

# PHYSICAL ED/ INTERCOLLEGIATE (PEIC)

## **PEIC-139 Intercollegiate Sports: Soccer (Women)** **3 Units (LAB 144-162)**

This course is for students who have had significant training in soccer and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition, rigorously intense preparation in fitness and the development and refinement of soccer skills and techniques. Students will participate in college sponsored athletic competitions throughout this course. Enrollment does not automatically use a semester of eligibility.

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

## **PEIC-139A Pre-Season Athletics: Soccer (Women)** **1-3 Unit (LAB 144-162)**

This course is designed for pre-season soccer conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve soccer skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

## **PEIC-139B Off-Season Athletics: Soccer (Women)** **1-3 Unit (LAB 144-162)**

This course is intended for off-season soccer conditioning, including: strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate soccer competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

## **PEIC-140 Intercollegiate Sports: Football (Men)** **3 Units (LAB 144-162)**

This course is for students who have had significant training in football and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition. Students will participate in college sponsored athletic competitions throughout the course. Enrollment does not automatically use a semester of eligibility.

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

## **PEIC-140A Pre-Season Athletics: Football (Men)** **1-3 Unit (LAB 144-162)**

This course is designed for pre-season football conditioning for intercollegiate athletes, including: strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

## **PEIC-140B Off-Season Athletics: Football (Men)** **1-3 Unit (LAB 144-162)**

This course is intended for off-season football conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

## **PEIC-141A Intercollegiate Sports: Basketball (Men) Pre-Conference Competition** **1.5 Unit (LAB 72-81)**

This course is intended for members of the intercollegiate men's basketball team. This course is the first in a two part series covering key components of basketball training, including development of core basketball skills and strategies for competitive basketball.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-141B Intercollegiate Sports: Basketball (Men) Conference and Post- Conference Competition**  
**1.5 Unit (LAB 72-81)**

This course is intended for members of the intercollegiate basketball team. This course is the second in a two part series covering key components of basketball training, including further development and implementation of strategies for competitive basketball.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-141C Pre-Season Athletics: Basketball (Men)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season basketball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve basketball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-141D Off-Season Athletics: Basketball (Men)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season basketball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate basketball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-142 Intercollegiate Sports: Volleyball (Women)**  
**3 Units (LAB 144-162)**

This course is intended for members of the Women's Intercollegiate Volleyball Team. The course will provide instruction in components of training, developing, and conditioning related to the skills and techniques required for intercollegiate volleyball. Students who repeat this course will improve skills through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-142A Pre-Season Athletics: Volleyball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season volleyball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve volleyball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-142B Off-Season Athletics: Volleyball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season volleyball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate volleyball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-143A Intercollegiate Sports: Basketball (Women) Pre-Conference Competition**  
**1.5 Unit (LAB 72-81)**

This course is intended for members of the intercollegiate women's basketball Team. This course is the first in a two part series covering key components of basketball training, including development of core basketball skills and strategies for competitive basketball.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-143B Intercollegiate Sports: Basketball (Women) Conference and Post- Conference Competition**  
**1.5 Unit (LAB 72-81)**

This course is intended for members of the intercollegiate basketball team. This course is the second in a two part series covering key components of basketball training, including further development and implementation of strategies for competitive basketball.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-143C Pre-Season Athletics: Basketball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season basketball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve basketball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-143D Off-Season Athletics: Basketball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season basketball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate basketball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-144 Intercollegiate Sports: Baseball (Men)**  
**3 Units (LAB 144-162)**

This course is for students who have had significant training in baseball and want to pursue their college and athletic careers through competition with other community colleges. The focus is on intercollegiate competition, rigorously intense preparation in fitness, and the development and refinement of baseball skills and techniques. Students will participate in college sponsored athletic competitions throughout this course.

