

PHYSICAL EDUCATION

Graduation Requirements for the Associate in Arts and Associate in Science degrees: Physical Education is not a requirement for enrollment in the college. However, students who wish to earn an Associate in Arts Degree must successfully complete a minimum of one Health Education course and one Physical Education activity course, without exemption.

Summer school Physical Education classes may count toward fulfilling requirements for an Associate in Arts degree.

Uniform Requirements—The uniform or costume appropriate for the course is required of all students.

Career Opportunities

Pre-Athletic Trainer Pre-Physical Therapy
Physical Education Instructor

Faculty

Full-Time

Graciela Casillas Remy McCarthy
Ron McClurkin Jerry White

Part-Time

Bill Bechtel Jorge Brescia
Pam Cohen Ron Cook
Marti Dibble Ross Greaney
Marcia Greycloud Brandt Jackson
Joyce Jones John Larson
George Peraza Mike Scanlon
Cameron West

A General Note on Transferability of Physical Education Courses

An Associate Degree requires one or more PE activity classes for a minimum of 1.5 units total. Students planning to take more than 4 units of Physical Education activity courses should consult a counselor. The California State University (CSU) system accepts all PE courses for comparable semester credit, but the University of California (UC) system will only accept a total of four (4) units of credit. This UC transfer-status limitation is indicated below by the asterisk* (+ eight (8) units of credit).

Physical Education Courses

PE R098—Short Courses in Physical Education ½-10 units

Lecture and/or lab hours as required by unit formula

Short courses or activities designed to inform and/or train interested persons in various disciplines within the scope of Physical Education. Unit credit/hours determined by course format. (2)

DANCE

PE R115—Rhythmic Dance/Athletes 1½ units

*Prerequisites: Recommended for students with advanced physical skills and/or participation in a varsity sport.
1 hour lecture, 2 hours lab weekly*

Analysis and use of rhythmic dance to enhance the physical and athletic capabilities of participants. Emphasis on flexibility, coordination, balance, rhythm, speed, agility and expressive movement. Incorporation of these factors in personal fitness and athletic performance. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R116A—Modern Dance I 1½ units

1 hour lecture, 2 hours lab weekly

Development of proficiency in modern dance techniques with emphasis upon combination of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R116B—Modern Dance II 2 units

Prerequisites: PE R116A or equivalent.

1 hour lecture, 3 hours lab weekly

Continuing study of modern dance techniques with emphasis upon combination of basic skills. Study of the dance phrase integrating elements of rhythm, design, dynamics, and motivation change. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R119A—Modern Jazz I 1½ units

1 hour lecture, 2 hours lab weekly

Development of proficiency in jazz technique and skills and development of an understanding and appreciation of jazz as a dance form. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R119B—Modern Jazz II 2 units

Prerequisites: PE R119A or equivalent.

1 hour lecture, 3 hours lab weekly

Continuing study of Modern Jazz dance with technique emphasis upon combination of basic skills. Study of integrating elements of jazz dance, combining techniques, rhythm, design, and level change in dance form. Course may be taken two times. (2)

Transfer credit: UC, CSU

PE R124—Mexican Folklorico Dance 1½ units

1 hour lecture, 2 hours lab weekly

Development of basic Mexican dance skills, understanding and appreciation. Course may be taken two times. (2)

Transfer credit: UC, CSU

INDIVIDUAL AND DUAL ACTIVITIES

PE R130—Martial Arts—Jujitsu 1½ units

1 hour lecture, 2 hours lab weekly

The feudal Samurai warrior class once used jujitsu, one of the oldest Japanese martial arts practiced. It is an unarmed self-defence system incorporating various methods of defensive tactics. Emphasis is on break falling, kicking, punching, and blocking effectively as well as the application and defense of joint locks, nerve manipulation, chokes, take down and control techniques. Course may be taken three times. (2)

Transfer credit: UC, CSU*

PE R131A—KOFIT/Aerobic Kickboxing I 1½ units

1 hour lecture, 2 hours lab weekly

KOFIT/Aerobic Kickboxing I is designed to burn more fat than the average aerobic class. Body conditioning and weight loss are emphasized. Training equipment including focus mitts and kicking shields will be used in class. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R132A—Self Defense I 1½ units

