Catalog 2013-2014

1-2 Units

ATH-006 **Fitness for Athletic Competition**

54-108 total hours activity

ADVISORY: High school athletic experience This course is designed to introduce the athlete to the elements, understanding and knowledge of athletic physical training for competition. Course activities will include endurance running, interval sprinting, weight training and plyometric training to improve one's level of fitness for the upcoming athletic season. May be repeated three times SC

LMC: DA

TRANSFER: UC, CSU

ATH-008 Strength and Weight Training for Athletes

54 total hours activity

1 Unit

ADVISORY: High school athletic experience

This course includes instruction in all elements of weight training for student athletes. It includes weight training techniques, safety procedures, knowledge of muscle groups, equipment use, warm-up, strength and endurance training, exercise progression and improved fitness. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-014 **Advanced Volleyball Skills for Athletes**

108 total hours activity 2 Units ADVISORY: High school volleyball or club experience recommended This course is designed to prepare the student for competition in the California Community College Volleyball season and upon completion be able to transfer to a 4 year university. Intercollegiate volleyball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

108 total hours activity

ATH-026

2 Units

ADVISORY: High school soccer or club experience recommended This course is designed to prepare the student for competition in the California Community College Soccer season and upon completion be able to transfer to a 4 year university. Advanced skills in kicks, dribbles and passes as well as offensive and defensive strategies will be emphasized to prepare the student to excel. May be repeated three times. SC

Advanced Soccer Skills for Athletes

LMC: DA TRANSFER: UC, CSU

ATH-027 **Offensive Football Skills and** Conditioning

108 total hours activity

2 Units

ADVISORY: Designed for intercollegiate football participants This course is an introduction to fundamentals, techniques and procedures of intercollegiate football with a focus on offensive philosophies. Skill area such as blocking, catching, passing, and route running. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-028 **Defensive Football Skills and** Conditioning

108 total hours activity

2 Units

ADVISORY: Designed for intercollegiate football participants This course is an introduction to fundamentals, techniques and procedures of intercollegiate football with a focus on defensive philosophies. Skill area such as block destruction, turnovers, tackling, and techniques specific to a defensive position will be covered. May be repeated three times. SC

LMC: DA

TRANSFER: UC, CSU

Advanced Basketball Skills for ATH-046 Athletes

108 total hours activity

2 Units

ADVISORY: High school basketball or club experience recommended This course is designed to prepare the student for competition in the California Community College basketball season and upon completion be able to transfer to a 4-year university. Intercollegiate basketball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-062

Advanced Baseball Skills for Athletes

108 total hours activity

2 Units

ADVISORY: High school baseball or club experience recommended This course is designed to prepare the student for competition in the California Community College baseball season and upon completion be able to transfer to a 4 year university. Advanced skills in hitting for power, batting hit-and-run, bunting, fielding, throwing, pitching, catching, and base running will be emphasized to prepare the student to excel. May be repeated three times. SC

LMC[·] DA TRANSFER: UC, CSU

ATH-066 Advanced Softball Skills for Athletes

108 total hours activity

2 Units

This course is designed to prepare the student for competition in the California Community College softball season. Advanced skills in hitting for power, batting hit-and-run, slapping, bunting, fielding, throwing, pitching, catching, and base running will be emphasized to prepare the student to excel. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-076 Intercollegiate Volleyball

175 total hours activity

3 Units

ADVISORY: High school volleyball or club experience recommended Intercollegiate volleyball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA

TRANSFER: UC, CSU

ATH-077 Intercollegiate Football

 175 total hours activity
 3 Units

 ADVISORY: ATH-006, 008, 027 or 028; High school football

 experience

Intercollegiate football provides the opportunity for competition as a member of an LMC team in conference play which includes championship playoffs. May be repeated three times. LR

LMC: DA TRANSFER: UC, CSU

ATH-079 Intercollegiate Basketball for Men

175 total hours activity

3 Units

ADVISORY: High school basketball or club experience recommended Intercollegiate basketball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-081 Intercollegiate Baseball

175 total hours activity

3 Units

ADVISORY: High school baseball or club experience recommended Intercollegiate baseball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-089 Intercollegiate Soccer

175 total hours activity

3 Units

ADVISORY: High school soccer or club experience recommended Intercollegiate soccer provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-090 Intercollegiate Basketball for Women

175 total hours activity

3 Units

ADVISORY: High school basketball or club experience recommended Intercollegiate women's basketball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-092 Intercollegiate Softball

175 total hours activity

3 Units

ADVISORY: High school softball experience recommended Intercollegiate softball provides the opportunity for competition as a member of an LMC team in conference play, which includes a state championship playoff. Students are eligible to participate for 2 seasons at the community college level. May be repeated three times. SC

LMC: DA TRANSFER: UC, CSU

ATH-098 Independent Study in Athletics

.5-5 Units

Provides students an opportunity to design and pursue their own interests within a particular area. Projects reflecting cultural diversity and/or societal issues will be greatly encouraged. A contract must be drawn between the student and the instructor stipulating the goals of the independent study, the content, the method of approach, the estimated time involved, and the periodic evaluation to be used. Minimum 1 hour per week with instructor plus 54 hours of contracted work for each unit of credit. May not be repeated. SC

LMC: Independent study courses may be DA or transferable depending on specific course. See your counselor.

TRANSFER: Independent study courses may be DA or transferable depending on specific course. See your counselor.

ATH-170

Occupational Work Experience Education in Athletics

60-300 total hours

1-4 Units

PREREQUISITE: Approved online application ADVISORY: Eligibility for ENGL-090

This course is for students whose work is related to their major. Occupational Work Experience Education provides students with opportunities to develop marketable skills in preparation for employment or advancement within their current job. To participate in cooperative work experience education, students must be employed or formally volunteer and undertake new or expanded responsibilities. Students, with faculty and employer approval, will develop and successfully complete one learning objective for each unit of credit in which they enroll. Additionally, students must work 75 paid hours or 60 non-paid hours for each unit of credit earned. Students may earn up to 8 units per semester and may repeat for a maximum of 16 units of occupational work experience during community college attendance which may be applied as electives toward graduation. SC

LMC: DA TRANSFER: CSU

ATH-170A Internship in Athletics

PREREQUISITE: Approved online application and employer

60-300 total hours

1-4 Units

placement ADVISORY: Eligibility for ENGL-090

This course is for students who have declared a major, have taken classes in the major, are ready to on-the-job experience in a paid or unpaid position and meet program-level minimum qualifications. An internship involves working in a skilled or professional level assignment in the area of a student's career technical or academic major or field of interest. Students, with faculty and employer approval, will apply college-acquired knowledge, skills and abilities as well as acquire new learning to prepare for a career in their chosen field. Students must work 75 paid hours or 60 non-paid hours for each unit of credit earned. Students may earn up to 8 units per semester and repeat for a maximum of 16 units of work experience internship during community college attendance. Credit may be applied as electives toward graduation. 12 units are transferable to CSU. SC

LMC: DA TRANSFER: CSU

ATH-900s Selected Topics in Athletics

DA varies with course content.