
Athletics (ATHL)

ATHL 002 **Fundamentals of Softball** **(0.5 - 3)**

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Softball

ATHL 002 is designed to provide fundamental instruction for those interested in competing in softball at the community college level.

ATHL 003 **Fundamentals of Football** **(0.5 - 3)**

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Football

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

ATHL 004 **Fund of Men's Basketball** **(0.5 - 3)**

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Men's Basketball

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

ATHL 006 **Fundamentals of Baseball** **(0.5 - 3)**

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Baseball

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

ATHL 007 **Fundamentals of Volleyball** **(2)**

Class Hours: 117 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Volleyball

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

ATHL 016 **Fundamentals of Men's Rodeo** **(0.5 - 3)**

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Men's Rodeo

ATHL 016 will focus on the fundamental, theory, and practice of intercollegiate men's rodeo events; bareback riding, saddle bronc riding, bull riding, tie down roping, steer wrestling, team roping emphasizing the physiology and physical foundations, history of the sport, scoring, rule interpretation, and judging. The course will also provide the student the opportunity to study, learn, and practice the skills and techniques necessary to participate in intercollegiate men's rodeo events. Enrollment limited to those qualified to compete in intercollegiate rodeo.

ATHL 017 Fundamentals of Women's Rodeo (0.5 - 3)

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Fundamentals of Women's Rodeo

ATHL 017 will focus on the fundamental, theory, and practice of intercollegiate woman's rodeo events; barrel racing, goat tying, break away roping, team roping emphasizing the physiological fundamentals, history of the sport, scoring, rule interpretation, and judging. The course will also provide the student the opportunity to study, learn, and practice the skills and techniques necessary to participate in intercollegiate women's rodeo events. Enrollment limited to those qualified to compete in intercollegiate rodeo.

ATHL 022 Intercollegiate Softball (3)

Class Hours: 175 Laboratory

Advisory(s): Medical Approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Intercollegiate Softball

ATHL 022 is designed to provide an introduction to competition in softball at the community college level.

ATHL 023 Intercollegiate Football (3)

Class Hours: 175 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Intercollegiate Football

ATHL 023 provides the opportunity for students to further their football skills and utilize them in competitive sport, competing with other colleges.

ATHL 024 Intercollegiate Men's Basketba (3)

Class Hours: 175 Laboratory

Prerequisite(s): Approval from a licensed medical doctor

Transfers to: UC/CSU

Intercollegiate Men's Basketball

ATHL 024 is designed to provide competition in basketball at the community college level. Intercollegiate basketball will emphasize and develop individual and team skills through the use of intermediate and advanced techniques and knowledge.

ATHL 026 Intercollegiate Baseball (3)

Class Hours: 175 Laboratory

Advisory(s): Medical Approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Intercollegiate Baseball

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

ATHL 027 Intercollegiate Women's Volley (3)

Class Hours: 175 Laboratory

Prerequisite(s): Medical approval from a licensed Medical Doctor only.

Transfers to: UC/CSU

Intercollegiate Women's Volleyball

ATHL 027 is designed to provide competition in volleyball at the community college level. Intercollegiate volleyball will develop intermediate and advanced techniques and knowledge with an emphasis on the individual as well as team skills involved in the game.

ATHL 036 Intercollegiate Men's Rodeo (1.5)

Class Hours: 87.5 Laboratory

Advisory(s): Medical approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Intercollegiate Men's Rodeo

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

ATHL 037 Intercollegiate Women's Rodeo (1.5)

Class Hours: 87.5 Laboratory

Advisory(s): Medical Approval from a licensed physician (Recommended, Previous or concurrent).

Transfers to: UC/CSU

Intercollegiate Women's Rodeo

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

ATHL 038 Intercollegiate Cross-Country (3)

Class Hours: 175 Laboratory

Transfers to: UC/CSU

Intercollegiate Cross-Country

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