Physical Education

P E 1A Softball 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211),
Advisory: English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 1A and 1AX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through the sport of softball.
Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and
beginning skills and strategies as related to playing the game. Fundamental skills and rules pertaining to softball.
Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions will be
covered. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be included.

P E 1H Team Sport - Basketball 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211),
Advisory: English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 1H and 1HX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through team sport basketball. Activities will focus on
individual and team strategies and techniques required for competitive games. A brief historical examination of significant national and
international contributions to the development of styles of play will be presented. The impact of culture and gender on amateur and professional levels of competition
will also be analyzed. Skills emphasized will enable students to participate in
formal and informal basketball activities. Students will recognize basketball needs associated with physiology, nutrition, flexibility, and strength concepts in order to
improve level of skill. Instructors will motivate and encourage students to practice
and adapt skills to physical ability, age, strength, and gender. Major emphasis on
tournament format participation.

P E 2A Beginning Karate 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of physical education through the discipline of karate.
Includes, a global and historical examination of the sport, rules, equipment, and etiquette of the sport. Intermediate karate skills and techniques of Japanese
karate will be covered including blocking, punching, kicking, stances and individual
and group interaction. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts in an
effort to improve their physical condition in order to train at a more advanced level,
with consideration for the variables that occur due to age, gender and physical conditions.

P E 2B Intermediate Karate 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2A or 2AX, or approval of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of physical education through the discipline of karate. Includes, a global and historical examination of the sport, rules, equipment,
etiquette of the sport. Intermediate karate skills and techniques of Japanese
karate will be covered including blocking, punching, kicking, stances and individual
evasive movement, and group interaction. Students will strive to understand and
apply basic exercise physiology, nutrition, flexibility, and strength concepts in an
effort to improve their physical condition in order to train at a more advanced level,
with consideration for the variables that occur due to age, gender and physical conditions.

P E 2K Aikido 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2KX, or technical proficiency suitable to the
course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2K, 2KX, 2L and 2LX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the study of
Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its
present form. Students will practice simple Aikido techniques for the mind, body
and spirit that can easily be incorporated into daily life. Rotation movements,
mindfulness, breath awareness, and relaxation techniques will be covered. The
course will incorporate basic exercise physiology, nutrition, strength development,
flexibility and meditation techniques as related to Aikido and health.

P E 2LX Pilates Mat Exercise 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 56B or 58B; and consent of instructor.
(Formerly Photography 59.)
Six hours laboratory.

P E 77 Special Projects in Photography 2 Units
(Formerly Photography 59.)
Prerequisite: Photography 2 and/or 56B or 58B; and consent of instructor and
division dean.
Six hours laboratory.
(Any combination of Photography 78, 78X, 78Y and 78Z may be taken up to six
times, not to exceed 18 units, as long as the topics are different each time.)
In depth study of influential photographers, genres, movement, photographic method,
technique, or historical period. The topic studied is specific, specialized and different
for each section of the course for example: visiting artist/photographer, study of women in photography, cultural diversity within the medium, documentary work,
portrait, landscape genres, modern, postmodern movements, new directions, new equipment and/or software, business practices, or special techniques (see
course note in the quarterly schedule of classes).

P E 78 Special Topics in Photographic Studies 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or
English as a Second Language 261, 262 and 263.
One hour lecture for each unit of credit.
(Any combination of Photography 78, 78X, 78Y and 78Z may be taken up to six
times, not to exceed 18 units, as long as the topics are different each time.)
An introduction to the discipline of physical education through the study of Pilates. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and beginning skills and strategy as related to playing the game. Fundamental skills and rules pertaining to softball. Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions will be
covered. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be included.

P E 2AX Intermediate Karate 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of physical education through the discipline of karate.
Includes, a global and historical examination of the sport, rules, equipment,
etiquette of the sport. Intermediate karate skills and techniques of Japanese
karate will be covered including blocking, punching, kicking, stances and individual
evasive movement, and group interaction. Students will strive to understand and
apply basic exercise physiology, nutrition, flexibility, and strength concepts in an
effort to improve their physical condition in order to train at a more advanced level,
with consideration for the variables that occur due to age, gender and physical conditions.

