

PHYSICAL EDUCATION (PE)

PE G101 1 Unit (54 lab hours)

Jogging for Fitness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course is designed to provide an introduction to jogging as a cardiorespiratory fitness activity. This course is intended for individuals who are beginning a fitness program and have minimal experience jogging. Topics to be discussed will include: cardiorespiratory endurance, proper techniques, fitness program design and evaluation, equipment and safety, persistence and motivation, and nutrition basics. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G103 2 Units (36 lecture hours)

Exercise For Healthy Living

Advisory: Co-enrolled in any Physical Education activity class (see list in the catalog - CSU General Education, Area E).

Grading Mode: Standard Letter

Transfer Credit: CSU; UC.

The intent of this course is to expose students to a broad range of information related to understanding personal fitness and health. This course will offer students a well rounded examination of lifestyle components elemental to lifelong healthy living. Students will explore a variety of personal choice options for developing and maintaining lifetime wellness from physiological, psychological and sociological perspectives. This course encourages students to participate in a wide variety of physical activities. It provides a comprehensive understanding of elements for successful participation in a variety of physical activities. Graded. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G105 1 Unit (54 lab hours)

Adapted Strength And Fitness

Prerequisite(s): Instructor permission.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This is a physical fitness class consisting of cardiovascular conditioning, muscle strength, endurance, and proper use of weight machines, wheelchair accessible nautilus machines, and free weights in the fitness lab. The purpose of strength training is to improve an individual's strength, stability, and coordination. Each student will be evaluated and an individual exercise plan will be developed. At the end of the class, each student will be experienced in individual and group physical activity. Students will be able to apply knowledge to improve quality of life by increasing, strength, stability, coordination and increasing knowledge of life-long fitness and activity. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G108 1 Unit (54 lab hours)

Adapted Aquatics

Advisory: Instructor permission.

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course is designed for students with temporary or permanent disabilities who can benefit from individualized low and no-impact aquatic cardiovascular exercises. Students will learn safe and independent activities that can be done for cardiovascular fitness in the pool. Swimming skills as well as appropriate exercises will be developed and practiced according to the goals and individual exercise programs of each student. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G110 0.5,1 Units (18, 36 lab hours)

Swimming For Fitness

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course is designed for swimmers with intermediate skills. The swimmer will be introduced to the latest techniques and methods for cardiovascular conditioning through swimming. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G111 1 Unit (36 lab hours)

Swimming

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC.

This course is designed to make people water safe. Students will receive instruction and practice in the fundamental skills of swimming. The course is recommended for swimmers with little or no previous experience, swimmers who can complete two laps of the pool with coordinated breathing, and swimmers with advanced skills. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G114 1 Unit (9 lecture hours; 27 lab hours)

Surfing

Prerequisite(s): Prior to entering surfing class, students must pass Intermediate ARC Swimming test or produce other official verification of their swimming ability at the first class meeting.

Grading Mode: Pass/No Pass

Transfer Credit: CSU; UC.

This course is designed to give students the necessary knowledge and skills to safely enjoy surfing. Through a structured lecture laboratory situation, the students will be introduced to the latest techniques and methods for optimum achievement. The course is suited to all performance levels and is organized to allow for individual instruction. Pass/No Pass. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G126 **1 Unit (9 lecture hours; 27 lab hours)**
Pickleball
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU.

This course is designed for students to learn the fundamentals and skills of pickleball, which is a combination of tennis, badminton, and ping pong. This course includes lifelong wellness concepts. Graded or Pass/No Pass option.

PE G130 **1 Unit (9 lecture hours; 27 lab hours)**
Yoga
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

This course is designed for students who are interested in learning and practicing yoga techniques such as breathing techniques, postures, meditation and relaxation. Students will learn about the techniques of yoga and how to make the exercise as enjoyable as possible. They will learn not only what the poses are, but how to stretch, relax and breathe throughout the practice. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G132 **1 Unit (9 lecture hours; 27 lab hours)**
Pilates For Fitness
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

This course is designed for students who are interested in increasing their flexibility, strength, endurance, and coordination. The course will include mat work, using the principles of Pilates to focus on exercise to improve body alignment, strength, flexibility control and coordination. Students will also learn how each of the specific exercises will benefit their physical and mental health. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G137 **0.5 Units (18 lab hours)**
Golf
Grading Mode: Pass/No Pass
Transfer Credit: CSU; UC.

