Program Description

This program offers students activity curriculum, technical skills, and professional development courses to develop fitness or to prepare students for transfer in various fields, including physical education.

Associate in Science Degree

The Associate in Science Degree can be obtained by completing a total of 60 units, including the 30-unit major, general education requirements and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a pass-no pass basis.

Program Outcomes

Students who complete an Associate Degree will be able to:
1. Understand the R.I.C.E. principle as it applies to immediate first aid for injuries.
2. Understand F.I.T.T. as it applies to fitness training.
3. Understand the 5 basic components of fitness.
4. Understand the Specificity Principle as it applies to fitness training.
5. Know the 3 c's of First Aid.
6. Know the ABC's of First Aid.
7. Know the 3 major energy systems of the body.
8. Understand Newton's 3 laws as they relate to movement.
9. Understand the positive psychological practices for preparation for sport competition
10. Know employment opportunities for a person graduating from college with a degree in Physical Education.

Required Courses ............................................. Units
PE 020A Foundations of Physical Education ............ 3
PE 020H Care and Prevention of Athletic Injuries ...... 3
PE 020S Advanced First Aid and Emergency Care ...... 2
PE 020V Introduction to Sports Science ................. 3
PE Activity Courses * ........................................ 6
BIO 004 Human Anatomy .................................. 5
BIO 005 Introductory Physiology ......................... 5
HED 002 Health Education ................................ 3

or
HED 003 Women's Health Issues .......................... 3

Total Units ...................................................... 30


Recommended Electives

ANTH 001 Physical Anthropology
NUTR 010 Nutrition
MATH 011 Elementary Statistics
PE 004F Hip-Hop Dance
PE 004M Intermediate Ballet
PE 005D Circuit Training
PE 006F Intermediate Yoga
PE 007B Beginning Road Bicycling
PE 020W Concepts of Physical Fitness
PE 020D Baseball Theory and Practice I
and
PE 020E Baseball Theory and Practice II
PE 020F Football Theory and Practice I
and
PE 020G Football Theory and Practice II
PE 020P Softball Theory and Practice I
and
PE 020J Softball Theory and Practice II
PE 020M Volleyball Theory and Practice I
and
PE 020N Volleyball Theory and Practice II
PE 020Q Soccer Theory and Practice I
and
PE 020R Soccer Theory and Practice II
PE 020X Basketball Theory and Analyses I
and
PE 020Y Basketball Theory and Analyses II
PE 048G Performance Dance Ensemble
PE 055 Sports Medicine- Athletic Training Internship/Practicum
PE 057 Introduction to Sports Psychology
PE 071 Back Care and Injury Management
Any activity course listed above not used to satisfy requirements of the major.

SOCS 022 Ethnic, Racial and Minority Group Relations in Harmony and Conflict
Physical Education/Health/Athletics

Sports Medicine/Fitness Science – (Transfer)

Program Description
Designed to allow students to transfer into baccalaureate programs in Physical Education or related areas with a Sports Medicine emphasis. The broad field of Sports Medicine/Fitness Science includes post-baccalaureate employment opportunities in teaching, athletic training, physical therapy, sports rehabilitation, biomechanics, exercise physiology, motor learning, sports orthopedics, sports podiatry, sports psychology, cardiac rehabilitation, EKG technician, and fitness technician.

Associate in Science Degree
The Associate in Science Degree can be obtained upon completion of a total 60 units, including the 33-34 unit major, the general education requirements, and electives. All courses for this major must be completed with a grade of C or better or a P if the course is taken on a pass-no pass basis.

Program Outcomes
Students who complete an Associate Degree will be able to:
1. Understand the R.I.C.E. principle as it applies to immediate first aid for injuries
2. Understand F.I.T.T. as it applies to fitness training.
3. Understand the 5 basic components of fitness.
4. Understand the Specificity Principle as it applies to fitness training.
5. Know the 3 c’s of First Aid.
6. Know the ABC’s of First Aid.
7. Know the 3 major energy systems of the body.
8. Understand Newton’s 3 laws as they relate to movement.
9. Understand the positive psychological practices for preparation for sport competition
10. Know employment opportunities for a person graduating from college with a degree in Physical Education.

Required Courses Units
PE 020A Foundations of Physical Education ................. 3
PE 020H Care and Prevention of Athletic Injuries ............ 3
PE 020S Advanced First Aid and Emergency Care ........... 2
PE 020V Introduction to Sports Science .................... 3
PE 020W Concepts of Physical Fitness ..................... 3
PE Activity courses * ........................................... 2 - 3
BIO 005 Introductory Physiology ............................. 5
BIO 004 Human Anatomy ..................................... 5
CHEM 010 Intermediate Chemistry .......................... 4
NUTR 010 ** Nutrition ........................................... 3

Total Units ..................................................... 33 – 34

Recommended Electives
CIS 001 Introduction to Computer Science
HED 002 Health Education
MATH 011 Elementary Statistics
PE 055 Sports Medicine—Athletic Training
Internship/Practicum
PE 057 Introduction to Sports Psychology
PSYC 020 Personal and Social Behavior


**For those transferring to UC in preparation for a physical therapy major, it is recommended that CHEM 011-Basic Organic Chemistry & Biochemistry be taken in place of NUTR 010.
Physical Education/Health/Athletics

Fitness Professional Job-Direct Certificate

The required courses must be completed with a grade of “C” or better.

**Required Courses** ................................................. **Units**
PE 020S Advanced First Aid and Emergency Care ........ 2
PE 020W Concepts of Physical Fitness ......................... 3
PE 020V Introduction to Sports Science ....................... 3
NUTR 010 Nutrition. ............................................. 3
PE 005J Beginning Body Conditioning ......................... 1
or
PE 005K Intermediate Body Conditioning ................. 1
5 additional units from the following list; ............... *5


**Total Units** ..................................................... 17

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**Health Education**

**HED 002** 3.0 Units

Health Education

Course Advisories: SCC minimum English and math standards. A survey course with a multifaceted view of health with physical, mental, and social dimensions. The course extends beyond the structure and function of one’s body to include feelings, values, and reasoning. Examinations and a project are required. Satisfies one-half of the Health, Physical Education graduation requirement. Three hours lecture.

