General Education Courses
For specific General Education courses refer to catalog section on Graduation Requirements.
Total minimum units required .................................................. 60

**Kinesiology**

**DEGREE:**
**AA—Physical Education**
**AA-T—Kinesiology**

**CERTIFICATE OF ACHIEVEMENT:**
**Aquatics**
**Coaching**
**Fitness Instructor**
**Sports Injury Care**

**CERTIFICATE OF PROFICIENCY:**
**Aquatics**
**Coaching**
**Fitness Instructor**
**Sports Injury Care**

The Physical Education A.A. degree program is designed for students who want to transfer to a CSU or UC. It provides a rigorous curriculum that will ensure students have met the science and math requirements to enter the CSU and UC Physical Education/Kinesiology and Exercise Physiology Bachelor of Arts programs. The certificate programs help prepare students for physical education careers as well as community based programs.

*(EDITED TO REFLECT CHANGES IN COURSE NAMES/NUMBERS)*

**PHYSICAL EDUCATION**
**ASSOCIATE IN ARTS DEGREE**

<table>
<thead>
<tr>
<th>FRESHMAN YEAR</th>
<th>FALL</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Biology 31 (Introduction to College Biology) .................................. 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*A total of 1 unit of any ATHL, PEAC, ADPE class(es) (Physical Education Activity) ........... 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE ASSE (Physical Fitness Assessments) or KINE 15 (Introduction to Personal Fitness Training) 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 1 (Introduction to Kinesiology and Physical Education) .................. 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anatomy 1 (General Human Anatomy) ........................................... 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>KINE 2 (Introduction to Athletic Training) .............. 4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SOPHOMORE YEAR</th>
<th>FALL</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chemistry 30A (Introductory and Applied Chemistry) ......................... 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physiology 1 (Human Physiology) ........................................... 5</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**KINE 8 (Sport in Contemporary Society) or KINE 6 (Peak Performance Through Mental Training) ....... 3**

**Total ................................................................. 29–31**

**General Education Courses**
For specific General Education courses refer to catalog section on Graduation Requirements.
Total minimum units required .................................................. 60

*Meets General Education requirement.*

The above listing is a suggested sequence only. Some courses may have prerequisites. Students may take courses in any sequence except where a prerequisite applies.

*(NEW DEGREE)*

**KINESIOLOGY**
**ASSOCIATE IN ARTS FOR TRANSFER DEGREE**

The Student Transfer Achievement Reform Act (Senate Bill 1440, now codified in California Education Code sections 66746-66749) guarantees admission to a California State University (CSU) campus for any community college student who completes an “associate degree for transfer”, a newly established variation of the associate degrees traditionally offered at a California community college. The Associate in Arts in Kinesiology for Transfer is intended for students who plan to complete a bachelor’s degree in Kinesiology at a CSU campus. Students completing this degree are guaranteed admission to the CSU system, but not to a particular campus or major. In order to earn one of these degrees, students must complete 60 required semester units of CSU-transferable coursework with a minimum GPA of 2.0. Students should consult with a counselor when planning to complete the degree for more information on university admission and transfer requirements.

**UNITS**

**REQUIRED CORE (16 units)**
Kinesiology 1 (Introduction to Kinesiology and Physical Education) .................. 3
Anatomy 1 (General Human Anatomy) ........................................... 5
Physiology 1 (Human Physiology) ........................................... 5

**Movement Based courses. Select a maximum of one (1) course from any three (3) of the following areas FOR A MAXIMUM OF 3 UNITS.**

**Individual PEAC courses MUST be taken for 1 unit in order to be used for this degree.**

**Aquatics (only 1 unit courses can be used)**
PEAC AQ1 (Aqua Aerobics) or PEAC SWM1 (Beginning Swimming) or PEAC LSF1 (Cardiovascular Fitness) or PEAC SMLP (Cardiovascular Conditioning) ............... 1

**Dance (only 1 unit courses can be used)**
PEAC BAL1 (Introduction to Ballroom Dance) ................................ 1
**KINESIOLOGY 1 (Introduction to Kinesiology and Physical Education)** ........................................... 3
Kinesiology 2 (Introduction to Athletic Training) ................................................................. 4
Kinesiology 18 (Introduction to CPR and First Aid for Coaches) ........................................... 4
Kinesiology 3 (Introduction to Principles of Coaching) .......................................................... 3
Kinesiology 4 (Introduction to Sports Management) ............................................................... 3
Kinesiology CSA (College Success for Athletes) ................................................................. 1
Kinesiology 5 (Introduction to the Components of Physical Fitness—the Human Body) or Kinesiology 12BB (Introduction to Baseball Officiating) or Kinesiology 12BK (Introduction to Basketball Officiating) or Kinesiology 12FT (Introduction to Football Officiating) or Kinesiology 12TK (Introduction to Track & Field Officiating) or Kinesiology 3BB (Introduction to the Principles of Coaching Baseball) or Kinesiology 3FT (Introduction to Coaching Football) or Kinesiology 3SF (Introduction to Coaching Softball) or Kinesiology 3SO (Introduction to Coaching Soccer) or Kinesiology 3FT (Introduction to Coaching Track and Field) ................................................................. 2–3

**PHYSICAL EDUCATION COURSES**

Kinesiology PAD1 (Prevention of Type II Diabetes through Nutrition and Exercise) ................. ½
Kinesiology 10 (Nutrition for Fitness and Fat Loss) or Kinesiology 11 (Nutrition for Sports and Human Performance) .................................................................................. 3
PEAC WEI1 (Introduction to Weight Training) or PEAC WOW1 (Women’s Weight Training) or PEAC FUN1 (Beginning Functional Training for Fat Loss) or PEAC PLF1 (Plyometrics and Agility Training for Women) or PEAC SPM1 (Speed, Plyometric and Agility Training for Men) ........................................................................ ½–2
Total ........................................................................................................................................ 22–24½

**FITNESS INSTRUCTOR**

**CERTIFICATE OF ACHIEVEMENT**

FALL SPRING

KINE 1 (Introduction to Kinesiology and Physical Education) ......................................................... 3
KINE 8 (Sport in Contemporary Society) or KINE 6 (Peak Performance through Mental Training) or KINE 15 (Introduction to Personal Fitness Training) ................................................................................................. 3
Health 1 (Introduction to Health) or KINE 14 (Health and Fitness for Your Disability) ................. 3
KINE 5 (Components of Physical Fitness—the Human Body) ......................................................... 3
A total of 2 units of any ATHL, PEAC, ADPE class(es) ................................................................. 1
PEAC HEAR (Basic Heart Rate Training) or KINE ASSE (Physical Fitness Assessments) ............ ½–1
Health 60 (Responding to Emergencies) or Health 70B (Healthcare Provider CPR) 0.2–1
Nutrition 1 (The Science of Nutrition) 3
Biology 50 (Anatomy and Physiology) 4
KINE 2 (Introduction to Athletic Training) 4
Total 20–22

REvised CERTIFICATE

SPORTS INJURY CARE
CERTIFICATE OF ACHIEVEMENT

REQUIRED COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology 50 (Anatomy and Physiology) or Kinesiology 2 (Introduction to Athletic Training)</td>
<td>4–5</td>
</tr>
<tr>
<td>Kinesiology 5 (Introduction to the Components of Physical Fitness—the Human Body)</td>
<td>4</td>
</tr>
<tr>
<td>Kinesiology 18 (Introduction to CPR and First Aid for Coaches) or Health 1 (Introduction to Health) or Kinesiology 14 (Introduction to Health and Fitness for Your Disability)</td>
<td>2–3</td>
</tr>
<tr>
<td>Kinesiology 11 (Nutrition for Sports and Human Performance) or Kinesiology 10 (Nutrition for Fitness and Fat Loss)</td>
<td>3</td>
</tr>
</tbody>
</table>

PHYSICAL EDUCATION COURSES

(Select 4 units from the following)

