

PHYSICAL EDUCATION

Graduation Requirements for the Associate in Arts and Associate in Science degrees: Physical Education is not a requirement for enrollment in the college. However, students who wish to earn an Associate in Arts Degree must successfully complete a minimum of one Health Education course and one Physical Education activity course, without exemption.

Summer school Physical Education classes may count toward fulfilling requirements for an Associate in Arts degree.

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

Remy McCarthy
Ron McClurkin
Jerry White

Part-Time

Bill Becktel	Jorge Brescia
Pam Cohen	Ron Cook
Marti Dibble	Marcia Greycloud
John Larson	George Peraza
Mike Scanlon	Cameron West
Michael Young	

Physical Education Courses

PE R098—Short Courses in Physical Education 1/2-10 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. (2)

AQUATICS ACTIVITIES

PE R100—Swimming for Non-Swimmer 1½ units

1 hour lecture, 2 hours lab weekly

Course designed for the non-swimming individual with an anxiety toward water as determined by pre-swimming test. Introduction, instruction, and practice of the basic, fundamental elements of swimming skills and safety practices. Course may be taken four times. (2)

Transfer credit: CSU

PE R101—Swimming for Fitness 2 units

1 hour lecture, 3 hours lab weekly

Course designed to improve swimming techniques. Emphasis on endurance training for improved cardiovascular fitness and weight control. Attention also given to survival techniques and emergency procedures. Course may be taken four times. (2)

Transfer credit: CSU

PE R102A—Swimming I 1½ units

1 hour lecture, 2 hours lab weekly

Swimming, diving, and water safety. Ability to pass American Red Cross Advanced Beginner Swimmer course will be a major aim. Course may be taken two times. (2)

Transfer credit: CSU

PE R102B—Swimming II 2 units

Prerequisites: PE R102A or equivalent.

1 hour lecture, 3 hours lab weekly

Swimming, diving, and water safety. Ability to pass the American Red Cross Intermediate Swimmer course will be a major aim. Course may be taken two times. (2)

Transfer credit: CSU

PE R103—Senior Life Saving/Advanced 1½ units

Prerequisites: Ability to pass the qualification test.

1 hour lecture, 2 hours lab weekly

Instruction and practice in American Red Cross Advanced Life Saving and Water Safety. Emphasis on personal safety, safety and self-rescue in the use of small craft, elementary forms of rescue, swimming rescue, artificial respiration. American Red Cross may include certification in Advanced Life Saving.

Transfer credit: UC, CSU

PE R104—Water Safety Instructor 3 units

Prerequisites: Current American Red Cross Advanced Lifesaving Certificate.

2 hours lecture, 3 hours lab weekly

Theory and practical techniques needed to teach water safety techniques and procedures to all ages and abilities. May include certification as American Red Cross Water Safety Instructor with authorization to teach and certify swimming and life-saving classes, or American Red Cross Basic and Swimming Instructor with authorization to teach elementary swimming classes.

Transfer credit: UC, CSU

PE R105—Aquatic Exercise/Rehabilitative 1½ units

1 hour lecture, 2 hours lab weekly

Course designed to provide a water environment in which to conduct “weightless” exercise routines for those students with physical problems restricting exercise in weight-supported setting. Course may be taken four times. (2)

Transfer credit: CSU

DANCE

PE R115—Rhythmic Dance/Athletes 1½ units

Prerequisites: Recommended for students with advanced physical skills and/or participation in a varsity sport.

1 hour lecture, 2 hours lab weekly

Analysis and use of rhythmic dance to enhance the physical and athletic capabilities of participants. Emphasis on flexibility, coordination, balance, rhythm, speed, agility and expressive movement. Incorporation of these factors in personal fitness and athletic performance. Course may be taken four times. (2)

Transfer credit: CSU

PE R116A—Modern Dance I 1½ units

1 hour lecture, 2 hours lab weekly

Development of proficiency in modern dance techniques, skills, and development of understanding and appreciation of modern dance as an art form. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R116B—Modern Dance II 2 units

Prerequisites: PE R116A or equivalent.

1 hour lecture, 3 hours lab weekly

Continuing study of modern dance techniques with emphasis upon combination of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R118A—Ballet I 1½ units

1 hour lecture, 2 hours lab weekly

Introduction to basic ballet techniques, including exercise at the barre to develop flexibility, strength, control, and resilience and center practice of simple Port des Bras, Adage, and Allegra combinations. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R118B—Ballet II **2 units**

Prerequisites: PE R118A or equivalent.

