

PHYSICAL ED (PE)

PE-106 Sports Officiating **3 Units (LEC 48-54)**

This course presents the theory and techniques used in officiating organized sports. The practice of these techniques within a game situation is also emphasized.

Transfers to both UC/CSU

PE-110 Prevention and Care of Athletic Injuries **3 Units (LEC 48-54)**

This course introduces the Athletic Training profession and the methods and techniques for the prevention and treatment of sports-related injuries through the study of human anatomy and function with particular respect to muscle and joint anatomy, bio-mechanics, exercise physiology and the care of sports-related injuries. This course focuses on injury prevention, evaluation, management, and rehabilitation, as well as professional development.

Transfers to both UC/CSU

AA/AS General Education: AA/AS E

PE-112 Body Conditioning **1 Unit (LAB 48-54)**

This course provides a series of activities designed to establish a life-long physical fitness program which includes cardio-respiratory endurance, strength endurance, and flexibility. The types of exercises may include the following: walking, jogging, jumping rope, strength training, stretching, and callisthenic exercises.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Aerobic Conditioning

PE-112A Step Aerobics & Circuit Training (formerly Beginning Step Aerobics) **1 Unit (LAB 48-54)**

This course is designed to provide the students the opportunity to learn basic step aerobics routines and resistance training designed to target fat loss, increase muscular strength and endurance, improve cardiovascular endurance and flexibility. The student will benefit from comprehensive weight training and cardiovascular endurance activities. Proper warm up and cool down, intensity monitoring, and fitness testing and evaluation for aerobic exercise will be included.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Aerobic Conditioning

PE-113 Introduction to Jogging (formerly Jogging) **1 Unit (LAB 48-54)**

This course is designed to teach students the correct way to jog and experience the fitness activity of jogging. Included in this course is information on equipment, proper techniques and mechanics of jogging, training and conditioning principles, injury prevention and how to develop and implement a personal jogging program.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Aerobic Conditioning

PE-114A Strength Training: Circuit **1 Unit (LAB 48-54)**

This course is a combination of high-intensity aerobics and resistance training designed to target fat loss, increase muscular strength and endurance, improve cardiovascular endurance and flexibility. Training sessions involve moving from one weight machine to an aerobic station. Proper safety precautions will be introduced and implemented throughout this course.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Weight Training

PE-114B Strength Training: Free Weights **1 Unit (LAB 48-54)**

This course will provide instruction on the proper exercises and techniques used in free weight exercises. Opportunities will be provided to develop a personalized weight training program that will incorporate daily record keeping, evaluation, and measurement. Increased flexibility and improved cardiovascular fitness will also be assessed.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Weight Training

PE-114C Powerlifting **1 Unit (LAB 48-54)**

This course introduces basic weight training principles specifically used for powerlifting. Students will be instructed in the proper protocols to successfully execute basic explosive and powerlifting exercises. Nutritional factors related to strength and fitness performance will be identified and applied to the individual needs of each student. Daily record keeping- evaluation and measurement will be implemented to ensure success in meeting course objectives.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Weight Training

PE-115 First Aid and CPR
3 Units (LEC 48-54)

This course is designed to teach students basic first-aid knowledge and techniques that apply to first on-scene emergency situations. The course also prepares and certifies students to administer CPR (Cardiopulmonary Resuscitation) to adults, children, and infants.

Transfers to both UC/CSU
AA/AS General Education: AA/AS E

PE-116 Introduction to Softball (formerly Introduction to Athletic Techniques: Softball)
1 Unit (LAB 48-54)

This course is an introduction to the fundamentals of softball which will include rules, etiquette, skill development and strategies.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E

PE-119 Exercise Walking
1 Unit (LAB 48-54)

This course will provide students the opportunity to participate using the number one exercise in the United States - Exercise walking. This course will produce improved aerobic capacities, health and fitness levels, and gain updated knowledge regarding health, fitness and nutrition.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Aerobic Conditioning

PE-119B Intermediate Fitness Walking
2 Units (ACT 64-72)

This course will provide students the opportunity to participate using the number-one exercise in the United States - exercise walking. This course will incorporate intermediate walking fitness skills that will improve aerobic capacities and strength endurance by using faster paced walking techniques. Other components include nutritional evaluation, target heart rate zones, flexibility and body fat composition.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Aerobic Conditioning

PE-120 Beginning Yoga
1 Unit (LAB 48-54)

This course will introduce students to the fundamentals of yoga. Students will practice various poses (asanas) to develop balance, flexibility, and strength. Students will explore controlled breathing techniques to increase focus and concentration. Yoga will enable students to challenge both their body and mind.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Aerobic Conditioning

PE-126 Sport Psychology
3 Units (LEC 48-54)

This course will examine the Psychological Dimensions of Sport and Exercise Performance. Topics will include motivation, personality, emotions and mood as they relate to individual and group sports. Social psychology of sport and cognitive and behavioral interventions will also be discussed. Relevant and current literature in the field will be used to support concepts.

Transfers to both UC/CSU
IGETC Area(s): 4I
CSU Area(s): D9, E1
AA/AS General Education: AA/AS B2

PE-132 Beginning Tennis
1 Unit (LAB 48-54)

This course introduces the official singles and doubles games at the beginning level. Introductory instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategy, mental toughness and match play.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Tennis

PE-132B Intermediate Tennis
1 Unit (LAB 48-54)

This course is designed for students having some tennis playing experience. Course content includes review and continued development of basic ground strokes for improved power and control, service and service-return, net/midcourt volleys, smashes and lobs. Offensive and defensive tactics will be introduced for singles and doubles play. Students will participate in frequent matches.

Prerequisite: PE-132 (with a grade of C or better) or instructor consent through the demonstration of the basic skills and knowledge of tennis.
Transfers to both UC/CSU
Course Related Content Group: Tennis

PE-133 Individual and Group Sports: Basketball
1 Unit (LAB 48-54)

This course will introduce students to the rules and techniques of basketball. Students will participate in drills that will develop agility, fitness and technique.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Basketball

PE-134 Introduction to Volleyball
1 Unit (LAB 48-54)

This course is an introduction to the fundamentals of volleyball which will include rules, etiquette, skill development and strategies.

Transfers to both UC/CSU
CSU Area(s): E1
AA/AS General Education: AA/AS E
Course Related Content Group: Volleyball

PE-137 Individual and Group Sports: Soccer
1 Unit (LAB 48-54)

This course is a co-educational soccer class designed to develop physical fitness, soccer skill performance, player confidence, rule interpretation, comprehension of strategy and field communication.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

Course Related Content Group: Soccer

PE-183 Self-Defense
1 Unit (LAB 48-54)

This course provides instruction in developing both physical and cognitive skills in personal safety and self-protection. Through different forms of martial arts training, students will practice both defensive and offensive moves against various forms of attacks, including weapons. Proficiency in the practical, effective, and tactical use of movement, leverage, strikes, and use of everyday objects.

Transfers to both UC/CSU

CSU Area(s): E1

AA/AS General Education: AA/AS E

PE-195 Introduction to Kinesiology
3 Units (LEC 48-54)

This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.

Transfers to CSU only

C-ID: KIN 100

AA/AS General Education: AA/AS E

PE-299 Special Projects: Physical Education
1-3 Unit (IS 16-54)

Students with previous course work in the program may do special projects that involve research and special study. The actual nature of the project must be determined in consultation with the supervising instructor.

Prerequisite: Two Physical Education classes must be completed prior to enrollment; a contract must be completed with the instructor prior to enrollment.

Transfers to CSU only