P E 2BX Pilates Mat Exercise 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2P, 2PX, 2L and 2LX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the study of
Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its
present form. Students will practice simple Aikido techniques for the mind, body
and spirit that can easily be incorporated into daily life. Rotation movements,
mindfulness, breath awareness, and relaxation techniques will be covered. The
course will incorporate basic exercise physiology, nutrition, strength development,
flexibility and meditation techniques as related to Aikido and health.

P E 2KX Aikido 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2KX, or technical proficiency suitable to the
course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2K, 2KX, 2L and 2LX may be taken up to six
times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the study of
Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its
present form. Students will practice simple Aikido techniques for the mind, body
and spirit that can easily be incorporated into daily life. Rotation movements,
mindfulness, breath awareness, and relaxation techniques will be covered. The
course will incorporate basic exercise physiology, nutrition, strength development,
flexibility and meditation techniques as related to Aikido and health.

P E 2PX Pilates Mat Exercise 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 2P and 2PX may be taken up to six
times for credit.)
An introduction to physical education through the study of Pilates. Includes a global and historical perspective, and key philosophical concepts of the Pilates method.
Students will practice mat techniques and the use of equipment to improve the
mind, and body. Includes basic exercise physiology concepts, nutrition, strength
development, flexibility, and the six principles of Pilates.
P E 2Q Tai Chi 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 2Q, 2QX, 2R and 2RX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through Tai Chi exercises including well-known short forms consisting of 24 postures. Principles of unity, centering, balance, alignment, breath and mind intent, "yin and yang" relationships and the development of Chi. Benefits of Tai Chi exercise relative to age, gender and environmental conditions. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and "health and wellness". A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi.

P E 2R Intermediate Tai Chi 1/2 Unit
P E 2RX 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2Q or 2QX, or comparable level, or permission of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 2Q, 2QX, 2R and 2RX may be taken up to six times for credit for the family of courses.)
Further examination of Physical Education through the ancient exercise of Tai Chi. Includes the well-known short forms consisting of 24 or 36 postures. Complete and polish movements of the 24 Tai Chi set, self-defense applications, "push-hands," and sparring will be performed. Review and embody principles of unity, centering, balance, alignment, breath and mind intent, "yin and yang" relationships and the development of Tai Chi at an intermediate level. Benefits of Tai Chi exercise relative to age, gender and environmental conditions will be studied. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Tai Chi and health.

P E 2S Cardio Tai-Chi 1/2 Unit
P E 2SX 1 Unit
(Formerly Physical Education 925 and 92SX respectively)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 2S and 2SX may be taken up to six times for credit.)
An introduction to physical education through the principles of cardio tai-chi. The student will gain cardiovascular fitness and health through this course. Includes an historical and global examination of the sport, orientation to aerobic exercise, tai-chi principles, cardio tai-chi basic movements, cardio tai-chi routines, partner drills and principles of self-defense. Principles of fitness and nutrition as they relate to cardio tai-chi will be discussed.

P E 2Y Yoga 1/2 Unit
P E 2YX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 2Y and 2YX may be taken up to six times for credit.)
An introduction to physical education through the study of yoga including a historical examination and key philosophical concepts of the yoga tradition and the evolution of yoga throughout the ages. Students will practice simple yoga poses for the mind, body, mindfulness, breath awareness, and relaxation techniques will be covered.

P E 3 Indoor Cycling 1/2 Unit
P E 3X 1 Unit
(Formerly Physical Education 50 and 50X respectively)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 3 and 3X may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through indoor cycling. It includes an historical examination of indoor/cycling, spinning. The cycling program is an individually paced, noncompetitive, group training program designed for all riders and all fitness levels. Cardiovascular fitness and cycling techniques will be improved. Cycling is an exercise performed on a stationary racing bicycle and is performed to music. Training is fast paced, and is open to anyone who is interested in losing body fat, improving cycling techniques, and wants to improve cardiovascular respiration.