**HED 003** 3.0 Units

Womens Health Issues

Course Advisories: SCC minimum English and math standards. A study of health issues that are unique to women with a focus on women’s health maintenance and care, and the development of skills and acquisitions of knowledge necessary to make informed choices in health matters of concern to women. Open to all students. Satisfies one-half of the Health, Physical Education graduation requirement. Three hours lecture.

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**Adapted Physical Education**

Courses numbered 001A through 001D are modified for students with specific physical disabilities. The instructor, with recommendations from each student’s physician, develops an individualized program for each student. A permission card confirming a disability must be obtain from the Enabling Office prior to registration.

**PE 001A** 1.0 or 1.5 Units

Adapted Aquatics

Prerequisites: Permission of Disabilities Services Counselor confirming disability. A specialized course in water orientation, exercise, and swimming designed to meet the individual needs of those unable to participate fully in a regular swimming class. Pre-tests and post-test serve to evaluate student achievement. One-half hour lecture, one and one-half hours or two and one-half hours activity.

**PE 001D** 1.0 or 1.5 Units

Adapted Weight Training

Prerequisites: Permission of Disabilities Services Counselor confirming disability. Specialized course in weight training that includes an individualized program that focuses on the specific disability of each student. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. One-half hour lecture, one and one-half hour or two and one-half hours activity.
Physical Education/Health/Athletics

Physical Education

PE 002A 1.0 or 1.5 Units
Beginning Swimming
Course Advisories: SCC minimum English and math standards. Covers the fundamental techniques of swimming, terminology, water adjustment, fluid mechanics, and water safety. Swimming strokes include freestyle and backstroke. Skills and written exams are used to evaluate student achievement. Repeatable 2 times. One-half hour lecture, one and one-half hours or two and one-half hours activity.

PE 002B 1.0 or 1.5 Units
Intermediate Swimming
Prerequisite: PE 002A. Course Advisories: SCC minimum English and math standards. Covers the intermediate techniques of swimming, terminology, and fluid mechanics. Swimming strokes include the freestyle, backstroke, breaststroke, and butterfly. Racing starts, flip turns, and touch turns are taught on a beginning level. Interval training concepts are introduced. Skills and written exams are used to evaluate student achievement. One-half hour lecture, one and one-half hours or two and one-half hours activity.

PE 002C 1.0 or 1.5 Units
Water Polo
Course Advisory: SCC minimum English and math standards. A coeducational course that includes the fundamental skills, game strategies, and rules of water polo. Offensive and defensive strategies are practiced in preparation for team play. Skills exams and written exams serve to evaluate student achievement. Repeatable 3 times. One-half hour lecture, one and one-half hours or two and one-half hours activity.

PE 002D 1.5 or 2.0 Units
Swim For Fitness
Course Advisories: SCC minimum English and math standards. Designed to provide life-long fitness through cardiovascular endurance training and skill development in basic aquatics skills. The major components which make up a swimming workout and the concepts of interval training and sprint and distance training are included. Skills exams and written exams serve to evaluate student achievement. Repeatable 3 times. One hour lecture, one or two hours activity.

PE 002E 1.0 or 1.5 Units
Aqua Aerobics
Course Advisories: SCC minimum English and math standards. A comprehensive fitness program with the focus on aerobic conditioning via aquatic exercise designed to improve muscular strength, endurance and cardiovascular fitness. Exercises conducted in the water will utilize the resistance of water and equipment to develop strength and conditioning. Repeatable 3 times. One-half hour lecture, one and one-half hours or two and one-half hours activity.

PE 003A 1.0 or 1.5 Units
Beginning Self Defense
Course Advisories: SCC minimum English and math standards. Designed to equip the student with basic skills and knowledge for protection against physical assault. Includes basic fighting techniques, falls and recoveries, and disengagements with counter-attacks. Also included are developing a self-defense consciousness and knowledge about self-defense and the law. Skills exam is used to evaluate student achievement. Repeatable 3 times. One-half hour lecture, one and one-half hours or two and one-half hours activity.

PE 003C 1.0 or 1.5 Units
Foil Fencing
Course Advisories: SCC minimum English and math standards. Includes the fundamental skills, strategies, and rules of (French) foil fencing. The early history, evolution of hand weaponry, the dueling sword, the French and Italian techniques, French terminology, and etiquette are included. Written exams and skills exams serve to evaluate student achievement. This course is recommended for Theatre Arts majors. Repeatable 3 times. One half hour lecture and one and one half hours activity or one half lecture and two and one hours activity.