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PEAC WEI1 (Introduction to Weight Training)</td>
<td>½–2</td>
</tr>
<tr>
<td>PEAC HEAR (Basic Heart Rate Training: Fitness Training Utilizing a Heart Rate Monitor)</td>
<td>½–2</td>
</tr>
<tr>
<td>PEAC WOW1 (Women’s Weight Training)</td>
<td>½–2</td>
</tr>
<tr>
<td>PEAC PLF1 (Plyometrics and Agility Training for Women)</td>
<td>½–2</td>
</tr>
<tr>
<td>PEAC SPM1 (Speed, Plyometric and Agility Training for Men)</td>
<td>½–2</td>
</tr>
<tr>
<td>Total</td>
<td>20–22</td>
</tr>
</tbody>
</table>

(EDITED TO REFLECT CHANGES IN COURSE NAMES/NUMBERS)

FITNESS INSTRUCTOR
CERTIFICATE OF PROFICIENCY

FALL SPRING

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>KINE 2 (Introduction to Athletic Training)</td>
<td>4</td>
</tr>
<tr>
<td>KINE 1 (Introduction to Physical Education) or KINE 8 (Introduction to Sport in Contemporary Society)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 6 (Performance Enhancement through Mental Training)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 3 (Introduction to Principles of Coaching Intercollegiate Sports: Beyond the Basics) or KINE 5 (Introduction to the Components of Physical Fitness—the Human Body) or KINE 4 (Introduction to Sports Management)</td>
<td>3</td>
</tr>
<tr>
<td>KINE 12BK (Introduction to Basketball Officiating) or Kine CSA (College Success for Athletes)</td>
<td>1–2</td>
</tr>
<tr>
<td>KINE 3BB (Introduction to the Principles of Coaching Baseball)</td>
<td>2</td>
</tr>
<tr>
<td>A total of 2 units of any ATHL, PEAC, ADPE class(es)</td>
<td>2</td>
</tr>
<tr>
<td>Health 60 (Responding to Emergencies) or Health 70B (Healthcare Provider CPR)</td>
<td>0.2–1</td>
</tr>
<tr>
<td>Health 70B (Healthcare Provider CPR)</td>
<td>0.2–1</td>
</tr>
<tr>
<td>Total</td>
<td>15.2–17</td>
</tr>
</tbody>
</table>

(EDITED TO REFLECT CHANGES IN COURSE NAMES/NUMBERS)

SPORTS INJURY CARE
CERTIFICATE OF PROFICIENCY

FALL SPRING

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biology 50 (Anatomy and Physiology) or Physiology 1 (Human Physiology)</td>
<td>4–5</td>
</tr>
<tr>
<td>KINE 2 (Introduction to Athletic Training)</td>
<td>4</td>
</tr>
<tr>
<td>KINE 5 (Introduction to Components of Physical Fitness—the Human Body)</td>
<td>3</td>
</tr>
<tr>
<td>Health 70B (Healthcare Provider CPR)</td>
<td>0.2</td>
</tr>
</tbody>
</table>

CHABOT COLLEGE CATALOG ADDENDUM 2013-2014
Health 1 (Introduction to Health) or
KINE 14 (Introduction to Health and Fitness for
Your Disability) .......................... 3
A total of 2 units of any ATHL, PEAC, ADPE class(es) . 2
Total ........................................... 16.2–17.2

The above listing is a suggested sequence only. Some courses may have
prerequisites. Students may take courses in any sequence except when a
prerequisite applies.

(NEW DISCIPLINE; ALL COURSES LISTED BELOW ARE NEW)

ADAPTED PHYSICAL EDUCATION
(ADPE)

1DSS ADAPTED STRETCH/STRENGTH TRAINING ½–2 UNITS
Designed to give students with disabilities a chance to gain strength
and mobility through a series of stretching and resistance exercises
in an atmosphere of friendly encouragement. Prerequisite: students
must have their personal physician’s clearance for the class and must
be registered with Disabled Student Services. 2-6 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

ADAA ADAPTED AEROBICS ½–2 UNITS
Designed for students with a disability to develop cardiovascular ef-
ciciency through a variety of exercises. Fitness assessment testing and
re-testing will be done to establish appropriate training volumes and
intensities. 2-6 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

ADBK ADAPTED BASKETBALL ½–2 UNITS
This course is designed to allowed disabled students the opportunity to
learn and play the game of basketball. 2-6 hours laboratory. Transfer:
CSU; UC; CSU/GE: E; AA/AS.

ADSF ADAPTED STRETCH AND FLEXIBILITY ½–2 UNITS
This course is designed to give students with disabilities a chance to gain
strength and mobility through a series of stretching and resistance exercise
in an atmosphere of friendly encouragement. Long range goals are:
increased mobility, increased strength and confidence in themselves so
they can face their daily tasks with increased confidence. In some cases
-strokes, accident rehabilitation it may mean a return to almost normal
lifestyles for some. Students will learn about training and prevention of
metabolic syndrome through diet and exercise in this course. Prereq-
usite: Students must have their personal physician’s clearance for the
class and must be registered with Disabled Student Services. 2-6 hours
laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

ADST ADAPTED STRENGTH TRAINING ½–2 UNITS
Designed to provide reasonable accommodations in resistance training,
to students with disabilities. Exercises emphasize muscular strength,
muscular endurance, and flexibility. Additional topics will include:
safety considerations, resistance training principles, and the role of
exercise in overall wellness. Prerequisite: Student must have their per-
sonal physician’s approval to take this course and must be registered
with the DSRC. 2-6 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

ADSW ADAPTED SWIMMING ½–2 UNITS
This course is designed to provide reasonable accommodations in
swimming, to students with disabilities. Students will utilize adapted/
fundamental swimming skills for the purpose of improving aerobic
conditioning. Additional topics will include aquatic safety methods,
conditioning principles, and use of aquatic equipment. Students will
learn about training and prevention of metabolic syndrome through
diet and exercise in this course. Prerequisite: Medical release form must
be completed by a physician. Register with DSS counselor. Students
must demonstrate the ability to swim 25 yards (1 lap) of freestyle with
rhythmic breathing in any depth of water. 2-6 hours laboratory. Trans-
fer: CSU; UC; CSU/GE: E; AA/AS.

ADTK ADAPTED TRACK AND FIELD ½–2 UNITS
Designed to provide the adaptive student an opportunity to learn and
enjoy the sport of track and field. 2-6 hours laboratory. Transfer: CSU;
UC; CSU/GE: E; AA/AS.

ADSD ADAPTED SELF DEFENSE ½–2 UNITS
Designed to teach the adaptive student the basics of self defense. Ex-
ces promoting balance, flexibility, muscular strength and endur-
ance, aerobic conditioning, and coordination will be performed. Ad-
tional topics will include safety considerations, training principles
and the importance of regular exercise for overall wellness. 2-6 hours
laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

(NEW DISCIPLINE; ALL COURSES LISTED BELOW ARE NEW)

ATHLETICS (ATHL)

BB13 MEN’S INTERCOLLEGIATE BASEBALL 2 UNITS
(May be repeated 3 times)
Course will include, but not be limited to, baseball specific funda-
mentals and skills, techniques and sport specific conditioning/
training. Students who desire to participate in intercollegiate athletics
will be required to adhere to academic eligibility requirements listed in
the CCCAA/COA manual, pass a physical examination by a licensed
medical doctor and demonstrate an ability to safely participate in the
specific intercollegiate sport. Compliance with all rules/regulations
governing the specific intercollegiate sport will also be required.
Strongly Recommended: Students MUST possess, demonstrate and
successfully execute advanced sport-specific skills (Baseball) and
techniques as evaluated by the instructor (Head Coach). 10 hours
laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

