

Physical Education

ADAPT, DANCE, FITNS, PACT, PET, SPORT, TMACT

Associate in Arts Degree

Kinesiology-Athletic Training, Degree

Kinesiology-Exercise Science, Degree

Division of Physical Education, Health, and Athletics

Mitchell Campbell, Dean/Athletic Director

Hughes Stadium, Sections 1 & 3

916-558-2425

Kinesiology-Athletic Training

Associate in Arts Degree

Program Information

This program is designed to prepare the student athletic trainer for transfer to a four-year university by having many of the lower-division requirements completed (specific science requirements vary from college to college). Students wanting to be NATA Certified need to complete their Bachelor's Degrees.

Recommended High School Preparation

Standard college preparatory program.

Career Opportunities

Teaching athletic training classes, working in a high school, community college, or four-year university, and in professional sports.

Upon completion of this program, the student will be able to:

- enumerate the many work environments available for athletic trainers.
- explain the athletic trainers code of ethics.
- describe basic human anatomy and physiology.
- enumerate the elements of injury prevention.
- demonstrate emergency medical procedures.
- assess basic athletic injuries.
- demonstrate treatment of acute injuries.
- demonstrate rehabilitation programs.
- demonstrate the procedures for the daily operation of a training room.
- demonstrate athletic taping, bandaging, and bracing.

Required Program

Units

Science Classes

CHEM 305 Introduction to Chemistry (5)	5
or CHEM 400 General Chemistry (5)	
CHEM 306 Introduction to Chemistry (5)	5
or CHEM 401 General Chemistry (5)	
BIOL 402 Cell and Molecular Biology	5
BIOL 430 Anatomy and Physiology	5
BIOL 431 Anatomy and Physiology	5

Athletic Training Classes

PET 330 Care and Prevention of Athletic Injuries	3
PET 331 Lab in Care and Prevention of Athletic Injuries	1
PET 334 Practical Applications in Athletic Training/	3
Sports Medicine	

PET 497 Internship in Physical Education - Theory	1-4
NUTRI 300 Nutrition (3)	3
or FCS 340 Nutrition (3)	

Total Units Required

36-39

Associate in Arts (A.A.) Degree

The Associate in Arts Degree may be obtained by completion of the required program, plus the general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Kinesiology-Exercise Science

Associate in Arts Degree

Program Information

The program is typical of lower-division requirements for four-year colleges and universities (though the specific science requirements tend to vary from college to college). For specific requirements students should refer to a catalog of the college of their choice.

Students must complete a standard college preparatory program, especially intermediate algebra and chemistry.

Career Opportunities

Most career options require a Bachelor's degree. Once a Bachelor's degree is obtained, career opportunities include teaching, coaching, various recreation positions, various health careers, and athletic administration in elementary and secondary schools and colleges.

Upon completion of this program, the student will be able to:

- demonstrate an understanding of human development, both normal and abnormal, and the implications for program design.
- identify and apply standards required by the profession of choice.
- demonstrate an understanding of the basic structure of the human body and how its various systems respond.
- demonstrate oral and written competence in the major field.
- develop and articulate a statement of values or code of ethics related to the major that reflects one's respect for different ideas, peoples, and cultures and an understanding of the responsible uses of technology.
- demonstrate continued personal and professional development by reviewing current literature, participating in associations, or sharing knowledge and experience with others.

Required Program	Units
CHEM 305 Introduction to Chemistry (5) or CHEM 400 General Chemistry (5)	5
BIOL 430 Anatomy and Physiology	5
BIOL 431 Anatomy and Physiology	5
STAT 300, Introduction to Probability and Statistics.....	4
NUTRI 300, Nutrition (3)..... or FCS 340, Nutrition (3)	3
Kinesiology Exercise Science	
PHYS 340 General Physics.....	4
BIOL 402 Cell and Molecular Biology.....	5
Total Units Required	31

Associate in Arts (A.A.) Degree

The Associate in Arts Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See SCC graduation requirements.

Physical Education

NOTE: The University of California has a limitation on the number of units of physical education activity courses that can be transferred (four units maximum). The California State University System has no such limitation, but there are restrictions placed on the number of physical education units that can be applied toward the major. (Refer to the catalog of the transfer institution of your choice for detailed information.)

All activity classes are open to both men and women. Students may be concurrently enrolled in more than one physical education activity class; however, no more than two of the same physical education activity classes may be taken by a student in the same semester.

ADAPT (Adapted PE), DANCE (Dance), FITNS (Fitness), PACT (Personal Activity), TMACT (Team Activity), and SPORT (Intercollegiate prefix refer to physical education activity classes meeting the General Education requirement for graduation unless identified otherwise. Several activity areas are separated into beginning, intermediate, and advanced levels. The beginning classes concentrate on fundamental skills, rules, scoring, equipment, dress, etiquette, and basic strategy. The intermediate classes continue efforts on skill development while concentrating on strategy and competitive play. The advanced classes emphasize high level sports techniques.

The Physical Education activity courses are one-unit courses and require three hours of activity each week, unless identified otherwise. They may be repeated up to four times in each activity unless identified otherwise (e.g. four Tennis in any combination of beginning, intermediate, and advanced level).

Adapted Physical Education (ADAPT)

ADAPT 310 Adapted Lifetime Sports 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A student must have a temporary or permanent disability. Student must have a medical release form signed by a physician or appropriate medical professional. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course designed to expose individuals with physical disabilities to a variety of individual sports in which they can participate. Modifications and assisted devices will be used to enable students to participate in sports such as basketball, kayaking (in the pool), tennis, etc. This course may be taken four times for credit.