PE 003D 1.0 or 1.5 Units
Beginning Judo
Course Advisories: SCC minimum English and math standards. A basic judo course including techniques such as falls, holds, chokes, grips, grip breaks, balance breaks, and application of reverse locks. Strategies for the judo contest are included such as defenses, counters, break-up throws, take-downs, and general mat work. A historical overview of the martial arts is offered with an emphasis on the evolution of modern-day judo. Written and skills exams are used to measure student achievement. Repeatable 2 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 003E 1.0 or 1.5 Units
Intermediate Judo
Prerequisite: PE 003D. Course Advisories: SCC minimum English and math standards. An intermediate judo course that covers advanced throwing and grappling techniques. Combinations, transitions, and strategies will also be covered. Competition at the local level tournaments will be an option for interested students. One-half hour lecture, one and one-half or two and one-half hours activity.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Units</th>
<th>Course Title</th>
<th>Prerequisite/Advisories</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 004A</td>
<td>1.5 or 2.0</td>
<td>Beginning Modern Dance</td>
<td>SCC minimum English and math standards. An introduction to basic modern dance techniques, terminology, and rhythmic structure. Students will study posture and alignment for dance, alignment reference points and basic postural muscles. Students will study the basic components of fitness as they relate to dance training and basic health guidelines for nutrition and injury care and prevention. Students will explore a variety of common accompaniments for modern dance. Basic music notation will be presented in preparation for future dance composition. The history of Modern Dance is included. Interval skills exams and written exams serve to measure student achievement. Repeatable 3 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004B</td>
<td>1.5 or 2.0</td>
<td>Beginning Tap Dance</td>
<td>Course Advisories: SCC minimum English and math standards. Introductory course that includes body placement, body balance, rhythm, coordination, musicality, and a repertoire of the traditional tap (foot) techniques. This course presents lecture information on music, music analysis, understanding basic components of fitness as related to dance, nutrition and basic first aid and injury prevention. This history of tap dance as an indigenous American dance form is included. Skills exams and written exams are used to evaluate student achievement. Repeatable 2 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004C</td>
<td>1.0 or 1.5</td>
<td>Intermediate Tap Dance</td>
<td>Prerequisite: PE 004B. Course Advisories: SCC minimum English and math standards. Explores intermediate tap dance step, patterns, combinations, and choreography. Music theory concepts as they apply to the syncopated rhythms of tap dance are included. The history of tap dance as an indigenous American dance form is discussed. Interval performance exams are used to evaluate student achievement. Written exams are used to evaluate the student’s knowledge of technique, music theory, rhythmic patterns, and the historical and cultural significance of tap dance in America. Students will learn to appreciate this dance form via attendance at a dance concert or musical theater performance. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004D</td>
<td>1.5 or 2.0</td>
<td>Jazz Dance Technique</td>
<td>Prerequisite: PE 004G. Course Advisories: SCC minimum English and math standards. Designed for students who have vocational or avocational interests in dance. Course emphasis is on the skill development and analysis of intermediate-level and advanced-level techniques and patterns. Selected technique syllabi of various dance artists will be presented and studied. Jazz idioms, styles, and the historical and cultural development are included. Participation in the annual dance concert is encouraged. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theatre Arts majors. Repeatable 3 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004E</td>
<td>3.0</td>
<td>Dance Production</td>
<td>Course Advisories: SCC minimum English and math standards. Designed for dance students interested in public performance. Experiences in student choreography are included in addition to participation in the annual college dance concert. Interval skills exams and written exams serve to evaluate student achievement. Recommended for Theater Arts majors. Repeatable 3 times. One hour lecture, seven hours lab, one hour weekly by arrangement.</td>
</tr>
<tr>
<td>PE 004F</td>
<td>1.5 or 2.0</td>
<td>Hip-Hop Dance</td>
<td>Course Advisories: SCC minimum English and math standards. Introduces students to the fundamentals of hip-hop dance style. The students will learn the fundamentals of today’s dances that are commonly used in music videos. Repeatable 3 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004H</td>
<td>1.5 or 2.0</td>
<td>Beginning Jazz Dance</td>
<td>SCC minimum English and math standards. Covers basic jazz techniques, styles, terminology, and history. This course presents lecture information on posture for the dancer, music analysis, understanding basic components of fitness as related to dance, nutrition and injury prevention, and choreography dance notation. The course focuses on sequential development of basic jazz patterns in preparation for future dance composition. Interval skills exams and written exams serve to evaluate student achievement. Repeatable 2 times. One hour lecture, one or two hours activity.</td>
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</tbody>
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## Physical Education/Health/Athletics

<table>
<thead>
<tr>
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<th>Units</th>
<th>Course Title</th>
<th>Prerequisites/Advisories</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 004J</td>
<td>1.5 or 2.0</td>
<td>Beginning Ballroom Dance</td>
<td>Course Advisory: SCC minimum English and math standards. In this course students will gain a solid foundation and knowledge of the basic skills and techniques of ballroom dance. This class will also be an introduction, short history, demonstration, and instruction of popular ballroom dances. Following good practice of exercise in dance execution, the students benefit from the activity and the cultural experiences. Dances selected from the following: Cha-Cha, Rumba, Nightclub Two-Step, East and West Coast Swing, Lindy-Hop, Salsa, Tango, Waltz, Samba, and Fox Trot. Attention on proper techniques in both lead and follow dance positions including, proper form, footwork, alignment, and correct posture. Music is varied to broaden the experience with different tempo and styles. No prior experience in dance required; partner not required. Repeatable 3 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004K</td>
<td>1.5 or 2.0</td>
<td>Beginning Ballet</td>
<td>Course Advisory: SCC minimum English and math standards. Introduction to beginning classical ballet dance forms, positions, body alignment, patterns, and barre work. The lesson is conducted with the associated French terminology for all movements and steps. The history of ballet is presented and significant choreographers and ballets are discussed. Students will study proper dance posture, the muscular system as it relates to ballet movement and proper nutritional guidelines for the dancer. Basic first aid and injury prevention and treatment for self-care injuries will also be included in lectures. Performance exams and written exams are given to evaluate student achievement. Students will be required to submit a term project on the history of ballet. Repeatable 2 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004M</td>
<td>1.5 or 2.0</td>
<td>Intermediate Ballet</td>
<td>Prerequisite: PE 004K. Course Advisories: SCC minimum English and math standards. The student will be exposed to second derivative skills and will expand technical development for artistic growth. Emphasis is on style and the aspects of interpretation of movement needed for development of the classical dancer. Skills exams and written exams are given to evaluate student achievement leading to studio recital or performance. Text required. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004N</td>
<td>1.0 or 1.5</td>
<td>Beginning Swing Dance</td>
<td>Course Advisories: SCC minimum English and math standards. An introductory experience of the popular American social dances known as 'Swing' and an exploration of the cultural scene that created them. The course surveys historical dance varieties and East Coast/West Coast regional differences as well as the latest trends and styles. Repeatable 3 times. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 004P</td>
<td>1.5 or 2.0</td>
<td>Intermediate Jazz Dance</td>
<td>Prerequisite: PE 004H. Course Advisories: SCC minimum English and math standards. Covers intermediate-level jazz techniques, styles, and terminology. Students will gain increased knowledge of dance posture and of the muscular functions of the major muscles that effect basic dance movements. Intermediate musical analysis will include 6 count phrasing. The course focuses on sequential development of intermediate jazz patterns dance patterns in preparation for dance composition. Interval skills exams and written exams serve to evaluate student achievement. One hour lecture, one or two hours activity.</td>
</tr>
<tr>
<td>PE 005A</td>
<td>1.0 or 1.5</td>
<td>Low Impact Aerobic Dance</td>
<td>Course Advisories: SCC minimum English and math standards. Low impact aerobic dance reduces the stress of high intensity aerobics by modifying jumping, hopping and leaping movements generally associated with peak aerobic dance. Students will progress through a complete aerobic work-out, achieving target training zone heart rate through the use of low-impact routine work. Body toning, strength building and flexibility components of the workout will be included to provide the student with a well-rounded fitness program. Fitness exams, written exams, written assignments, class lecture, and participation serve to measure student achievement. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.</td>
</tr>
<tr>
<td>PE 005B</td>
<td>1.0 or 1.5</td>
<td>Beginning Aerobic Exercise</td>
<td>Course Advisories: SCC minimum English and math standards. A comprehensive fitness program with a focus on aerobic conditioning via choreographed dance exercise patterns set to music. Body toning, strength building and flexibility components of the workout will be included to provide the student with a well-rounded fitness program. Nutrition, body composition, weight control, and basic physiological principles of exercise are included. Fitness exams and written exams, written assignments, class lecture, and participation serve to measure student achievement. Repeatable 2 times. One-half hour lecture, one and one-half or two and one-half hours activity.</td>
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</tbody>
</table>
Physical Education/Health/Athletics

