

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.

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.

Course designed for students who are interested in improving their skills for competitive athletic performance. May be taken for grades or on a pass-no pass basis. 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.

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. May be taken for grades or on a pass-no pass basis. 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.

Practice, participation and competition on cheer, dance and stunt teams for OCC. Includes development of skills, both individual and group, for successful public performance. May be taken for grades or on a pass-no pass basis. 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

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.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. 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.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. 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. May be taken for grades or on a credit-no credit basis.

ATHL A240 3 Units (180 lab hours)
Soccer Team - Women's
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. 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.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. 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.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. 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.

Auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.

ATHL A244 3 Units (180 lab hours)
Track and Field Team - Women's
Grading Mode: Standard Letter, Pass/No Pass
Transfer Credit: CSU; UC.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.

ATHL A245 Volleyball Team - Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)	ATHL A253 Cross Country Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>	
ATHL A246 Water Polo Team - Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)	ATHL A254 Football Team Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>	
ATHL A247 Sand Volleyball Team-Women's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU	3 Units (180 lab hours)	ATHL A255 Golf Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>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. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>	
ATHL A250 Baseball Team Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)	ATHL A257 Soccer Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>	
ATHL A251 Basketball Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC	3 Units (180 lab hours)	ATHL A258 Swimming Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>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. May be taken for grades or on a pass, no-pass basis. Students may enroll in this course four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>	
ATHL A252 Crew Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)	ATHL A259 Tennis Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>	
ATHL A260 Track and Field Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)	ATHL A260 Track and Field Team - Men's Grading Mode: Standard Letter, Pass/No Pass Transfer Credit: CSU; UC.	3 Units (180 lab hours)
<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>		<p>Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. This course may be taken four times.</p>	

ATHL A261 3 Units (180 lab hours)**Volleyball Team - Men's****Grading Mode:** Standard Letter, Pass/No Pass**Transfer Credit:** CSU; UC.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a credit-no credit basis. 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.

Eligibility auditions will be held during the first week of class. May be taken for grades or on a pass, no-pass basis. This course may be taken four times.