Instruction and practice in the basic skills fundamental to successful performance in golf. Included, with participation, will be instruction in the rules and etiquette of the sport. Pass/No Pass. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G150 **1 Unit (36 lab hours)**
Badminton
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

This course is designed for men and women who are interested in instruction and practice in the fundamental skills to successful performance in badminton. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G158 **1 Unit (36 lab hours)**
Tennis
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

Formerly: PE 158AD. Instruction and practice in the fundamental skills & a basic understanding of scoring, elementary positioning, & strategy of tennis singles & doubles. The more advanced student will receive instruction in the volley, lob and smash, consistency and placement of ground strokes and serves. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G166 **0.5-2 Units (27-108 lab hours)**
Circuit Weight Training
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

The Circuit Weight Training course is designed for students interested in an exercise routine that utilizes the circuit training facility and provides cardiovascular weight exercise. Circuit training has proven especially beneficial for women and men not interested in competitive weight training but desiring good muscle tone and cardiovascular fitness. This type of training gives maximum return in a controlled workout. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G167 **1 Unit (54 lab hours)**
Super Circuit Training Advanced
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

The super circuit physical training program provides the student a combination of strength training with an emphasis on cardio-vascular conditioning for a total body workout. The super circuit is an accelerated circuit training program. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

PE G173 **1 Unit (9 lecture hours; 27 lab hours)**
Introduction To Weight Training
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

A course designed for men and women to help beginners learn how muscles work, proper lifting techniques, safety factors, diet, and how to develop a program to meet specific needs. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.

<p>PE G176 Total Fitness For Women Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>1 Unit (36 lab hours)</p>	<p>PE G186 Activities - Basketball Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>0.5-1 Units (18-36 lab hours)</p>
<p>A well-balanced program of physical activities designed to enhance endurance, flexibility, strength, cardiovascular efficiency and weight redistribution based on a selected exercise program, par course, circuit training, aerobic work, diet information and coordination. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>		<p>Instruction and practice in the fundamental skills basic to successful performance in this activity. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>	
<p>PE G178 Cardiovascular Laboratory Grading Mode: Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>0.5-1 Units (27-54 lab hours)</p>	<p>PE G192 Soccer Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>1 Unit (36 lab hours)</p>
<p>The cardiovascular lab course is designed for those people who desire a cardiovascular workout using a combination of stationary bikes, treadmills, elliptical, and rowing machines. This is suited for men and women of all age groups who are interested in achieving a maximal level of cardiovascular fitness. Pass/No Pass. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>		<p>Instruction and practice in the fundamental skills basic to successful performance in this activity. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>	
<p>PE G180 Strength And Muscle Power Training Grading Mode: Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>2 Units (108 lab hours)</p>	<p>PE G195 Volleyball Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>0.5-1 Units (18-36 lab hours)</p>
<p>This course is designed to provide students instruction and training to develop strength and muscle power. Students will design a systematic training regime using weight machines and 'free weights' (bar bells and dumb bells). This class is suited for healthy students of all ages and experience levels, but is not a rehabilitation program. This class is recommended for men and women interested in strength and muscle power training, athletic conditioning, power lifting and body building. Pass/No Pass. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>		<p>Participation and instruction in all facets of the game of volleyball, from fundamental skills through advanced strategies and techniques. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>	
<p>PE G181 Muscular Strength Training Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>1 Unit (54 lab hours)</p>	<p>PE G196 Sand Volleyball Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.</p>	<p>0.5-1 Units (4.5-9 lecture hours; 13.5-27 lab hours)</p>
<p>This course is designed to provide students instruction and training to develop strength and muscle tone. Students will design a systematic training regime using weight machines and 'free weights' (bar bells and dumb bells). This class is suited for healthy students of all ages and experience levels. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>		<p>Participation and instruction of all facets of sand volleyball, from fundamentals skills through strategies and techniques. Graded or Pass/No Pass option. UC credit limitations: ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.</p>	