

PHYSICAL EDUCATION

Students who wish to earn an A.A. or A.S. degree must successfully complete a minimum of one Health Education course and one Physical Education course.

Uniform Requirements—The uniform or costume appropriate for the course is required of all students.

Career Opportunities

Pre-Athletic Trainer Pre-Physical Therapy
Physical Education Instructor

Faculty

Full-Time	Part-Time	Part-Time
Graciela Casillas-Tortorelli	Clarence Banks	George Peraza
Jonas Crawford	William Bechtel	Jeff Perrault
Ron McClurkin	Alan Chang	Allen Prieto
	Pam Cohen	William Propster
	Ron Cook	Matilde Sanchez
	Jason Cunningham	Michael Scanlon
	David Fischer	Aaron Sharp
	Roger Frash	Geno Sharp
	Paul Garziano	Phillip Sherman
	Ross Greaney	Michael Young
	Jon Larson	

A General Note on Transferability of Physical Education Courses.

An Associate Degree requires one PE activity class. Students planning to take more than 4 units of Physical Education activity courses should consult a counselor.

The California State University (CSU) system accepts all PE courses for comparable semester credit, but the University of California (UC) system will only accept a total of four (4) units of credit. This UC transfer-status limitation is indicated below by the asterisk*. The UC will give a maximum of eight (8) units of credit for all courses combined designated with a plus sign (+).

Physical Education Courses

PE R098—Short Courses in Physical Education ½-3 units

Lecture and/or lab hours as required by unit formula

Short courses or activities designed to inform and/or train interested persons in various disciplines within the scope of Physical Education. Unit credit/hours determined by course format. Field trips may be required. (2)

PE R116A—Modern Dance I 2 units

1 hour lecture, 3 hours lab weekly

This course focuses on the development of modern dance techniques with emphasis on combinations of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change will also be covered. Field trips may be required. Course may be taken two times. (Same as DANC R102A). (2)

Transfer credit: UC, CSU

PE R116B—Modern Dance II 2 units

Prerequisites: PE R116A or equivalent.

1 hour lecture, 3 hours lab weekly

This course focuses on intermediate to advanced modern dance skills and technique necessary for performing dance compositions and student performances. Field trips may be required. Course may be taken two times. (Same as DANC R102B). (2)

Transfer credit: UC, CSU

PE R119A—Modern Jazz I 2 units

1 hour lecture, 3 hours lab weekly

This course is an introduction to Modern Jazz techniques and skills. Students will develop flexibility, strength, endurance, dance composition and develop an understanding and appreciation of Jazz dance as an art form. Field trips may be required. Course may be taken two times. (Same as DANC R104A). (2)

Transfer credit: UC, CSU

PE R119B—Modern Jazz II 2 units

Prerequisites: PE R119A or equivalent.

1 hour lecture, 3 hours lab weekly

This course offers continued study of Jazz dance techniques with emphasis on more advanced skills necessary for performing dance compositions and student performances. Field trips may be required. Course may be taken two times. (Same as DANC R104B). (2)

Transfer credit: UC, CSU

PE R124—Mexican Folklorico Dance 2 units

1 hour lecture, 3 hours lab weekly

The roots of Mexican folklorico dance date back to the Aztec and Mayan civilizations that later blended with the cultural influences brought from Spain. This course is designed to develop dance skills for various regional dance styles from Veracruz, Jalisco, Michoacan, Chihuahua, and others. Emphasis is placed on the historical and cultural factors that have influenced Mexican dance. Students will learn the principals of body alignment, strength, and coordination as it relates to dance and performance. Field trips may be required. Course may be taken four times. (Same as DANC R110). (2)

Transfer credit: UC, CSU

INDIVIDUAL AND DUAL ACTIVITIES

PE R130—Jujitsu 2 units

1 hour lecture, 3 hours lab weekly

The feudal Samurai warrior class once used jujitsu, one of the oldest Japanese martial arts practiced. It is an unarmed self-defense system incorporating various methods of defensive tactics. Emphasis is on break falling, kicking, punching, and blocking effectively as well as the application and defense of joint locks, nerve manipulation, chokes, take down and control techniques. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R131A—Knock Out Fitness/Kickboxing I 2 units

1 hour lecture, 3 hours lab weekly

This physical course is intense and designed to burn fat. Cardiorespiratory conditioning and endurance is emphasized along with weight management. Training equipment including focus mitts and kicking shields will be used. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R131B—Knock Out Fitness/Kickboxing II 2 units

Prerequisites: PE R131A.