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**PE 005C**  
**Fitness For Life**  
*Course Advisories: SCC minimum English and math standards.* Offers an individualized approach to fitness with a focus on the individual’s personal responsibility for his/her fitness and health throughout life. The study of the physiological changes one undergoes as the result of physical conditioning forms the basis for the development of a lifetime fitness plan. Fitness exams and written exams serve to evaluate student achievement. Repeatable 3 times.  
*One hour lecture, one or two hours activity.*

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**PE 005D**  
**Circuit Training**  
*Course Advisories: SCC minimum English and math standards.* An individualized program for achieving muscle tone while increasing strength and endurance. This course employs resistive exercises, which will improve lifetime fitness and overall body fitness. Repeatable 3 times.  
*One-half hour lecture, one and one-half or two and one-half activities.*

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**PE 005E**  
**Cardio Conditioning**  
*Course Advisories: SCC minimum English and math standards.* Designed for students who desire a cardiovascular workout using a combination of equipment such as stationary bikes, ellipticals, steppers, treadmills, stairmills and rowing machines. Repeatable 3 times.  
*One-half hour lecture, one and one-half or two and one-half hours lab.*

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**PE 005G**  
**Off Season Athletic Conditioning**  
*Course Advisories: SCC minimum English and math standards.* A comprehensive course designed for the intercollegiate student/athlete. The course focus is on continued development and enhancement of physical performance and maintenance level required of each student/athlete’s respective sport. The course will focus on learning and execution of fitness/conditioning parameters as well as pre and post-tests on sport specific abilities applicable to each student/athlete’s sport or activity. Repeatable 3 times.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*

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**PE 005J**  
**Beginning Body Conditioning**  
*Course Advisory: SCC minimum English and math standards.* A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. Repeatable 2 times.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*

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**PE 005K**  
**Intermediate Body Conditioning**  
*Prerequisite: PE 005J. Course Advisory: SCC minimum English and math standards.* A general conditioning course that includes weight training, aerobic conditioning, and stretching exercises. A pre-test serves to define individual fitness goals, and two post-tests (written and practical) serve to evaluate student achievement. Post-test standards are higher than they are in the beginning-level course. Nutrition, as it relates to fitness and weight control, is included.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*

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**PE 005M**  
**Beginning Weight Training**  
*Course Advisory: SCC minimum English and math standards.* A comprehensive weight training course for men and women with a focus on strength development and muscle hypertrophy. Resistive exercises via free weights and fixed weights are used for the development of every major muscle group. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. Repeatable 2 times.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*

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**PE 005N**  
**Intermediate Weight Training: An Individual Approach**  
*Prerequisite: PE 005M. Course Advisories: SCC minimum English and math standards.* Intermediate weight training courses for men and women that will help individuals define and concentrate on personalized goals. Special emphasis will be directed at determining students’ needs and helping them write and follow an exercise program designed to meet those needs. Pre-tests, post-tests and fitness measurements will be used to assess progress.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*

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**PE 005P**  
**Step Aerobics**  
*Course Advisory: SCC minimum English and math standards.* An aerobic exercise program utilizing four inch, six inch, and eight inch step platforms. Class format includes warm-up, pre-aerobics, peak aerobics, aerobic cool down as determined by musical beats per minute (BPM). Body toning, strength building and flexibility components of the workout will be included to provide the students with a well-rounded fitness program. Fitness exams, written exams, written assignments, course lecture and/or participation serve to measure student achievement. Repeatable 3 times.  
*One-half hour lecture, one and one-half or two and one-half hours activity.*
Physical Education/Health/Athletics

PE 005Q 1.0 or 1.5 Units
Elite Fitness Training
Course Advisories: SCC minimum English and math standards. Kokoro is “unbeatable spirit” in Japanese. This is the ultimate goal of Elite Fitness Training for the serious person who wants to find the warrior within; it includes training the mind, body, emotions, senses and spirit. One-half hour lecture, one and one-half or two and one-half hours lab.

