	4 Units
<p><i>Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Six hours lecture-laboratory. (May be taken up to six times, not to exceed 18 units, as long as the subject matter is different each time.)</i></p> <p>A survey of current conditions in the paralegal field.</p>			<p><i>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 Psychology 74A. Student may enroll in only one department for credit.) Four hours lecture.</i></p> <p>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.</p>		

PARA 92A Partnerships and Corporations 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Substantive and procedural law of basic business organizations, including sole proprietorships, partnerships, corporations and limited liability companies and partnerships.

PARA 92B Corporate Securities Regulations 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Substantive laws and procedural rules and forms related to California and federal corporate securities regulations.

PARA 93 Bankruptcy Law 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Substantive law of bankruptcy; legal rights of debtors and creditors, procedural rules and forms for bankruptcy; practical applications.

PARA 94 Introduction to California Law 4 Units

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

Four hours lecture.

The legal structures and legal procedures existing with the state of California; examination of the roles and duties of legal personnel in California with an emphasis on the role and duty of paralegals.

PARA 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 Administration of Justice 95 and Political Science 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.

PARA 96A Introduction to Legal Research and Writing 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Organization and publication of American and California law; using print and on-line legal resources to find the law; using the law to analyze legal issues arising from factual disputes; writing a memorandum of law utilizing acceptable legal citation format.

PARA 96B Advanced Legal Research and Writing 4 Units

Prerequisite: Paralegal 94 or 95; Paralegal 96A.

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

Four hours lecture.

Researching complex legal disputes utilizing both print and online resources; drafting a memorandum of points and authorities.

PARA 96C Computer Assisted Legal Research and Investigation 4 Units

Prerequisite: Paralegal 94 or 95; Paralegal 96A; or professional experience appropriate to the topic.

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

Four hours lecture.

Use the Internet to find legal resources and conduct legal investigation; introduction to the fee-based legal resources such as LEXIS and Westlaw.

PARA 97A Civil Litigation Procedures 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Substantive and procedural rules and forms for handling federal and California state civil cases through the pleading and motion phases of litigation.

PARA 97B Advanced Civil Litigation Procedures 4 Units

Prerequisite: Paralegal 94 or 95; Paralegal 97A; or professional experience appropriate to the topic.

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

Four hours lecture.

Selected pretrial, discovery and post-trial procedures for paralegals; document preparation; judicial council form use; case analysis.

PARA 98 Drafting Wills and Trusts 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

Substantive, procedural and drafting principles of wills and trusts and estate planning; role of paralegal in drafting wills and trusts, inventorying estates, and collecting data.

PARA 99 California Probate Law and Procedures 4 Units

Prerequisite: Paralegal 94 or 95, or professional experience appropriate to the topic.

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

Four hours lecture.

California probate substantive law and procedures including state and federal estate tax requirements, conservatorships and community property death transfers.

Peace Officer Standards and Training

POST 53A Basic Police Academy 33 Units

Prerequisite or Corequisite: (1) Peace Officer Standards and Training approved pre-entry English and mathematical skills assessment exam provided by the academy; (2) medical clearance by licensed physician; (3) criminal history clearance pursuant to penal code.

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

Five hundred thirty-six, three hundred forty-four hours laboratory. Eight hundred eighty hours for the quarter.

This 880-hour course of training is certified by the Commission on Peace Officer Standards and Training to meet the statutory basic training requirements. Course requires a significant commitment in time and dedication. Requires both academic and physical skills in addition to extra motivation to endure the intensive agenda.

POST 54A Basic Academy (Modular, Level III-- Part 2) 5 Units

Prerequisite: Current valid PC-832 Arrest Methods & PC-832 Firearms Certificates; POST approved pre-entry English skills assessment exam provided by academy; criminal history clearance as provided by the Penal Code.

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

Nine and one-half hours lecture, one and one-third hours laboratory. One hundred thirty two hours for the quarter.

This course combined with the required PC832 certificate meets POST requirements for a Level III Reserve Police Officer. The Level III certificate is a prerequisite for Level II and I.

POST 54B Basic Academy (Modular, Level II) 10 1/2 Units

Prerequisite: Current valid PC-832 Arrest Methods & PC-832 Firearms Certificates; completion of Level III, Parts I & II.

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

Seventeen hours lecture, six hours laboratory. Two hundred eighty hours total for the quarter.

This course combined with the required PC 832 certificates meet POST requirements for a Level II Reserve Police Officer. The Level II certificate is a prerequisite for Level I.

POST 54C Basic Academy (Modular, Level I) 18 3/4 Units

Prerequisite: Current valid PC-832 Arrest Methods & PC-832 Firearms Certificates; completion of Level III and Level II; POST approved comprehensive exam provided by academy; medical examination/clearance by a licensed physician.

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

Twenty one hours lecture, twenty one hours laboratory. Five hundred hours total for the quarter.

This course combined with the required PC 832 certificates meet POST requirements for a Level I Reserve Police Officer.

POST 69 Field Training Program 3 Units
POST 69P 6 Units
POST 69Q 9 Units
POST 69R 12 Units
POST 69S 15 Units
POST 69T 18 Units
POST 69U 21 Units
POST 69V 24 Units
POST 69W 27 Units
POST 69X 30 Units
POST 69Y 33 Units
POST 69Z 36 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. Eighty to nine hundred sixty hours laboratory for the quarter. (May be repeated for credit.)
 Pass-No Pass (P-NP) course.

A program certified to Law Enforcement Agencies in the State of California. The program is designed to certify the completion of specifications described in the "Field Training Officer Guide" from the Commission on Peace Officer Standards and Training. Students will be assigned in a patrol car, one-on-one with a certified Field Training Officer. The program introduces a newly assigned officer to the personnel procedures, policies and purposes of the individual law enforcement agency and provides the initial formal and informal training specific to the agency and the day-to-day duties of it's officers.