ADAPT 320 Arthritis Exercise, Individual Exercise for Individuals with Arthritis 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A student must have a temporary or permanent disability. Student must have a medical release form signed by a physician or appropriate medical professionals. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course that is specifically designed for individuals with arthritis. Planned individualized and group activities will promote wellness and fitness. General principles of safe, appropriate stretching and exercise will be discussed and practiced. This course may be taken four times for credit.

ADAPT 322 Back Care 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: A student must have a temporary or permanent disability. Student must have a medical release form signed by a physician or appropriate medical professionals. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to CSU

Hours: 54 hours LAB

This is a physical education course designed to help relieve or reduce back pain. Individualized and/or group exercise programs will be designed and utilized for students with back disorders. This course may be taken four times for credit.

ADAPT 324 Heart Healthy 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: A student must have a temporary or permanent disability. Student must have medical release form signed by a physician or appropriate medical professionals. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to UC/CSU
Hours: 54 hours LAB

This is a physical education course that is specifically designed for individuals who are recovering from a cardiac disability. Individualized and/or group activities will be used to increase fitness. General specific exercise principles will be discussed to encourage a continued healthy and active lifestyle. This course may be taken four times for credit.

ADAPT 331 Mobility Training for the Physically Limited 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: A student must have a temporary or permanent disability. Student must have a medical release form signed by a physician or appropriate medical professionals. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to UC/CSU
Hours: 54 hours LAB

This is a weight training course for physically limited students who need to increase muscular strength. All exercise programs are designed to meet the student's individual goals. General strengthening, conditioning, and body mechanics are included. This course may be taken four times for credit.

ADAPT 332 Adapted Aquatics 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: A student must have a temporary or permanent disability. Student must have a medical release form signed by a physician or appropriate medical professional. Student must fill out the Intake Procedures Forms from the Disability Resource Center (DRC).

Course Transferable to UC/CSU
Hours: 54 hours LAB

Water exercises will be individually designed for students with physical limitations. This course may be taken four times for credit.

ADAPT 499 Experimental Offering in Adapted Physical Education .5-4 Units

Prerequisite: None
Course Transferable to UC/CSU
Hours: 270 hours LAB
 See Experimental Offering

Dance (DANCE)

DANCE 304 Polynesian Dance 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers basic dances from Polynesia, including dances from Tahiti, Hawaii, and New Zealand. Class sessions consist of warm-ups, center dances, and cultural vocabulary. An opportunity to study the history, location of origin, and cultural importance of Polynesian dance is presented. This course may be taken four times for credit.

DANCE 310 Jazz Dance 1 Unit

Prerequisite: For Beginning Jazz Dance: none; Prerequisite for Intermediate: Successful completion of Beginning Jazz Dance with a grade of "C" or better.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

The beginning course is a basic approach to Jazz Dance. Warm-up technique and turns, isolations, locomotor movements, and dance combinations will be taught at this level. The dance combination will vary in styles to include ethnic, lyrical, modern, and hip hop/funk movements and steps. Group choreography and performance will be emphasized. The Intermediate course is an exploration of the various styles of jazz dance at the intermediate level. It includes further review of the dance movements learned in the beginning course. Student choreography and studio performances are required. This course may be taken four times for credit.

DANCE 320 Ballet 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

In this course students will learn to perform beginning level ballet positions, barre warm up exercises, turns, and ballet techniques. Center and across the floor exercises will focus on increased control, speed, strength, and balance. Students will develop a ballet movement vocabulary and apply ballet terminology appropriately including a performance of class repertoire. Students will also gain an understanding of the historical and traditional foundations of ballet and learn to appreciate ballet as a movement theory and art form. This course may be taken four times for credit.

DANCE 330 Modern Dance 1 Unit

Prerequisite: For Beginning Modern Dance: none; Prerequisite for Intermediate Modern Dance, successful completion of Beginning Modern Dance with a grade of "C" or better.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers rhythmic movements, isolated movements, free expression, and improvisation. Elemental concepts of space, time, and force will be included. In beginning modern dance, dance vocabulary, warm-up techniques, improvisational dancing, basic rhythms, music, and sounds will be included. The seven basic locomotor movements and beginning choreography techniques will be taught. In intermediate modern dance, the contributions of various cultures to contemporary dance will be explored. Students will create dances to various types of music, percussion instruments, and other media. This course may be taken four times for credit.

DANCE 340 Ballroom Dance 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course offers instruction in basic ballroom dance. Students will develop the skills necessary for dances such as the Salsa, Cha Cha, Swing, Fox Trot, Waltz, Rumba, and Tango. The class will focus on alignment, partnering, analysis of rhythm and execution of specific dances in relation to the music. This course may be taken four times for credit.

DANCE 370 Dance Composition & Production 1.5 Units

Prerequisite: None

Advisory: Dance and performance experience

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to CSU

Hours: 9 hours LEC; 54 hours LAB

This course is designed to give students the opportunity to choreograph and perform dance at the college level. Students will improve technique and experience other forms of dance styles. This course may be taken four times for credit provided different topics are taken.

DANCE 373 Cheer and Dance 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: By audition only.

