

Catalog 2017-2018 Information

PE-002 Beginning Step Aerobics

54 total hours activity 1 Unit

This class is an introduction to step aerobics, designed especially for beginning students, but open to those with experience. This is a high energy, low impact class that will provide a complete cardiovascular fitness workout including warm-up, cool-down and stretching exercises. Basic step principles as well as circuit and interval training will be used to improve and maintain cardio fitness levels. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-004A Beginning Pilates

54 total hours activity 1 Unit

(formerly PE-004) This class will teach basic mat Pilates exercises as developed by Joseph Pilates. There will be an emphasis placed on safety precautions, technique and methodology, and application to life long fitness. This class will also teach basic physical fitness principles and their application to total health and fitness. Students will learn to develop their own fitness program utilizing mat exercises and basic fitness equipment to meet personal goals for lifelong fitness. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-004B Intermediate Pilates

54 total hours activity 1 Unit

ADVISORY: PE-004A

This class will teach intermediate mat Pilates exercises as developed by Joseph Pilates, and blend other fitness modes for a cross training experience. There will be an emphasis placed on safety precautions, technique and methodology, and its application to lifelong fitness. This class will also teach intermediate physical fitness principles and their application to total health and fitness. Students will learn to develop their own personalized fitness program utilizing intermediate mat exercises and basic fitness equipment to meet their personal goals for lifelong fitness. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-004C Advanced Pilates

54 total hours activity 1 Unit

ADVISORY: PE-004B

This class will teach Advanced Mat Pilates exercises as developed by Joseph Pilates, and blend other fitness modes for a cross training experience. There will be an emphasis placed on safety precautions, technique and methodology, and its application to lifelong fitness. This class will also teach Advanced physical fitness principles and their application to total health and fitness. Students will learn to develop their own personalized fitness program utilizing intermediate mat exercises and basic fitness equipment to meet their personal goals for lifelong fitness. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-006 Physical Fitness

54 total hours activity 1 Unit

Physical fitness is an aerobic workout designed to improve cardiovascular endurance, muscular endurance, flexibility and strength. Students will learn dynamic stretch and warm up routines, proper body mechanics when using weight exercise machines and free weights. Cardiovascular training may include walking, jogging, cycling, step, circuit and interval training. Students will learn how to attain, monitor and control their target heart rate during exercise. This course helps attain and maintain wellness. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-008A Beginning Weight Training

54 total hours activity 1 Unit

(formerly PE-008) This course includes instruction in all elements of weight training. It will involve techniques, safety procedures, knowledge of muscle groups, equipment use, warm-up, strength and endurance training, exercise progression and improved fitness. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-008B Intermediate Weight Training

54 total hours activity 1 Unit

This course includes intermediate instruction for students with a basic foundation in weight training principles. Topics include techniques, safety procedures, knowledge of muscle groups, equipment use, core and auxiliary lifts, lifting programs and exercise progression. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-009A Beginning Power Lifting

54 total hours activity 1 Unit

Power lifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and dead lift. As in the sport of Olympic weightlifting, it involves lifting weights in three attempts. Power lifting evolved from a sport known as "odd lifts", which followed the same three-attempt format but used a wider variety of events, akin to strongman competition. Eventually odd lifts became standardized to the current three. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-009B Intermediate Power Lifting

54 total hours activity 1 Unit

The intermediate power lifting course will focus on refining power lifting techniques. Students will work on developing strength to improve maximal performance in three lifts; squat, bench press and dead lift. As in the sport of Olympic weightlifting, it involves lifting weights in three attempts. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-010A Beginning Circuit Training

54 total hours activity 1 Unit

(formerly PE-010) Beginning Circuit Training is an exercise program designed to improve both cardiovascular strength/endurance, and muscular strength/endurance. The class will be taught utilizing weight equipment, medicine balls, stability balls, ropes, stationary bikes and steps. Students will learn about the different aspects of a total fitness program, Target Heart Rates, dynamic warm-up/stretching, proper body mechanics and the major muscle groups required to perform safe and effective exercises. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-010B Intermediate Circuit Training