POST 100 Correctional Officer Basic 6 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. Ten hours lecture, three and one-third hours laboratory. One hundred sixty hours for the quarter.

This core training course is designed to meet the State Board of Corrections regulations for entry level training of correctional officers for adult institutions. Presents the lecture and practical application skills and knowledge to work in local adult jail facilities.

POST 101 Juvenile Counselor Core Course 6 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. Ten hours lecture, three and one-third hours laboratory. One hundred sixty hours for the quarter.

This course is designed to meet the California Board of Corrections requirements for entry level training of juvenile institutions staff.

POST 102 Probation Officer Core Course 7 1/2 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. Fourteen hours lecture, three and one-fourth hours laboratory. Two hundred eight hours for the quarter.

Provides the trainee with the basic concepts, tools, skills, etc. necessary to perform the job of probation officer within the State of California and prepare the graduate for the job. Certified by the State Board of Corrections, Training and Standards for Corrections (STC). Testing on the various topics covered will be both written and practical in nature. This course includes 208 hours of training.

POST 103 Supervisor's Update 3 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. Two and one-half hours lecture, four hours laboratory. Eighty hours for the quarter.

This 80 hour course includes values and ethics, role identification, leadership styles, assertive leadership, legal/liability issues, employee performance appraisal, counseling, discipline, employee relations, administrative support, press relations, planning and organizing, communications, report review, investigations, stress and the transition. This course will be updated regularly for currency according to Standards and Training for Corrections.

POST 104 Laws of Arrest and Firearms (832 P.C.) 1 1/2 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. One hour lecture, two and one-half hours laboratory. Forty hours for the quarter.

Principles, methods and laws of arrest as required by State of California Peace Officer Standards and Training.

POST 104B PC 932 (Firearms) 3/4 Unit
Prerequisite: Criminal history clearance as provided by Penal Code. Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent. Two-thirds hour lecture, one and one-third hour laboratory. Twenty four hours total for the quarter.

(May be taken up to three times for credit.)

Pass-No Pass (P-NP) course.

This course is the basic POST certified 24-hour firearms training with qualification certificate upon completion.

POST 105 Probation Annual Training 7 1/2 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. Fourteen hours lecture, three and three-fourths hours laboratory. Two hundred eight hours for the quarter.

This course fulfills the California State Board of Corrections annual training requirement for eligible staff to remain current and to upgrade knowledge and skills. Content reflects advisory board, state standards, and agency education and training objectives for probation officers, adult institutions, and juvenile institutions staff.

POST 110 Basic Public Safety Dispatch 4 1/2 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. Two and one-half hours lecture, seven and one-half hours laboratory. One hundred twenty hours for the quarter.

This course is designed to provide dispatchers with the necessary skills and knowledge to perform their job. Curriculum includes computer systems, familiarization, legal updates, communication techniques, etc. It may contain Peace Officer Standards and Training curriculum, as well as local training mandates.

POST 111 Public Safety Dispatch (Update) 1 1/2 Units
POST 111W 4 1/2 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. POST 111 is ten hours lecture, thirty hours laboratory (forty total hours) for the quarter. POST 111W is thirty hours lecture, ninety hours laboratory (one hundred twenty hours total) for the quarter.

This course is designed to provide experienced dispatchers with the necessary skills and knowledge to remain current in job skills and knowledge. Curriculum includes computer systems familiarization, legal updates, communication techniques, etc. It may contain Peace Officer Standards and Training curriculum as well as local training mandates.

POST 112 Emergency Medical Dispatch 1 1/2 Units
Prerequisite or Corequisite: Current CPR certification. Advisory: 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 hour laboratory. Forty hours for the quarter.

This forty hour course will supplement other dispatch courses and is designed to familiarize dispatchers with the overall emergency medical system, provide them with the skills to effectively conduct a medical interrogation and communicate pre-arrival instructions to a caller reporting a medical emergency.

POST 113 Communication Training Officer 1 1/2 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. Two and one-half hours lecture, one hour laboratory. Forty hours for the quarter.

This course is designed to educate communications trainers about their responsibilities and roles in training new dispatchers. The course includes topics such as role of the trainer, elements of instruction, legal aspects and liability, evaluations and documentation, critical incident stress, and practical exercises.

POST 114 Basic Fire Dispatch 3 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. One and two-thirds hours lecture, five hours laboratory. Eighty hours for the quarter.

This eighty hour course is designed to provide basic fire dispatcher training for entry level and/or experienced dispatchers.

POST 115 Fire Dispatch Update 1 1/2 Units
POST 115W 3 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. POST 115 is ten hours lecture, thirty hours laboratory (forty total hours) for the quarter. POST 115W is twenty hours lecture, sixty hours laboratory (eighty total hours) for the quarter.

Designed to provide experienced fire dispatchers with the skills and knowledge necessary to maintain job skills. It completes and updates requirements for basic fire dispatch course.

POST 116 Non-Lethal Chemical Agents Training 1/3 Unit
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent. Six hours lecture, two hours laboratory. Eight total hours for the quarter.

Includes types of non-lethal chemical agents, methods of dispersal and delivery, safety, first aid, tactics, use of the gas mask and applicable penal code sections. This course is a Peace Officers Standards and Training certified course which is designed to provide sufficient training for use of tear gas and other chemical agents.