1 hour lecture, 3 hours lab weekly

Continued study of ballet techniques with emphasis on more advanced skills necessary for center combinations and student performances. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R119A—Modern Jazz I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of proficiency in jazz technique and skills and development of an understanding and appreciation of jazz as a dance form. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R119B—Modern Jazz II **2 units**

Prerequisites: PE R119A or equivalent.

1 hour lecture, 3 hours lab weekly

Continuing study of Modern Jazz dance with technique emphasis upon combination of basic skills. Study of integrating elements of jazz dance, combining techniques, rhythm, design, and level change in dance form. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R124—Mexican Folklorico Dance **1½ units**

1 hour lecture, 2 hours lab weekly

Development of basic Mexican dance skills, understanding and appreciation. Course may be taken two times. (2)

Transfer credit: UC, CSU

INDIVIDUAL AND DUAL ACTIVITIES

PE R130—Martial Arts—Jujitsu **1½ units**

1 hour lecture, 2 hours lab weekly

The feudal Samurai warrior class once used jujitsu, one of the oldest Japanese martial arts practiced. It is an unarmed self-defence 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 three times. (2)

Transfer credit: CSU

PE R136—Golf/Approach and Putting **1½ units**

1 hour lecture, 2 hours lab weekly

Course designed to teach beginners mechanics of the short drive, chip shot, and putt. Also for persons already golfing to improve green approaches and trap techniques and putting. Course may be taken four times. (2)

Transfer credit: CSU

PE R138—Handball **1½ units**

1 hour lecture, 2 hours lab weekly

Course designed to develop the knowledge and skills required to play handball, including beginning and more advanced skills, court etiquette, rules, game strategy, techniques, and safety. Course may be taken four times. (2)

Transfer credit: CSU

PE R140A—Golf I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of skill in playing golf, including etiquette, rules, and techniques. Course may be taken two times. (2)

Transfer credit: CSU

PE R140B—Golf II **2 units**

Prerequisites: PE R140A or equivalent.

1 hour lecture, 3 hours lab weekly

Advanced techniques and skills development with special emphasis on links play. Students are assigned play on local courses at their own expense. Course may be taken two times. (2)

Transfer credit: CSU

PE R141A—Tennis I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of skill in playing tennis, including beginning skills, etiquette, rules, and techniques of play. Course may be taken two times. (2)

Transfer credit: CSU

PE R141B—Tennis II **2 units**

Prerequisites: PE R141A or equivalent.

1 hour lecture, 3 hours lab weekly

Development of higher proficiency and performance of tennis skills with special emphasis on game strategy and techniques. Course may be taken two times. (2)

Transfer credit: CSU

PE R142—Racquetball **1½ units**

1 hour lecture, 2 hours lab weekly

Course covers the basic fundamentals of racquetball including game rules, proper use and purchase of equipment, court etiquette and safety. Course may be taken four times. (2)

Transfer credit: CSU

PE R143—Running for Fitness **1½ units**

1 hour lecture, 2 hours lab weekly

Exercise program of relaxed walking and running to improve fitness level of nearly everyone at any age level. Course may be taken four times. (2)

Transfer credit: CSU

PE R146A—Walking for Fitness I **1½ units**

1 hour lecture, 2 hours lab weekly

Course designed to provide exercise and fitness training for the sedentary student population. Emphasis on cardiovascular conditioning and muscle tone. Individualized; meets most rehabilitation needs. Designed to prepare students for more strenuous physical activity. This course also includes two complete physical fitness evaluations in the college's Human Performance Lab to insure a more knowledgeable starting point and continuing evaluation. Course may be taken two times. (2)

Transfer credit: CSU

PE R146B—Walking for Fitness II **1½ units**

Prerequisites: PE R146A.