P E 3AX Outdoor Cycling 1 Unit
P E 3AY 1/2 Units
(Formerly Physical Education 93A and 93AX respectively)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Three hours laboratory for the one unit course; four and one-half hours laboratory for the one and one-half unit course.
(Any combination of Physical Education 3AX and 3AY may be taken up to six times for credit.)
An introduction to physical education through outdoor cycling for fitness. Students will be engaged in Bay Area bike trails utilizing the modern day bicycle as a means of fitness and recreation. Several weekend rides will feature safety,efficiency and local bicycle trails unique to the San Francisco Bay Area. Nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts will be covered.

P E 3G Self-defense 1/2 Unit
P E 3GX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 3G and 3GX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through personal self-defense. The course includes a historical and global examination of self-defense. It will provide the student with a sense of awareness and practical applications that will maximize the student’s strength, endurance, and skill relative to gender, body build and physiology. Recognition of potential problems, attack prevention/avoidance, escape strategies, counterattack, kidnapping, and abduction will be discussed. Basic exercise physiology, nutrition, fundamentals of strength development, and flexibility will be examined.

P E 4 Strength Development 1/2 Unit
P E 4X 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 4, 4X and 4XX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through strength training. Includes rules, equipment, facilities, etiquette, safety and technique of strength development, and a brief historical examination of how strength training has changed due to the influence of individuals, their countries, and their styles of lifting techniques and strategies. The development of skill and technique and adaptations based on the physical ability, age and gender of the individual student will be encouraged. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition.

P E 4XX High Intensity Strength Development for Athletes 1 Unit
Prerequisite: Enrollment in intercollegiate athletics.
Three hours laboratory.
(Any combination of Physical Education 4, 4X and 4XX may be taken up to six times for credit for the family of courses.)
Specific rigorous total body single set high intensity three day per week program. Based on the principles of high intensity lifting. Emphasizing concentric and eccentric failure. Utilizing nautilus and free weight apparatus.

P E 5AX Spin/Swim Fitness 1 Unit
P E 5AY 1/2 Units
(Formerly Physical Education 95A and 95AX respectively)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Three hours laboratory for the one unit course; four and one-half hours laboratory for the one and one-half unit course.
(Any combination of Physical Education 5AX and 5AY may be taken up to six times for credit.)
An introduction to physical education through a combination of indoor cycling and swimming. A brief historical look at indoor cycling and swimming will be included. The course is a fast paced course for competitive or non-competitive students interested in health and fitness. Emphasis will be placed on cycling techniques, freestyle stroke refinements, nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts.
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
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<tr>
<td>P E 6B</td>
<td>Cross Training</td>
<td>1/2</td>
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<td>P E 6BX</td>
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<td>P E 6C</td>
<td>Body Sculpting</td>
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<td>P E 6D</td>
<td>Deep Water Running</td>
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<td>P E 6DX</td>
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<td>P E 6E</td>
<td>Aerobic Swimming</td>
<td>1/2</td>
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<td>P E 6G</td>
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(See general education pages for the requirement this course meets.)

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6B and 6BX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education including an historical examination of cross training. Cardiovascular fitness will be increased through circuit and interval training. Agility, speed, strength, and flexibility will be enhanced through the utilization of a variety of fitness equipment. Strength, cardiovascular, flexibility and body composition assessments will be included in course activities. Students will participate indoors as well as outdoors.

P E 6G Aerobic Swimming 1/2 Unit
P E 6GX 1 Unit
(Formerly Physical Education 52 and 52X respectively.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6D and 6DX may be taken up to six times for credit.)