Course Transferable to UC/CSU

Hours: 18 hours LEC; 54 hours LAB

This course is for intermediate/advanced cheer and dance students with experience in cheer motion, and dance. Dance members must possess experience in Jazz/Pom/Funk/Hip-Hop and Kick styles of dance. All members perform at school athletic events and community events. Students are required to pay a lab fee for team uniforms. Contact division office (916- 558-2420) for information.

DANCE 499 Experimental Offering in Dance .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 216 hours LAB

See Experimental Offering

Fitness (FITNS)

FITNS 300 Aerobics 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

A physical education course that is designed to improve an individual's level of fitness, general appearance, and well being. Emphasis will be placed on cardiovascular fitness, muscle toning, and flexibility while performing instructor-led routines and engaging in mat exercises. This course may be taken four times for credit.

FITNS 306 Aerobics: Cardio-Kickboxing 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes execution of the body movements and the mechanics, and the timing of exercises utilized in boxing, circuit training, and aerobics to improve general fitness and body toning. Students will be required to provide hand wraps. This course may be taken four times for credit.

FITNS 308 Step Aerobics 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

The Step Aerobics class is a physical education course designed to improve an individual's level of fitness, general appearance, and well being. This course will concentrate on cardio-respiratory fitness, flexibility, muscular strength and endurance, resting and training heart rates, injury prevention, and weight management through step aerobics. This will be achieved through a variety of exercises using hand weights to strengthen upper body, abdominal exercises and various step routines. The course may be taken four times for credit.

FITNS 310 Aqua Aerobics 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This course is designed to improve the student's fitness level through the use of shallow water aquatic exercises. Specifically, the student should increase muscular strength and endurance, as well as improve flexibility and cardio-respiratory fitness. Additionally, the student will learn about resting and training heart rates, weight management, and injury prevention as it relates to exercise. No swimming skills are needed. This course may be taken four times for credit.

FITNS 312 Aquatic Fitness 1 Unit

Prerequisite: Student must achieve a passing standard on the swim test of 100 yards of freestyle with proficient breathing to the side, 50 yards of backstroke, and 50 yards of breaststroke.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 Aquatic Fitness is a physical education course that includes a workout approach with emphasis on aerobic and anaerobic fitness. It is a self-paced class and utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic and anaerobic training principles. This course may be taken four times for credit.

FITNS 324 Mat Pilates 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This beginning course covers a method of body conditioning that includes a unique system of stretch and strength exercises. Mat Pilates is designed to work with the deepest muscles in the body while creating core strength without pain. The sequence of mat-work exercises will strengthen and tone muscles, improve body posture, and increase flexibility and balance while uniting body and mind. This course may be taken four times for credit.

FITNS 331 Boot Camp Fitness 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This course is designed as an intensive boot camp fitness class conducted on campus using indoor and outdoor facilities. Training includes aerobic, anaerobic conditioning, strength and endurance training, and individual and team fitness concepts. This course may be taken four times for credit.

FITNS 332 Off Season Conditioning .5-1 Units

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Enrollment Limitation: Students must be a member of an intercollegiate athletic team.
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This physical education course involves sport specific training and conditioning skills and techniques. There is a concentration of basic concepts with emphasis on conditioning. Students will have the opportunity to obtain knowledge and practical experience in a specific intercollegiate sport. The course may be taken four times for a maximum of four units for credit.

FITNS 336 Plyometrics: Advanced Conditioning 1 Unit

Prerequisite: None
Advisory: This course requires that the student participate in various high intensity workouts needed for sport specific training.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 Plyometrics is an advanced level conditioning course that will utilize a variety of equipment, training aids, and training methods to promote speed, power, agility, strength, endurance, and flexibility. This course may be taken four times for credit.

FITNS 338 Spin Biking 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This course is specifically designed for cycling enthusiasts and other athletes looking to improve their cardiovascular levels. This course will use basic and athletic drills based on speed, work resistance, and recovery periods. This course may be taken four times for credit.

FITNS 350 Fitness And Weight Control 2 Units

Prerequisite: None
Advisory: ESLR 320 and ESLW 320 with grades of "C" or better.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 18 hours LEC; 54 hours LAB
 This course is designed for students who wish to assess and improve physical fitness levels and encourage a healthy attitude toward body image and weight control. Students receive instruction concerning the theories and practical activities involved in obtaining and maintaining an appropriate level of physical fitness.

FITNS 354 Individualized Physical Fitness 1 Unit

Prerequisite: None
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB
 This course will emphasize individualized structure and components to physical fitness. All workout programs will be specific to the goals, needs and interests of the student. Students will be required to monitor and record all programs, workouts and activities for assisting their lifelong health habits. This course may be taken four times for credit.

FITNS 356 Trim and Tone Conditioning 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Trim and Tone Conditioning is designed to improve an individual's level of fitness, general appearance, and well-being. This course will concentrate on muscle toning and strength development through various activities, for example, exercises for abdominal and core, exercises for hamstrings and quadriceps, exercises for buttocks and exercises for the upper body. This course may be taken four times.

FITNS 357 Wellness 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course allows students to work independently while monitoring their fitness program. This allows for a process that guides the students in strategies and decisions for healthy lifestyle habits. This course may be taken four times for credit.

FITNS 363 Rowing 1 Unit

Prerequisite: Students must be able to swim at least 100 yards and tread water for ten minutes in the Port of Sacramento.

Enrollment Limitation: Students must become members of River City Rowing Club.