1 hour lecture, 2 hours lab weekly

Course designed to provide exercise and fitness training for the walking student population. Emphasis on individualized cardiovascular conditioning, muscle strength, and endurance related specifically to walking and power walking. Designed for students to participate in and achieve a more strenuous physical activity program. Course may be taken two times. (2)

Transfer credit: CSU

PE R147—Isotonic Exercise **1½ units**

1 hour lecture, 2 hours lab weekly

Studies mechanics of isotonic with examination of movement, endurance, flexibility, and strength exercises. May include, but not limited to, analysis of proper nutrition, stress reduction, cardiovascular efficiency, high blood pressure, and optimum body weight. Useful for persons currently employed in or contemplating entering

vigorous or stress-producing occupations. Appropriate physical activities to test concepts presented. (2)

Transfer credit: CSU

PE R148—Women's Conditioning **1½ units**

1 hour lecture, 2 hours lab weekly

Designed to improve general condition, feeling, and appearance of the body. Includes weight lifting, vigorous exercise, and understanding of effects of different types of exercise. Students will learn to establish own personal exercise and weight control program. Course may be taken four times. (2)

Transfer credit: CSU

PE R149—Circuit Training **1½ units**

1 hour lecture, 2 hours lab weekly

Circuit training is a system of exercises designed in a particular sequence to meet a fitness goal. Students move from exercise station to station completing the circuit in a specific amount of time. A variety of circuits are used throughout the semester to meet a variety of fitness goals. Limited lecture/discussion on strength, development, flexibility maintenance, body composition, weight loss, diet/cholesterol, heart disease risk factor and other parameters of fitness. Course may be taken four times. (2)

Transfer credit: CSU

PE R150—Weight Training/Conditioning **1½ units**

1 hour lecture, 2 hours lab weekly

Basic techniques, skills and principles of fitness and development and maintenance of a high level of efficiency. Course may be taken four times. (2)

Transfer credit: CSU

ADAPTIVES

PE R151—Adapted Aquatics **1½ units**

1 hour lecture, 2 hours lab weekly

A basic swimming/resistance instructional class for individuals with disabilities. Instruction will be tailored to each student's individual needs and swimming abilities. Course may be taken four times. (2)

Transfer credit: CSU

PE R152—Adapted Movement Exploration **1½ units**

1 hour lecture, 2 hours lab weekly

Fundamentals of fitness through exercise and lecture, including individualized stretching programs, Tai-chi/Yoga, dance kinesthetic principles, and healthful living practices to improve self-image and body awareness in students having disabilities. Course may be taken four times. (2)

Transfer credit: CSU

PE R153—Adapted Individual/Dual/Team Sports **1½ units**

1 hour lecture, 2 hours lab weekly

Special course designed to meet needs of students unable to participate in non-adaptive individual, dual and team sports. Specific activity content may vary due to individual and group needs and interests. Course may be taken four times. (2)

Transfer credit: CSU

PE R154—Adapted Body Conditioning **1½ units**

1 hour lecture, 2 hours lab weekly

Special course designed to meet needs of students unable to participate in non-adaptive PE R150 Weight Training and Body Conditioning class. Techniques, skills and principles of weight training and body conditioning are related to physical fitness for the maintenance and development of a high level of body efficiency. Course may be taken four times. (2)

Transfer credit: CSU

TEAM ACTIVITIES

PE R155A—Basketball I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of basic skills in playing basketball, including rules and techniques. Course may be taken two times. (2)

Transfer credit: CSU

PE R155B—Basketball II **1½ units**

Prerequisites: PE R155A or equivalent.

1 hour lecture, 2 hours lab weekly

For those students who want to become proficient in basketball. Previous experience in basketball is not necessary. A continuing development of a high degree of skill is emphasized. Course may be taken two times. (2)

Transfer credit: CSU

PE R156A—Baseball I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of basic skills for playing baseball, including rules and techniques. Course may be taken two times. (2)

Transfer credit: CSU

PE R156B—Baseball II **2 units**

1 hour lecture, 3 hours lab weekly

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: CSU

PE R159A—Soccer I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of skills in playing soccer, including rules, techniques, and strategy. Course may be taken two times. (2)

Transfer credit: CSU

PE R159B—Soccer II **1½ units**

Prerequisites: PE R159A or equivalent.

1 hour lecture, 2 hours lab weekly

Advanced techniques and skills in the game of soccer. Course may be taken two times. (2)

Transfer credit: CSU

PE R160—Co-Ed Softball **1½ units**

1 hour lecture, 2 hours lab weekly

Co-educational instruction and participation in basic skills and strategy of slow pitch softball. Course may be taken four times. (2)

Transfer credit: CSU

PE R161A—Volleyball I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of basic skills in playing volleyball including rules, techniques of playing power volleyball. Course may be taken two times. (2)

Transfer credit: CSU

PE R161B—Volleyball II **1½ units**

Prerequisites: PE R161A or equivalent.