POST 117	Advanced Officer Training	3/4 Unit	POST 206N	Special Topics in POST	1/4 Unit
POST 117W		1 1/2 Units	POST 206P		1/2 Unit
<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. POST 117 is twenty hours lecture for the quarter. POST 117W is forty hours lecture for the quarter.</i>			POST 206Q		3/4 Unit
<i>(May be taken for credit once every two years.)</i>			POST 206R		1 Unit
Designed to provide a mechanism whereby agencies may insure that the necessary new skills required of police officers have been provided and that previously learned skills are maintained and reinforced. It will enable the agency to provide a means of correcting deficiencies while satisfying state teaching requirements. New information and changes in the criminal justice system affecting police officers and, when necessary, a review of previously acquired materials will be provided. This course satisfies advanced officer training requirements.			POST 206S		1 1/2 Units
POST 121	Community Service Officer	3 Units	POST 206T		2 Units
<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. Six hours lecture, one hour laboratory. Eighty hours for the quarter.</i>			POST 206U		2 1/2 Units
This 80 hour course provides basic information for newly hired community service officers. These employees provide a variety of law enforcement related services, freeing sworn officers for tasks requiring higher level skills and training. The course covers criminal law and procedures, patrol procedures, community relations, traffic enforcement and investigation, investigating procedures, first aid/CPR, report writing, and hazardous materials response.			POST 206V		3 Units
POST 122	Field Training Officer	1 1/2 Units	POST 206W		3 1/2 Units
<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. Two and one-third hours lecture, one hour laboratory. Forty hours for the quarter.</i>			POST 206X		4 Units
This course is primarily designed for police officers that have been or will be accepted into field training officer programs in their respective law enforcement agencies. This course has certification from the California Commission on Peace Officer Standards and Training and follows the guidelines and standards under 832.3 of the Penal Code.			POST 206Y		4 1/2 Units
POST 123	Field Evidence Technician	3 Units	POST 206Z		5 Units
<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. Four hours lecture, two and one-half hours laboratory. Eighty hours for the quarter.</i>			<i>(Formerly Peace Officer Standards and Training 106N.)</i>		
This is an 80 hour in-service course which provides training for law enforcement investigators at a crime scene where evidence needs to be identified, processed, collected and/or safeguarded. The student will be trained in evidence photography, crime scene sketching and appropriate reporting.			<i>Credit course - Does not apply to De Anza Associate degree.</i>		
POST 124A	Background Investigations	3/4 Unit	<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. Two hours lecture-laboratory for each unit of credit.</i>		
<i>Three and one-third hours lecture. Thirty-six hours for the quarter.</i>			<i>(Any combination of Peace Officers and Standard Training 206N-Z may be taken up to six times, not to exceed 18 units, as long as the topics are different each time.)</i>		
A Peace Officer Standards and Training certified course designed to develop in law enforcement officers the skills to be an accomplished background investigator. This course includes the fundamentals of background investigation, interviewing, the use of psychological screening, polygraphs, legal aspects of background investigation, and verbal/nonverbal communication.			<i>Pass-No Pass (P-NP) course.</i>		
POST 124B	Drug Investigation (11550)	1 Unit	<i>In-service training curriculum for personnel attending annual updates, recertifications, remediation, and assorted legal skills related seminars mandated by the Commission on Peace Officer Standards and Training on an ongoing basis.</i>		
<i>Two hours lecture. Twenty-four hours for the quarter.</i>			POST 207	Skills and Knowledge Module Training	1/4 Unit
This is an 11550 Health and Safety Code course covering restricted dangerous drugs: opiates, cocaine, PCR, etc. This course is designed for law enforcement officers desiring to upgrade, refine, or develop an expertise in the field recognition, identification and apprehension of individuals under the influence of narcotics and dangerous drugs. Included is informant development and District Attorney legal update.			POST 207M		1/2 Unit
POST 125	Police Officer Supervisor	3 Units	POST 207N		3/4 Unit
<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. Six and one-third hours lecture, one-third hour laboratory. Eighty hours for the quarter.</i>			POST 207P		1 Unit
This course emphasizes the basic elements of supervision and how they may be applied to police work. Essentials of good leadership and understanding of the basic needs of human beings as well as ways to stimulate subordinates to better performance are the contents of the course. Designed for new sergeants emphasizing the basic elements of supervision, teacher training, conference leadership, and related law enforcement subjects as outlined by Peace Officer Standards and Training.			POST 207Q		1 1/4 Units
			POST 207R		1 1/2 Units
			POST 207S		1 3/4 Units
			POST 207T		2 Units
			POST 207U		2 1/4 Units
			POST 207V		2 1/2 Units
			POST 207W		2 3/4 Units
			POST 207X		3 Units
			POST 207Y		3 1/4 Units
			POST 207Z		3 1/2 Units
			<i>(Formerly Peace Officer and Standards Training 107.)</i>		
			<i>Credit course - Does not apply to De Anza Associate degree.</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. Two hours lecture-laboratory for each unit of credit.</i>		
			<i>(Each module may be taken up to three times for credit, every two years.)</i>		
			<i>Pass-No Pass (P-NP) course.</i>		
			<i>In-service training curriculum for personnel attending annual updates, recertifications, remediation, and assorted legal skills related seminars.</i>		
Persian					
PERS 1	Elementary Persian (First Quarter)	5 Units			
<i>(Formerly Persian 91.)</i>					
<i>(See general education pages for the requirement this course meets.)</i>					
<i>Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.</i>					
<i>Five hours lecture.</i>					
Introduction to the language and cultures of the Persian-speaking world. Basic speaking, listening, reading, and writing of Persian will be introduced and practiced within a cultural framework and will be the primary language of instruction. Emphasis will be on language as an expression of culture. Language laboratory practice to reinforce pronunciation, grammar, syntax, and conversation.					
PERS 2	Elementary Persian (Second Quarter)	5 Units			
<i>(Formerly Persian 92.)</i>					
<i>(See general education pages for the requirement this course meets.)</i>					
<i>Prerequisite: Persian 1.</i>					
<i>Five hours lecture.</i>					
Further development of material presented in Persian 1. Continuation of introduction to the language and cultures of the Persian-speaking states. Basic speaking, listening, reading and writing of Persian will be introduced and practiced within a cultural framework. Emphasis will be on language as an expression of culture with special interest in communication. Language laboratory practice to reinforce pronunciation, grammar, and syntax.					

