
Athletics (ATHL)

ATHL 005 Fund. of Women's Basketball (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Women's Basketball

ATHL 005 is designed to provide instruction and practice in the fundamentals of basketball including dribbling, passing, shooting and rules, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational basketball as well as prepare your body for basketball activities through weights and conditioning. May be taken three times for credit.

ATHL 009 Fundamentals of Men's Wrestlin (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Men's Wrestling

ATHL 009 is designed to provide instruction and practice in the fundamentals of wrestling including takedowns, escapes, reversals, pinning combinations, riding, defensive skills, and knowledge of and interpretation of the official rules of wrestling. (AA/AS, CSU)

ATHL 010 Fundamentals of Men's Golf (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Men's Golf

ATHL 010 is the study and analysis of competitive golf. Emphasis on swing mechanics, course management, rules of golf, mental techniques and practice regimens. Designed for students with previous golf experience and/or the desire to coach golf at any level.(AA/AS, CSU)

ATHL 011 Fundamentals of Women's Golf (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Women's Golf

ATHL 011 is the study and analysis of competitive golf. Emphasis on swing mechanics, course management, rules of golf, mental techniques and practice regimens. Designed for students with previous golf experience and/or the desire to coach golf at any level.(A/AS, CSU)

ATHL 012 Men's Theory of Cross Country (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Men's Theory of Cross Country

ATHL 012 is the study and analysis of competitive cross country as well as the technique of running. The course is designed for students with previous cross country experience and or the desire to coach cross country at any level. (AA/AS, CSU)

ATHL 013 Women's Theory of Cross Countr (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Women's Theory of Cross Country

ATHL 013 is the study and analysis of competitive cross country as well as the technique of running. The course is designed for students with previous cross country experience and or the desire to coach cross country at any level. (AA/AS,CSU)

ATHL 014 Fundamentals of Men's Soccer (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Men's Soccer

ATHL 014 is designed to provide instruction and practice in the fundamentals of soccer including dribbling, passing, shooting, defense, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational of soccer.(AA/AS, CSU)

ATHL 015 Fundamentals of Women's Soccer (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to CSU only

Fundamentals of Women's Soccer

ATHL 015 is designed to provide instruction and practice in the fundamentals of soccer including dribbling, passing, shooting, defense, etc. The course also includes instruction on how to improve skills necessary for students to participate in recreational of soccer.(AA/AS, CSU)

ATHL 025 Intercollegiate Basketball (1.5)

Class Hours: 87.5 Laboratory

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

Transfers to: Transfers to both UC/CSU

Intercollegiate Basketball

ATHL 025 is designed to provide competition in basketball at the community college level.May be taken 6 six times for credit.(AA/AS,CSU)

ATHL 028 Intro. Intercoll. Volleyball (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Introductory Intercollegiate Volleyball

ATHL 028 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.(AA/AS,CSU)

ATHL 029 Men's Intercollegiate Wrestlin (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Men's Intercollegiate Wrestling

ATHL 029 Men's Intercollegiate Wrestling will provide student athletes the opportunity to compete on a men's wrestling team at the intercollegiate level.Men's intercollegiate wrestling will provide student athletes an opportunity to develop individual skills in the sport of wrestling as they apply to a competitive one on one situation.Designed primarily for people possessing the desire, ability and skills necessary to compete on the intercollegiate level. (AA/AS, CSU)

ATHL 030 Men's Intercollegiate Golf (3)

Class Hours: 175 Laboratory

Prerequisite(s): Medical approval from a licensed physician

Transfers to: Transfers to both UC/CSU

Men's Intercollegiate Golf

ATHL 030 Men's Intercollegiate Golf will provide student athletes the opportunity to compete on a men's golf team at the Intercollegiate level. Men's Intercollegiate golf will provide student athletes an opportunity to develop individual skills in the sport of golf as they apply to a competitive one on one situation. Student athletes will learn to master golf shots and strategies against an opponent while developing mental and physical maturity. Student athletes will compete against the college teams in the area.(AA/AS, CSU)

ATHL 031 Women's Intercollegiate Golf (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Women's Intercollegiate Golf

ATHL 031 Women's Intercollegiate Golf will provide student athletes the opportunity to compete on a women's golf team at the Intercollegiate level. Women's Intercollegiate Golf will provide student athletes an opportunity to develop individual skills in the sport of golf as they apply to a competitive one on one situation. Student athletes will learn to master golf shots and strategies against an opponent while developing mental and physical maturity. Student athletes will compete against the college teams in the area. (AA/AS,CSU)

ATHL 033 Women's Intercollegiate Cross (3)

Class Hours: 175 Laboratory

Prerequisite(s): Medical approval from a licensed physician

Transfers to: Transfers to both UC/CSU

Women's Intercollegiate Cross Country

ATHL 033 Women's Intercollegiate Cross Country will provide student athletes the opportunity to compete on a women's cross country team at the intercollegiate level. Women's Intercollegiate Cross Country will provide student athletes an opportunity to develop individual skills in sport of cross country as they apply to a competitive event. Student athlete will learn to master cross country and strategies against an opponent while developing mental and physical maturity. Student will compete against college teams in the area.(AA/AS,CSU)

ATHL 034 Men's Intercollegiate Soccer (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Men's Intercollegiate Soccer

ATHL 034 provide student athletes the opportunity to compete on a men's soccer team at the intercollegiate level. ATHL 34 will provide student athletes an opportunity to develop individual and team skills through the use of intermediate and advanced techniques and knowledge. Student athletes will learn to master soccer and strategies against an opponent while developing mental and physical maturity. Students will compete against the college teams in the area. (AA/AS,CSU)

ATHL 035 Women's Intercollegiate Soccer (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Women's Intercollegiate Soccer

ATHL 035 provides student athletes the opportunity to develop individual and team skills through the use of intermediate and advanced techniques and knowledge. Student athletes will learn to master soccer against an opponent while developing mental and physical maturity. Students will compete against college teams in the area. (AA/AS,CSU)

ATHL 044 Men's Intercollegiate Cross Co (3)

Class Hours: 175 Laboratory

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

Transfers to: Transfers to both UC/CSU

Men's Intercollegiate Cross Country

ATHL 044 Men's ntercolelgiate Cross Country will provide student athletes the opportunity to compete on a men's cross country team at the intercollegiate level. Men's Intercolelgiate Cross Country will provide student athletes an opportunity to develop individual skills in a sport of cross country as they apply to a competitive event. Student athlete will learn to master cross country and strategies against an opponent while developing mental and physical maturity. Student will compete against college teams in the area. (AA/AS, CSU)