

ATHLETICS (ATHL)

ATHL A109 0.5-2.5 Units (4.5-27 lecture hours; 13.5-63 lab hours)

Sports Conditioning

Grading Mode: Standard Letter

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is designed to develop fundamental skills and techniques specifically for athletic competition. Workouts and drills are held on athletic fields and in the fitness facilities. This course may be taken four times.

ATHL A119 0.5-5 Units (4.5-45 lecture hours; 13.5-135 lab hours)

Athletic Team Training

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Course designed for students who are interested in improving their skills for competitive athletic performance. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A129 0.5-2.5 Units (4.5-27 lecture hours; 13.5-63 lab hours)

Fitness for Performance

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Designed to enhance all components of physical fitness: muscular strength and endurance, cardio-respiratory endurance, flexibility, and reduce body fat while reducing the risk of injury by using a variety of fitness regimens in order to improve performance. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A222 3 Units (180 lab hours)

Pep Squad

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Practice, participation and competition on cheer, dance and stunt teams for OCC. Includes development of skills, both individual and group, for successful public performance. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A235 3 Units (180 lab hours)

Basketball Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

This course is for students who have successfully auditioned for the OCC Intercollegiate Women's basketball team; eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. Students may enroll in this course four times.

ATHL A236 3 Units (180 lab hours)

Cross Country Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A238 3 Units (180 lab hours)

Crew Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A239 3 Units (180 lab hours)

Golf Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option.

ATHL A240 3 Units (180 lab hours)

Soccer Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A241 3 Units (180 lab hours)

Fastpitch Team

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A242 3 Units (180 lab hours)

Swimming Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A243 3 Units (180 lab hours)

Tennis Team - Women's

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

<p>ATHL A244 3 Units (180 lab hours) Track and Field Team - Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>	<p>ATHL A252 3 Units (180 lab hours) Crew Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>
<p>ATHL A245 3 Units (180 lab hours) Volleyball Team - Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>	<p>ATHL A253 3 Units (180 lab hours) Cross Country Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>
<p>ATHL A246 3 Units (180 lab hours) Water Polo Team - Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>	<p>ATHL A254 3 Units (180 lab hours) Football Team Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>
<p>ATHL A247 3 Units (180 lab hours) Sand Volleyball Team-Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU. Eligibility auditions will be held during the first week of class. This course is designed for advanced sand volleyball players with a desire to participate on the intercollegiate sand volleyball team. Graded or Pass/No Pass option. This course may be taken four times.</p>	<p>ATHL A255 3 Units (180 lab hours) Golf Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>
<p>ATHL A250 3 Units (180 lab hours) Baseball Team Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>	<p>ATHL A257 3 Units (180 lab hours) Soccer Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>
<p>ATHL A251 3 Units (180 lab hours) Basketball Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. This course is for students who have successfully auditioned for the OCC Intercollegiate Men's basketball team; eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. Students may enroll in this course four times.</p>	<p>ATHL A258 3 Units (180 lab hours) Swimming Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units. Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.</p>

ATHL A259 3 Units (180 lab hours)**Tennis Team - Men's**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A260 3 Units (180 lab hours)**Track and Field Team - Men's**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A261 3 Units (180 lab hours)**Volleyball Team - Men's**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.

ATHL A263 3 Units (180 lab hours)**Water Polo Team - Men's**

Grading Mode: Standard Letter, Pass/No Pass

Transfer Credit: CSU; UC: Credit Limitation: Any or all of these ATHL, DANC, KIN, MARA, PE Activity courses combined: maximum credit, 4 units.

Eligibility auditions will be held during the first week of class. Graded or Pass/No Pass option. This course may be taken four times.