1 hour lecture, 3 hours lab weekly

KOFIT/Aerobic Kickboxing offers students a workout that focuses on building cardiorespiratory endurance and fitness through its more advanced curriculum. Body conditioning and weight loss are emphasized. Training equipment including focus mitts and kicking shields are used in class. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R132—Self-Defense Designed for Women 2 units

1 hour lecture, 3 hours lab weekly

This activity course addresses issues of physical assault and self-defense. Students will learn basic self-defense skills that increase their chances of surviving an assault situation. The psychological and mental aspects of self-defense will also be explored. Course may be taken two times. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R133A—Boxing for Fitness I **2 units**
1 hour lecture, 3 hours lab weekly
This course is designed to develop cardiorespiratory conditioning and fitness through the use of boxing techniques. Students will learn how professional boxers train in order to attain muscle endurance and strength. Increasing muscle tone and weight management will be emphasized. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R133B—Boxing for Fitness II **2 units**
Prerequisites: PE R133A.
1 hour lecture, 3 hours lab weekly
This course is designed to increase cardiorespiratory conditioning and fitness through the use of advanced boxing techniques. Students will also learn how professional boxers train in order to attain muscle endurance and strength. Increasing muscle tone and weight management will be emphasized. Course may be taken two times. (2)
Transfer credit: UC, CSU

PE R134A—Escrima/Filipino Martial Arts **1½ units**
1 hour lecture, 2 hours lab weekly
Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Today, Escrima continues to be the most popular martial arts in the Philippines. Escrima employs empty-hand techniques as well as traditional weapons such as rattan sticks, swords and daggers. The course will focus on the artistic aspect of the art as well as its application in contemporary self-defense situations. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R141A—Tennis I **2 units**
1 hour lecture, 3 hours lab weekly
This course is designed to help the student develop the skill of playing tennis, including beginning skills, etiquette, rules, and techniques of play. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R141B—Tennis II **2 units**
Prerequisites: PE R141A or equivalent.
1 hour lecture, 3 hours lab weekly
This course is designed to develop a higher proficiency and performance of tennis skills with a special emphasis on game strategy and techniques. Field trips may be required. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R143—Running for Fitness **2 units**
1 hour lecture, 3 hours lab weekly
This course is designed to provide exercise and fitness training for the moderate to active jogging or running student population. Emphasis is on cardiovascular conditioning and muscle strength, and endurance related specifically to jogging and running. It is designed for students to participate in and achieve a more strenuous physical activity program. Field trips may be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R146—Walking for Fitness **1½ units**
1 hour lecture, 2 hours lab weekly
This course is designed to provide exercise and fitness training for the walking running student population. Emphasis is on cardiovascular conditioning and muscle strength, and endurance related specifically to walking. It is designed for students to participate in and achieve a more strenuous physical activity program. Field trips may be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R148—Women's Conditioning **2 units**
1 hour lecture, 3 hours lab weekly
This course focuses on improving cardiovascular conditioning, and body composition. Class sessions will include the use of training equipment designed to improve muscle strength and endurance. Emphasis will be placed on weight loss and fitness. The course will also cover how to develop a personal training routine designed to meet individual needs. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R150—Weight Training/Conditioning **2 units**
1 hour lecture, 3 hours lab weekly
This course focuses on the development of basic skills, coordination, muscular tone, and strength through the use of weight machines and free weights. Cardiovascular conditioning and nutrition are also emphasized. Course may be taken four times. (2)
Transfer credit: UC, CSU*

TEAM ACTIVITIES

PE R155A—Basketball I **2 units**
1 hour lecture, 3 hours lab weekly
This is a course in beginning basketball with emphasis on cardiovascular conditioning, techniques, rules and strategies of full court game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of basketball. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R155B—Basketball II **2 units**
Prerequisites: PE R155A.
1 hour lecture, 3 hours lab weekly
This is a course for intermediate or advanced basketball players with emphasis on cardiovascular conditioning, techniques, rules and advanced strategies of the full court game. It is an activity course designed for students to increase their knowledge, skills, and techniques of the sport of basketball. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R156A—Baseball I **2 units**
1 hour lecture, 3 hours lab weekly
This course focuses on the development of basic skills in baseball. Students will learn proper rules, techniques, and game strategy. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R156B—Baseball II **2 units**
¾ hour lecture, 3 ¾ hours lab weekly
This course focuses on the development of higher proficiency and performance of baseball skills with special emphasis on game strategy and techniques. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R159A—Soccer I **2 units**
1 hour lecture, 3 hours lab weekly
This course focuses on the development of basic skills in soccer. Students will learn proper rules, techniques and game strategy. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R159B—Soccer II **2 units**
Prerequisites: PE R159A.
1 hour lecture, 3 hours lab weekly
This course focuses on the development of advanced skills in soccer. Students will learn proper rules, techniques and advanced game strategy. Course may be taken two times. (2)
Transfer credit: UC, CSU*