PE 005R 1.0 or 1.5 Units
Core Conditioning Training
Course Advisories: SCC minimum English and math standards. Course Description: A fitness course focusing on core conditioning in which students in physically demanding sports, fitness activities and professions learn to balance their conditioning over the entire body. This course will help improve performance by developing utilizing the principles of power, agility, core strength, and speed. One-half hour lecture, one and one-half or two and one-half hours lab.

PE 006A 1.0 or 1.5 Units
Cardio Kick Boxing
Course Advisories: SCC minimum English and math standards. An aerobic exercise program utilizing non-contact kickboxing. Class format includes warm-up, pre-aerobics, peak aerobics and aerobic cool-down as determined by musical beats per minutes (BPM). Hand weights and step boxes may be used for additional lower and upper body strength and conditioning. A flexibility cool-down will conclude the exercise session. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 006C 1.0 or 1.5 Units
Pilates For Fitness
Course Advisories: SCC minimum English and math standards. A fitness course that utilizes Pilates techniques that can increase strength, flexibility and endurance. Pilates exercises can improve posture, alignment coordination and balance. The course is designed to tone muscles without putting stress on the spine. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 006E 1.5 or 2.0 Units
Fundamentals Of Yoga
Course Advisories: SCC minimum English and math standards. Development of basic yoga postures, breathing practices, stretching and relaxation techniques as method to improve flexibility, decrease stress and improve physical and mental well-being. Repeatable 3 times. One hour lecture, one to two hours activity.

PE 006F 1.5 or 2.0 Units
Intermediate Yoga
Prerequisite: PE 006E. Course Advisories: SCC minimum English and math standards. This course will expand upon the techniques and philosophies of beginning yoga. Students will be exposed to advanced postures, various specific yoga systems and additional philosophies of yoga from the masters. One hour lecture, one to two hours activity.

PE 006G 1.0 or 1.5 Units
Tai Chi
Course Advisories: SCC minimum English and math standards. An introduction to the discipline of Physical Education through Tai Chi exercises, including well-known short forms consisting of 24 postures. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and health and wellness are covered. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours lab.

PE 007A 1.0 or 1.5 Units
Beginning Bowling
Course Advisories: SCC minimum English and math standards. Covers the fundamental techniques of bowling, terminology, rules, scoring, etiquette, and history. Practice and class competitions are provided to enhance skill development and strategy. Written exams and skills exams serve to evaluate student achievement. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.
Physical Education/Health/Athletics

PE 007B 1.0 or 1.5 Units
Beginning Road Bicycling
Course Advisories: SCC minimum English and math standards. An introduction to basic road bicycling terminology, equipment, and riding techniques. History of bicycling is included. Interval skills examinations and written examinations serve to measure student achievement. Repeatable 3 times. One-half hour lecture, one and one-half or Three hours lab.

PE 007C 1.0 or 1.5 Units
Beginning Mountain Biking
Course Advisories: SCC minimum English and math standards. Introduction to basic mountain biking terminology, equipment, and riding techniques. History of bicycling is included. Interval skills examinations and written examinations serve to measure student achievement. Repeatable 3 times. One hour lecture, one or two hours activity.

