
Physical Education (PE)

PE 002 Archery (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory
Transfers to: Transfers to both UC/CSU P/NP

PE 002 is designed to provide students an opportunity to develop the basic skills in the sport of archery. (AA/AS, CSU, UC)

PE 003 Badminton (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory
Transfers to: Transfers to both UC/CSU

PE 003 is designed to provide students an opportunity to learn basic skills and knowledge of badminton.(AA/AS, CSU, UC)

PE 006 Body Conditioning (1)
Class Hours: 54 Laboratory
Transfers to: Transfers to both UC/CSU

Physical Education 006 will expose the students to stretching, jump rope, lifting, running and various other skills while working toward optimum physical conditioning. May be taken four times for credit. (AA/AS, CSU, UC)

PE 007 Aerobics (1)
Class Hours: 54 Laboratory
Transfers to: Transfers to both UC/CSU P/NP

PE 007 is low-impact fitness program characterized by continuous movement to music. Participation should effect dramatic improvement (as measured by pre- and post-testing) in cardiovascular fitness, strength, endurance and flexibility for the previously unfit individual. The class will include informal lectures on principles of exercise, diet and nutrition, stress and relaxation. Light hand or wrist weights, rubber bands, etc., may be incorporated into class. (AA/AS, CSU, UC)

PE 008 Intermediate Aerobic Interval Training (1)
Class Hours: 54 Laboratory
Transfers to: Transfers to both UC/CSU P/NP

PE 008 is designed to expose intermediate aerobic students to conditioning activities such as resistance stations, light hand held weights, bands, steps, floor work and much more. Students will learn correct form and alignment, improve cardiovascular strength and increase flexibility and muscle strength. Students will experience changes in body composition, cardiovascular endurance and muscle strength while aiding in the prevention of injury and osteoporosis. (AA/AS, CSU, UC)

PE 011 Golf (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory
Transfers to: Transfers to both UC/CSU P/NP

PE 011 is designed to provide instruction and practice in the fundamentals of golf including the swing, use of clubs, strategy, rules , and etiquette. (AA/CSU, CSU, UC)

PE 016 Jogging and Power Walking (1)
Class Hours: 54 Laboratory
Transfers to: Transfers to both UC/CSU

PE 016 involves planning, instruction, and participation in a progressive program of jogging and power walking as applied to enjoyment, health, and fitness. (AA/AS, CSU, UC)

PE 017 Racquetball (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory P/NP
Transfers to: Transfers to both UC/CSU

Physical Education 017 is designed to emphasize and develop racquetball skills and knowledge. May be taken three times for credit. (AA/AS, CSU, UC)

PE 018 Bowling (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory P/NP
Transfers to: Transfers to CSU only

PE 018 will provide instruction in the rules, techniques, and strategies of bowling. (Note: Students will be required to pay bowling fee.) (AA/AS, CSU, UC)

PE 019 Adaptive Physical Education (1)
Class Hours: 54 Laboratory
Prerequisite(s): Student must have a disability verified by a DSPS counselor or DSPS administrator
Transfers to: Transfers to both UC/CSU

PE 019 is designed for assessment of a student's fitness and ability levels. With this assessment, an individualized exercise program is designed to meet the student's fitness needs. The fitness components to be emphasized will include an increase in muscular strength and endurance, flexibility and cardiovascular endurance. (AA/AS, CSU, UC).

PE 021 Fitness Laboratory (1)
Class Hours: 54 Laboratory P/NP
Transfers to: Transfers to both UC/CSU

PE 021 is designed to emphasize proper techniques of stretching and warm-up proper to lifting and proper use of lifting stations. (AA/AS, CSU, UC)

PE 022 Power Volleyball (1)
Class Hours: 9.00 Lecture | 27.00 Laboratory P/NP
Transfers to: Transfers to both UC/CSU

Physical Education 022 is designed to provide instruction and practice in the basic skills necessary for participation in power volleyball. The course will develop skills and knowledge of the game, with the emphasis on the set, forearm pass, serve, spike, individual block, W serve- receive formation and team defense. May be taken three times for credit. (AA/AS, CSU, UC)

PE 022A Beginning Volleyball (1)
Class Hours: 54 Laboratory

PE 022A is the first in a series of three courses designed to provide instruction and practice in the basic skills necessary for participation in competitive volleyball. The course will develop introductory skills and knowledge of the game, with specific emphasis on the individual skills of passing, setting, serving, and attacking. (AA/AS, CUS, UC)

PE 023 Weight Training (1)
Class Hours: 54 Laboratory P/NP
Transfers to: Transfers to both UC/CSU

PE 023 is designed for physical conditioning, with emphasis on power, strength, endurance and cardiovascular fitness. (AA/AS, CSU, UC)

PE 024 Circuit Training (0.5 - 1)
Class Hours: 54 Laboratory P/NP
Transfers to: Transfers to CSU only

PE 024 is designed an activity class involving a series of weight training stations. The weight trainer performs n exercise and rapidly moves to the next station with little or no rest.(AA.AS, CSU, UC)

PE 040 Introduction to Physical Education (3)

Class Hours: 54 Lecture

Transfers to: Transfers to both UC/CSU

Physical Education 40 is designed to introduce the student to the study of personal, social, and professional aspects of modern physical education. Focus is on history, trends, opportunities and problems associated with the profession. (AA/AS, CSU, UC)

PE 044 Fundamentals of Wrestling (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

PE 044 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, UC)

PE 044B Theory of Wrestling (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

Study and analysis of competitive wrestling. Emphasis on techniques, mechanics, training, weight classifications, rules, mental techniques and practice regimens. Designed for students with previous wrestling experience and/or the desire to coach at any level. (AA/AS, CSU, UC) (this course maybe taken for credit 2 times)

PE 045B Theory of Volleyball (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

Physical Education 045B is designed to present a study of the fundamental theories and techniques of the game of volleyball. May be taken three times for credit. (AA/AS,CSU,UC)

PE 046A Theory of Golf (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

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, UC)

PE 046B Theory of Cross Country (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

Study and analysis of competitive cross country. Emphasis on technique of running. Designed for students with previous cross country experience and/or the desire to coach cross country at any level. (AA/AS,CSU,UC)

PE 047 Fundamentals of Soccer (1)

Class Hours: 9.00 Lecture | 27.00 Laboratory

Transfers to: Transfers to both UC/CSU

PE 047 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 soccer. May be taken three times for credit. (AA/AS, CSU, UC)

PE 048 Community First Aid and Safety**(1)***Class Hours:* 18 Lecture

P/NP

Transfers to: Transfers to both UC/CSU

The content and activities included in this course will prepare the student to recognize emergencies and make appropriate decisions regarding care. Each section teaches the necessary skills the citizen responder will need to act as the first link in the emergency medical services (EMS) system chain. Students who complete the course will receive American Red Cross Certificates in Adult, Child and Infant CPR as well as First Aid and Disease Transmission (OSHA). May be taken four times for credit. Material Fee: \$10.00 for certificates; (AA/AS , CSU, UC)

PE 35A Theory of Soccer**(1)***Class Hours:* 9.00 Lecture | 27.00 Laboratory*Transfers to:* Transfers to both UC/CSU

Study and analysis of competitive soccer. Emphasis on defense, offense, individual and team skill development, rules, game preparation and strategy, origin and development of the game, terminology, mental attitude, and develop good nutrition habits. Designed for students with previous soccer experience and/or the desire to coach soccer at any level. (AA, CSU, UC)