General Education: AA/AS Area III(a); CSU Area E

Course Transferable to CSU

Hours: 54 hours LAB

This course is designed for beginner and intermediate rowers. Safety, proper care of equipment, and correct rowing technique will be taught. Students will row in rowing shells (boats) and learn the fundamental aspects of sweep rowing (use of one oar per rower). Rowing is an activity that will help increase cardiovascular and muscular endurance, strength, and flexibility. This course may be taken four times for credit.

FITNS 371 Life Fitness Center Training 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a)

Course Transferable to UC/CSU

Hours: 54 hours LAB

An open-entry/open-exit course designed to increase cardiovascular endurance, strength, and flexibility through the use of circuit training. A required orientation includes performing an individualized fitness assessment, learning guidelines on accessing fitness, training, and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. Grades are Pass/No Pass. This course may be taken four times for credit.

FITNS 372 Life Fitness Strength Training 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a) (effective Summer 2009)

Course Transferable to CSU

Hours: 54 hours LAB

This course is an open-entry/open-exit course designed to provide instruction in proper training techniques for increasing muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, and Olympic lifting tech-

niques. A required orientation includes an individualized fitness assessment, learning guidelines on accessing fitness, training, and wellness information on-line, and discussing how to train safely and efficiently using state-of-the-art equipment. This course is graded Pass/No Pass. Students may enroll in the class up to the fourth week of the semester. This course may be taken four times.

FITNS 380 Circuit Weight Training 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Circuit Weight Training combines machine weight training, some free-weight training, core medicine ball training, body weight training, cardiovascular endurance, muscular endurance and flexibility while decreasing body fat. It is a wellness program in which a student, using different muscle groups, will alternate timed lifting with timed recovery. This course may be taken four times for credit.

FITNS 381 Weight Training 1 Unit

Prerequisite: For Beginning Weight Training: None; For Advanced Weight Training: Student must possess beginning weight training skills and knowledge.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course provides instruction in weight training and techniques that promote muscular strength and endurance. Proper use of free weights and machines along with safety rules will be discussed. Students enrolling in Advanced Weight Training will be required to take a skills test. This course may be taken four times for credit.

FITNS 383 Olympic Power Weight Lifting 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E

Course Transferable to CSU

Hours: 54 hours LAB

This course is designed to introduce Olympic Power weight lifting to students interested in developing overall core strength and conditioning. Lifting techniques such as clean and jerk, snatch, squat, bench press, and deadlift will be taught through lifting progressions. The history of Olympic Power weight lifting and the development of individual lifting programs will be introduced and discussed. This course may be taken four times for credit.

FITNS 390 Basic Yoga 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed to enhance fitness levels in everyone. It is a complete fitness program to achieve a more limber body, regardless of age, increase physical coordination, improve posture, and improve flexibility. This form of exercise embodies controlled movement, concentration, and conscious breathing. This course may be taken four times for credit.

FITNS 401 Walking 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course designed to improve a student's level of fitness, physical appearance, and well being. This course will concentrate on techniques, cardiovascular endurance, muscle strengthening and flexibility utilizing walking as an activity. Walking workouts use on and off-campus routes. This course may be taken four times for credit.

FITNS 402 Running for Fitness .5-1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Running for Fitness is a physical education course that is designed to instruct the student in the basic fundamentals and techniques of running. The course will concentrate on improving the physical capacity and efficiency of the body with the emphasis on development of muscular and cardiovascular endurance and organic power, as influenced by such factors as body type, diet, health status, rest, and genetic potential. This course may be taken four times for a maximum of four units.

FITNS 412 Martial Arts: Taekwondo 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a)

Course Transferable to CSU

Hours: 54 hours LAB

This course provides students with a basic knowledge of Taekwondo and its tradition. Proper technique, such as stance and postures, kicks, punches, blocks, poomsae (a series of defending and attacking movements), etiquette, and physical fitness, will also be included. This course may be taken four times for credit.

FITNS 436 Lifeguard Training 2 Units

Prerequisite: FITNS 440 - Advanced Swimming with a grade of "C" or better or equivalent.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 28 hours LEC; 24 hours LAB

This course covers the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Upon successful completion of the Lifeguard Training course requirements and exams, students will earn American Red Cross certificates. The American Red Cross certificates are only valid for one year for the CPR portion, and three (3) years for the Lifeguard Training and First Aid portion of the American Red Cross certifications. This course may be taken two times for credit.

FITNS 440 Swimming 1 Unit

Prerequisite: For Beginning Swimming: none; For Intermediate

Swimming: Student must achieve a passing standard on the swim test of 50 yards of freestyle with proficient breathing to the side; For Advanced Swimming: Student must achieve a passing standard on the swim test of 50 yards of freestyle with proficient breathing to the side and 50 yards of backstroke.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the basic fundamentals, stroke techniques, and safety skills. The beginning swimming course is designed for non-swimmers who cannot swim one length of the pool (25 yards). Instruction will be given in the physical and psychological adjustment to water as well as basic swimming stroke techniques. Intermediate swimming instruction includes refining the freestyle stroke, backstroke, and breast stroke. Butterfly and turn techniques will be taught. Advanced level of instruction will be provided in the advanced swimming course. The emphasis of the course will be endurance and stroke efficiency. This course may be taken four times for credit.