PERS 3 Elementary Persian (Third Quarter) 5 Units*(Formerly Persian 93.)**(See general education pages for the requirement this course meets.)**Prerequisite: Persian 2.**Five hours lecture.*

Further development of material presented in Persian 1 and 2. Completion of introduction to the language and cultures of the Persian-speaking countries. Basic speaking, listening, reading and writing of Persian will be introduced and practiced within a cultural framework. Emphasis will be on language as an expression of culture. Language laboratory practice to reinforce pronunciation, grammar, and syntax.

PERS 4 Intermediate Persian (First Quarter) 5 Units*(Formerly Persian 94.)**(See general education pages for the requirement this course meets.)**Prerequisite: Demonstrated proficiency in the language competency for Persian 3 or equivalent**Five hours lecture.*

Reading and discussion of texts dealing with the literature, arts, geography, history and culture of the Persian-speaking world. Review of the linguistic functions and grammar structures of introductory Persian. Development of reading, writing, speaking and listening skills at the first intermediate level.

PERS 5 Intermediate Persian (Second Quarter) 5 Units*(Formerly Persian 95.)**(See general education pages for the requirement this course meets.)**Prerequisite: Demonstrated proficiency in the language competency for Persian 4 or equivalent**Five hours lecture.*

Reading and discussion of texts dealing with the literature, arts, geography, history and culture of the Persian-speaking world. Review of the linguistic functions and grammar structures of introductory Persian. Development of reading, writing, speaking and listening skills at the first intermediate level.

PERS 6 Intermediate Persian (Third Quarter) 5 Units*(Formerly Persian 96.)**(See general education pages for the requirement this course meets.)**Prerequisite: Demonstrated proficiency in the language competency for Persian 5 or equivalent**Five hours lecture.*

Reading and discussion of texts dealing with the literature, arts, geography, history and culture of the Persian-speaking world. Review of the linguistic functions and grammar structures of first-year Persian. Development of reading, writing, speaking and listening skills at the third-intermediate level.

Philosophy

PHIL 1 Knowledge and Reality 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 multicultural examination of philosophy as love of speculative and practical wisdom. What philosophers throughout the world have thought about reality and what constitutes our knowing of reality will be the major focus of the course.

PHIL 2 Social and Political Philosophy 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.*

Examines fundamental issues and methods in social and political philosophy in their historical and cultural contexts. Issues include rights, equality, justifications for hierarchy, political systems (such as democracy, dictatorship, and collectivism), analysis of sources of inequality and domination as well as practices that challenge inequality domination.

PHIL 3 Critical Thinking and Writing 5 Units*(See general education pages for the requirement this course meets.)**Prerequisite: English Writing 1A or English as a Second Language 5.**Five hours lecture.*

The function and use of formal and informal logic, argument, critical evaluation, and language in written composition.

PHIL 4 Critical Thinking 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.*

The function of formal and informal logic, argument, critical evaluation, and use of language in interpretation of diverse forms of discourse.

PHIL 5 Inductive Logic 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**Four hours lecture.*

An introduction to the study of inductive reasoning. The emphasis will be on philosophical efforts to characterize good inductive reasoning, especially the reasoning used to support scientific theories and hypotheses. Closely related topics covered will include probability theory, and the problem of justifying induction.

PHIL 7 Deductive Logic 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.*

Study of the concepts and methods of deductive logic, developing and using logical symbols, formal proof techniques, and focusing on sentential and predicate logic.

PHIL 8 Ethics 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**Four hours lecture.*

An integrated and multicultural study on reflective moral choice; standards of right and wrong, the universality and relativity of ethics, perspectives on moral reasoning, case studies, and contemporary personal and social problems are analyzed; readings from moral philosophy, history, psychology, socio-cultural criticism and other sources will be examined.

PHIL 9 Philosophy of Science 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.*

Examines central issues in the philosophy of science. Issues will include the aims of science, scientific explanation, the nature of scientific theories, rationality and the development of science, the relationship between natural and social sciences, the influences of social phenomena such as race, gender, and culture on science, and the influences of science on society.

PHIL 10 Philosophy of Democracy 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**Four hours lecture.*

An introduction to the philosophy of democracy. A cross-cultural and historical examination of ideas about democracy and how democracy works.

PHIL 14A Introduction to Eastern Philosophy (India) 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**(Also listed as Humanities 14A. Student may enroll in either department, but not both, for credit.)**Four hours lecture.*

A study of the development of philosophical thought in South Asia. Primary emphasis is given to the orthodox darshanas, especially Jaina. Attention is given throughout to the influences of Eastern philosophy in modern life.

PHIL 14B Introduction to Eastern Philosophy (China) 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**(Also listed as Humanities 14B. Student may enroll in either department, but not both, for credit.)**Four hours lecture.*

A study of the evolution of philosophical thought in China and related regions. Emphasis will be directed to Theravada Buddhism and the development of the various schools of Mahayana Buddhism. Related areas of study, such as Taoism and Confucianism, will also be included. Attention is given throughout to the influences of Eastern philosophy in modern life.

PHIL 14C Introduction to Eastern Philosophy (Japan) 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**(Also listed as Humanities 14C. Student may enroll in either department, but not both, for credit.)**Four hours lecture.*

A study of the evolution of philosophical thought in Japan. The emphasis will be directed to the development of Zen Buddhism. Related areas of study, such as Shinto, will also be included. Attention is given throughout to the influences of Eastern philosophy in modern life.

PHIL 17 Critical Consciousness and Social Change 4 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 1A or English as a Second Language 5.**(Also listed as Intercultural Studies 17. Student may enroll in either department, but not both, for credit.)**Four hours lecture.*

An introduction to the basic issues and concepts related to social change, including the development of ways of thinking that promote social change. Students will read classical and contemporary authors on movements for social change, strategies for organizing, and the development of political consciousness.