BBPS PRE-SEASON INTERCOLLEGIATE TRAINING
FOR BASEBALL 1-2 UNITS
(May be repeated 3 times)
This is a course for pre-season Intercollegiate Baseball. The student
will have the opportunity to a develop through a training program
designed for baseball at the intercollegiate level. An extensive base-
ball background and previous experience is needed for success in this
class. Strongly Recommended: High level of baseball skills combined
with an extensive baseball background. The instructor will evaluate the
student’s skill level. 3-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

BKMP PRE-SEASON INTERCOLLEGIATE TRAINING
FOR MEN’S BASKETBALL ½–2 UNITS
(May be repeated 3 times)
This course is designed for students to increase their off-season physi-
cal conditioning, skill/technique level, and knowledge in Men’s inter-
collegiate basketball. Strongly Recommended: Previous high level of
competitive basketball experience and skill level. Approval of the instruc-
tor. 2-6 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.
BKWP  PRE-SEASON INTERCOLLEGIATE TRAINING FOR WOMEN’S BASKETBALL  ½—2 UNITS  
(May be repeated 3 times)  
This course is designed for students to increase their off-season physical conditioning, skill/technique level, and knowledge in women's intercollegiate basketball. Strongly Recommended: High level of basketball skills combined with previous competitive competition. 2-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

DFTP  PRE-SEASON INTERCOLLEGIATE TRAINING FOR DEFENSIVE FOOTBALL  1-2 UNITS  
(May be repeated 3 times)  
This course is for pre-season intercollegiate defensive football conditioning. The student will have the opportunity to analyze defensive techniques, develop training programs, and acquire a thorough working knowledge of the defensive side of the sport of football. Strongly Recommended: Student needs to have a high level of skills in football and prior playing experience. The instructor will evaluate if this is the appropriate class. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FT1  INTERCOLLEGIATE FOOTBALL  2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Head Football Coach. Advisory: Student athlete must have prior high school experience and have talked with the head coach before enrolling in this course. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

MB11 MEN’S INTERCOLLEGIATE BASKETBALL  1 UNIT  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

MIG7 MEN’S INTERCOLLEGIATE CROSS COUNTRY  2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

MF1 MEN’S INTERCOLLEGIATE GOLF  2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

MT19 MEN’S INTERCOLLEGIATE TENNIS  2 UNITS  
(May be repeated 3 times)  
Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

MT19  PRE-SEASON TRAINING FOR MEN’S AND WOMEN’S INTERCOLLEGIATE TENNIS  ½—2 UNITS  
(May be repeated 3 times)  
Pre-season training for men’s and women’s intercollegiate tennis. All athletes that plan to swim for the Chabot Intercollegiate Team in the Spring should be enrolled in this course. Strongly Recommended: Advanced swim skills and prior competitive experience in tennis. 2-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PRWB  PRE-SEASON TRAINING FOR WOMEN’S INTERCOLLEGIATE VOLLEYBALL  ½—2 UNITS  
(May be repeated 3 times)  
Pre-season training for women’s intercollegiate volleyball. 2-10 hours laboratory. Transfer: CSU; UC; AA/AS.

PRWR  PRE-SEASON TRAINING FOR COMPETITIVE WRESTLING  ½—2 UNITS  
(May be repeated 3 times)  
Pre-season training and conditioning for men and women who plan to wrestle on the Chabot Intercollegiate Team. Strongly Recommended: Previous high school wrestling experience. 2-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PSGF  PRE-SEASON TRAINING FOR COMPETITIVE GOLF  ½—2 UNITS  
(May be repeated 3 times)  
Pre-season training for athletes intending to participate in Intercollegiate Golf in the Spring. Strongly Recommended: Advanced competitive golf skills are required. 2-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

SB12 Women’s Intercollegiate Softball  2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; AA/AS.
and demonstrate an ability to safely participate in the specific intercollegiate sport. COMA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport will also be required. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SFTP**  
PRE-SEASON INTERCOLLEGIATE TRAINING FOR SOFTBALL  
1—2 UNITS  
(May be repeated 3 times)  
This course is for pre-season intercollegiate Softball. The student will develop her softball skills through training programs designed for the intercollegiate level. An extensive softball background and previous experience is needed for success in this class. Strongly Recommended: Previous softball experience and background are required for success in this course. Instructor will evaluate each student’s skill level to remain in this course. 5-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SM3**  
MEN’S INTERCOLLEGIATE SOCCER  
2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SW2**  
INTERCOLLEGIATE WOMEN’S SOCCER  
2 UNITS  
(May be repeated 3 times)  
Training for women’s intercollegiate soccer competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**TK16**  
WOMEN’S INTERCOLLEGIATE TRACK & FIELD  
2 UNITS  
(May be repeated 3 times)  
Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**TK17**  
MEN’S INTERCOLLEGIATE TRACK & FIELD  
2 UNITS  
(May be repeated 3 times)  
Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required.

Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Training for intercollegiate competition. 10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**TNPS**  
PRE-SEASON TENNIS CONDITIONING  
½–2 UNITS  
(May be repeated 3 times)  
This course is designed for intercollegiate players in men’s and women’s tennis. Strongly Recommended: A high level of ability to play competitive tennis. Prior background in competitive tennis is a must. 2-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**TRKP**  
PRE-SEASON TRACK AND FIELD TRAINING  
1—2 UNITS  
(May be repeated 3 times)  
This course is for pre-season intercollegiate track and field conditioning. The student will have the opportunity to analyze techniques, develop training programs, and acquire a thorough working knowledge of the rules and conditioning concerning their events. Strongly Recommended: Student must have the skills and ability to compete at the intercollegiate level in community college track and field. This skill level will be evaluated by the instructor. 5-10 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**VB4**  
WOMEN’S INTERCOLLEGIATE VOLLEYBALL  
2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**WB10**  
INTERCOLLEGIATE WOMEN’S BASKETBALL  
2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**WCC6**  
WOMEN’S INTERCOLLEGIATE CROSS COUNTRY  
2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**WR5**  
INTERCOLLEGIATE WRESTLING  
2 UNITS  
(May be repeated 3 times)  
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport.
Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Daily practice. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WS14 WOMEN’S INTERCOLLEGIATE SWIMMING & DIVING 2 UNITS
(May be repeated 3 times)
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Daily practice. Prerequisite: Prior Competitive Experience. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WSCP WOMEN’S PRE-SEASON SOCCER SPORTS CONDITIONING 1/2—2 UNITS
(May be repeated 3 times)
This course is designed to give students in women's soccer an understanding of the conditioning needed for more advanced soccer skills and competition. Strongly Recommended: High level of soccer skill and previous competitive experience. Strongly Recommended: High level of soccer skills and a high level of personal fitness is required as a prerequisite for this course. This class is NOT for beginners. 2-10 hours laboratory. Transfer: CSU; UC; AA/AS.

WT18 WOMEN’S INTERCOLLEGIATE TENNIS 2 UNITS
(May be repeated 3 times)
Training for intercollegiate competition. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. Compliance with all rules/regulations governing the specific intercollegiate sport will also be required. Additional requirements may be set forth by the Instructor of Record for each intercollegiate course. Daily practice. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WWW8 INTERCOLLEGIATE WOMEN’S WATER POLO 2 UNITS
(May be repeated 3 times)
Training for women's intercollegiate water polo. Students who desire to participate in intercollegiate athletics will be required to adhere to academic eligibility requirements listed in the CCCAA/COA manual, pass a physical examination by a licensed medical doctor and demonstrate an ability to safely participate in the specific intercollegiate sport. 10 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

NEW DISCIPLINE; ALL COURSES LISTED BELOW ARE NEW

KINESIOLOGY (KINE)

1 INTRODUCTION TO KINESIOLOGY AND PHYSICAL EDUCATION 3 UNITS
This is an introductory course that surveys various subdisciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology, as they relate to the sport and exercise environment. (May not receive credit if PHED 20 has been completed.) 3 hours. Transfer: CSU; UC.