FITNS 454 Personal Safety 1.5 Units

Prerequisite: None

General Education: AA/AS Area III(b); AA/AS Area III(a); CSU Area E2

Course Transferable to CSU

Hours: 18 hours LEC; 36 hours LAB

This is a physical education course in personal safety. The major areas to be reviewed are safety in the home, workplace, school, online environment, street, and car. The course covers prevention, defensive strategies (physical and non-physical), and follow-up (police report, medical, psychological). Community resources will be discussed.

FITNS 499 Experimental Offering in Fitness .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 216 hours LAB

This is an experimental course offering designed to provide students with courses not normally offered by the Physical Education Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units.

Personal Activities (PACT)

PACT 310 Badminton 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course provides instruction in basic fundamentals, techniques, and rules of badminton. The emphasis is on skill and technique development as well as strategies for singles and doubles. This course may be taken four times for credit.

PACT 320 Bowling 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course for beginning, intermediate, and advanced bowlers that will cover fundamental techniques, as well as rules, etiquette, and scoring. Emphasis is on rhythmic four- or five-step approach with either a hook or straight ball delivery. This class may be taken four times for credit.

PACT 330 Boxing 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Boxing is a physical education course that will cover the basic fundamentals and techniques of the sport. Methodology, strategy, and self-defense applications will also be included. This course may be taken four times for credit.

PACT 340 Fencing 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course that will cover the basic fundamentals and techniques of foil fencing. Rules and strategy will also be included. This course may be taken four times for credit.

PACT 350 Golf 1 Unit

Prerequisite: For Beginning Golf: none; For Intermediate Golf-Beginning golf skills; For Advanced Golf-Intermediate golf skills.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Golf covers the basic skills and knowledge necessary to play the game of golf. Instruction for this course is provided at an off-campus location. The student will need transportation to the facility. This course focuses; on the fundamental skills necessary to strike and putt the ball to play the game, and game course management strategies in order to negotiate a golf course. There are beginning, intermediate and advanced levels of this course. Some sections of this course are held on area regulation golf courses. Students must have their own set of golf clubs and equipment. This course may be taken four times for credit.

PACT 380 Table Tennis 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is intended for all skill levels. It is designed to give the student an arena to learn the skills and strategies involved in table tennis and achieve a cardiovascular workout. This course may be taken four times for credit.

PACT 390 Tennis 1 Unit

Prerequisite: PACT 390 with a grade of "C" or better; Beginning/intermediate: none. Advanced: passing beginning/intermediate with a grade of "C" or better or demonstrate ground strokes, volley, overhead serve skills to the intermediate level.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course in Tennis covers the basic fundamentals, stroke techniques, and strategies for singles and doubles play. Beginning/Intermediate Tennis will cover the basic fundamentals, techniques, rules, strategies, and etiquette of the activity, singles and doubles play strategies will be included as well as refining stroke techniques. Additional skill techniques and conditioning drills will be taught in the Advanced Tennis course. This course may be taken four times for credit.

PACT 400 Track and Field 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a physical education course that will cover the basic fundamentals of the track and field events. The student will have the opportunity to obtain knowledge and practical experience of track and field activities. This course may be taken four times for credit.

PACT 410 Wrestling 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

The wrestling course is a physical education class that will cover the basic fundamentals of intercollegiate wrestling. The student will have the opportunity to obtain knowledge and practical experience of intercollegiate wrestling. This course may be taken four times for credit.

PACT 499 Experimental Offering in Personal Activity .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 270 hours LAB

This is an experimental course offering designed to provide students with courses not normally offered by the Physical Education Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units.

Physical Education - Theory (PET)

PET 300 Introduction to Physical Education, Fitness, and Sport 3 Units

Prerequisite: None

Advisory: ENGWR 100 or ESLW 310 with a grade of "C" or better.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course provides students with an orientation to the history and trends in physical education, fitness, and sport. Students will be introduced to various career and professional issues in the physical education, kinesiology, and sports fields. An introduction in the major subfields including exercise physiology, biomechanics, motor learning, sport sociology, and sport and exercise psychology will be discussed.

PET 304 Introduction to Sports Management 3 Units

Prerequisite: None

Advisory: ENGWR 100 or ESLW 310 with a grade of "C" or better.

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to introduce students to the scope and career opportunities of Sports Management. Emphasis will be placed on current events in the world of Sports Management.

PET 307 Mental Skills for Sport Performance 3 Units

Prerequisite: None

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course develops a mental understanding of sport performance in regards to the brain's impact on muscular activity. Stress management, goal setting, peak performance, the ability to learn, the ability to adjust, and the ability to practice effectively will be taught to enhance sport performance. The student will apply basic mental skills (relaxation/activation, imagery, and cognitive restriction skills) to performance activities.

PET 330 Care and Prevention of Athletic Injuries 3 Units

Prerequisite: None

Corequisite: PET 331

Advisory: ENGWR 100 or ESLW 320, and LIBR 318 with grades of "C" or better.

Course Transferable to UC/CSU

Hours: 54 hours LEC

This course provides an introduction to injury prevention, injury care, and rehabilitation of athletic injuries. Students will gain basic information about sports injuries, their causes, and treatment.

PET 331 Lab in Care and Prevention of Athletic Injuries 1 Unit

Prerequisite: None

Corequisite: PET 330

Course Transferable to CSU

Hours: 54 hours LAB

This course is designed to teach techniques of taping, wrapping, stretching, and soft tissue management to facilitate prevention and rehabilitation of athletic injuries. Students will be required to purchase 16 rolls of 1 1/2 inch athletic tape.