PE R160—Co-Educational Softball **2 units**
1 hour lecture, 3 hours lab weekly
This course is co-educational course which covers intermediate skills and strategy of slow pitch softball. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R161—Volleyball **2 units**
1 hour lecture, 3 hours lab weekly
This course teaches the basic skills of playing volleyball. Techniques, strategy and rules of the game are covered. Conditioning and fitness development are also emphasized, as well as nutrition guidelines for volleyball participants. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R166—Men's Varsity Cross Country **3 units**
1 hour lecture, 9 hours lab weekly
Varsity Cross Country is highly competitive and requires an advanced degree of skill. Student engaged in varsity Cross Country should expect to compete against other institutions, travel, and put in additional hours above and beyond the normal activity load. This course meets the physical education activity requirement. Field trips will be required. Course may be taken four times.
Transfer credit: UC, CSU*

PE R167—Women's Cross Country **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate Cross Country is comprised of a total of nine C.O.A. competitions if the team or individual advances into post conference playoffs and goes all the way to the State Championship Finals. Competitions start in the beginning of September and end in the 3rd week of November. Field trips will be required. Course may be taken four times.
Transfer credit: UC, CSU*

PE R168—Volleyball **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate sports are highly competitive and require an advanced degree of skill. Students engaged in intercollegiate sports including volleyball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Volleyball meets the PE activity requirement. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R169—Men's Soccer **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate sports are highly competitive and require an advanced degree of skill. Students engaged in intercollegiate sports should expect to compete against other institutions, travel and put in additional hours beyond the normal activity load. Intercollegiate sports meet the PE Activity Requirements. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R170—Men's Basketball **3 units**
1 hour lecture, 9 hours lab weekly
Instruction and intercollegiate competition is offered in basketball to those students who are selected based on tryouts prior to the beginning of the season. Basketball is highly competitive and requires an advanced degree of skill. Students engaged in Basketball should expect to complete against other institutions, travel and put in additional hours beyond the normal activity load. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R171—Women's Basketball **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate basketball is a highly competitive sport and requires an advanced degree of skill. Students engaged in intercollegiate basketball should expect to compete against other institutions, travel and put in additional hours beyond the normal activity load. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R172—Intercollegiate Baseball **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate baseball is highly competitive and requires an advanced degree of skill. Students engaged in intercollegiate baseball should expect to compete against other institutions, travel and put in additional hours beyond the normal activity load. Intercollegiate sports meet the PE activity requirement. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R177—Intercollegiate Softball **3 units**
1 hour lecture, 9 hours lab weekly
This course is designed to provide training for competition in intercollegiate women's softball. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU*

PE R178—Women's Soccer **3 units**
1 hour lecture, 9 hours lab weekly
Intercollegiate sports are highly competitive and require an advanced degree of skill. Students engaged in intercollegiate sports should expect to compete against other institutions, travel and put in additional hours beyond the normal activity load. Intercollegiate sports meet the PE Activity Requirements. Field trips will be required. Course may be taken four times. (2)
Transfer credit: UC, CSU

INTERCOLLEGIATE ATHLETICS

ICA R122—Conditioning for Men's Competitive Soccer **½ - 2 units**

Lecture/lab to be determined according to unit formula.
The training and conditioning exercises cover advanced forms of strength training, cardiovascular and skill work being emphasized. Out of season speed/endurance, stamina, and skill efficiency will be enhanced through use of different fitness parameters in preparing for the intercollegiate soccer season. The course is intended for student-athletes to improve their physical conditioning and strength for men's soccer. Athletes that compete in intercollegiate athletics need to prepare all year to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R132—Conditioning for Men's Competitive Basketball **½ - 2 units**

Lecture/lab to be determined according to unit formula.
The topics covered in this course will provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate men's basketball. Athletes that compete in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R142—Conditioning for Men's Competitive Baseball **½ - 2 units**

Lecture/lab to be determined according to unit formula.
The topics covered in this course will provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate men's baseball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R152—Conditioning for Women's Competitive Volleyball **½ - 2 units**

Lecture/lab to be determined according to unit formula.
The topics covered in this course are intended for student-athletes to improve their physical conditioning and skill level for women's volleyball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R162—Conditioning for Competitive Cross Country ½ - 2 units

Lecture/lab to be determined according to unit formula.