PHIL 20A	History of Western Philosophy: Ancient Greece	4 Units	PHTG 2	Intermediate Photography	3 Units
<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>			<i>Prerequisite: Photography 1. Two hours lecture, three hours laboratory.</i>		
An introduction to the major philosophers in the Western tradition from the pre-Socratics through Plato and Aristotle. Focus will be on these philosophers' ideas about the nature of knowledge, what it means to be a human being, and the roots of the idea of philosophy as it is understood in the Western tradition.			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.		
PHIL 20B	History of Western Philosophy: 1400 - 1800	4 Units	PHTG 3	Advanced Photography	3 Units
<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>			<i>(Formerly Photography 51.) Prerequisite: Photography 2. Two hours lecture, three hours laboratory.</i>		
An introduction to the major philosophers of the Western tradition from the Renaissance through the early modern period, with a focus on thinkers such as Descartes, Hume, and Kant. An engagement with these thinkers' ideas about the nature of science, the relationship between reason and religion, and the relationship between mind and body.			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.		
PHIL 20C	History of Western Philosophy: 1800 - the Present	4 Units	PHTG 4	Introduction to Digital Photography	3 Units
<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>			<i>(Formerly Photography 64.) 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.</i>		
An introduction to the major philosophers of the Western tradition from 1900 to the present with an emphasis major philosophers such as Hegel, Russell, Nietzsche, Sartre, DeBeauvoir, and Wittgenstein. An examination of questions about the relationship between language and thought, the nature of human existence, and the limits of Philosophy.			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.		
PHIL 24	Philosophy of Religion	4 Units	PHTG 7	Exploring Visual Expression	4 Units
<i>(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.</i>			<i>(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.</i>		
An introduction to Philosophy of Religion investigating the dimensions of religious experience and life under the scope of philosophy. Examines types of religions and the religious dimensions of life expressed in many cultures from many different historical periods throughout the world. Analyzes the emergence of modern philosophy of religion and its major issues, as well as current issues in contemporary philosophy of religion, including such issues as: the cognitive component in religious experience, religion and feminism, religious fundamentalism, pre-axial and axial religions, the religious attitude in religious secularity, and attitudes toward both philosophy and religion in a variety of cultural contexts.			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.		
PHIL 30	Introduction to Existential Phenomenology	4 Units	PHTG 20	History of Early Photography from Its Beginnings to 1925	4 Units
<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>			<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>		
Examination of the problems of knowledge, reality, truth, and value in existential and phenomenological thinkers and their application to social, aesthetic, cultural, gender, historical, and religious issues.			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.		
PHIL 49	Women and Philosophy	4 Units	PHTG 21	Contemporary Trends in Photography	4 Units
<i>(Formerly Philosophy 55.) (See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. (Also listed as Women's Studies 49. Student may enroll in either department, but not both, for credit.) Four hours lecture.</i>			<i>(See general education pages for the requirement this course meets.) Advisory: English Writing 1A or English as a Second Language 5. Four hours lecture.</i>		
Examination of feminist theory and philosophy produced by a diverse range of women and investigation of the ways that understandings of the relations between the sexes have influenced the work of philosophers from different cultures.			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
			<i>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.</i>		

Photography

PHTG 1	Basic Photography	3 Units	PHTG 54	Experimental Photography	3 Units
<i>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.</i>			<i>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 up to three times for credit.)</i>		
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.			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: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent; Photography 1.

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 56B or 58B; and consent of instructor and division dean.

Six hours laboratory.

(May be taken two times for credit as long as the 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 65 Intermediate 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.

Further study of digital photography and digital imaging processes. Gain greater control over the quality of your digital images through shooting RAW (unprocessed, digital negatives), organization and development through Lightroom, and/or image editing with Photoshop. Create a work flow for producing quality prints. Discuss and analyze current trends in photography. Prior experience with a digital camera, Lightroom and/or Photoshop skills required or the equivalent.

PHTG 78 Special Topics in Photographic Studies 1/2 Unit

PHTG 78X 1 Unit

PHTG 78Y 2 Units

PHTG 78Z 3 Units

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or

English as a Second Language 261, 262 and 263.

One hour lecture for each unit of credit.

(Any combination of Photography 78, 78X, 78Y and 78Z may be taken up to six times, not to exceed 18 units, as long as the topics are different each time.)

In depth study of influential photographer, genre, movement, photographic method, technique, or historical period. The topic studied is specific, specialized and different for each section of the course for example: visiting artist/photographer, study of women in photography, cultural diversity within the medium, documentary work, portraiture, landscape genres, modern, postmodern movements, new directions, new equipment and/or software, business practices, or special techniques (see course note in the quarterly schedule of classes).

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 up to 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. Major emphasis on tournament format participation.

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.

De Anza College is
a smoke-free campus.



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, or approval 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 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 of the sport. Intermediate karate skills and techniques of Japanese karate will be covered including blocking, punching, kicking, stances and individual evasive movement, and group interaction. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts in an effort to improve their physical condition in order to train at a more advanced level, with consideration for the variables that occur due to age, gender and physical conditions.

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

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

Advisory: English Writing 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 2P and 2PX may be taken up to six times for credit.)

An introduction to physical education through the study of Pilates. Includes a global and historical perspective, and key philosophical concepts of the Pilates method. Students will practice mat techniques and the use of equipment to improve the mind, and body. Includes basic exercise physiology concepts, nutrition, strength development, flexibility, and the six principles of Pilates.

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 2R Intermediate Tai Chi 1/2 Unit
P E 2RX 1 Unit

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

Prerequisite: Physical Education 2Q or 2QX, or comparable level, or permission of instructor.