2 INTRODUCTION TO ATHLETIC TRAINING 4 UNITS
Introduces the student to basic taping skills, therapeutic modalities, and rehabilitation principles associated with the field of athletic training. Strong emphasis on injury prevention, recognition and management. Designed to be preparatory for a career in athletic training. (May not receive credit if PHED 61 has been completed.) 3 hours lecture, 3 hours laboratory. Transfer: CSU UC.

3 INTRODUCTION TO PRINCIPLES OF COACHING INTERSCHOLASTIC SPORTS: BEYOND THE BASICS 4 UNITS
Coaching beyond the basics: ethics, physical training theories and management principles. Research into successful leadership principles, skills and philosophies. Coaching effectiveness and team building dynamics. Upon successful completion of the course, the student will be able to take the California and National High School Coaching certification examination. (May not receive credit if PHED 61 has been completed.) 3 hours. Transfer: CSU; UC.

3BB INTRODUCTION TO PRINCIPLES OF COACHING BASEBALL 2 UNITS
Theory, principles, training concepts and ethics of coaching with emphasis on the fundamentals and techniques of coaching the sport of baseball. 2 hours. (May not receive credit if PHED 27 has been completed.) Transfer: CSU; UC.

3FT INTRODUCTION TO COACHING FOOTBALL 2 UNITS
This course is designed to teach the basics of coaching football. Basic offensive and defensive drills and teamwork will be taught. Individual position skills and development will be introduced along with team training and structure. 2 hours. Transfer: CSU; UC.

3SF INTRODUCTION TO COACHING SOFTBALL 2 UNITS
Designed to teach the basics of coaching Softball. Individual skill development, along with team development and dynamics, will be thoroughly covered. 2 hours. Transfer: CSU; UC.

3SO INTRODUCTION TO COACHING SOCCER 2 UNITS
Designed to teach the basics of coaching Soccer. Individual skill development, along with team development and dynamics, will be thoroughly covered. 2 hours. Transfer: CSU; UC.

3TK INTRODUCTION TO COACHING TRACK & FIELD 2 UNITS
Designed to teach the basics of coaching track and field. Methods, drills and skill development of all the events in track will be covered. 2 hours. Transfer: CSU; UC.

4 INTRODUCTION TO SPORTS MANAGEMENT 3 UNITS
Introduction into the field of sports management. Career opportunities, human resource management, leadership, strategic planning, teamwork, ethics and values, marketing and advertising, finance, managing facilities, sports and the law, economics of sport and community impact. 3 hours. (May not receive credit if PHED 60 has been completed.) Transfer: CSU.

5 INTRODUCTION TO THE COMPONENTS OF PHYSICAL FITNESS - THE HUMAN BODY 3 UNITS
The impact of physical activity, nutrition and dietary principles upon the body. Basic exercise physiology, anatomy, kinesiology, exercise testing, body mechanics and body composition testing. 3 hours. (May
6 PERFORMANCE ENHANCEMENT THRU MENTAL TRAINING 3 UNITS
The study and development of the concepts and theories associated with maximizing performance, from the perspective of sport as well as life, emphasizing the mental skills and strategies for stress control, visualization, goal setting and concentration. 3 hours. (May not receive credit if PHED 15 has been completed.) Transfer: CSU; UC; CSU/GE: E.

7 INTRODUCTION TO LIFETIME FITNESS 3 UNITS
Designed for students to take control of their personal health and cope with the changes that will occur in their physical abilities as they age. Includes skills, techniques and information to help adapt activity through the aging process with emphasis on physical activity appropriate for age group. 3 hours. (May not receive credit if PHED 59 has been completed.) Transfer: CSU; UC.

8 INTRODUCTION TO SPORT IN CONTEMPORARY SOCIETY 3 UNITS
An introduction into the phenomenon of sport in society, including cultural stratification, race, gender, education, economics, politics and the mass media. 3 hours. (May not receive credit if PHED 8 has been completed.) Transfer: CSU; UC.

10 NUTRITION FOR FITNESS AND FAT LOSS 3 UNITS
Study the role that nutrition and activity play in developing fitness and lowering body fat. Major concepts of fitness and nutrition will be presented along with training utilizing a heart rate monitor. Students will learn to assess current fitness levels and design a personal fitness and nutritional plan. 3 hours. (May not receive credit if PHED 57 has been completed.) Transfer: CSU; UC; CSU/GE: E.

11 NUTRITION FOR SPORT AND HUMAN PERFORMANCE 3 UNITS
An investigation into the role nutrition plays in sports and human achievement. Determination of optimum hydration and nutrient intake in relation to activity. 3 hours. (May not receive credit if PHED 58 has been completed.) Transfer: CSU; UC; CSU/GE: E.

12K INTRODUCTION TO BASEBALL OFFICIATING 2 UNITS
This course will introduce the student to the basic rules and mechanics of officiating baseball. Students will learn the rules and basics of becoming a baseball umpire. 1 hour lecture, 3 hours laboratory. Transfer: CSU; UC.

12B INTRODUCTION TO BASEBALL OFFICIATING 2 UNITS
This course will introduce the student to the basic rules and mechanics of officiating baseball. Students will learn the rules and basics of becoming a baseball umpire. 1 hour lecture, 3 hours laboratory. Transfer: CSU; UC.

12T INTRODUCTION TO FOOTBALL OFFICIATING 2 UNITS
This course is designed to teach the Fundamentals of Football Officiating, National Federation Rules, Responsibilities, On the Field Mechanics & Concepts of Officiating high school football. 1 hour lecture, 3 hours laboratory. Transfer: CSU; UC.

12T INTRODUCTION TO BASKETBALL OFFICIATING 2 UNITS
This course will introduce the student to the basics of hosting and officiating a track and field competition. 1 hour lecture, 3 hours laboratory. Transfer: CSU; UC.

13 AMERICAN RED CROSS LIFEGUARDING 2 UNITS
Skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion of this course students will receive American Red Cross certification in Lifeguard Training. CPR for the Professional Rescuer, and First Aid. Prerequisite: PEAC SWM 1 completed with a grade of "C" or higher. Demonstrate the ability to swim continuously 100 yards freestyle, 100 yards breaststroke, 100 yards freestyle and swim 20 yards, surface dive to 9 feet, retrieve 10 lb. brick, swim back to start, place brick on the side of the pool, exit the pool in 100 seconds or less. 1 hour lecture, 3 hours laboratory. (May not receive credit if PHED 13 has been completed.) Transfer: CSU; UC.

13R AMERICAN RED CROSS LIFEGUARD TRAINING REVIEW 1 1/2 UNITS
To review the skills and knowledge needed by lifeguards to prevent and respond to aquatic emergencies. Upon successful completion of this course students will receive American Red Cross certification in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. Prerequisite: KINE 13 completed with a grade of "C" or higher. 1 hour lecture, 2 hours laboratory. (May not receive credit if PHED 13R has been completed.) Transfer: CSU; UC.

14 INTRODUCTION TO HEALTH AND FITNESS FOR YOUR DISABILITY 3 UNITS
Application of current health teachings to individuals and life. Psychological, psychological, and social perspectives of health. Emphasis on knowledge, attitudes and behaviors that will contribute to a healthy individual. 3 hours. Transfer: CSU; UC; CSU/GE: E.

15 INTRODUCTION TO PERSONAL FITNESS FOR YOUR DISABILITY 3 UNITS
Includes the areas of physical activity and health, fitness evaluation, exercise prescription, exercise for special populations, exercise programming and the fundamentals of functional anatomy and exercise physiology as they pertain to personal training. Upon successful completion of the course students will be eligible for the National Certification Board Exam to attain certification in Personal Training through the American Council on Exercise. (May not receive credit if PHED 62 has been completed.) 3 hours. Transfer: CSU.

16 THEORY AND TECHNIQUES OF OFFENSIVE FOOTBALL 2 UNITS
Analysis and examination of various approaches to offensive intercollegiate football. Includes all aspects of offensive football; punt return, point after touchdown and field goal kicking. (May not receive credit if PHED 25 has been completed.) 2 hours. Transfer: CSU; UC.