1 hour lecture, 2 hours lab weekly

Advanced techniques and strategies in playing power volleyball at the six, four, and two person levels; continuing development of high skills emphasized. Course may be taken two times. (2)

Transfer credit: CSU

PE R163—Track and Field **1½ units**

1 hour lecture, 2 hours lab weekly

Advanced technique and strategies in track and field; continuing development of high degree of skill is emphasized in preparation for a competitive season. Special attention to research of skills needed for proficiency in the sport. Course may be taken four times. (2)

Transfer credit: CSU

PE R165—Conditioning for Athletes **½-2 units**

1½ - 6 hours lab weekly

This course is designed to properly prepare and condition prospective athletes. Varsity athletics require an advanced degree of skill. Athletes engaged in varsity athletics need additional preparation to ensure optimal opportunity to perform to the best of their abilities. This off-season conditioning course should allow each athlete to have a more injury-free athletic experience. Course may be taken four times.

Transfer credit: CSU

VARSITY ACTIVITIES

PE R166-Varsity X-Country/Men 3 units

PE R167-Varsity X-Country/Women 3 units

PE R168-Varsity Volleyball 3 units

PE R169-Varsity Soccer

3 units

PE R170-Varsity Basketball/Men 3 units

PE R171-Varsity Basketball/Women 3 units

PE R172-Varsity Baseball

3 units

PE R173-Varsity Tennis

3 units

PE R174-Varsity Track & Field/Men 3 units

PE R175-Varsity Track & Field/Women 3 units

PE R177-Varsity Softball

3 units

1 hour lecture, 9 hours lab weekly

Varsity sports are highly competitive and require an advanced degree of skill. Students engaged in varsity sports should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Varsity sports meet the PE activity requirement. Each varsity course may be taken four times. (2)

Transfer credit: CSU

PROFESSIONAL COURSES

PE R183A—Officiate Men Sports I 2½ units

2 hours lecture, 1 hour lab weekly

Instruction and lab experience in sports officiating. Proficiency ratings required to successfully complete the course. PE R183A during the fall semester—football, basketball, soccer, wrestling, PE R183B during the spring semester—track, baseball, rugby, volleyball.

Transfer credit: UC, CSU

PE R183B—Officiate Men Sports II 2½ units

2 hours lecture, 1 hour lab weekly

Instruction and lab experience in sports officiating. Proficiency ratings required to successfully complete the course. PE R183A during the fall semester—football, basketball, soccer, wrestling, PE R183B during the spring semester—track, baseball, rugby, volleyball.

Transfer credit: UC, CSU

PE R184A—Officiate Women Sports I 2½ units

2 hours lecture, 1 hour lab weekly

Instruction and lab experience in sports officiating. Officiating of individual sports featured in PE R184A, team sports in PE R184B.

Transfer credit: UC, CSU

PE R184B—Officiate Women Sports II 2½ units

2 hours lecture, 1 hour lab weekly

Instruction and lab experience in sports officiating. Officiating of individual sports featured in PE R184A, team sports in PE R184B.

Transfer credit: UC, CSU

PE R185A—Basketball Theory 2 units

Prerequisites: Advanced basketball ability.

1 hour lecture, 3 hours lab weekly

Development of advanced skills in basketball and theory behind different styles of play; includes study films, drills, rules, and technique of coaching. Course may be taken two 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 R185D—Soccer Theory 2 units

Prerequisites: Advanced soccer ability.

2 hours lecture weekly

Development of advanced skills and principles of soccer; includes laws of the game, modern methods of coaching soccer, and understanding of the principles at play as they relate to attack, mid-field, and defense. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R188—Fitness Assessment 2 units

1 hour lecture, 3 hours lab weekly

Course consists of a systematic approach to fitness screening. Techniques in measuring body composition; cardiovascular endurance, muscular strength and flexibility will be presented. Appropriate practical experience in actual fitness screening is included. Course primarily designed for Fitness Management Specialists or those working in the industry. Course may be taken two times. (2)

Transfer credit: CSU

PE R189—Physical Education Topics ½-10 units

Lecture and/or lab hours as required by unit formula

In-depth exploration of specialized topics in Physical Education and personal fitness which are not covered fully in general physical education offerings.

Transfer credit: CSU

PE R199—Directed Studies in PE 1-3 units

Prerequisites: A course in the specific field.

Lecture and/or lab hours as required by unit formula

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.

Transfer credit: CSU

NOTE: The courses listed below have been temporarily suspended. For further information, please contact the Math, Science & Health division office.

PE 114 Creative Movement Activities for Children

PE 139 Bowling

PE 176 Varsity Golf