Advisory: English Writing 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 the ancient exercise of Tai Chi. Includes the well-known short forms consisting of 24 postures. Complete and polish movements of the 24 Tai Chi set, self-defense applications, "push-hands," and sparring will be performed. Review and embody principles of unity, centering, balance, alignment, breath and mind intent, "yin and yang" relationships and the development of Tai Chi at an intermediate level. Benefits of Tai Chi exercise relative to age, gender and environmental conditions will be studied. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Tai Chi and health. A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi will be explored.

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

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

Advisory: English Writing 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 2Y and 2YX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the study of yoga including a historical examination and key philosophical concepts of the yoga tradition and the evolution of yoga throughout the ages. Students will practice simple yoga poses for the mind, body, mindfulness, breath awareness, and relaxation techniques will be covered.

P E 3 Indoor Cycling 1/2 Unit
P E 3X 1 Unit

(Formerly Physical Education 50 and 50X respectively.)

(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 3 and 3X may be taken up to six times for credit.)

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

P E 3G Self-defense 1/2 Unit
P E 3GX 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 3G and 3GX may be taken up to six times for credit.)

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

P E 6S Step Aerobics 1/2 Unit
P E 6SX 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 6Q, 6QX, 6R, 6RX, 6S and 6SX may be taken up to six times for credit for the family of courses.)

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

P E 6U Fit Camp 1/2 Unit
P E 6UX 1 Unit
P E 6UY 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.

(Any combination Physical Education 6U, 6UX and 6UY may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through fit camp. An historical examination of fit camp for fitness which includes a look at the U.S. Military boot camp regimen. The student will strive for ultimate fitness through a program of cardiovascular exercise including circuit and intervals, balance, agility, speed, strength, and flexibility training both indoors and outdoors. Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.

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

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

Advisory: English Writing 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 6V and 6VX may be taken up to six times for credit.)

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

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

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

Advisory: English Writing 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.

(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.

(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 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 12 and 12X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Aqua Aerobics. This course uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. A variety of aerobic type movements performed in land based programs such as running, jumping and skipping will be performed. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of aqua aerobics 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.

De Anza College is
a smoke-free campus.



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 13AX; 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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 13B or 13BX; or consent of instructor.

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; or intermediate badminton skills.

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

(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX and 13T may be taken up to six times for 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 Beginning Fencing 1/2 Unit
P E 14AX 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 14A, 14AX, 14B and 14BX may be taken up to six times for credit for the family of courses.)

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

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

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

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

Advisory: English Writing 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 14A, 14AX, 14B and 14BX may be taken up to six times for credit for the family of courses.)

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

P E 15 Beginning Bowling 1/2 Unit
P E 15X 1 Unit

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

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

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

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

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

P E 16A Beginning Golf 1/2 Unit
P E 16AX 1 Unit

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

Advisory: English Writing 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 16A, 16AX, 16B, 16BX, 16C and 16CX 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 golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt to the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

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

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

Prerequisite: Physical Education 16A or 16AX; or instructor permission.

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 16A, 16AX, 16B, 16BX, 16C and 16CX may be taken up to six times for credit for the family of courses.)

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

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

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

Prerequisite: Physical Education 16B or 16BX; or instructor permission.

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 16A, 16AX, 16B, 16BX, 16C and 16CX may be taken up to six times for credit for the family of courses.)

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

<p>P E 19A Beginning Volleyball 1/2 Unit P E 19AX 1 Unit (See general education pages for the requirement this course meets.) Advisory: English Writing 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 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: 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>	<p>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>
<p>P E 19B Intermediate Volleyball 1/2 Unit P E 19BX 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; successful completion of Physical Education 19A or 19AX. Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course. (Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T may be taken up to six times for credit 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 develop their volleyball skills and improve upon basic team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.</p>	<p>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>
<p>P E 19C Advanced Volleyball 1/2 Unit P E 19CX 1 Unit (See general education pages for the requirement this course meets.) Prerequisite: Successful completion of Physical Education 19B or 19BX; or consent of instructor. Advisory: English Writing 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 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. Students will develop their volleyball skills and improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.</p>	<p>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>
<p>P E 19C Advanced Volleyball 1/2 Unit P E 19CX 1 Unit (See general education pages for the requirement this course meets.) Prerequisite: Successful completion of Physical Education 19B or 19BX; or consent of instructor. Advisory: English Writing 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 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. Students will develop their volleyball skills and improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.</p>	<p>P E 21C Intermediate Tennis 1/2 Unit P E 21CX 1 Unit (See general education pages for the requirement this course meets.) Prerequisite: 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, 21AX, 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>
<p>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>	<p>P E 21C Intermediate Tennis 1/2 Unit P E 21CX 1 Unit (See general education pages for the requirement this course meets.) Prerequisite: 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, 21AX, 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>



De Anza College is
a smoke-free campus.

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 up to 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 22 and 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.

P E 22K Theory and Technique of Ballet 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; 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 Dance 22K and 22L, and Physical Education 22K and 22L 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

(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 22K or Physical Education 22K.

(Also listed as Dance 22L. Student may enroll in either department, but not both, for credit.)

Four hours lecture-laboratory.

(Any combination of Dance 22K and 22L, and Physical Education 22K and 22L 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**

(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 Dance 23A and 23B, and Physical Education 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**

(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 23A or 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 Dance 23A and 23B, and Physical Education 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 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 up to 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 Dance 23L and 23M, and Physical Education 23L and 23M may be taken up to six times for credit 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 Dance 23L and 23M, and Physical Education 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 Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)

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 Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)

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 24A or 24B, or 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 Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)

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 25A Theory and Technique of Salsa Dance I 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 25A. Student may enroll in either department, but not both, for credit.)

Two hours lecture-laboratory.

(Any combination of Dance 25A and Physical Education 25A may be taken up to three times for credit as long as the topics are different each time.)