PE 007D 1.0 or 1.5 Units
Beginning Golf
Course Advisories: SCC minimum English and math standards. Provides instruction and practice in fundamental golf strokes with irons and woods. Rules, etiquette, and selection and care of equipment are included. Interval skills exams and written exams serve to evaluate the student achievement. Repeatable 2 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 007E 1.0 or 1.5 Units
Intermediate Golf
Prerequisite: PE 007D. Course Advisories: SCC minimum English and math standards. Provides instruction and practice in intermediate-level golf skills and strategies. Scoring, handicapping, rules, and etiquette are included in addition to municipal golf course play and class competitions. Interval skills exams and written exams serve to evaluate student achievement. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 007F 1.0 or 1.5 Units
Beginning Archery
Course Advisories: SCC minimum English and math standards. Covers the fundamental techniques of archery, terminology, accessories, and history of the sport. Practice and class competitions are provided to enhance skill development. Written and skills exams serve to evaluate student achievement. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 008A 1.0 or 1.5 Units
Beginning Tennis
Course Advisories: SCC minimum English and math standards. Lectures and demonstrations cover the fundamental techniques of tennis: forehand, backhand, basic serve, and volley. Terminology, rules, and history are included. Practice, skill drills, and class competition in both singles and doubles are provided to enhance skill development and game strategy. Skill exams and written exams serve to evaluate student achievement. Repeatable 2 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 008B 1.0 or 1.5 Units
Intermediate Tennis
Prerequisite: PE 008A. Course Advisories: SCC minimum English and math standards. Lecture and demonstration cover the intermediate techniques of tennis: overhead smash, drop shot, chop volley, serves, and offensive and defensive lobs. Strategy for competitive play is emphasized. Skills exams and written exams serve to evaluate student achievement. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 008C 1.0 or 1.5 Units
Beginning Racquetball
Course Advisories: SCC minimum English and math standards. Lectures and demonstrations on the fundamental techniques and skills such as grips, forehand and backhand strokes, serves, the serve return, and the kill shot. Scoring, game rules, game strategy, and court etiquette are included. Drills and class competitions are provided to enhance skill development and game strategy. Skills exams and written final exam serve to evaluate student achievement. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 008D 1.0 or 1.5 Units
Beginning Badminton
Course Advisories: SCC minimum English and math standards. Lecture and demonstrations on the basic skills: forehand, backhand, service, the clears and the smash. Also covered are singles and doubles strategy. History, terminology, rules and scoring, and care and selection of equipment are included. Skills exams and written exams serve to evaluate student achievement. Repeatable 2 times. One-half hour lecture, one and one-half or two and one-half hours activity.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Units</th>
<th>Prerequisite/Advisories</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 008F</td>
<td>Intermediate Badminton</td>
<td>1.0 or 1.5 Units</td>
<td>Prerequisite: PE 008E. Course Advisories: SCC minimum English and math standards. Lecture and demonstrations cover intermediate skills: clears-cross court, down the line and reverse cross-court; drops - at the net, from the backcourt and from the midcourt; service - forehand and backhand. Also covered are offensive and defensive techniques of the smash. Training drills, agility, endurance and court coverage for competitive play will be taught. Skill exams and written exams serve to evaluate student achievement. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009A</td>
<td>Beginning Basketball</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Lectures and demonstration cover the fundamental skills of basketball: shooting, passing, dribbling, rebounding, and footwork. Offensive and defensive drills are practiced in preparation for low-level competition in class. The history, rules, and terminology of the game are included. Skills exams and written exams serve to evaluate student achievement. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
</tr>
<tr>
<td>PE 009B</td>
<td>Indoor/Outdoor Soccer</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Covers the fundamental techniques of soccer, terminology, rules, and history. Practice, skills drills, and class competitions are provided to enhance skill development and game strategy. A written final exam and skills exams serve to evaluate student achievement. Repeatable 2 times. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
</tr>
<tr>
<td>PE 009C</td>
<td>Intermediate Soccer</td>
<td>1.0 or 1.5 Units</td>
<td>Prerequisite: PE 009B. Course Advisories: SCC minimum English and mathematics standards. Covers intermediate soccer skills. Through team competition, emphasis is placed upon offensive and defensive tactics and strategies. Develop knowledge and understanding of the current collegiate soccer rules and fitness. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009E</td>
<td>Intermediate Basketball</td>
<td>1.0 or 1.5 Units</td>
<td>Prerequisite: PE 009A. Course Advisories: SCC minimum English and math standards. Lecture and demonstration cover second derivative skills and philosophies of basketball: court leadership, team offenses and defenses, motivation, team strategies, court decorum and sportsmanship. Skills exams and written exams serve to evaluate student achievement. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009F</td>
<td>Beginning Baseball</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Using a lecture and lab format the class covers the fundamental skills of baseball: throwing, catching, fielding, catching fly balls, hitting, bunting, base running, sliding, and playing defensive positions. Offensive and defensive drills practiced in preparation for low-level competition in class. History, rules, and terminology are included. Skills exams and written exams serve to evaluate student achievement. Repeatable 3 times. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009G</td>
<td>Softball</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Covers the basic skills: serve, pass, set, spike and block. Skills development is emphasized. This course presents lecture information on team play, rules, history and basic game strategy. Physical conditioning is an integral part of the course. Skills exams and written exams serve to evaluate student achievement. Students must provide their own glove. Repeatable 3 times. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009H</td>
<td>Beginning Volleyball</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Covers the basic skills: serve, pass, set, spike and block. Skills development is emphasized. This course presents lecture information on team play, rules, history and basic game strategy. Physical conditioning is an integral part of the course. Skills exams and written exams serve to evaluate student achievement. Students must provide their own glove. Repeatable 2 times. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 009P</td>
<td>Intermediate Volleyball</td>
<td>1.0 or 1.5 Units</td>
<td>Course Advisories: SCC minimum English and math standards. Covers the intermediate skills: serve, pass, set, spike and block. The course focuses on offensive and defensive tactics and strategies in preparation for high-level competitive play. A comprehensive physical conditioning program is included to prepare the player for the rigors of volleyball activity. <strong>One-half hour lecture, one and one-half or two and one-half hours activity.</strong></td>
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<tr>
<td>PE 020A</td>
<td>Foundations Of Physical Education</td>
<td>3.0 Units</td>
<td>Course Advisories: SCC minimum English and math standards. An introduction to the field of Physical Education as a profession and as an academic discipline. The course covers the purposes, philosophical and historical foundations, biological and biomechanical foundations, and the sociological and psychological foundations of Physical Education. The course also focuses on educational preparation, the job market, and alternative careers in Physical Education. Written exams and writing assignments serve to evaluate student achievement. <strong>Three hours lecture.</strong></td>
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</table>
Physical Education/Health/Athletics

PE 020D  
Baseball Theory And Practice I  
Course Advisories: SCC minimum English and math standards. A comprehensive baseball course designed for the athlete and coach. The course includes the theories and applications of offensive and defensive strategies, the game plan as it relates to the statistical performance of a particular team, and the use of scouting in assessing the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020E  
Baseball Theory And Practice II  
Course Advisories: SCC minimum English and math standards. A continuation of PE 020D. A comprehensive baseball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, the evaluation of the game plan as it relates to the statistical information and skill performance of a team, and the use of assembling advanced scouting reports to assess the skills and weaknesses of the opposing coach and team. Skills exams and written exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020F  
Football Theory And Practice I  
Course Advisories: SCC minimum English and math standards. A comprehensive course for athletes and coaches of football in preparation for intercollegiate competition. The course focuses on the analyses and applications of the principles underlying all football techniques, the psychology involved in the development of winners, and the scientific and empirical principles of training. Skills exams and written exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020G  
Football Theory And Practice II  
Course Advisories: SCC minimum English and math standards. A continuation of PE 020F. An advanced course for athletes and coaches of football in preparation for intercollegiate competition. The course focuses on the analyses and applications of the principles underlying offensive and defensive strategies and formation of game plan. Skills exams and written exams are used to evaluate student learning. **One hour lecture, two hours activity.**

PE 020H  
Care And Prevention Of Athletic Injuries  
Course Advisories: SCC minimum English and math standards. An introduction to the field of Athletic Training as a profession and as an academic discipline. Designed to train students in the recognition, rehabilitation, and prevention of athletic injuries. Emphasis is on learning and applying a variety of taping techniques and athletic training therapies. Written examinations and practical examinations serve to evaluate student achievement. Required of Physical Education majors and minors. **Three hours lecture.**