17 THEORY AND TECHNIQUE OF DEFENSIVE FOOTBALL 2 UNITS
Analysis and examination of various approaches to defensive intercollegiate football. Includes all aspects of defensive football; kick off, punt rush, punt return and P.A.T./FG rush. (May not receive credit if PHED 27 has been completed.) 2 hours. Transfer: CSU; UC.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Description</th>
<th>Transfer</th>
</tr>
</thead>
<tbody>
<tr>
<td>18</td>
<td>INTRODUCTION TO CPR AND FIRST AID FOR COACHES</td>
<td>2</td>
<td>Survey of non-emergency procedures and techniques used in the field including basic life support CPR and first aid designed to teach lifesaving skills to be used in an athletic setting. 1 hour lecture, 3 hours laboratory. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>FIT FOR DUTY: HEALTH AND FITNESS FOR LAW ENFORCEMENT</td>
<td>2</td>
<td>Designed for individuals who intend to enter the law enforcement field. An introduction to fitness, stress, psychological health and wellness are examined as they relate to occupations within law enforcement. 1 hour lecture, 3 hours laboratory. Transfer: CSU; CSU/GE: E.</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>INTRODUCTORY FIRE TECHNOLOGY FITNESS AND TRAINING</td>
<td>2</td>
<td>This introductory course is designed to prepare the Fire Technology student for the physical and academic rigors of FT 89 and the Chabot Fire Academy. Lectures and labs will cover ladder, hydrant and knots technique, physical training and health/wellness issues specific to the fire service. 1 hour lecture, 3 hours laboratory. Transfer: CSU.</td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>aq1 AQUA AEROBICS</td>
<td>½–2</td>
<td>A conditioning workout that emphasizes cardiovascular endurance activities in the pool. After sufficient warm-up, water exercises that develop increased aerobic efficiency will be performed by students. Student need not be a swimmer to participate in this class. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. 2–6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>abbs ADVANCED BASEBALL SKILLS</td>
<td>½–2</td>
<td>This is an advanced sport specific course for students to increase their individual skills in the sport of baseball. This course is not for beginning baseball enthusiasts. Prerequisite: Students must possess advanced baseball skills. Students should be enrolled in ATHBB13. 2–6 hours laboratory. Transfer: CSU; UC; CSU/GE: E; AA/AS.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>pdbb PRINCIPLES OF OFFENSIVE BASEBALL</td>
<td>2</td>
<td>Designed to present theory and principles of offensive baseball. When to play long ball, when to play the short game are just a few of the concepts to be covered. Instruction will include, but not be limited to, offensive baseball specific fundamentals and skills, techniques and sport specific conditioning/training; i.e., hitting, base running and the short game. Strongly Recommended: High level of baseball skills combined with an extensive baseball background. The class is not for the beginning baseball player. 2 hours. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>pdbb PRINCIPLES OF DEFENSIVE BASEBALL</td>
<td>2</td>
<td>Defensive theory and principles as related to baseball. This course will include defensive baseball fundamentals, techniques and sport specific conditioning/training; i.e., fielding, throwing, infield and outfield play, pitching, catching. Strongly Recommended: High level of baseball skills combined with an extensive baseball background. This class is not for the beginning baseball player. 2 hours. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>asse PHYSICAL FITNESS ASSESSMENTS</td>
<td>1</td>
<td>Students will learn how to perform Physical Fitness Assessments on body composition, flexibility, muscular strength and endurance. Upon assessing fitness status students will develop an exercise prescription to maintain or improve their physical fitness level. (May not receive credit if PHED 6 has been completed.) 1 hour. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>ass1 PREVENTION OF TYPE II DIABETES THROUGH NUTRITION AND EXERCISE</td>
<td>½</td>
<td>This course is designed to cover basic concepts for prevention of Type II diabetes through proper nutrition and exercise. ½ hour. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>bbdt THEORY AND TECHNIQUE OF DEFENSIVE BASEBALL</td>
<td>2</td>
<td>Students will learn how to improve and perform advanced sport-specific and skill specific fundamentals, training and conditioning for intercollegiate competition. Training will include, but not be limited to, defensive baseball specific fundamentals and skills, techniques and sport specific conditioning/training; i.e., fielding, throwing, infield and outfield play, pitching, catching. This is a course for pre-season Intercollegiate Baseball. The student will have the opportunity to develop through a training program designed for baseball at the intercollegiate level. An extensive baseball background and previous experience is needed for success in this class. Prerequisite: High level of baseball skills combined with an extensive baseball background. The instructor will evaluate the student's skill level. 2 hours. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>bbot THEORY AND TECHNIQUE OF OFFENSIVE BASEBALL</td>
<td>2</td>
<td>Designed to teach advanced fundamentals of hitting and the offensive side of baseball. Training will include, but not be limited to, offensive baseball specific fundamentals and skills, techniques and sport specific conditioning/training; i.e., hitting, base running and the short game. Prerequisite: High level of baseball skills combined with an extensive baseball background. The instructor will evaluate the student's skill level. 2 hours. Transfer: CSU; UC.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>CSA COLLEGE SUCCESS FOR ATHLETES</td>
<td>1</td>
<td>Aiding the student-athlete in developing realistic expectations of college, explore academic programs, and understand what is necessary to succeed in college while competing in an intercollegiate sport. Rules and regulations of the Commission on Athletics (COA), National Collegiate Athletic Association (NCAA), and the National Association of Intercollegiate Athletics (NAIA) will be defined. Eligibility and transferring to a four-year institution will be explored. 1 hour lecture. Transfer: CSU.</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>pdbb PRINCIPLES OF DEFENSIVE BASEBALL</td>
<td>2</td>
<td>Defensive theory and principles as related to baseball. This course will include defensive baseball fundamentals, techniques and sport specific conditioning/training; i.e., fielding, throwing, infield and outfield play, pitching, catching. Strongly Recommended: High level of baseball skills combined with an extensive baseball background. This class is not for the beginning baseball player. 2 hours. Transfer: CSU; UC.</td>
<td></td>
</tr>
</tbody>
</table>

