
Athletics (ATHL)

ATHL 002 **Fundamentals of Softball** **(0.5 - 3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions

Transfers to: UC/CSU

Fundamentals of Softball

ATHL 002 is designed to provide instruction and practice in the fundamentals of softball, including hitting, pitching, fielding, base running, defensive skills, game strategy, and knowledge and interpretation of rules.

ATHL 003 **Fundamentals of Football** **(0.5 - 3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions

Transfers to: UC/CSU

Fundamentals of Football

ATHL 003 is designed to provide instruction and practice in the fundamentals of football including throwing, catching, running, blocking, and the interpretation of rules of football.

ATHL 004 **Fund of Men's Basketball** **(0.5 - 3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.

Transfers to: UC/CSU

Fundamentals of Men's Basketball

ATHL 004 is designed to provide instruction and practice in the fundamentals of basketball including shooting, rebounding, passing, ball-handling, defensive footwork and technique, and knowledge and interpretation of rules.

ATHL 006 **Fundamentals of Baseball** **(0.5 - 3)**
Class Hours: 175 Laboratory

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions

Transfers to: UC/CSU

Fundamentals of Baseball

ATHL 006 is designed to provide instruction and practice in the fundamentals of baseball including hitting, pitching, fielding, base running skills, defensive skills, and knowledge and interpretation of rules.

ATHL 007 **Fundamentals of Volleyball** **(2)**
Class Hours: 117 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.

Transfers to: UC/CSU

Fundamentals of Volleyball

ATHL 007 is designed to provide fundamental instruction for those interested in competing in volleyball at the community college level.

ATHL 016 **Fundamentals of Men's Rodeo** **(0.5 - 3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.

Transfers to: UC/CSU

Fundamentals of Men's Rodeo

ATHL 016 introduces students to the fundamentals, techniques, and traditions of intercollegiate men's rodeo events, including bareback riding, saddle bronc riding, bull riding, tie-down roping, steer wrestling, and team roping. Students will learn the skills and strategies needed to compete, while also exploring the history, rules, scoring, and judging of the sport. Emphasis is placed on physical preparation, safety, and performance. Enrollment is limited to students who qualify to compete in intercollegiate rodeo.

ATHL 017 **Fundamentals of Women's Rodeo** **(0.5 - 3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.

Transfers to: UC/CSU

Fundamentals of Women's Rodeo

ATHL 017 introduces the fundamentals, theory, and practice of intercollegiate women's rodeo events, including barrel racing, goat tying, breakaway roping, and team roping. Students will explore the physical foundations, history, scoring, rules, and judging of each event while developing the technical skills needed to compete safely and effectively. Through hands-on practice and guided instruction, students will study, learn, and refine techniques essential for success in intercollegiate competition. Enrollment is limited to students qualified to compete in intercollegiate rodeo.

ATHL 022 **Intercollegiate Softball** **(3)**
Class Hours: 175 Laboratory

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions

Transfers to: UC/CSU

Intercollegiate Softball

ATHL 022 provides training and competition in softball at the community college level. Intercollegiate softball is designed for student-athletes seeking to develop intermediate and advanced techniques with emphasis on individual skills, team strategies, and competitive performance.

ATHL 023 **Intercollegiate Football** **(3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions

Transfers to: UC/CSU

Intercollegiate Football

ATHL 023 provides the opportunity for students to further their football skills and utilize them through participation in intercollegiate athletic competition.

ATHL 024 **Intercollegiate Men's Basketba** **(3)**
Class Hours: 175 Laboratory *P/NP*

Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.

Transfers to: UC/CSU

Intercollegiate Men's Basketball

ATHL 024 is designed to provide student-athletes training and intercollegiate competition in basketball at the community college level. In this course, you will learn advanced individual and team skills that will prepare you to play at the intercollegiate basketball.

ATHL 025 **Women's Intercollegiate Basketball** **(3)**
Class Hours: 175 Laboratory *P/NP*
Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.
Transfers to: UC/CSU

Women's Intercollegiate Basketball

ATHL 025 is designed to provide competition in basketball at the community college level. Intercollegiate basketball will emphasize and develop individual and team skills through the use of intermediate and advanced techniques and knowledge while ensuring all participants have equal opportunities to succeed and contribute to the team dynamic.

ATHL 026 **Intercollegiate Baseball** **(3)**
Class Hours: 175 Laboratory
Prerequisite(s): Medical approval from a licensed physician
Transfers to: UC/CSU

Intercollegiate Baseball

ATHL 026 provides competition in baseball at the community college level. Intercollegiate baseball will emphasize and develop individual and team skills through the use of intermediate and advanced techniques and knowledge.

ATHL 027 **Intercollegiate Women's Volley** **(3)**
Class Hours: 175 Laboratory *P/NP*
Advisory(s): Students shall complete a thorough pre-participation examination prior to any practices or intercollegiate competitions.
Transfers to: UC/CSU

Intercollegiate Women's Volleyball

ATHL 027 provides training and competition in volleyball at the community college level. Intercollegiate volleyball is designed for student-athletes seeking to develop intermediate and advanced techniques with an emphasis on both individual and team skills.

ATHL 036 **Intercollegiate Men's Rodeo** **(1.5)**
Class Hours: 87.5 Laboratory
Prerequisite(s): Medical approval from a licensed physician
Transfers to: UC/CSU

Intercollegiate Men's Rodeo

ATHL 036 is designed to provide instruction for those interested in further developing their proficiency in men's intercollegiate rodeo events. Methods in competitive performance, individual and team strategy, in a National Intercollegiate Rodeo Association (NIRA) sanctioned competition event. Enrollment limited to those qualified to compete in intercollegiate rodeo.

ATHL 037 **Intercollegiate Women's Rodeo** **(1.5)**
Class Hours: 87.5 Laboratory
Prerequisite(s): Medical approval from a licensed physician
Transfers to: UC/CSU

Intercollegiate Women's Rodeo

ATHL 037 is designed to provide instruction for those interested in further developing their proficiency in women's intercollegiate rodeo events. Methods in competitive performance, individual and team strategy, in a National Intercollegiate Rodeo Association (NIRA) sanctioned competition event. Enrollment limited to those qualified to compete in intercollegiate rodeo.

ATHL 038 Intercollegiate Cross-Country**(3)***Class Hours: 175 Laboratory**Transfers to: UC/CSU*

Intercollegiate Cross-Country

ATHL 038 provides competition in cross-country at the community college level. Intercollegiate cross-country will provide general and specific long distance running principles, conditioning methods, and race tactics involved in competitive long distance running.