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit:** 4

**PEIC-144A Pre-Season Athletics: Baseball (Men)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season baseball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve baseball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-144B Off-Season Athletics: Baseball (Men)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season baseball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate baseball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-145 Intercollegiate Sports: Tennis (Men)**  
**3 Units (LAB 144-162)**

This course is for students who have had significant training in tennis and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition, rigorously intense preparation in fitness and the development and refinement of tennis skills and techniques. Students will participate in college sponsored athletic competitions throughout this course. (formerly PE 145)

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit:** 4

**PEIC-145A Pre-Season Athletics: Tennis (Men)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season men's tennis conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve tennis skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-145B Off-Season Athletics: Tennis (Men)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season men's tennis conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate tennis competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-146 Intercollegiate Sports: Tennis (Women)**  
**3 Units (LAB 144-162)**

This course is for students who have had significant training in tennis and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition, rigorously intense preparation in fitness and the development and refinement of tennis skills and techniques. Students will participate in college sponsored athletic competitions throughout this course. (formerly PE 146)

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-146A Pre-Season Athletics: Tennis (Women)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season tennis conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve tennis skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-146B Off-Season Athletics: Tennis (Women)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season tennis conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate tennis competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-147 Intercollegiate Sports: Golf**  
**3 Units (LAB 144-162)**

This course is intended for members of the Intercollegiate Golf Team. The course will provide instruction in components of training, developing skills, and conditioning related to the skills and techniques required for intercollegiate golf. (formerly PE 147)

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-147A Pre-Season Athletics: Golf**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season golf conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve golf skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-147B Off-Season Athletics: Golf**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season golf conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate golf competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-148 Intercollegiate Sports: Softball (Women)**  
**3 Units (LAB 144-162)**

This course in softball is designed for students with significant training in softball to participate in Intercollegiate Fastpitch Softball at the college level. Season of competition runs Spring semester (January - May). Course includes rigorous preparation in fitness and the development and perfecting of softball skills and techniques. Enrollment in the class only counts towards one year of athletic eligibility if one enters an official game. Redshirt players may practice, but not compete in games. (formerly PE 148)

**Prerequisite:** Students planning and preparing to compete in intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**Times may be taken for credit: 4**

**PEIC-148A Pre-Season Athletics: Softball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season softball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate competition. Students who repeat this course will improve softball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s): E1**

**Times may be taken for credit: 4**

**PEIC-148B Off-Season Athletics: Softball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season softball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate softball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**CSU Area(s):** E1

**Times may be taken for credit:** 4

**PEIC-150 Intercollegiate Sports: Beach Volleyball (Women)**  
**3 Units (LAB 144-162)**

This course is for students who have had significant training in beach volleyball and want to pursue their college and athletic careers through competition with other community colleges. The primary focus is on intercollegiate competition, rigorously intense preparation in fitness and the development and refinement of beach volleyball skills and techniques. Students will participate in college sponsored athletic competitions throughout this course.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**AA/AS General Education:** AA/AS E

**Times may be taken for credit:** 4

**PEIC-150A Pre-Season Athletics: Beach Volleyball ( Women)**  
**1-3 Unit (LAB 144-162)**

This course is designed for pre-season beach volleyball conditioning for intercollegiate athletes, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for Intercollegiate competition. Students who repeat this course will improve beach volleyball skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**AA/AS General Education:** AA/AS E

**Times may be taken for credit:** 4

**PEIC-150B Off-Season Athletics: Beach Volleyball (Women)**  
**1-3 Unit (LAB 144-162)**

This course is intended for off-season beach volleyball conditioning, including strength training, cardiovascular conditioning, drill techniques, and game play in preparation for intercollegiate beach volleyball competition. Students who repeat this course will improve skills and fitness through further instruction and practice.

**Prerequisite:** Students planning and preparing to compete in Intercollegiate athletics must be healthy enough to pass a physician's examination and complete an interview with the instructor.

**Transfers to both UC/CSU**

**AA/AS General Education:** AA/AS E

**Times may be taken for credit:** 4