

Catalog 2017-2018 Information

ATH-006 Fitness for Athletic Competition

54-108 total hours activity 1-2 Units

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-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

ATH-026 Advanced Soccer Skills for Athletes

108 total hours activity 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

LMC: DA
TRANSFER: UC, CSU

ATH-027 Offensive Football Skills and Conditioning

54-108 total hours activity 1-2 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

54-108 total hours activity 1-2 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

ATH-046 Advanced Basketball Skills for 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
.5-3 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.

ATH-170 Occupational Work Experience Education in Athletics
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

ATH-180 Internship in Athletics**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

ATH-900s Selected Topics in Athletics**DA varies with course content.**