PET 334 Practical Applications in Athletic Training/Sports Medicine 3 Units

Prerequisite: PET 330 and 331 with grades of "C" or better

Course Transferable to CSU

Hours: 36 hours LEC; 54 hours LAB

This course is designed to meet the educational needs of students planning to transfer and major in athletic training. The curriculum for athletic training is very structured and closely monitored by the National Athletic Trainers Association. The course will cover athletic training room management, advanced taping and first-aid skills, injury evaluation, and rehabilitation.

PET 342 Theory of Baseball 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course is designed for advanced analysis of baseball. Focus is placed on analysis and instruction of individual skills and team concepts. Special emphasis will be placed on a model for instruction. Specific areas of emphasis will include, but not be limited to, team selection, fund raising, facility development, practice organization, individual fundamentals, drills to develop team fundamentals (Bunt defenses, cutoffs and relays, pick-offs, 1st and 3rd defenses) and drills to develop conditioning and strength development, charting, and scouting.

PET 346 Theory of Basketball 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

The course will give the students the opportunity to gain an understanding of coaching basketball beginning with conditioning for the pre-season and the regular season. Additionally, students will gain an understanding of how to teach basic fundamentals and learn various strategies including team offense and defense. Students will develop their own philosophies of coaching. Students will learn how to scout other teams and to read and explain basketball diagrams.

PET 352 Theory of Football 2 Units

Prerequisite: None

General Education: AA/AS Area III(a)

Course Transferable to UC/CSU

Hours: 18 hours LEC; 54 hours LAB

This course will overview current offensive and defensive fundamental drills by position at both the community college and four year level. These concepts will be divided into the various components of skill levels by specific positions., i.e. Offensive: Running Backs, Quarterbacks, Wide-Outs, Tight Ends, and Interior Line; Defense: Secondary, Outside Linebackers, Inside Linebackers, Defense Line, and Kicking Specialist (punter, place kicker, and kick off).

PET 354 Theory of Soccer 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course will give students the opportunity to gain the knowledge of coaching soccer. In addition, students will gain an understanding of how to teach techniques and various tactics, including team offense and defense and learn match analysis in connection with game preparation. This course will also include injury prevention, season planning, team management, systems of play, refereeing, and an understanding of applied psychology.

PET 360 Theory of Softball (Fast-Pitch) 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course is designed to develop advanced analysis of Softball. Focus is placed on analysis and instruction of individual skills and team concepts; specific areas of emphasis will include, but not be limited to, team selection, fund raising, facility development, practice organization, individual fundamentals, and drills to develop those fundamentals, along with team building fundamentals and drill to develop those qualities. Also included will be analysis of various coaching techniques, theories, and philosophy.

PET 364 Theory of Swimming 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LAB

This course covers all aspects of competitive swimming, including the scientific principles of stroke biomechanics, physiology, and psychology of training, workout design, and meet management. The course will include a review of current regulations of the National Collegiate Athletic Association and the Commission of Athletics. This course may be taken twice for credit.

PET 365 Theory of Water Polo 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course is designed for advanced analysis of water polo. Focus is placed on analysis and instruction of fundamental individual and team concepts. Specific areas of emphasis will include, but not be limited to, individual skills such as passing, shooting, goalie work, and team concepts of offense and defense. This course will include a review of current rules and regulations of the National Collegiate Athletic Association (NCAA) and Commission on Athletics (COA).

PET 370 Theory of Track and Field 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course is designed for advanced analysis of movement and skills of track and field. The major emphasis will include, but not be limited to, training theory, conditioning and strength training development and rules and strategies for successful performance in track and field.

PET 374 Theory of Volleyball 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 18 hours LEC; 54 hours LAB

This course is designed to develop a thorough understanding of the many aspects of Volleyball including training/conditioning programs, individual techniques, offense strategy/systems, defense strategy/systems, rules, drill development, practice plans, and team management. Emphasis will also be placed upon the importance of individual proficiency and team strategy/play.

PET 376 Theory of Wrestling 2 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 36 hours LEC

This course provides the foundation for advanced analysis of wrestling. Focus is placed on analysis and instruction of individual wrestling skills and team concepts. Specific areas of emphasis will include, but not be limited to, fund raising, practice organization, individual fundamentals, and drills to develop those fundamentals. Also included will be analysis of various coaching techniques, theories, and philosophies.

PET 410 Personal Trainer Certification: Exercise Science & Fitness Assessment 3 Units

Prerequisite: None

General Education: AA/AS Area III(b)

Course Transferable to CSU

Hours: 54 hours LEC

This course is designed to provide the theoretical knowledge necessary to prepare for the American Council on Exercise's National Personal Training Certification Exam. Topics include the following: exercise physiology, human anatomy, applied kinesiology, basic nutrition, health screening, fitness assessment, cardiovascular fitness, muscular strength and endurance, and flexibility.

**PET 411 Personal Trainer Certification: 2 Units
Program Design & Instructional
Methodology**

*Prerequisite: PET 410 with a grade of "C" or better; or equivalent
General Education: AA/AS Area III(b)
Enrollment Limitation: None.
Course Transferable to CSU
Hours: 27 hours LEC; 27 hours LAB*

This course is designed to provide the student with the theoretical knowledge and practical skills needed to prepare for the American Council on Exercise's National Personal Training Certification Examination. Topics include: program design and implementation for both healthy adults and special populations, communication, and teaching techniques, injury prevention and safety, and professional responsibilities.