This course is designed for student-athletes to improve their physical conditioning and skill level to compete at intercollegiate cross country meets. It will provide students with advanced training, conditioning, nutritional, and racing plans for intercollegiate cross country competition. Athletes that participate in rigorous activity such as cross country are expected to follow the professional instruction provided in order to ensure optimal opportunity to excel at the next level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R172—Conditioning for Women's Competitive Soccer ½ - 2 units

Lecture/lab to be determined according to unit formula.

The training and conditioning exercises covered in this course are designed with advanced forms of strength training, cardiovascular and skill work being emphasized. Out of season speed/endurance, stamina, and skill efficiency will be enhanced through use of different fitness parameters in preparing for the soccer season. The course is intended for student-athletes to improve their physical conditioning and strength for women's soccer. Athletes that compete in intercollegiate athletics need to prepare all year to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R182—Conditioning for Women's Competitive Softball ½ - 2 units

Lecture/lab to be determined according to unit formula.

The topics covered in this course provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate women's softball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ICA R192—Conditioning for Women's Competitive Basketball ½ - 2 units

Lecture/lab to be determined according to unit formula.

The topics covered in this course are designed to provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate women's basketball. Athletics that compete in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PROFESSIONAL COURSES

PE R185A—Basketball Theory 2 units

1 hour lecture, 3 hours lab weekly

This course is designed to give the student an understanding of methods of instruction, skill analysis, practice progressions and theory of all facets of coaching basketball. The history, language, rules, strategies, fundamental skills, defensive play, offensive play, conditioning, mental aspects, methods of program building, and public relations will be covered. This course is appropriate for youth coaches and the player wanting to know more about the game. No previous coaching experience is necessary. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC+, CSU

PE R185C—Baseball Theory 2 units

Prerequisites: Advanced baseball ability.

1 hour lecture, 3 hours lab weekly

Development of advanced skills in baseball and theory behind methods and styles of play. Class members will participate in lab assignments and will have weekly lectures including films and guest lecturers to facilitate instruction. Course may be taken two times. (2)

Transfer credit: UC+, CSU

PE R198A-Z—Short Courses in Physical Education ½ -10 units

Lecture/lab to be determined according to unit formula.

Courses and/or workshops in selected areas of physical education to meet specific needs of the college or community as requested or required by persons whose needs are not met by regular course offerings. Field trips may be required. (2)

Transfer credit: CSU

PE R199—Directed Studies in Physical Education 1-3 units

Lecture and/or lab hours as required by unit formula

This course is designed for selected students interested in furthering their knowledge of physical education on an independent study basis; assigned problems will involve library, lab, and field work. Course may be taken two times. (2)

Transfer credit: CSU

PHYSICAL SCIENCE

Faculty

Part-Time

Dale Synnes

Physical Science Courses

PHSC R170—Concepts in Physical Science 4 units

Prerequisites: MATH R014.

3 hours lecture, 3 hours lab weekly

This introductory course focuses on principles, laws, and concepts in physics, chemistry, and earth and space science. Students model scientific reasoning and experimentation processes: questioning, forming hypotheses, testing hypotheses experimentally, and performing analysis and additional questioning that lead to further experimentation. Lab activities are closely sequenced with the lecture topics, which include measurements and data analysis; fundamentals of classical mechanics; sources and transformations of energy; thermodynamics; waves; electricity and magnetism; light; atomic and nuclear theory; the periodic table; reactions; solutions; fundamentals of organic chemistry; geological processes, with a brief study of rocks and minerals; and the history and structure of the Earth, solar system, and universe. The course incorporates current knowledge of science teaching and concept development. It is aimed at current and prospective teachers, or anyone desiring to acquire basic literacy in physical science. Field trips may be required. (2)

Transfer credit: UC, CSU