54 total hours activity 1 Unit

Intermediate Circuit Training is an exercise program designed to improve both cardiovascular strength/endurance, and muscular strength/endurance. The class will be taught utilizing weight equipment, medicine balls, stability balls, ropes, stationary bikes and steps. Students will learn about the different aspects of a total fitness program, Target Heart Rates, dynamic warm-up/stretching, proper body mechanics and the major muscle groups required to perform safe and effective exercises. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-011A Beginning Bootcamp

54 total hours activity 1 Unit

(formerly PE-011) This class provides a total fitness exercise program for the individual interested in developing cardiovascular fitness, muscular strength, endurance, flexibility; nutrition and weight control; and stress management. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-011B Intermediate Bootcamp

54 total hours activity 1 Unit

Intermediate Bootcamp provides a total fitness exercise program for the individual who has participated in an exercise/workout program to develop cardiovascular fitness, muscular strength/endurance, flexibility, nutrition/weight control and stress management. Intermediate Bootcamp offers a variety of modalities to add variance and ongoing interest to the individual who enjoys total fitness training. May not be repeated. SC

LMC: DA
TRANSFER: CSU

PE-012 Power Walk, Stretch and Tone

54 total hours activity 1 Unit

A cardiovascular exercise class intended to provide a complete fitness program without impact. The class is designed for all levels of fitness regardless of age or ability. The level of activity is based on individual needs. An emphasis will be placed on lifelong fitness and developing flexibility, cardiovascular fitness, muscular toning and weight control. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-014A Beginning Volleyball

54 total hours activity 1 Unit

(formerly PE-014) This course provides students with instruction in the fundamentals of volleyball including serving, blocking, digging, setting and spiking. Emphasis will be placed on knowledge of rules and team strategy. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-014B Intermediate Volleyball

54 total hours activity 1 Unit

This course provides students with the opportunity to practice and refine the fundamental skills of volleyball including serving, blocking, digging, setting and spiking. Emphasis will be placed on the application of rules and team strategy in game settings. May not be repeated. SC

LMC: DA
TRANSFER: CSU

PE-020 Exerjazz for Fitness

54 total hours activity 1 Unit

This course is designed for the beginner as an exciting low to high impact aerobic activity that combines exercise and aerobic dance steps to promote lifelong fitness. This course is appropriate for the student with little experience in rhythmic exercise of dance. May not be repeated. SC

LMC: DA
TRANSFER: UC, CSU

PE-026A Beginning Soccer
54 total hours activity 1 Unit
(formerly PE-026) Beginning Soccer is a course designed to provide students with instruction in the fundamental skills of soccer including passing, dribbling, shooting, and trapping the ball. Students will learn the proper form and technique for each of these skills by participating in soccer specific drills as well as in short sided scrimmages. In addition, students will learn the rules of the game, and will learn how to properly warm up and cool down before and after playing soccer in order to reduce the risk of injury. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-026B Intermediate Soccer
54 total hours activity 1 Unit
ADVISORY: PE-026A
This course provides students with instruction in the Intermediate skills of soccer including passing, dribbling, shooting, and trapping the ball. Emphasis will be placed on knowledge of rules and team strategy. May not be repeated. SC
LMC: DA
TRANSFER: CSU

PE-030 Tennis
54 total hours activity 1 Unit
This course is provides students with instruction in the fundamental strokes of tennis including forehand and backhand ground strokes, serve and volley, rules, scoring system and tennis etiquette. The basic tactics of singles and doubles and how to play the game, involving strategy, will be taught. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-033 Cardio Kickboxing
54 total hours activity 1 Unit
Cardio kickboxing will combine punches, kicks, sports conditioning, and drills to provide a workout that will improve cardiovascular fitness, muscular strength and flexibility. This course designed for all fitness levels. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-042 Golf
54 total hours activity 1 Unit
This course includes instruction in all aspects of the game of golf. It will emphasize golf stance, grip, swing, chipping, putting, etiquette, scoring, and strategy. Mandatory PE Facility fee of \$20 due prior to first class meeting. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-046A Beginning Basketball
54 total hours activity 1 Unit
(formerly PE-046) This course is designed to introduce the student to all the basic elements of the sport of basketball. The intent of the course will engage the students in the practice of all the basic skills through individual and group drills. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-046B Intermediate Basketball
54 total hours activity 1 Unit
ADVISORY: PE-046A
This course is designed to provide students with the opportunity to practice and refine skills and strategies used in the game of basketball. Emphasis will be placed on the application of basketball skills and strategies in game settings. SC
LMC: DA
TRANSFER: CSU