(new discipline; all courses listed below are new)
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>AQDW</td>
<td>AQUA AEROBICS—DEEP WATER 2</td>
<td>1/2–2</td>
<td>A conditioning workout that emphasizes cardiovascular endurance activities in the deep end of the pool. After sufficient warm-up, water exercises that develop increased aerobic efficiency will be performed by students. Students must be able to tread water to participate in this class. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>ARH1</td>
<td>ARCHERY 1</td>
<td>1/2–2</td>
<td>This beginning course in archery has an emphasis on safety, knowledge, and basic skill development in a variety of beginning archery activities. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BAB1</td>
<td>BAY AREA BIKING</td>
<td>1/2–2</td>
<td>This course is designed to teach the basics of safe and healthy biking. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BAD1</td>
<td>INTRODUCTION TO BADMINTON</td>
<td>1/2–2</td>
<td>Basic fundamental badminton techniques and strategies will be covered. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BAD2</td>
<td>INTERMEDIATE BADMINTON</td>
<td>1/2–2</td>
<td>This course is for students who have played Badminton before. Students should already know how to rally, and have knowledge of the rules. This course is not for beginners. Prerequisite: PEAC BAD1. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BAD3</td>
<td>ADVANCED BADMINTON</td>
<td>1/2–2</td>
<td>Theory and practice of advanced badminton that includes advanced techniques and tactics. This will include drills, practice, and tournament play. Fitness drills and conditioning will be incorporated into the class. Prerequisite: PEAC BAD2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BAD4</td>
<td>TOURNAMENT BADMINTON</td>
<td>1/2–2</td>
<td>Designed for students who wish to compete in badminton tournaments. The theory and practice of advanced badminton will be covered. This will include drills, practice, fitness conditioning, and tournament play. Prerequisite: PEAC BAD3. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BLD1</td>
<td>INTRODUCTION TO BALLET</td>
<td>1/2–2</td>
<td>Course will focus on the basic techniques, terminology and principles of ballroom and social dance. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BSBD</td>
<td>BASEBALL SPECIFIC SKILL DEVELOPMENT</td>
<td>1/2–2</td>
<td>This course is designed to increase individual skills in the sport of Baseball. An extensive baseball background and previous experience is needed for success in this class. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BLT1</td>
<td>INTRODUCTION TO BALLET</td>
<td>1/2–2</td>
<td>Designed to introduce the student to basic exercises, positions, and movement in ballet dance. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BSK1</td>
<td>INTRODUCTION TO BASKETBALL</td>
<td>1/2–2</td>
<td>Designed to teach to the basic skills and mechanics needed to successfully play the game of basketball. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BSK2</td>
<td>INTERMEDIATE BASKETBALL</td>
<td>1/2–2</td>
<td>Designed to teach to the intermediate skills of basketball. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>BT1</td>
<td>BEGINNING BOOT CAMP</td>
<td>1/2–2</td>
<td>A full body conditioning class that will utilize equipment and facilities available to the general public to create an intense workout. Training in all five of the areas of fitness will be developed. Students will learn about training and prevention of metabolic syndrome through diet and exercise. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>CYC1</td>
<td>INTRODUCTION TO SPIN CYCLING</td>
<td>1/2–2</td>
<td>This course uses group stationary cycling training to develop cardiovascular fitness. Students will also utilize various strength and flexibility modalities, mental imagery, visualization, nutrition concepts, as well as assessments of their cardiovascular fitness training level through heart rate monitoring and resting heart rate values. Students will learn about training and prevention of metabolic syndrome through diet and exercise. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>CYC2</td>
<td>INTERMEDIATE INDOOR SPIN CYCLING</td>
<td>1/2–2</td>
<td>An intermediate group spin class to develop cardiovascular fitness. Students will also utilize various strength and flexibility activities, visualization, nutrition concepts, as well as assessments of their cardiovascular fitness training level through heart rate monitoring. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>DWA1</td>
<td>AQUA AEROBICS—DEEP WATER 1</td>
<td>1/2–2</td>
<td>This course is designed for students who would like to achieve higher fitness levels utilizing deep water aerobics. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>FFL1</td>
<td>FLAG FOOTBALL LEAGUE</td>
<td>1/2–2</td>
<td>This course is designed to teach organized flag football. Basic play design and defensive schemes will be taught in a league structure. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>FFT1</td>
<td>INTERMEDIATE FIRE FITNESS TRAINING</td>
<td>1/2–2</td>
<td>Designed to raise the fitness level of future firefighters. Prerequisite: KINE 20. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>FFT3</td>
<td>TACTICAL FITNESS FOR FIRE FIGHTERS</td>
<td>1/2–2</td>
<td>Designed to enhance the fitness level of advanced fire fighters. Prerequisite: PEAC FFT2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
<tr>
<td>FIT1</td>
<td>FITNESS FOR EVERYONE</td>
<td>1/2–2</td>
<td>Designed to provide the students whose schedules do not allow enrollment in the traditional class settings. Students may participate in these areas following a required orientation in each desired area of participation: Fitness, Weight Training and Aquatics. 2-6 hours. Transfer: CSU; UC; CSU/GE; E; AA/AS.</td>
</tr>
</tbody>
</table>
FLW1 PHYSICAL FITNESS FOR LAW ENFORCEMENT ½–2 UNITS
This course is designed to prepare the administration of justice student for pre-employment physical ability testing, physical aspects of the Police Academy, and the maintenance of fitness and wellness as an incumbent. Course sessions will address aerobic and strength training, muscular endurance, nutrition and weight management, agility, coordination, balance and flexibility. An emphasis will be placed on injury prevention and back care. Prerequisite: KINE 19. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FLW2 INTERMEDIATE FITNESS FOR LAW ENFORCEMENT ½–2 UNITS
Designed to develop specific fitness levels for law enforcement professionals. Prerequisite: PEAC FLW1 (completed with a grade of "C" or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FLW3 ADVANCED FITNESS FOR LAW ENFORCEMENT ½–2 UNITS
Designed to teach advanced levels of fitness specific to law enforcement. Prerequisite: PEAC FLW2 (completed with a grade of "C" or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FLYF INTRODUCTION TO FLY FISHING ½–2 UNITS
This course is designed to teach the beginner the basics in fly casting and fishing. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FTS1 FUTSAL—INDOOR SOCCER ½–2 UNITS
Indoor Futsal Soccer is a fast paced form of indoor soccer that places a large emphasis on technical skill and ability in situations of high pressure, and is subsequently an excellent training ground for developing foot skills that can be translated into the 11-a-side format of the game. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FUN1 BEGINNING FUNCTIONAL TRAINING FOR FAT LOSS ½–2 UNITS
This beginning course will develop strength and fat loss through a functional strength training program. Course is moderate to hard in intensity. Students will learn about training and prevention of metabolic syndrome through diet and exercise. Strongly Recommended: Personal physician's approval to exercise vigorously. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FUN2 INTERMEDIATE FUNCTIONAL TRAINING FOR FAT LOSS ½–2 UNITS
Designed to challenge students who have successfully completed Beginning Functional Training. Course is very hard in intensity. Prerequisite: PEAC FUN1. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

FUN3 ADVANCED FUNCTIONAL TRAINING FOR FAT LOSS ½–2 UNITS
Designed to challenge students who have successfully completed Intermediate Functional Training or FUN 2. Course is very hard in intensity. Prerequisite: PEAC FUN2 (completed with a grade of "P" or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

Gfte GET FIT WITH TECHNOLOGY ½–2 UNITS
Designed to develop fitness and well-being in a flexible manner utilizing technology as a guide in the process. Students will utilize global positioning technology along with online learning to develop and implement a solid personal cardiovascular fitness and wellness program. Strong computer skills and the access to a handheld global positioning device are required. 2-6 hours. Transfer: CSU; CSU/GE: E; AA/AS.

GTB1 BEGINNING TOURNAMENT GOLF ½–2 UNITS
Designed to give instruction and practice in the fundamental skills of golf. Skills, rules, etiquette, safety and golf course layouts will be covered. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HEAR BASIC HEART RATE MONITORING ½–2 UNITS
Improvement of cardiovascular fitness through the use of a heart rate monitor. Use of a heart rate monitor, target heart rate training zones and adult type II diabetes prevention will be covered. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HIP1 INTRODUCTION TO HIP-HOP DANCE ½–2 UNITS
A dance class designed to teach students the fundamental dance steps and techniques of Beginning Hip-hop dance. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HIP2 ADVANCED BEGINNING HIP-HOP DANCE ½–2 UNITS
Advanced beginning Hip-hop Dance choreography, alignment, floor patterns, with group interactions and projects. Prerequisite: PEAC HIP1 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HIP3 INTERMEDIATE HIP-HOP DANCE ½–2 UNITS
Intermediate Hip-hop Dance techniques, steps, routines and group presentations. Prerequisite: PEAC HIP2 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HIP4 ADVANCED HIP-HOP DANCE ½–2 UNITS
Advanced hip-hop dance techniques, patterns which include floor breaking, rhythmic and direction changes. Choreography and improvisational group projects/presentations which include exploring rhythmic structures of hip-hop dance. Dance Performance will be emphasized. Prerequisite: PEAC HIP2 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HTA1 HIPS, THIGHS AND ABS WORKOUT ½–2 UNITS
This course is designed to reduce, tone and strengthen the abdominal areas and the buttocks and thigh region through exercises. Proper techniques for a variety of exercises for specific muscle groups will be presented. 2-6 hours Transfer: CSU; UC; CSU/GE: E; AA/AS.