PE 020J  
Softball Theory And Practice II  
Course Advisories: SCC minimum English and math standards. Continuation of PE 020I. An advanced softball course designed for the athlete and coach. The course includes advanced theories and applications of offensive and defensive strategies, evaluation of the game plan as it relates to statistical information and skill performance of a team. It also covers assembling advanced scouting reports to assess the opposition. Skill exams and written exams serve to evaluate the student. **One hour lecture, two hours activity.**

PE 020M  
Volleyball Theory And Practice I  
Course Advisories: SCC minimum English and math standards. Comprehensive course designed for the athlete and coach. The course includes the theories of offensive and defensive strategies of competitive volleyball. Students will study, analyze, and practice offensive and defensive skills and strategies in preparation for seasonal, intercollegiate competition. Skills exams and written exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020N  
Volleyball Theory And Practice II  
Course Advisories: SCC minimum English and math standards. A continuation of PE 020M. A study of advanced theories of offensive and defensive strategies of competitive volleyball. Athletes will study, analyze, and practice offensive and defensive skills and strategies and will develop in-depth scouting procedures. Skills exams and written exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020P  
Softball Theory And Practice I  
Course Advisories: SCC minimum English and math standards. Comprehensive course designed for the intercollegiate softball athlete and for the coach of fastpitch softball. The course focuses on the theories, analyses, and applications of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate athlete achievement. **One hour lecture, two hours activity.**

PE 020Q  
Soccer Theory And Practice I  
Course Advisories: SCC minimum English and math standards. A comprehensive course designed for the intercollegiate soccer athlete and for the coach of soccer. The course focuses on the theories, analyses, and application of offensive and defensive skills and strategies. Written exams and practical exams serve to evaluate the student achievement. **One hour lecture, and one to two hours activity.**
Physical Education/Health/Athletics

PE 020R 1.5 or 2.0 Units
Soccer Theory And Practice II
Course Advisories: SCC minimum English and math standards; PE 20.24A or equivalent soccer experience. Continuation of PE 20.24A. A study of advanced theories of offensive and defensive strategies of competitive soccer. Students will analyze advanced offensive and defensive strategies and will develop in-depth scouting procedures. Skill exams and written exams serve to evaluate student achievement. One hour lecture, and one to two hours activity.

PE 020S 2.0 Units
Advanced First Aid and Emergency Care
Course Advisories: SCC minimum English and math standards. A course designed to prepare individuals who may administer emergency care to the injured and ill. Upon successful completion of the course, students will be knowledgeable in Advanced First Aid and Emergency Care and CPR for infants, children, and adults. Required of Physical Education majors and minors. Two hours lecture, one hour lab.

PE 020V 3.0 Units
Introduction To Sport Science
Course Advisories: SCC minimum English and math standards. A course covering the basic elements of sport sciences including: kinesiology, motor learning, biomechanics, exercise physiology, sports medicine, sport psychology and training theory. Three hours lecture.

PE 020W 3.0 Units
Concepts Of Physical Fitness
Course Advisories: SCC minimum English and math standards. A comprehensive fitness course that includes the study of the human organism and its reactions to fitness and physical activity. The course focuses on the physiological adaptations, exercise training/prescriptions, nutrition, ergogenic aids, environmental factors, and the major medical and health conditions. Written exams and measurements of activity serve to evaluate student achievement. Three hours lecture.

PE 020X 2.0 Units
Basketball Theory And Analyses I
Course Advisories: SCC minimum English and math standards. Comprehensive basketball theory course designed for coach and athlete. The course includes the theories and analyses of offensive and defensive strategies, the development of the offensive and defensive game plan as it relates to statistical data, and spontaneous adjustments in offensive and defensive. Written exams serve to evaluate student achievement. Two hours lecture, on hour activity.

PE 020Y 2.0 Units
Basketball Theory And Analyses II
Course Advisories: SCC minimum English and math standards. Continuation of PE 020X. A comprehensive basketball theory course designed for coach and athlete. The course includes the advanced theories and analyses of offensive and defensive strategies and the development of the game plan using statistical data and the scouting report. Written exams and skill exams serve to evaluate student achievement. Two hours lecture, one hour activity.

PE 048G 2.5 Units
Performance Dance Ensemble
Course Advisory: SCC minimum English and math standards, some dance experience is advised. A performance dance ensemble class for the experienced dance student. It is advised that the student have some training in hip-hop, ballet, jazz, ethnic or other styles of dance experience. There is an opportunity for student choreography. This class gives an opportunity for public performance. Recommended for Dance/Theatre or related arts majors.

PE 055 2.0 Units
Sports Medicine - Athletic Training Internship/Practicum
Prerequisites: PE 020H. Course Advisories: SCC minimum English and math standards. Supervised volunteer athletic experience which provides students with the opportunity for immediate recognition and treatment of sports injuries. Emphasis is on taping techniques and rehabilitation which enables athletes to return to competition. (Sports Medicine). Repeatable 3 times. One hour lecture, three hours weekly by arrangement.

PE 057 3.0 Units
Introduction to Sports Psychology
Course Advisories: SCC minimum English and math standards. Introduction to psychological concepts, strategies and skills designed to help individuals overcome the barriers to optimal athletic performance. Skills such as imagery, goal setting, cognitive restructuring, attentional focusing, arousal regulation, and coping will be presented. With this course students establish a goal(s) and work toward it while fostering a winning environment. Three hours lecture.

PE 071 .5 to 1.5 Units
Back Care And Injury Management
Course Advisories: SCC minimum English and math standards. A course designed for students with interest in back care or managing a back injury. Individualized and group exercises will focus on functional motor control, balance, coordination, flexibility, developmental movement, individually developed exercises and strength and endurance for students with back injuries. There will be an emphasis on encouraging independence in personal health and teaching lifelong fitness knowledge and skills. Repeatable 3 times. One-half hour lecture, one and one-half or two and one-half hours activity.
Physical Education/Health/Athletics

PE 078 1.0 or 1.5 Units
Fit Ball Training
Course Advisories: SCC minimum English and math standards. A fitness course that utilizes fitness ball techniques that can increase strength, flexibility, endurance and lean body composition. Fitness ball exercises can help to improve and develop functionality and agility through strengthening weak muscles as well as core muscles. Students will learn to safely and effectively execute strengthening exercises for all the major muscle groups with and without hand weights, flexibility exercises and balancing exercises. Skill exams and written exams serve to evaluate student achievement.