Introduction to the discipline and creative art of salsa dance. Exposure to basic forms of social dance in a salsa dance context. Developing a working vocabulary of traditional salsa 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 E 26B Beginning Swimming 1/2 Unit

P E 26BX 1 Unit

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

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

Advisory: English Writing 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 beginning swimmer. Global and historical development of swimming as a fitness activity, beginning stroke skills, survival methods, diving from the side of the pool, and deep water swimming will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26C Intermediate Swimming 1/2 Unit

P E 26CX 1 Unit

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

Prerequisite: Physical Education 26B or 26BX; or consent of instructor.

Advisory: English Writing 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 intermediate swimmer. Global and historical development of swimming as a fitness activity, intermediate stroke skills, springboard diving, turns, and water safety will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26D Advanced Swimming 1/2 Unit

P E 26DX 1 Unit

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

Prerequisite: Physical Education 26C or 26CX; or consent of instructor.

Advisory: English Writing 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 advanced swimmer. Global and historical development of swimming as a fitness activity, advanced stroke skills, endurance swimming, racing turns and starts, and springboard diving will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 28A Lifeguard Training 4 Units

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

Prerequisite: Physical Education 26B or 26BX; and pass the Red Cross screening test.

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

Two and one-half hours lecture, four and one-half hours laboratory.

(May be taken up to six times for credit.)

An introduction to Physical Education through a course designed for lifeguard training and certification. It includes techniques and skills for rescue and personal safety. The instructor will encourage skills adaptations based on physical ability, age, strength, gender and/or genetics. The following certificates are available upon completion: American Red Cross Lifeguard Training; First Aid; Cardiopulmonary Resuscitation and Automated External Defibrillation for the Professional Rescuer; Waterfront Lifeguard; Basic Water Rescue; Shallow Water Attendant; Blood-borne Pathogens: Preventing Disease Transmission; Administering Emergency Oxygen; and Epinephrine Auto-Injector.

P E 28G Water Safety Instructor 4 Units

Prerequisite: Physical Education 26C or ability to swim basic strokes at Red Cross Level 4.

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

Three hours lecture, three hours laboratory.

(May be taken up to six times for credit.)

A course for Red Cross certification of swimming and diving instructors. Emphasis on the biomechanics of strokes, teaching progressions, and feedback techniques. Includes the American Red Cross Fundamentals of Instructor Training Certification.

P E 30 Introduction to Physical Education 4 Units

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

Four hours lecture. (Field investigation)

A comprehensive, academic, and analytical introductory study of career choice and the required preparation and training for occupations involved with human performance education, fitness, leisure coaching and wellness. An in-depth overview of past, present, and future foundations, principles, and philosophies of physical education, sport, recreation, and athletics.

P E 32F Defensive Baseball Techniques 2 Units

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

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

Six hours laboratory.

(May be taken up to six times for credit.)

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

P E 32G Offensive Baseball Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32H Offensive Football Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

An introduction to the discipline of Physical Education through Offensive Football Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks, the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32I Defensive Football Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

An introduction to the discipline of Physical Education through Defensive Football Techniques. Includes a global and historical examination of the skills and techniques of advanced defensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks, the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32J Water Polo Techniques 2 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive water polo experience at the high school, club or collegiate levels.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32K Basketball Techniques 2 Units*Six hours laboratory.**(May be taken up to six times for credit.)*

Skills and techniques of advanced basketball play. Analysis of movement, team interaction and basketball theory.

P E 32L Volleyball Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32M Soccer Techniques 2 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32N Track and Field Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

An introduction to the discipline of physical education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Students will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and body awareness.

P E 32P Techniques of Competitive Swimming 2 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive swimming skills.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32S Women's Soccer Techniques 2 Units*(See general education pages for the requirement this course meets.)**Prerequisite: Competitive soccer experience at the high school, club or collegiate levels; approval of the instructor.**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 32W Softball Techniques 2 Units*(See general education pages for the requirement this course meets.)**Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.**Six hours laboratory.**(May be taken up to six times for credit.)*

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

P E 33A Soccer 1/2 Unit**P E 33AX 1 Unit***(See general education pages for the requirement this course meets.)**Advisory: English Writing 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 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 placed upon the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand the world's most popular game.

- P E 33H League Soccer 1 Unit**
 (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 E 33I Indoor Soccer 1/2 Unit**
P E 33IX 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 Indoor Soccer, including a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be on the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand Indoor Soccer.
- P E 35 Care and Prevention of Athletic Injuries 4 Units**
 Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273 ; Physical Education 54 or 85M (or Biology 40A and 40B).
 Three hours lecture, three hours laboratory.
 Treatment and preventative procedures in sports medicine. Emphasis on anatomical basis for recognition and evaluation of sports related injuries. Treatment focuses on immediate first aid, preventative techniques, and injury stress test and rehabilitation.
- P E 37A Theory and Technique of Jazz Dance I 1 Unit**
 (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 Dance 37A and 37B, and Physical Education 37A and 37B may be taken up to six times for credit as long as the topics are different each time.)
 Introduction to the discipline and creative art of jazz dance. Body conditioning, exposure to the history of major international influences, artists, and works. Development of a working vocabulary; and practice of basic techniques.
- P E 37B Theory and Technique of Jazz Dance II 2 Units**
 (See general education pages for the requirement this course meets.)
 Prerequisite: Dance 37A or 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 Dance 37A and 37B, and Physical Education 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 38W Intercollegiate Women's Badminton 3 Units**
 (Formerly Physical Education 90.)
 (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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 13T.
 Ten hours laboratory (by arrangement).
 (May be taken up to 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 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 (by arrangement).
 (May be taken up to 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 (by arrangement).
 (May be taken up to 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 (by arrangement).
 (May be taken up to six times for credit.)
 An introduction to the discipline of Physical Education through intercollegiate football. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual football skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, nutrition, kinesiological concepts underlying the development of force, power and biomechanics while working towards personal development, with possibility of athletic scholarships and career opportunities.
- 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 (by arrangement).
 (May be taken up to 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 (by arrangement).
 (May be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through 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: Physicians clearance; 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 (by arrangement).
 (May be taken up to 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.)
Prerequisites: 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 up to 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 (by arrangement).
 (May be taken up to 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 rules 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 45 Intercollegiate Swimming and Diving (Men and Women) 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 up to 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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 32N.