The body sculpt course is an introduction to the discipline of Physical Education. It includes an historical examination of Core strengthening. Body sculpt conditioning is an integrative approach that focuses on developing the muscles of the entire body. Through body sculpting the student will achieve ultimate fitness by focusing on a program of strength, balance, agility and flexibility. Concentration will be on muscles of the entire body. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with proper breathing, posture, and muscle awareness.

P E 6H Aerobic Power Walking 1/2 Unit
P E 6HX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6H and 6HX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through an historical examination of aerobic exercise relative to age, gender, or physical limitations. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.

P E 6J Step Aerobics 1/2 Unit
P E 6JX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6J, 6JX, 6R, 6RX, 6S and 6SX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through cardiovascular/aerobic exercise utilizing hi lo impact techniques, current styles such as tai bo, funk, Latin, and hip hop. Students will learn fundamental patterns and routines with popular music accompaniment. Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes as they corresponded with the evolution of the discipline of Physical Education. Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.

P E 6K Cardio Kick 1/2 Unit
P E 6KX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.

(Any combination of Physical Education 6K and 6KX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the activity of Cardio Kick. Dynamic kickboxing techniques are used to provide a level of conditioning for both the aerobic and anaerobic systems. The freestyle interval format combines boxing and kicking drills specific to martial arts and kickboxing integrating the mind/body elements of attitude, readiness, visualization, reaction and fun. Students will participate in a safe, modifiable program that improves overall fitness, agility, balance, strength, coordination, and endurance. An historical examination of Cardio Kick for fitness and its roots in the sports of kickboxing, boxing, and martial arts will be included.
An introduction to the discipline of Physical Education through fit camp. An historical examination of fit camp for fitness which includes a look at the U.S. Military boot camp regimen. The student will strive for ultimate fitness through a program of cardiovascular exercise including circuit and intervals, balance, agility, speed, strength, and flexibility training both indoors and outdoors. Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.

P E 6U  Fit Camp  1/2 Unit
P E 6UX  1 Unit
P E 6UY  1 1/2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination Physical Education 6U, 6UX and 6UY may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through core conditioning which is an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Included is an historical examination of core strengthening. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with breathing, posture, and muscle awareness.

P E 6V  Core Conditioning  1/2 Unit
P E 6VX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 6V and 6VX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through core conditioning which is an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Included is an historical examination of core strengthening. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals. Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with breathing, posture, and muscle awareness.

P E 6Y  Total Fitness  1/2 Unit
P E 6YX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 8 and 8X may be taken up to six times for credit.)

Introduction to the discipline of Physical Education through total fitness, including an historical and global examination of Total Fitness and conditioning. Students will improve fitness through a program of cardiovascular exercise, agility, speed, flexibility, and resistance training using both indoor and outdoor facilities. Fitness assessments will occur throughout the term.

P E 9  Cardiovascular and Strength Training  1/2 Unit
P E 9X  1 Unit
P E 9Y  1 1/2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 9, 9X and 9Y may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through cardiovascular and strength training. Includes rules, equipment, facilities, etiquette, safety and technique of cardiovascular and strength training. Includes a brief historical examination of how cardiovascular and strength training has changed due to the influence of individuals and their countries. Students will review and apply basic exercise physiology, nutrition, and flexibility concepts to improve their physical condition.

P E 10  Multi-Sport Training  1/2 Unit
P E 10X  1 Unit
P E 10Y  1 1/2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 10, 10X and 10Y may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Multi-Sport fitness. An historical examination of multi-sport training methodology to include triathlon training. The student will strive for ultimate fitness through a program of cardiovascular exercise including interval training, strengthening exercises, and flexibility training both indoors and outdoors with an emphasis on aquatic fitness. Strength, cardiovascular fitness, and flexibility will be monitored and assessed throughout the term.