PE 083 2.0 or 2.5 Units
Fire Candidate Physical Fitness
Course Advisories: SCC minimum English and math standards. Provides lifelong fitness knowledge to gain employment with a federal, state, county, city or special district fire agency. Provides certification with the Fire Service Joint Labor Management Wellness/Fitness Initiative ‘Candidate Physical Ability Test.’ Repeatable 3 times. (Same as FIRE 083) One hour lecture, and two to three hours activity.

PE 091 .5 to 1.5 Units
Adapted Back Rehabilitation
Prerequisite: Permission of Disabilities Services Counselor confirming disability. Course Advisories: SCC minimum English and math standards. A specialized course in back rehabilitation that includes an individualized program focusing on the specific disability of each student. Individualized and group exercises will focus on functional motor control, balance, coordination, flexibility, developmental movement, individually developed exercises and strength and endurance for students with back injuries. There will be an emphasis on encouraging independence in personal health and teaching lifelong fitness knowledge and skills. Pre-tests and post-tests (written and practical) serve to evaluate student achievement. Repeatable 3 times. One-half hour lecture plus one-half hours or one and one-half hour or two and one-half hours activity.

PE 098C 1.0 or 1.5 Units
Circuit Training
Course Advisories: SCC minimum English and math standards. An individualized program for achieving muscle tone while increasing strength and endurance. This course employs resistive exercises, which will improve lifetime fitness and overall body fitness. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 098E 1.0 or 1.5 Units
Cardio Conditioning
Course Advisories: SCC minimum English and math standards. Designed for students who desire a cardiovascular workout using a combination of equipment such as stationary bikes, ellipticals, steppers, treadmills, stairmills and rowing machines. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 098F 1.0 or 1.5 Units
Tai Chi
Course Advisories: SCC minimum English and math standards. An introduction to the discipline of Physical Education through Tai Chi exercises, including well-known short forms consisting of 24 postures. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditatin concepts as related to Tai Chi and health and wellness are covered. One-half hour lecture, one and one-half or two and one-half hours activity.

PE 300 .5 or 1.0 Units
Intramural Recreational Sports Program
A sports program designed for college and high school individuals or teams. The program offers equal competition, and an organized schedule. There may be programs which require entry fees from individuals or teams. Fees will cover the cost of officials, score-keepers, and awards. Repeatable 3 times. One or two hours activity.

PE Special Topics
These courses, numbered 048, 098, or 148 depending upon their transferability, are courses of contemporary interest centered on changing knowledge and important issues in the field. Announcements of Special Topics courses appear in the Schedule of Classes.
Intercollegiate Athletics

The Intercollegiate Athletic Program is governed by the California Community Colleges Commission on Athletics. Solano College is a member of the Bay Valley Conference and NorCal Football Conference and participates in a number of men’s and women’s intercollegiate sports. To practice and participate student-athletes must present evidence from a physician that they are physically fit to participate in an intercollegiate athletic activity. To be eligible, student-athletes must be continuously enrolled in a minimum of 12 units during the semester of competition. For the second year of competition, the student-athlete must have completed 24 units between seasons of competition with a minimum of a 2.0 grade point average. All athletes must have an educational plan on file with the athletic counselor and must be enrolled in at least 9 of their 12 mandatory units toward their educational plan. Additional eligibility information may be obtained from the Athletic Director or respective Solano College coach. Each sport listed below may be repeated 2 times.

ATHL 001 2.0 Units
Intercollegiate Women’s Volleyball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate volleyball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. 10 hours lab weekly. Repeatable 2 times.

ATHL 002A 1.0 or 1.5 Units
Womens Fall Intercollegiate Basketball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly. (12 week course.)

ATHL 002B 1.0 or 1.5 Units
Women’s Spring Intercollegiate Basketball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly. (9 wks course).

ATHL 003 2.0 Units
Intercollegiate Softball (Women)
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced softball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly.

ATHL 004 2.0 Units
Intercollegiate Women’s Soccer
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student-athlete covering advanced intercollegiate soccer skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparations for competition. Repeatable 2 times. 10 hours lab weekly.

ATHL 010 1.0 or 2.0 Units
Intercollegiate Co-Ed Swimming & Diving
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate swimming and diving skills. The course includes theories and analyses of skill acquisition, development of fitness skills and mental preparation for competition. 10 hours lab weekly. Repeatable 2 times.

ATHL 015 2.0 Units
Baseball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate baseball skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of fitness skills and mental preparation for competition. 10 hours lab weekly. Repeatable 2 times.

ATHL 016A 1.0 or 1.5 Units
Mens Fall Intercollegiate Basketball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly. (12 week course.)
Physical Education/Health/Athletics

ATHL 016B 1.0 Unit
Mens Spring Intercollegiate Basketball
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate basketball skills. The course includes the theories and analyses of offensive and defensive strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly. (9 week course.)

ATHL 017 2.0 Units
Football (Men)
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate football skills. The course includes the theories and analyses of offensive, defensive, and kicking team strategies, acquisition and development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly.

ATHL 020 2.0 Units
Water Polo
Course Advisory: SCC minimum English and math standards. A comprehensive course designed for the student athlete covering advanced intercollegiate water polo skills. The course includes the theories and analyses of offensive and defensive strategies, skill acquisition, development of physical skills, and mental preparation for competition. Repeatable 2 times. 10 hours lab weekly.