Physical Education (PE)

PE 002 Archery (1)

Class Hours: 54 Laboratory
Transfers to: UC/CSU

P/NP

Archery

PE 002 is designed to provide students an opportunity to develop the basic skills in the sport of archery.

PE 003 Badminton (1)

Class Hours: 54 Laboratory Transfers to: UC/CSU

Badminton

PE 003 is designed to provide students an opportunity to learn basic skills and knowledge of badminton.

PE 006 Body Conditioning

(1)

Class Hours: 54 Laboratory Transfers to: UC/CSU

Body Conditioning

PE 006 will expose the students to stretching, jump rope, lifting, running and various other skills while working toward optimum physical conditioning.

PE 007 Aerobics (0.5 - 1)

Class Hours: 54 Laboratory Transfers to: UC/CSU P/NP

Aerobics

PE 007 is low-impact fitness program characterized by continuous movement to music. Participation should effect dramatic improvement (as measured by pre- and post-testing) in cardiovascular fitness, strength, endurance and flexibility for the previously unfit individual. The class will include informal lectures on principles of exercise, diet and nutrition, stress and relaxation. Light hand or wrist weights, rubber bands, etc., may be incorporated into class.

PE 008 Int Aerobic Interval Training

(0.5 - 1)

P/NP

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Intermediate Aerobic Interval Training

PE 008 is designed to expose intermediate aerobic students to conditioning activities such as resistance stations, light hand held weights, bands, steps, floor work and much more. Students will learn correct form and alignment, improve cardiovascular strength and increase flexibility and muscle strength. Students will experience changes in body composition, cardiovascular endurance and muscle strength while aiding in the prevention of injury and osteoporosis.

PE 011 Golf (1)

Class Hours: 9 Lecture | 27 Laboratory

P/NP

Transfers to: UC/CSU

Golf

PE 011 is designed to provide instruction and practice in the fundamentals of golf including the swing, use of clubs, strategy, rules , and etiquette.

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

P/NP

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

P/NP

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

P/NP

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) *P/NP*

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 024 Circuit Training

(**0.5 - 1**) P/NP

Class Hours: 54 Laboratory

Transfers to: CSU

Circuit Training

PE 024 is designed an activity class involving a series of weight training stations. The weight trainer performs n exercise and rapidly moves to the next station with little or no rest.

PE 025A Introductory Soccer

(1)

Class Hours: 9 Lecture | 27 Laboratory

P/NP

Transfers to: UC/CSU

Introductory Soccer

PE 025A is designed to teach basic running, throwing and passing skills and provide for team competition. This will also give students knowledge and practice in the offensive and defensive strategies involved in the game of soccer.

PE 025B Intermediate Soccer

(1)

Class Hours: 9 Lecture | 27 Laboratory

P/NP

Transfers to: UC/CSU

Intermediate Soccer

PE 025B is designed to teach intermediate skills, strategy and team play.

PE 025C Intermediate Soccer

(1)

Class Hours: 9 Lecture | 27 Laboratory

P/NP

Transfers to: UC/CSU

Intermediate Soccer

PE 025B is designed to teach intermediate skills, strategy and team play.

PE 029A Intro. Intercoll. Volleyball

(3)

Class Hours: 175 Laboratory

Prerequisite(s): Medical approval from a licensed

Transfers to: CSU

Introductory Intercollegiate Volleyball

PE 029A 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.

PE 032 Fundamentals of Basketball

(1)

Class Hours: 9 Lecture | 27 Laboratory

Transfers to: UC/CSU

Fundamentals of Basketball

PE 032 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. May be taken three times for credit.

PE 036 Men's Intercollegiate Soccer

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)

(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 xperience 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) P/NP

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)