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## Athletics (ATHL)

**ATHL 001                      Pre-Season Athletic Conditioni                      (0.5 - 3)**

*Class Hours:* 175 Laboratory

*Transfers to:* CSU

Pre-Season Athletic Conditioning

ATHL 001 is designed to provide off-season physical conditioning, skills/technique training and increased knowledge of sport.

**ATHL 005                      Fund. of Women's Basketball                      (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* CSU

Fundamentals of Women's Basketball

ATHL 005 is designed to provide instruction and practice in the fundamentals of basketball including dribbling, passing, shooting and rules, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational basketball as well as prepare your body for basketball activities through weights and conditioning.

**ATHL 009                      Fundamentals of Men's Wrestlin                      (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* CSU

Fundamentals of Men's Wrestling

ATHL 009 is designed to provide instruction and practice in the fundamentals of wrestling including takedowns, escapes, reversals, pinning combinations, riding, defensive skills, and knowledge of and interpretation of the official rules of wrestling.

**ATHL 010                      Fundamentals of Men's Golf                      (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Advisory(s):* ENG 051A (Recommended, Previous or concurrent).

*Transfers to:* CSU

Fundamentals of Men's Golf

ATHL 010 is the study and analysis of competitive golf. Emphasis on swing mechanics, course management, rules of golf, mental techniques and practice regimens. Designed for students with previous golf experience and/or the desire to coach golf at any level.

**ATHL 011                      Fundamentals of Women's Golf                      (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Advisory(s):* ENG 051A (Recommended, Previous or concurrent).

*Transfers to:* CSU

Fundamentals of Women's Golf

ATHL 011 is the study and analysis of competitive golf. Emphasis on swing mechanics, course management, rules of golf, mental techniques and practice regimens. Designed for students with previous golf experience and/or the desire to coach golf at any level.

**ATHL 012                      Men's Theory of Cross Country                      (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Advisory(s):* ENG 051A (Recommended, Previous or concurrent).

*Transfers to:* CSU

Men's Theory of Cross Country

ATHL 012 is the study and analysis of competitive cross country as well as the technique of running. The course is designed for students with previous cross country experience and or the desire to coach cross country at any level.

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**ATHL 013 Women's Theory of Cross Country (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Advisory(s):* ENG 051A (Recommended, Previous or concurrent).

*Transfers to:* CSU

**Women's Theory of Cross Country**

ATHL 013 is the study and analysis of competitive cross country as well as the technique of running. The course is designed for students with previous cross country experience and or the desire to coach cross country at any level.

**ATHL 014 Fundamentals of Men's Soccer (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* CSU

**Fundamentals of Men's Soccer**

ATHL 014 is designed to provide instruction and practice in the fundamentals of soccer including dribbling, passing, shooting, defense, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational of soccer.

**ATHL 015 Fundamentals of Women's Soccer (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* CSU

**Fundamentals of Women's Soccer**

ATHL 015 is designed to provide instruction and practice in the fundamentals of soccer including dribbling, passing, shooting, defense, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational of soccer.

**ATHL 024 Intercollegiate Men's Basketball (1 - 3)**

*Class Hours:* 175 Laboratory

*Advisory(s):* Medical approval from a licensed physician (Recommended, Previous or concurrent).

*Transfers to:* CSU

**Intercollegiate Men's Basketball**

ATHL 024 is designed to provide competition in basketball at the community college level.

**ATHL 025 Intercollegiate Basketball (1.5)**

*Class Hours:* 87.5 Laboratory

*Advisory(s):* Medical approval from a licensed physician (Recommended, Previous or concurrent).

*Transfers to:* UC/CSU

**Intercollegiate Basketball**

ATHL 025 is designed to provide competition in basketball at the community college level. May be taken 6 six times for credit.

**ATHL 027 Intercolleg Women's Volleyball (3)**

*Class Hours:* 175 Laboratory

*Advisory(s):* Medical approval from a licensed physician (Recommended, Previous or concurrent).

*Transfers to:* CSU

**Intercollegiate Women's Volleyball**

ATHL 027 is designed to provide competition in volleyball at the community college level. Intercollegiate volleyball will develop intermediate and advanced techniques and knowledge with an emphasis on the individual as well as team skills involved in the game.

**ATHL 028 Intro. Intercoll. Volleyball (3)**

**Class Hours:** 175 Laboratory

**Advisory(s):** Medical approval from a licensed physician (Recommended, Previous or concurrent).

**Transfers to:** CSU

**Introductory Intercollegiate Volleyball**

ATHL 028 is designed to provide competition in volleyball at the community college level. Intercollegiate volleyball will develop intermediate and advanced techniques and knowledge with an emphasis on the individual as well as team skills involved in the game.