1 hour lecture, 2 hours lab weekly

This course is a hands-on course, which addresses issues of physical assault and self-defense. Students will learn basic self-defense skills that increase their chances of surviving an assault situation. The psychological and mental aspects of self-defense will also be explored. Course may be taken two times. (2)

Transfer credit: CSU

PE R133A—Boxing for Fitness I 1½ units

1 hour lecture, 2 hours lab weekly

This course is designed to develop cardiovascular conditioning and body sculpturing through the use of boxing techniques. Students will learn how professional boxers train in order to attain a high level of physical fitness. How to increase muscle tone and definition along with weight loss will be emphasized. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R134A—Escrima/Filipino Martial Arts 1½ units

1 hour lecture, 2 hours lab weekly

Escrima is an ancient martial art system which evolved in the Philippines around the 9th century during the T'ang dynasty. It was outlawed during the Spanish conquest in the 16th century, yet preserved by the Filipinos who hid the art in dance. Today, Escrima continues to be the most popular martial arts in the Philippines. Escrima employs empty-hand techniques as well as traditional weapons such as rattan sticks, swords and daggers. The course will focus on the artistic aspect of the art as well as its application in contemporary self-defense situations. Course may be taken two times. (2)

Transfer credit: CSU

PE R141A—Tennis I 1½ units

1 hour lecture, 2 hours lab weekly

Development of skill in playing tennis, including beginning skills, etiquette, rules, and techniques of play. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R141B—Tennis II 2 units

Prerequisites: PE R141A or equivalent.

1 hour lecture, 3 hours lab weekly

Development of higher proficiency and performance of tennis skills with special emphasis on game strategy and techniques. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R143—Running for Fitness 1½ units

1 hour lecture, 2 hours lab weekly

Exercise program of relaxed walking and running to improve fitness level of nearly everyone at any age level. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R146A—Walking for Fitness I 1½ units

1 hour lecture, 2 hours lab weekly

Course designed to provide exercise and fitness training for the sedentary student population. Emphasis on cardiovascular conditioning and muscle tone. Individualized; meets most rehabilitation needs. Designed to prepare students for more strenuous physical activity. This course also includes two complete physical fitness evaluations in the college's Human Performance Lab to insure a more knowledgeable starting point and continuing evaluation. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R146B—Walking for Fitness II 1½ units

Prerequisites: PE R146A.

1 hour lecture, 2 hours lab weekly

Course designed to provide exercise and fitness training for the walking student population. Emphasis on individualized cardiovascular conditioning, muscle strength, and endurance related specifically to walking and power walking. Designed for students to participate in and achieve a more strenuous physical activity program. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R148—Women's Conditioning 1½ units

1 hour lecture, 2 hours lab weekly

This course is designed to improve student's cardiovascular conditioning, and appearance of the body. Class sessions will include the use training equipment useful in shaping and toning the body. Emphasis will be placed on weight loss and fitness. The course will also cover how to develop a personal training routine designed to meet individual needs. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R149—Circuit Training 1½ units

1 hour lecture, 2 hours lab weekly

Circuit training is a system of exercises designed in a particular sequence to meet a fitness goal. Students move from exercise station to station completing the circuit in a specific amount of time. A variety of circuits are used throughout the semester to meet a variety of fitness goals. Limited lecture/discussion on strength, development, flexibility maintenance, body composition, weight loss, diet/cholesterol, heart disease risk factor and other parameters of fitness. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R150—Weight Training/Conditioning 1½ units

1 hour lecture, 2 hours lab weekly

Basic techniques, skills and principles of fitness and development and maintenance of a high level of efficiency. Course may be taken four times. (2)

Transfer credit: UC, CSU*

ADAPTIVES

PE R154—Adapted Body Conditioning 1½ units

1 hour lecture, 2 hours lab weekly

Special course designed to meet needs of students unable to participate in non-adaptive PE R150 Weight Training and Body Conditioning class. Techniques, skills and principles of weight training and body conditioning are related to physical fitness for the maintenance and development of a high level of body efficiency. Course may be taken four times. (2)

Transfer credit: UC, CSU*

TEAM ACTIVITIES

PE R155A—Basketball I 1½ units

1 hour lecture, 2 hours lab weekly

Development of basic skills in playing basketball, including rules and techniques. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R155B—Basketball II 1½ units

Prerequisites: PE R155A or equivalent.