PET 412 Strength and Fitness Certification 3 Units

*Prerequisite: None
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 54 hours LEC*

This course is designed to introduce and further research areas required for a strength and fitness certification for the National Council of Strength and Fitness (NCSF). The course includes scientific foundations, nutrition, body composition, components of fitness, exercise prescription, specific needs in special populations, connections between physical activity and mental and emotional health, and exercise programming and assessment.

PET 414 Health Fitness Management 3 Units

*Prerequisite: None
Course Transferable to CSU
Hours: 54 hours LEC*

This course is designed to provide students with the basic guidelines for starting and managing multiple health and fitness centers in the private setting. The course focuses on initial start-up of a health and fitness center and operating procedures with emphasis on equipment selection and arrangement, employee training, and program planning for safe and optimally beneficial health and fitness results.

PET 418 Nutrition for Physical Performance 3 Units

*Same As: NUTRI 302
Prerequisite: None
General Education: AA/AS Area III(b)
Course Transferable to CSU
Hours: 54 hours LEC*

This course will explore nutrition and fitness with emphasis on the relationship between nutrition, physical activity, lifelong fitness, and health.

PET 451 Principles and Theory of Athletic Coaching 3 Units

*Prerequisite: None
Advisory: ENGWR 100 with a grade of "C" or better.
Course Transferable to CSU
Hours: 54 hours LEC*

This course will introduce philosophy, theories, and development of athletic coaching. The course will include topics on philosophy, team management, risk management, and injury prevention that will assist new and experienced coaches to develop strategies necessary for success.

PET 495 Independent Studies in Physical Education - Theory 1-3 Units

*Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LAB*

This course involves an individual student or small groups of students in study, research, or activities beyond the scope of regular offered courses, pursuant to an agreement among college, faculty members, and students. Independent studies in Physical Education Theory offer students a chance to do research that is more typical of community and graduate student work. This course may be taken four times for a maximum of 12 units providing there is no duplication of content areas.

PET 497 Internship in Physical Education - Theory 1-4 Units

*Prerequisite: PET 330 and 331 with grades of "C" or better or concurrent enrollment in PET 330 and 331 or proof of knowledge and skills of preventative taping and recognition of basic athletic injuries.
Course Transferable to CSU
Hours: 18 hours LEC; 162 hours LAB*

The student will be exposed to soft tissue techniques, advanced athletic taping, and wrapping, emergency scenarios, physiology of injury recovery, and rehabilitation programs as prescribed by the teams physicians and supervision by a certified athletic trainer. Units are awarded on the basis of one unit per 60 hours of unpaid work or 75 hours of paid work. This course may be taken four times for a maximum of 16 units for credit.

**PET 499 Experimental Offering .5-4 Units
Physical Education Theory**

*Prerequisite: None
Course Transferable to UC/CSU
Hours: 54 hours LEC
See Experimental Offering*

Sports (SPORT)

SPORT 90 Academic Study Skills for Student Athletes .5-3 Units

Prerequisite: None

Enrollment Limitation: Must be a student-athlete registered in an intercollegiate sport at Sacramento City College.

Hours: 9 hours LEC; 162 hours LAB

This lecture/lab course is designed to assist the at-risk student athlete in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn and apply motivational and time/stress management techniques. Grades are Pass/No Pass. This is an open entry, open exit course. A student may register for the course up to the eighth (8) week of the semester. A student may take the course up to four times for a maximum of three (3) units.

SPORT 300 Baseball, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced baseball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletics competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 310 Basketball, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course may be taken three times for credit.

SPORT 315 Basketball, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course may be taken three times for credit.

SPORT 320 Cross Country, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken three times for credit.

SPORT 325 Cross Country, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

The advanced cross country course will provide specialized training for competition with other community college teams. Every student will be taught the fundamentals, advanced techniques, and strategy to be able to perform at the intercollegiate athletic competition level. This course may be taken three times for credit.

SPORT 330 Football, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced football team activity, which provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 345 Golf, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced golf team activity that provides competition against other community college teams. Fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 355 Soccer, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

The purpose of this class is to provide the student with an advanced level of knowledge and skills for competition with other community college teams. Principles, advanced techniques, psychological components, and defense/offense strategies of soccer will be taught throughout the class for intercollegiate competition. This course may be taken three times for credit.

SPORT 365 Softball, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced softball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 370 Swimming and Diving, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 375 Swimming and Diving, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced swimming and diving team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 380 Tennis, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced tennis team activity that provides competition with other community college teams. Knowledge of fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 385 Tennis, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced tennis team activity that provides competition with other community college teams. Fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 390 Track and Field, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

The intercollegiate track and field course provides specialized advanced programs to provide specialized training for competition with other community college teams. Each student will be trained in the fundamental and advanced techniques needed for his specific events, along with the rules, strategies, sportsmanship and teamwork appropriate for intercollegiate competition. This course may be taken three times for credit.

SPORT 395 Track and Field, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

The intercollegiate track and field course is an advanced program to provide specialized training for competition with other community college teams. Students will be trained in the fundamental and advanced techniques needed for their specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken three times for credit.

SPORT 405 Volleyball, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced, competitive volleyball team activity that provides competition with other community college teams. Fundamentals, rules and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit/eligibility.

SPORT 415 Water Polo, Intercollegiate-Women 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced water polo team activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 420 Wrestling, Intercollegiate-Men 2 Units

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Enrollment Limitation: Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.