Ten hours laboratory (by arrangement).
 (May be taken up to 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, physician's clearance, 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 up to six times for credit.)

An introduction to the discipline of physical education through intercollegiate baseball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team 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 up to 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 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 up to six times for credit.)

An introduction to the discipline of physical education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. 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, physician clearance (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 (by arrangement).
(May be taken up to six times for credit.)
 An introduction to the discipline of physical education through tennis includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. 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.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 49A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Dance 49A and Physical Education 49A may be taken up to six times as long as the topics in specific dances and cultures 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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 40A and 40B.
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 or admission by instructor approval.
Advisory: 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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 40A.
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 70A Orientation to Lifetime Fitness 2 Units**
(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 examine current theories of health and fitness with emphasis on how wellness and personal fitness are affected by genetics, gender, and age. Each student will perform pre-assessment and post-assessment tests of their own cardiovascular capacity, muscular strength and endurance, flexibility, and body composition. Lifestyle changes will be emphasized and behavior change tools that promote healthy choices will be discussed. Instruction on proper exercise techniques will be demonstrated.

P E 71 Lifetime Wellness and Fitness Center Laboratory 1 Unit

(See general education pages for the requirement this course meets.)
 Prerequisite: Concurrent enrollment in, or successful completion of, Physical Education 51 or 70A; or Health 51.

Three hours laboratory.
 (May be taken up to six times for credit.)

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

P E 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 respectively.)

Prerequisite: Consent of instructor and division dean.

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 projects are different each time.)

Individual research in Physical Education. Specific projects determined on consultation with the instructor. Outside reading and written report required. These projects are undertakings that are not in the regular physical education curriculum and require the approval of the division dean.

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

(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 78L-U and Dance 78L-U may be taken up to six times for credit, 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 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: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; 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 comprehensive study of issues and requirements associated with possible duties and job responsibilities relations to fund raising, medical, legal, equipment, facilities, teaching, and travel experiences.

P E 92B Women's Badminton 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; Physical Education 13T.

Six hours laboratory.

(May be taken up to six times for credit.)

An introduction to the discipline of physical education through the sport of badminton. Emphasis is on developing the mental, physical, and tactical aspects of badminton play necessary to compete at the tournament level. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Basic physiology, nutrition, flexibility, strength and endurance techniques relative to badminton will be discussed.

P E 92S Cardio Tai-Chi 1/2 Unit

P E 92SX 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 92S and 92SX may be taken up to six times for credit.)

An introduction to physical education through the principles of cardio tai-chi. The student will gain cardiovascular fitness and health through this course. Includes an historical and global examination of the sport, orientation to aerobic exercise, tai-chi principles, cardio tai-chi basic movements, cardio tai-chi routines, partner drills and principles of self-defense. Principles of fitness and nutrition as they relate to cardio tai-chi will be discussed.

P E 92T Men's Tennis 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 up to 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 93A Outdoor Cycling 1 Unit
P E 93AX 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.
 Three hours laboratory for the one unit course; four and one-half hours laboratory for the one and one-half unit course.
 (Any combination of Physical Education 93A and 93AX may be taken up to six times for credit.)

An introduction to physical education through outdoor cycling for fitness. Students will be engaged in Bay Area bikerides utilizing the modern day bicycle as a means of fitness and recreation. Several weekend rides will feature safety, efficiency and local bicycle trails unique to the San Francisco Bay Area. Nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts will be covered.

P E 95A Spin/Swim Fitness 1 Unit
P E 95AX 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.
 Three hours laboratory for the one unit course; four and one-half hours laboratory for the one and one-half unit course.
 (Any combination of Physical Education 95A and 95AX may be taken up to six times for credit.)

An introduction to physical education through a combination of indoor cycling and swimming. A brief historical look at indoor cycling and swimming will be included. The course is a fast paced course for competitive or non-competitive students interested in health and fitness. Emphasis will be placed on cycling techniques, freestyle stroke refinements, nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts.

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 preseason conditioning. Standards will be established for each athlete, plus team norms.

P E 215 Conditioning for Intercollegiate Athletes 2 Units

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

Physical Education/Adapted

Physical Education classes for individuals with special needs.

Adapted Total Fitness
PEA 1 1/2 Unit
PEA 1X 1 Unit
PEA 1Y 1 1/2 Units
PEA 1Z 2 Units

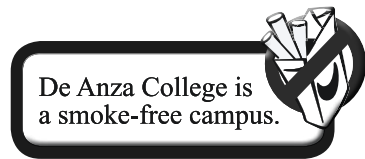
(See general education pages for the requirement this course meets.)
 Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 1, 1X, 1Y and 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.

Adapted Strength Development
PEA 2 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.
 (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

Adapted Cardiovascular Training
PEA 4 1/2 Unit
PEA 4X 1 Unit
PEA 4Y 1 1/2 Units
PEA 4Z 2 Units

(See general education pages for the requirement this course meets.)
 Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
 Three hours laboratory for each unit of credit.
 (Any combination of Adapted Physical Education 4, 4X, 4Y and 4Z may be taken up to six times for credit.)
 Adapted to provide reasonable accommodations for students with verified physical disabilities, Adapted Physical Education 4 is an introduction to the discipline of Physical Education through cardiovascular training in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to cardiovascular fitness training. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women, and athletes as they correspond to the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular fitness levels.



De Anza College is a smoke-free campus.