HTA2 INTERMEDIATE HIPS, THIGHS AND ABS ½–2 UNITS
Strenuous exercises to tone, strengthen and reduce the abdominal, buttocks and thigh regions. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

HTA3 ADVANCED HIPS, THIGHS AND ABS WORKOUT ½–2 UNITS
This an advanced course designed to strengthen, reduce and tone the “core” region of the body through various exercises and techniques. The core region includes: hips, thighs and buttocks; abdominals and obliques; and lower back. A variety of strength and flexibility exercises
for these specific muscle body groups will be presented. Prerequisite: PEAC HTA2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

INSC SOCCER/FUTSOL 1/2—2 UNITS
Emphasizes the fundamental skills and strategies of futsol. Offensive and defensive positions and basic team strategies will be addressed. No previous futsol experience is necessary. 2–6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JD1 INTRODUCTION TO JAZZ DANCE 1/2—2 UNITS
Introduction to Beginning Jazz Dance terminology, techniques, characteristics and dance routines. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JD2 ADVANCED BEGINNING JAZZ DANCE 1/2—2 UNITS
Advanced Beginning Jazz Dance techniques, terminology, routines, choreography and improvisations. Prerequisite: PEAC JD1 (completed with a grade of “C” or higher). 2-6 hours Transfer: CSU; UC; CSU/GE: E; AA/AS.

JD3 ADVANCED JAZZ DANCE 1/2—2 UNITS
Intermediate Jazz Dance warm ups, terminology, characteristics, group choreography and improvisation. Comparison of different styles of Jazz Dance. Prerequisite: PEAC JD2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JD4 INTERMEDIATE JAZZ DANCE 1/2—2 UNITS
Advanced Jazz Dance technique, terminology and choreography. Advanced warm up and across the floor movement. Emphasis on group choreography and student performance. Prerequisite: PEAC JD3 (completed with a grade of “C” or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JUD1 BEGINNING JUDO 1/2—2 UNITS
Designed to teach beginning judo. Basic history, philosophy, techniques and safety aspects of judo will be covered. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JUD2 INTERMEDIATE JUDO 1/2—2 UNITS
Students should have completed Beginning Judo or have had previous judo experience. Prerequisite: PEAC JUD1 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

JUD3 ADVANCED JUDO 1/2—2 UNITS
Advanced judo course. Students should have completed intermediate judo with a passing grade prior to enrolling in this course. Prerequisite: PEAC JUD2 (completed with a grade of “C” or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

LSF1 LAP SWIMMING FOR CARDIOVASCULAR FITNESS 1/2—2 UNITS
Designed to develop cardiovascular fitness in the accomplished swimmer through aerobic non-stop lap swimming. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PIL1 INTRODUCTION TO PILATES 1/2—2 UNITS
This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center of the body through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PIL2 ADVANCED PILATES 1/2—2 UNITS
Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Intermediate Pilates will build on the basic principles learned in PIL1. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL1 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PIL3 INTERMEDIATE PILATES 1/2—2 UNITS
This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Advanced Pilates will build on the basic principles learned in PIL2. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PIL4 FUNCTIONAL PILATES 1/2—2 UNITS
This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Functional Pilates will build on the basic principles learned in PIL3. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL3 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PLF1 POLYMETRICS AND AGILITY TRAINING FOR WOMEN 1/2—2 UNITS
This course focuses on physical training for women and is designed to help improve performance and minimize the potential for injury. Training will include progressive plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to women will also be addressed. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. Strongly Recommended: Previous athletic experience. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

PRTR PERSONAL TRAINING 1/2—2 UNITS
Designed to give the student an individual training plan and instruction based on their personal needs and level of conditioning. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

SBB1 SPORT-SPECIFIC TRAINING - BASEBALL 1/2—2 UNITS
Designed to increase an individual’s specific skills in the sport of baseball. 2-6 hours. Transfer: CSU; UC; AA/AS.
**SBB2 INTERMEDIATE SPORT-SPECIFIC TRAINING - BASEBALL** ½–2 UNITS

Designed to increase physical conditioning, skill level, and knowledge in the sport of baseball. Individual baseball player to increase their specific physical conditioning, skill/technique level. Students must have experience and a high level of skill to enroll in this course. Prerequisite: PEAC SBB1 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SBB3 ADVANCED BASEBALL-SPECIFIC TRAINING** ½–2 UNITS

Students will learn resistance and plyometric training methods to dramatically improve bat, leg and throwing speed. Students must have experience in resistance training and a high level of skill in the sport of baseball to enroll in this course. Prerequisite: PEAC SBB2 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SBM1 SPORT-SPECIFIC INDIVIDUAL TRAINING FOR MEN'S BASKETBALL** ½–2 UNITS

Designed to provide individual training for the intermediate level to highly competitive level male basketball player. There will be an emphasis on training, skills, basketball strategies. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SBW1 SPORT-SPECIFIC TRAINING FOR THE FEMALE BASKETBALL PLAYER** ½–2 UNITS

Designed to provide individualized training for the intermediate level to highly competitive level female basketball player. There will be an emphasis on individual training and skills in a demanding classroom environment. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SMLP LAP SWIMMING FOR CARDIOVASCULAR CONDITIONING** ½–2 UNITS

Designed to increase cardiovascular conditioning through swimming. Strongly Recommended: Student must be water safe and have ability to complete 200 yards of swimming without interruption. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SOC1 INTRODUCTION TO SOCCER** ½–2 UNITS

Emphasizes the fundamental skills and strategies of soccer. This course focuses on rules, etiquette, safety, and soccer skills, such as dribbling, passing, shooting and defending. Offensive and defensive positions and basic team strategies are also addressed. No previous soccer experience is necessary. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SOC2 INTERMEDIATE SOCCER** ½–2 UNITS

This course is designed to give the student an understanding and training in the advanced principles of competitive soccer. Training and skill development will be combined in practice and applied in games situations. Prerequisite: PEAC SOC1 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SOC3 ADVANCED SOCCER** ½–2 UNITS

This course is designed to give the students an advanced understanding of the more complex principles of the game so they can apply them in the game situation. Prerequisite: PEAC SOC2 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SPM1 SPEED, PLYOMETRIC AND AGILITY TRAINING FOR MEN** ½–2 UNITS

Course focuses on the development of speed, agility and plyometric training for men. Training will include speed training, progressive plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to athletics will also be addressed. Strongly Recommended: Previous athletic experience 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SBB1 SPORT-SPECIFIC TRAINING FOR SOFTBALL** ½–2 UNITS

Designed to increase specific physical conditioning, skill/technique level, and knowledge in the sport of softball. Students must have experience and a high level of skill in softball to enroll in this course. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. Strongly Recommended: Extensive experience in softball along with the appropriate skills to play softball at the collegiate level. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SSC1 SPORT-SPECIFIC TRAINING CROSS COUNTRY/DISTANCE RUN** ½–2 UNITS

This course is designed to provide sport-specific training in track and cross country. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SSS1 TRACK AND FIELD SKILLS** ½–2 UNITS

Designed to teach, analyze techniques and develop training programs in the sport of track and field. Students will acquire a thorough working knowledge of the rules of all the events within the sport of track and field. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SSTP INTRODUCTION TO CARDIO-STEP** ½–2 UNITS

Designed to improve cardio-respiratory fitness utilizing a variety of choreographed and non-choreographed movement patterns. Proper stepping techniques, coinciding and non-coinciding arm and leg patterns, floor exercises and mat work, light hand weights with stretching, will be incorporated. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SSTM INTERMEDIATE CARDIO-STEP** ½–2 UNITS

Designed to develop strength and cardiovascular fitness through an intermediate level of stepping routines. Prerequisite: PEAC STP1. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SWM1 BEGINNING SWIMMING** ½–2 UNITS

Designed to teach proficiency in the basic strokes of swimming. No prior knowledge or skill in swimming is needed to join this course. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SWM2 INTERMEDIATE SWIMMING** ½–2 UNITS

Designed for students who have completed beginning swimming (SWM1). Intermediate stroke development will be presented in this course. Prerequisite: PEAC SWM1 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

**SWM3 ADVANCED SWIMMING** ½–2 UNITS

Designed for those students who would like to learn advanced strokes in swimming. Prerequisite: PEAC SWM2 (completed with a grade of "C" or higher) 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.
SWM4 HIGH LEVEL SWIMMING 1/2–2 UNITS
Designed for students who are interested in acquiring the swimming skills and conditioning necessary to compete at high level. Prerequisite: PEAC SWM3 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

TBB1 TOURNAMENT BASEBALL LEAGUE 1/2–2 UNITS
Designed for students to develop sport specific individual, group and team skills while participating in actual Baseball games. An extensive baseball background and previous experience is needed for success in this class. Prerequisite: Students need an extensive baseball background and skill set. Students should be a member of a team and/or established and recognized baseball league. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

TEN1 INTRODUCTION TO TENNIS 1/2–2 UNITS
Introduction to the game of tennis. The course will involve basic stroking methods, conditioning techniques, historical background, rules, scoring, as well as singles and doubles strategies. 2-6 hours. CSU; UC; CSU/GE: E; AA/AS.