**ATHL 029 Men's Intercollegiate Wrestlin (3)**

**Class Hours:** 175 Laboratory

**Advisory(s):** Medical approval from a licensed physician (Recommended, Previous or concurrent).

**Transfers to:** UC/CSU

**Men's Intercollegiate Wrestling**

ATHL 029 Men's Intercollegiate Wrestling will provide student athletes the opportunity to compete on a men's wrestling team at the intercollegiate level. Men's intercollegiate wrestling will provide student athletes an opportunity to develop individual skills in the sport of wrestling as they apply to a competitive one on one situation. Designed primarily for people possessing the desire, ability and skills necessary to compete on the intercollegiate level.

**ATHL 030 Men's Intercollegiate Golf (3)**

**Class Hours:** 175 Laboratory

**Prerequisite(s):** Medical approval from a licensed physician

**Transfers to:** UC/CSU

**Men's Intercollegiate Golf**

ATHL 030 Men's Intercollegiate Golf will provide student athletes the opportunity to compete on a men's golf team at the Intercollegiate level. Men's Intercollegiate golf will provide student athletes an opportunity to develop individual skills in the sport of golf as they apply to a competitive one on one situation. Students athletes will learn to master golf shots and strategies against an opponent while developing mental and physical maturity. Student athletes will compete against the college teams in the area.

**ATHL 031 Women's Intercollegiate Golf (3)**

**Class Hours:** 175 Laboratory

**Advisory(s):** Medical approval from a licensed physician (Recommended, Previous or concurrent).

**Transfers to:** UC/CSU

**Women's Intercollegiate Golf**

ATHL 031 Women's Intercollegiate Golf will provide student athletes the opportunity to compete on a women's golf team at the Intercollegiate level. Women's Intercollegiate Golf will provide student athletes an opportunity to develop individual skills in the sport of golf as they apply to a competitive one on one situation. Student athletes will learn to master golf shots and strategies against an opponent while developing mental and physical maturity. Student athletes will compete against the college teams in the area.

**ATHL 033 Women's Intercollegiate Cross (3)**

**Class Hours:** 175 Laboratory

**Advisory(s):** Medical approval from a licensed physician (Recommended, Previous or concurrent).

**Transfers to:** UC/CSU

**Women's Intercollegiate Cross Country**

ATHL 033 Women's Intercollegiate Cross Country will provide student athletes the opportunity to compete on a women's cross country team at the intercollegiate level. Women's Intercollegiate Cross Country will provide student athletes an opportunity to develop individual skills in sport of cross country as they apply to a competitive event. Student athlete will learn to master cross country and strategies against an opponent while developing mental and physical maturity. Student will compete against college teams in the area.

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**ATHL 034                      Men's Intercollegiate Soccer                      (3)**

***Class Hours:*** 175 Laboratory

***Advisory(s):*** Medical approval from a licensed physician (Recommended, Previous or concurrent).

***Transfers to:*** UC/CSU

**Men's Intercollegiate Soccer**

ATHL 034 provide student athletes the opportunity to compete on a men's soccer team at the intercollegiate level. ATHL 34 will provide student athletes an opportunity to develop individual and team skills through the use of intermediate and advanced techniques and knowledge. Student athletes will learn to master soccer and strategies against an opponent while developing mental and physical maturity. Students will compete against the college teams in the area.

**ATHL 035                      Women's Intercollegiate Soccer                      (3)**

***Class Hours:*** 175 Laboratory

***Advisory(s):*** Medical approval from a licensed physician (Recommended, Previous or concurrent).

***Transfers to:*** UC/CSU

**Women's Intercollegiate Soccer**

ATHL 035 provides student athletes the opportunity to develop individual and team skills through the use of intermediate and advanced techniques and knowledge. Student athletes will learn to master soccer against an opponent while developing mental and physical maturity. Students will compete against college teams in the area.

**ATHL 044                      Men's Intercollegiate Cross Co                      (3)**

***Class Hours:*** 175 Laboratory

***Advisory(s):*** Medical approval from a licensed physician (Recommended, Previous or concurrent).

***Transfers to:*** UC/CSU

**Men's Intercollegiate Cross Country**

ATHL 044 will provide student athletes the opportunity to compete on a men's cross country team at the intercollegiate level. Men's Intercollegiate Cross Country will provide student athletes an opportunity to develop individual skills in a sport of cross country as they apply to a competitive event. Student athlete will learn to master cross country and strategies against an opponent while developing mental and physical maturity. Student will compete against college teams in the area. (