
Physical Education (PE)

PE 002 Pilates (0.5 - 1)
Class Hours: 54 Laboratory
Transfers to: UC/CSU
P/NP

PE 002 will focus on beginning level Pilates movements that may incorporate bands, rings, balls and weights. The student will learn body conditioning routines that seek to build flexibility, strength, endurance and coordination without adding muscle bulk to help sculpt the body and strengthen the "core" or "powerhouse" (torso).

PE 003 Advanced Pilates (0.5 - 1)
Class Hours: 54 Laboratory
Transfers to: UC/CSU
P/NP

PE 003 will focus on intermediate level Pilates movements that will incorporate bands, rings, balls, and weights. The student will learn body conditioning routines that seek to build flexibility, strength, endurance and coordination without adding muscle bulk to help sculpt the body and strengthen the "core" or "powerhouse" (torso).

PE 006 Body Conditioning (1)
Class Hours: 54 Laboratory
Transfers to: UC/CSU

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

PE 011 Golf (1)
Class Hours: 9 Lecture | 27 Laboratory
Transfers to: UC/CSU
P/NP

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

PE 016 Jogging and Power Walking (1)
Class Hours: 54 Laboratory
Transfers to: UC/CSU
P/NP

PE 016 involves planning, instruction and participation in a progressive program of jogging and power walking as applied to enjoyment, health and fitness.

PE 019 Adaptive Physical Education (1)
Class Hours: 54 Laboratory
Prerequisite(s): Student must have a verifiable disability
Transfers to: UC/CSU
P/NP

PE 019 is designed for assessment of student's fitness and ability levels. With this assessment, and 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 021A Introductory Fitness Lab (1)
Class Hours: 54 Laboratory
Transfers to: UC/CSU

PE 021A is the first in a series of four courses designed to emphasize proper techniques of stretching and warm-up prior to exercise, proper use of all lifting and cardiovascular endurance stations, and skills that develop overall fitness. This course is an introduction into body composition, metabolism, and heart rate in a lab setting.

PE 021B Beginning Fitness Lab (1)

Class Hours: 54 Laboratory

Transfers to: UC/CSU

PE 021B is the second in a series of four courses designed to emphasize a beginning level in proper techniques of stretching and warm-up prior to exercise, proper use of all lifting and cardiovascular endurance stations, and skills that develop overall fitness. Students will develop an intermediate level of expertise in improving weight lifting and aerobic baselines with emphasis on individual programs that target specific outcomes.

PE 021C Intermediate Fitness Lab (1)

Class Hours: 54 Laboratory

Transfers to: UC/CSU

PE 021C is the third in a series of four courses designed to improve overall fitness is by emphasizing proper techniques of stretching and warm-up prior to exercise, and proper use of all lifting and cardiovascular endurance stations.

PE 021D Advanced Fitness Lab (1)

Class Hours: 54 Laboratory

Transfers to: UC/CSU

PE 021D is the fourth in a series of four courses designed to improve overall fitness is by emphasizing proper techniques of stretching and warm-up prior to exercise, and proper use of all lifting and cardiovascular endurance stations.

PE 022A Beginning Volleyball (1)

Class Hours: 54 Laboratory

Transfers to: UC/CSU

PE 022A is the first in a series of four 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 022B Intermediate Volleyball (1)

Class Hours: 54 Laboratory

PE 022A:

Transfers to: UC/CSU

PE 022B is the second in a series of four courses designed to provide instruction and practice in the intermediate skills necessary for participation in competitive volleyball. The course will develop intermediate skills and knowledge of the game, with specific emphasis on the individual skills of passing, setting, serving, and attacking.

PE 022C Advanced Volleyball (1)

Class Hours: 54 Laboratory

PE 022B:

Transfers to: UC/CSU

PE 022C is the third in a series of four courses designed to provide instruction and practice in the advanced skills necessary for participation in competitive volleyball. The course will develop advanced skills and knowledge of the game, with specific emphasis on the individual skills as they relate to defensive and offensive systems.

PE 022D Master Volleyball (1)

Class Hours: 54 Laboratory

Prerequisite(s): PE 022C

Transfers to: UC/CSU

PE 022D is the fourth in a series of four courses designed to provide instruction and practice in the advanced skills necessary for participation in competitive volleyball. The course will develop advanced skills and knowledge of the game, with specific emphasis on the individual skills as they relate to defensive and offensive systems.

PE 023 Weight Training**(1)***Class Hours: 54 Laboratory**P/NP**Transfers to: UC/CSU*

PE 023 is designed for physical conditioning, with emphasis on power, strength, endurance and cardiovascular fitness.

PE 024 Circuit Training**(0.5 - 1)***Class Hours: 54 Laboratory**P/NP**Transfers to: UC/CSU*

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

PE 025A Introductory Soccer**(1)***Class Hours: 9 Lecture | 27 Laboratory**Transfers to: UC/CSU*

PE 025A is an introductory course designed to present basic skills in the sport of soccer, including dribbling, passing, trapping, shooting and goal keeping. This course will also give the students knowledge and practice in the offensive and defensive strategies involved in the game of soccer.

PE 032A Beginning Basketball**(1)***Class Hours: 54 Laboratory**Transfers to: UC/CSU*

PE 032A is the first in a series of three courses designed to provide instruction and practice in the basic skills necessary to participate in competitive basketball. The course will develop introductory skills and knowledge of the game, with specific emphasis on the individual skills of passing, dribbling, and shooting.

PE 032B Intermediate Basketball**(1)***Class Hours: 54 Laboratory**Transfers to: UC/CSU*

PE 032B is the second in a series of three courses designed to provide instruction and practice in the intermediate skills necessary for participation in competitive basketball. The course will develop intermediate skills and knowledge of the game, with specific emphasis on the individual skills of passing, dribbling, and shooting.

PE 032C Advanced Basketball**(1)***Class Hours: 54 Laboratory**Transfers to: UC/CSU*

PE 032C is the third in a series of three courses designed to provide instruction and practice in the advanced skills necessary for participation in competitive basketball. The course will develop advanced skills and knowledge of the game, with specific emphasis on the individual and team skills as they relate to defensive and offensive systems.

PE 045 Coaching Team Sports**(3)***Class Hours: 54 Lecture**Advisory(s): ENG 051A**Transfers to: CSU*

PE 045 is designed for students interested in coaching team sports. The course will emphasize the components of team concepts and the organizational skills needed to implement and conduct a team sport program. Many of the concepts are applicable to individuals, etc.