1 hour lecture, 2 hours lab weekly

For those students who want to become proficient in basketball. Previous experience in basketball is not necessary. A continuing development of a high degree of skill is emphasized. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R156A—Baseball I 1½ units

1 hour lecture, 2 hours lab weekly

Development of basic skills for playing baseball, including rules and techniques. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R156B—Baseball II 2 units

1 hour lecture, 3 hours lab weekly

Development of higher proficiency and performance of baseball skills with special emphasis on game strategy and techniques. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R159A—Soccer I 1½ units

1 hour lecture, 2 hours lab weekly

Development of skills in playing soccer, including rules, techniques, and strategy. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R159B—Soccer II **1½ units**

Prerequisites: PE R159A or equivalent.

1 hour lecture, 2 hours lab weekly

Advanced techniques and skills in the game of soccer. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R160—Co-Educational Softball **1½ units**

1 hour lecture, 2 hours lab weekly

This course is co-educational course which covers intermediate skills and strategy of slow pitch softball. Field trips may be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R161A—Volleyball I **1½ units**

1 hour lecture, 2 hours lab weekly

Development of basic skills in playing volleyball including rules, techniques of playing power volleyball. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R161B—Volleyball II **1½ units**

Prerequisites: PE R161A or equivalent.

1 hour lecture, 2 hours lab weekly

Advanced techniques and strategies in playing power volleyball at the six, four, and two person levels; continuing development of high skills emphasized. Course may be taken two times. (2)

Transfer credit: UC, CSU*

PE R165—Conditioning for Athletes **½-2 units**

1½ - 6 hours lab weekly

This course is designed to properly prepare and condition prospective athletes. Varsity athletics require an advanced degree of skill. Athletes engaged in varsity athletics need additional preparation to ensure optimal opportunity to perform to the best of their abilities. This off-season conditioning course should allow each athlete to have a more injury-free athletic experience. Course may be taken four times.

Transfer credit: UC, CSU*

VARSITY ACTIVITIES

PE R166—Varsity X-Country/Men **3 units**

PE R167—Varsity X-Country/Women **3 units**

PE R168—Varsity Volleyball **3 units**

PE R169—Varsity Soccer **3 units**

PE R170—Varsity Basketball/Men **3 units**

PE R171—Varsity Basketball/Women **3 units**

PE R172—Varsity Baseball **3 units**

PE R174—Varsity Track & Field/Men **3 units**

PE R175—Varsity Track & Field/Women **3 units**

1 hour lecture, 9 hours lab weekly

Varsity sports are highly competitive and require an advanced degree of skill. Students engaged in varsity sports should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Varsity sports meet the PE activity requirement. Each varsity course may be taken four times. (2)

Transfer credit: UC, CSU*

PE R177—Intercollegiate Women's Softball **3 units**

1 hour lecture, 9 hours lab weekly

Varsity sports are highly competitive and require an advanced degree of skill. Students engaged in intercollegiate sports should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load. Intercollegiate sports meet the Physical Education activity requirement. Field trips will be required. Course may be taken four times. (2)

Transfer credit: UC, CSU*

PROFESSIONAL COURSES

PE R185A—Basketball Theory **2 units**

Prerequisites: Advanced basketball ability.

1 hour lecture, 3 hours lab weekly

Development of advanced skills in basketball and theory behind different styles of play; includes study films, drills, rules, and technique of coaching. Course may be taken two times. (2)

Transfer credit: UC+, CSU

PE R185C—Baseball Theory **2 units**

Prerequisites: Advanced baseball ability.

1 hour lecture, 3 hours lab weekly

Development of advanced skills in baseball and theory behind methods and styles of play. Class members will participate in lab assignments and will have weekly lectures including films and guest lecturers to facilitate instruction. Course may be taken two times. (2)

Transfer credit: UC+, CSU

PE R199—Directed Studies in Physical Education 1-3 units

Lecture and/or lab hours as required by unit formula

This course is designed for selected students interested in furthering their knowledge of physical education on an independent study basis; assigned problems will involve library, lab, and field work. Course may be taken two times. (2)

Transfer credit: CSU

NOTE: The courses listed below have been temporarily suspended. For further information, please contact the Math, Science, Health & Athletics division office.

PE 139 Bowling

PE 176 Varsity Golf