Course Transferable to UC/CSU

Hours: 180 hours LAB

This is an advanced wrestling team activity that provides competition with other community college teams, or Frosh/Soph teams from four-year institutions. Techniques, rules, strategies and conditioning appropriate for intercollegiate athletic competition will be expected of the competitors. This course may be taken three times for credit.

SPORT 499 Experimental Offering in Sport .5-4 Units

Prerequisite: None

Course Transferable to UC/CSU

Hours: 270 hours LAB

See Experimental Offering

Team Activities (TMACT)**TMACT 300 Soccer, Indoor 1 Unit**

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

The purpose of this course is to provide the student with beginning level knowledge and skills associated with indoor soccer. Students will learn the differences between indoor and outdoor soccer. History, techniques, rules, and strategies of the game of indoor soccer will be taught throughout the class. As a result of the class, the students will improve their general physical fitness and skill performance. This course may be taken four times for credit.

TMACT 302 Soccer - Outdoor 1 Unit

Prerequisite: None

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

The purpose of this course is to provide the student with beginning level knowledge and skills in soccer. Principles, techniques, rules, and strategies of soccer will be taught throughout the class. As a result of the class, the students will improve their general physical fitness and skill performance. This course may be taken four times for credit.

TMACT 310 Baseball 1 Unit

Prerequisite: For Intermediate Baseball: Beginning Baseball skills or equivalent. For Advanced Baseball: Intermediate Baseball with a grade of "C" or better, or equivalent skills.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Baseball covers the fundamentals, rules, and etiquette of the game. Intermediate baseball will cover techniques of the game, rules, and strategy. Individual and team techniques will be emphasized. Students will participate in advanced individual and team techniques in relationship to baseball strategy. This course may be taken four times for credit.

TMACT 311 Theory of Baseball Lab 1 Unit

Prerequisite: PET 342 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed to enhance baseball fundamentals and conditioning drills for the advanced baseball player. Focus is placed on development of team skills and individual fundamentals. Specific areas of emphasis will include, but not be limited to: hitting, pitching, defense, and base running. This course may be taken four times for credit.

TMACT 320 Basketball 1 Unit

Prerequisite: For Intermediate Basketball: Beginning basketball skills.

For Advanced Basketball: Intermediate Basketball with a grade of "C" or better, or equivalent skills.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Basketball covers the fundamentals, rules, tactics, and etiquette of the game. In intermediate basketball, a review of the basic fundamentals, tactics, rules, and etiquette will be provided. In the advanced basketball class, systems of play to enhance the student's understanding and ability will be covered. Students will participate in advanced individual and team techniques in relationship to basketball strategy. This course may be taken four times for credit.

TMACT 330 Volleyball 1 Unit

Prerequisite: For Intermediate Volleyball: Beginning Volleyball with a grade of "C" or better; For Advanced Volleyball: Beginning and Intermediate Volleyball with grades of "C" or better.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This physical education activity course will cover the fundamentals of the sport of volleyball including: the pass, set, spike, serve, block, dig, offense, and defense. Collegiate rules, etiquette, and strategy for six person team play will be taught. Beginning volleyball: the basic fundamentals and techniques of the game will be reviewed including 6-6 and 4-2 offense, middle-up defense, and 4 on 4 competition. Intermediate volleyball: 4-2 and 6-2 offense, middle-back defense, 4 on 4, and 3 on 3 competition. Advanced volleyball: 6-2 and 5-1 offense, middle-back and rotation defense, 4 on 4 and 3 on 3 and 2 on 2 competition. This course may be taken four times for credit.

TMACT 340 Football 1 Unit

Prerequisite: Prerequisite: For Intermediate Football: Beginning football skills. For Advanced Football: Intermediate Football with a grade of "C" or better, or equivalent skills.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Advanced football is a physical education course that covers the advanced fundamentals and techniques of the game. Topics will include rules, strategy, social etiquette, and advanced skills. This course can be taken four times for credit.

TMACT 341 Theory of Football Lab 1 Unit

Prerequisite: PET 352 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed to enhance football fundamentals and conditioning drills for the advanced football player. Focus is placed on the physical development of individual skills and team concepts. Specific areas of emphasis will include but not be limited to: team selection; individual fundamentals and drills to develop those fundamentals; team fundamentals (special teams; defending the pass; defending the run; strategies to advance the ball (on the ground and in the air) and drills to develop those fundamentals; conditioning; and strength development. This course may be taken four times for credit.

TMACT 350 Softball, Fast Pitch 1 Unit

Prerequisite: None

Advisory: Advanced softball skill level.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is a course emphasizing defense, offense, pitching, base running, and conditioning which is designed to develop advanced skills in fielding, pitching, base running, and hitting. Emphasis will be placed on team offensive and defensive strategies at an advanced playing level. Field trips may be required. This course may be taken four times for credit.

TMACT 370 Water Polo 1 Unit

Prerequisite: Student must achieve a passing standard on the swim test of 100 yards of freestyle with proficient breathing to the side and 50 yards of backstroke.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

Water Polo will cover the basic fundamentals, skills, and techniques of the game. Rules and strategies will also be included in the course. This course may be taken four times for credit.

TMACT 499 Experimental Offering in Team Activity .5-4 Units

Prerequisite: None

27-216 hours LAB

This is an experimental course offering designed to provide students with courses not normally offered by the Physical Education Department. Course topics will be structured around new and emerging physical activities related to the field of Physical Education. This course may be taken four times for a maximum of 16 units.