TEN2 INTERMEDIATE TENNIS 1/2–2 UNITS
This course is designed for those students who have completed Tennis 1. The course will involve more techniques on the strokes of tennis, introducing spin as a control technique, footwork patterns, conditioning, historical background, rules, scoring, as well as strategy and court positioning for singles and doubles play. Prerequisite: PEAC TEN1 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

TEN3 ADVANCED TENNIS 1/2–2 UNITS
This course is for tennis players who are at an advanced level of play. The course will involve singles and doubles strategies that utilize high percentage play, footwork and conditioning drills, strategies for court positioning in both singles and doubles play. Prerequisite: PEAC TEN2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

TEN4 TOURNAMENT TENNIS 1/2–2 UNITS
This course is designed for those tennis players who are competing in tournaments or league play. The course will cover strategy, court positioning, footwork and conditioning, and tennis strokes technique. Prerequisite: PEAC TEN3 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

TKD1 TAE-KWON-DO 1/2–2 UNITS
Introductory course in the history, philosophy, techniques and safety aspects of tae-kwon-do. This is an ancient Korean martial art where students will learn “the way of fist and foot,” as well as increase cardiovascular and muscular fitness. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

VOL1 INTRODUCTION TO VOLLEYBALL 1/2–2 UNITS
Designed to provide students an opportunity to learn or review and practice those skills which are acceptable under current rules and interpretations in the game of volleyball; to promote an interest in leisure time activity; acquire an appreciation of competitive play as a spectator; and to teach students what acceptable conduct is in a coeducational activity. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WAPo WATER POLO 1/2–2 UNITS
Designed to provide the student the opportunity to develop their skills in water polo. Aspects of leadership, team play, sportsmanship, and other social values are concomitant objectives. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WEI1 INTRODUCTION TO WEIGHT TRAINING 1/2–2 UNITS
Designed to teach the basic elements of weight training and prepare the student’s body; i.e., muscles, ligaments, tendons and joints to endure weight training. Emphasis on developing muscle strength balances in the 3 different planes of motion and muscular endurance training. Circuit training will be utilized. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WEI2 INTERMEDIATE WEIGHT TRAINING 1/2–2 UNITS
Designed to focus on increasing the muscular hypertrophy of the prime movers. Workout templates will be provided that stimulate and provoke high and positive chemical changes within the muscle system. Prerequisite: PEAC WEI1 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WEI3 ADVANCED WEIGHT TRAINING 1/2–2 UNITS
Designed to teach the student advanced lifts and training methods in weight training and to develop the highest level of force and to become significantly stronger through the use of muscular strength training stimulus. The student will learn to synchronize their muscles involved in the exercise. Prerequisite: PEAC WEI2 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WEI4 WEIGHT TRAINING FOR MUSCULAR POWER 1/2–2 UNITS
This is a course designed to increase the muscular power of the student through high velocity training. Emphasis on improving neuromuscular coordination through the utilization of the stretch-reflex principle and higher rates of acceleration through lighter training loads. Prerequisite: PEAC WEI3 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WLK1 WALKING FOR FITNESS 1/2–2 UNITS
This is a course for students of all fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes begin on campus and explore a multitude of nearby parks and trails. Topics to be discussed include: fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation, volkssporting and more. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

WLK2 ADVANCED WALKING FOR FITNESS 1/2–2 UNITS
This is a course for students of intermediate-to-advanced fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes are on campus and will utilize the stadium bleachers, stairs and track. Multiple discussion topics will include: interval training, fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation. Students will learn about target heart rate training and recording and monitoring their heart rate in this course. Prerequisite: PEAC WLK1 (completed with a grade of “C” or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.
### WOW1 Women's Weight Training 1 ½–2 Units
Designed to provide introductory information on physical fitness and strength training through the use of progressive resistance exercises. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

### WOW2 Women's Weight Training 2 ½–2 Units
Designed to provide basic information to students wishing to improve their physical fitness through the use of progressive resistance exercises. The material for the course is predicated upon the use of sound physiological principles. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. Pre-requisite: PEAC WOW1 (completed with a grade of "C" or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

### YOG1 Introduction to Yoga ½–2 Units
This course explores the basic principles of Hatha Yoga and how they apply to achieving lifetime fitness. It incorporates yoga postures (asanas) designed to strengthen and tone the body. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

### YOG2 Introduction to Yoga ½–2 Units
Designed for students who have completed beginning Yoga (YOG1) and are ready to progress to more complex moves in hatha yoga. Pre-requisite: PEAC YOG1 (completed with a grade of "C" or higher). 2-6 hours. Transfer: CSU; UC; CSU/GE: E; AA/AS.

### MASS COMMUNICATIONS (MCOM)
ASSOCIATE IN ARTS DEGREE

#### FRESHMAN YEAR

<table>
<thead>
<tr>
<th>FALL</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass Communications 20 (Journalism: Newswriting and Information Gathering)</td>
<td>3</td>
</tr>
<tr>
<td>Mass Communications 25 (Journalism: Magazine and Newspaper Feature Writing)</td>
<td>3</td>
</tr>
</tbody>
</table>

#### (REPEATABILITY REMOVED)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>UNIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>1</td>
</tr>
<tr>
<td>15</td>
<td>3</td>
</tr>
</tbody>
</table>

#### (REVISED NUMBER, CATALOG DESCRIPTION)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>UNIT</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>1</td>
<td>Writing and Photography for a Weekly Publication</td>
</tr>
<tr>
<td>15</td>
<td>3</td>
<td>Publications—Editorial Leadership and Production</td>
</tr>
</tbody>
</table>

#### (NEW COURSE)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>UNIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>3</td>
</tr>
<tr>
<td>22</td>
<td>3</td>
</tr>
</tbody>
</table>

### MACHINE TOOL TECHNOLOGY (MTT)

#### (REPEATABILITY REMOVED)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>UNIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>60A</td>
<td>4</td>
</tr>
<tr>
<td>60B</td>
<td>4</td>
</tr>
<tr>
<td>63A</td>
<td>2</td>
</tr>
<tr>
<td>63B</td>
<td>2</td>
</tr>
<tr>
<td>65</td>
<td>4</td>
</tr>
<tr>
<td>71A</td>
<td>4</td>
</tr>
<tr>
<td>71B</td>
<td>4</td>
</tr>
<tr>
<td>71C</td>
<td>4</td>
</tr>
<tr>
<td>75</td>
<td>4</td>
</tr>
<tr>
<td>81A</td>
<td>3</td>
</tr>
</tbody>
</table>

#### (NEW COURSE)

<table>
<thead>
<tr>
<th>COURSE</th>
<th>UNIT</th>
</tr>
</thead>
<tbody>
<tr>
<td>81B</td>
<td>3</td>
</tr>
<tr>
<td>81C</td>
<td>3</td>
</tr>
</tbody>
</table>