

**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-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

**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****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

**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-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****60-300 total hours****1-4 Units***PREREQUISITE: Approved online application and employer 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.