



- PE 016 Jogging and Power Walking (0.5 - 1)**  
*Class Hours:* 54 Laboratory  
*Transfers to:* UC/CSU  
 Jogging and Power Walking  
 PE 016 involves planning, instruction, and participation in a progressive program of jogging and power walking as applied to enjoyment, health, and fitness.
- PE 018 Bowling (1)**  
*Class Hours:* 54 Laboratory  
*Transfers to:* UC/CSU  
 Bowling  
 PE 018 will provide instruction in the rules, techniques, and strategies of bowling. (Note: Students will be required to pay bowling fee.)
- PE 019 Adaptive Physical Education (1)**  
*Class Hours:* 54 Laboratory  
*Prerequisite(s):* Student must have a disability verified by a DSPS counselor or DSPS administrator  
*Transfers to:* UC/CSU  
 Adaptive Physical Education  
 PE 019 is designed for assessment of a student's fitness and ability levels. With this assessment, an individualized exercise program is designed to meet the student's fitness needs. The fitness components to be emphasized will include an increase in muscular strength and endurance, flexibility and cardiovascular endurance.
- PE 021 Fitness Laboratory (1)**  
*Class Hours:* 54 Laboratory  
*Transfers to:* UC/CSU  
 Fitness Laboratory  
 PE 21 is designed to emphasize proper techniques of stretching and warm-up proper to lifting and proper use of lifting stations.
- PE 022 Power Volleyball (1)**  
*Class Hours:* 9 Lecture | 27 Laboratory  
*Transfers to:* UC/CSU  
 Power Volleyball  
 PE 022 is designed to provide instruction and practice in the basic skills necessary for participation in power volleyball. The course will develop skills and knowledge of the game, with the emphasis on the set, forearm pass, serve, spike, individual block, W serve- receive formation and team defense.
- PE 022A Beginning Volleyball (1)**  
*Class Hours:* 54 Laboratory  
*Transfers to:* UC/CSU  
 Beginning Volleyball  
 PE 022A is the first in a series of three courses designed to provide instruction and practice in the basic skills necessary for participation in competitive volleyball. The course will develop introductory skills and knowledge of the game, with specific emphasis on the individual skills of passing, setting, serving, and attacking.
- PE 023 Weight Training (1)**  
*Class Hours:* 54 Laboratory  
*Transfers to:* UC/CSU  
 Weight Training  
 PE 023 is designed for physical conditioning, with emphasis on power, strength, endurance and cardiovascular fitness.



**PE 036 Men's Intercollegiate Soccer (3)**

*Class Hours:* 175 Laboratory

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

*Transfers to:* UC/CSU

**Men's Intercollegiate Soccer**

PE 036 provide student athletes the opportunity to compete on a men's soccer team at the intercollegiate level. PE 36 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.

**PE 040 Intro to Physical Education (3)**

*Class Hours:* 54 Lecture

*Transfers to:* UC/CSU

**Introduction to Physical Education**

PE 040 is designed to introduce the student to the study of personal, social, and professional aspects of modern physical education. Focus is on history, trends, opportunities and problems associated with the profession.

**PE 044 Fundamentals of Wrestling (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* UC/CSU

**Fundamentals of Wrestling**

PE 044 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.

**PE 045 Coaching Team Sports (3)**

*Class Hours:* 54 Lecture

*Advisory(s):* ENG 051A

*Transfers to:* CSU

**Coaching Team Sports**

PE 045 provides students the foundational knowledge necessary to prepare them to move into the professional area of an athletic coach and advance career opportunities.

**PE 045B Theory of Volleyball (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* CSU

**Theory of Volleyball**

PE 045B is designed to present a study of the fundamental theories and techniques of the game of volleyball.

**PE 046A Theory of Golf (1)**

*Class Hours:* 9 Lecture | 27 Laboratory

*Transfers to:* UC/CSU

**Theory of Golf**

PE 046A is a 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.

**PE 046B Theory of Cross Country****(1)***Class Hours:* 9 Lecture | 27 Laboratory*Transfers to:* UC/CSU

## Theory of Cross Country

PE 046B is a study and analysis of competitive cross country. Emphasis on technique of running. Designed for students with previous cross country experience and/or the desire to coach cross country at any level.

**PE 047 Fundamental of Soccer****(1)***Class Hours:* 9 Lecture | 27 Laboratory*Transfers to:* UC/CSU

## Fundamentals of Soccer

PE 047 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 soccer. May be taken three times for credit.

**PE 048 Community First Aid & Safety****(1)***Class Hours:* 18 Lecture*Transfers to:* UC/CSU

## Community First Aid and Safety

PE 048 the content and activities included in this course will prepare the student to recognize emergencies and make appropriate decisions regarding care. Each section teaches the necessary skills the citizen responder will need to act as the first link in the emergency medical services (EMS) system chain. Students who complete the course will receive American Red Cross Certificates in Adult, Child and Infant CPR as well as First Aid and Disease Transmission (OSHA).

**PE 35A Theory of Soccer****(1)***Class Hours:* 9 Lecture | 27 Laboratory*Transfers to:* UC/CSU

## Theory of Soccer

Study and analysis of competitive soccer. Emphasis on defense, offense, individual and team skill development, rules, game preparation and strategy, origin and development of the game, terminology, mental attitude, and develop good nutrition habits. Designed for students with previous soccer experience and/or the desire to coach soccer at any level. (AA, CSU, UC)