PE-049 Total Body Sculpting
54 total hours activity 1 Unit
Designed for total body toning through use of hand weights, resistance bands, Pilates exercises for core strength, cardiovascular fitness, and flexibility for lifelong fitness. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-053 Beginning Jazz Dance
54 total hours activity 1 Unit
Designed for the student with little experience in ballet or jazz dance, this course teaches students basic dance technique and choreography to enhance strength, flexibility and form. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-054 Intermediate Jazz Dance
54 total hours activity 1 Unit
ADVISORY: Beginning Jazz Dance is recommended
Designed for the student with training in Ballet or Jazz, Modern, Afro, Hip-Hop, or trend styles of dance. This course teaches students intermediate dance technique and choreography. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-055 Advanced Jazz Dance
54 total hours activity 1 Unit
ADVISORY: Beginning/Intermediate Jazz Dance is recommended
Designed for the student with training in ballet or jazz, modern, Afro, hip-hop, or trend styles of dance; this course teaches students advanced dance technique and choreography. May not be repeated. SC
LMC: DA
TRANSFER: UC, CSU

PE-057A Beginning Yoga for Health and Fitness**54 total hours activity** **1 Unit**

(formerly PE-057) This course introduces the student to beginning yoga poses to enhance strength, flexibility, muscle control, mental concentration, and alertness. Beginning breathing and relaxation techniques will help the student reduce stress and tension. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-057B Intermediate Yoga for Health and Fitness**54 total hours activity** **1 Unit***ADVISORY: PE-057A*

This course introduces the student to intermediate yoga poses to enhance strength, flexibility, muscle control, mental concentration, and alertness. Intermediate breathing and relaxation techniques will help the student reduce stress and tension. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-057C Advanced Yoga for Health and Fitness**54 total hours activity** **1 Unit***ADVISORY: PE-057B*

This course introduces the student to advanced yoga poses and flow sequencing to enhance strength, flexibility, muscle control, mental concentration, and alertness. Advanced breathing and relaxation techniques will help the student reduce stress and tension. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-098 Independent Study in Physical Education**.5-3 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.

PE-100 Introduction to Kinesiology**54 total hours lecture** **3 Units***ADVISORY: Eligibility for ENGL-100*

This is an introductory course that will survey the discipline of kinesiology/physical education including the analysis of the nature and importance of physical activity, the knowledge base of the discipline and careers in physical activity professions. Focus will also be placed on the integrative nature of the discipline. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU Gen. Ed. Area E; C-ID KIN 100

PE-105 CPR/First Aid**54 total hours lecture** **3 Units**

This course involves the theory and detailed demonstration of the first aid care of the injured commonly seen with the Kinesiology major. This course is also geared toward evaluating and treating the physically active since kinesiology is the scientific study of body movement. The student will learn to assess a victim's condition and incorporate and administer proper care and treatment. Standard first aid, CPR, and AED certification will be granted upon successful completion of requirements. A mandatory material fee of \$30.00 (CPR mask and certification card) is required. May not be repeated. SC

LMC: DA

TRANSFER: UC, CSU

PE-170 Occupational Work Experience Education in Physical Education**60-300 total hours** **1-4 Units***PREREQUISITE: Approved online application**ADVISORY: Eligibility for ENGL-095*

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

PE-180 Internship in Physical Education

30-300 total hours .5-4 Units

PREREQUISITE: Approved online application and employer placement

ADVISORY: Eligibility for ENGL-095

This course is for students who have declared a major, have taken classes in the major, and are ready for on-the-job experience in a paid or unpaid position. An internship involves working in a skilled or professional level assignment in the area of a student's vocational 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 a maximum of 16 units of occupational work experience internship during community college attendance which may be applied as electives toward graduation. 12 units are transferable to CSU. SC

LMC: DA

TRANSFER: CSU

PE-900s Selected Topics in Physical Education

DA varies with course content.