
Physical Education (PE)

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 011 Golf **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Golf

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

PE 016 Jogging and Power Walking **(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 019 Adaptive Physical Education **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Adaptive Physical Education

PE 019 is designed for assessment of students' fitness and ability levels. With this assessment, an individualized exercise program is designed to meet the students' fitness needs. The fitness components to be emphasized will include an increase in muscular strength and endurance, flexibility and cardiovascular endurance.

PE 020 Tennis **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Tennis

PE 020 is designed to provide instruction and practice in the fundamentals of tennis, including strokes, rules, and court etiquette. The course also includes instruction in basic strokes and skills necessary for the student to participate in recreational tennis.

PE 021A Introductory Fitness Lab **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Introductory Fitness Lab

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**Prerequisite(s): PE 021A**Transfers to: UC/CSU***Beginning Fitness Lab**

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**Prerequisite(s): PE 021B**Transfers to: UC/CSU***Intermediate Fitness Lab**

PE 021C is the third in a series of four courses designed to improve overall fitness 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**Prerequisite(s): PE 021C**Transfers to: UC/CSU***Advanced Fitness Lab**

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***Beginning Volleyball**

PE 022A is the first in a series of four courses designed to provide instruction and practice in the basic skills of volleyball play. The course will develop introductory skills and knowledge of the game, with specific emphasis on the game of volleyball as a component of lifelong wellness and as a component of physical fitness.

PE 022B Intermediate Volleyball (1)*Class Hours: 54 Laboratory**Prerequisite(s): PE 022A**Transfers to: UC/CSU***Intermediate Volleyball**

PE 022B is the second in a series of four courses (A/B/C/D) 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 game of volleyball as a component of lifelong wellness and as a component of physical fitness.

PE 022C Advanced Volleyball (1)*Class Hours: 54 Laboratory**Prerequisite(s): PE 022B**Transfers to: UC/CSU***Advanced Volleyball**

PE 022C is the third in a series of four courses (A/B/C/D) 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 game of volleyball as a component of lifelong wellness and as a component of physical fitness.

PE 022D Master Volleyball (1)*Class Hours: 54 Laboratory**Prerequisite(s): PE 022C**Transfers to: UC/CSU***Master Volleyball**

PE 022D is the fourth in a series of four courses (A/B/C/D) 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. The course will also correlate the game of volleyball as a component of lifelong wellness and as a component of physical fitness.

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

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***Introductory Soccer**

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***Beginning Basketball**

PE 032A is designed to provide instruction and practice in the basic skills necessary for participation in competitive basketball. The course will develop introductory skills and knowledge of the rules, with specific emphasis on the individual skills of passing, dribbling, and shooting.