P E 11  Stretching  1/2 Unit
P E 11X  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 11 and 11X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Stretching. A variety of Stretching techniques including passive and active, yoga, Tai Chi, Pilates, sport specific, therapeutic techniques with the aid of yoga straps, stability balls and other equipment will be taught. Emphasis on combining core strengthening, flexibility, balance and spatial awareness exercises will be included. Techniques modifications to account for physical limitations and injury prevention will be emphasized. A brief examination of the evolution of the various forms of stretching reflecting cultural values and diversity, exercise physiology, nutrition and wellness concepts related to total fitness, age, gender, disabilities and/or genetics will be covered.

P E 12  Aqua Exercise  1/2 Unit
P E 12X  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 12 and 12X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Aqua Aerobics. This course uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. A variety of aerobic type movements performed in land based programs such as running, jumping and skipping will be performed. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of aqua aerobics for fitness, rehabilitation, and play will be included.

P E 13A  Beginning Badminton  1/2 Unit
P E 13AX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and basic strokes in beginning level badminton. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be discussed. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.

P E 13B  Intermediate Badminton  1/2 Unit
P E 13BX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Skills acquired in Physical Education 13A or 13AX; or permission of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through the sport of Badminton. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an intermediate level will be included. The course will encourage an understanding of how to adapt game strategies and conventional techniques to one's needs and abilities based on age, gender and environmental conditions, personal strengths and weaknesses.
An introduction to the discipline of Physical Education through the sport of bowling. Includes an historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

P E 16B  Intermediate Golf  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 16A or 16AX; or instructor permission.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 16A, 16AX, 16B and 16BX may be taken
up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the sport of golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

P E 19A  Beginning Volleyball  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and
19T may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the sport of volleyball. Includes rules, equipment, facilities, safety, etiquette, and league play associated with the sport of bowling. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, muscular strength and endurance will be covered.

P E 19B  Intermediate Volleyball  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 19A or 19AX; or consent of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and
19T may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through the sport of bowling. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of volleyball. Students will develop their volleyball skills and improve upon basic team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.
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<thead>
<tr>
<th>Course</th>
<th>Units</th>
<th>Description</th>
</tr>
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<tbody>
<tr>
<td>P E 19C</td>
<td>1/2</td>
<td>Advanced Volleyball</td>
</tr>
<tr>
<td>P E 19CX</td>
<td>1</td>
<td>Advanced Volleyball</td>
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<tr>
<td>P E 21B</td>
<td>1</td>
<td>Advanced Beginning Tennis</td>
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<tr>
<td>P E 21BX</td>
<td>1</td>
<td>Advanced Beginning Tennis</td>
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<tr>
<td>P E 19T</td>
<td>1</td>
<td>Tournament Volleyball</td>
</tr>
<tr>
<td>P E 20A</td>
<td>1/2</td>
<td>Beginning Archery</td>
</tr>
<tr>
<td>P E 20AX</td>
<td>1</td>
<td>Beginning Archery</td>
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<td>P E 20B</td>
<td>1</td>
<td>Intermediate Archery</td>
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<td>P E 21CX</td>
<td>1</td>
<td>Intermediate Tennis</td>
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<tr>
<td>P E 21D</td>
<td>1</td>
<td>Advanced Tennis</td>
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<tr>
<td>P E 21DX</td>
<td>1</td>
<td>Advanced Tennis</td>
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<tr>
<td>P E 21E</td>
<td>2</td>
<td>Competitive Tennis</td>
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</tbody>
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All courses are for unit credit and apply to a De Anza associate’s degree unless otherwise noted.
P E 22  
**Body Awareness and Conditioning for Dancers**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
(Also listed as Dance 22. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 22F and Physical Education 22F may be taken up to six times for credit as long as the topics/projects are different each time.)  
Principles and practice of body awareness focusing on center, floor and barre work derived from ballet, contemporary dance, and other psycho-physical disciplines. Topics may include, but are not limited to, body alignment and centering, concentration and relaxation, development of the kinesthetic sense, and exploration of the body/mind connection.

P E 22K  
**Theory and Technique of Ballet I**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Dance 22F or Physical Education 22F.  
(Also listed as Dance 22K. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 22F and 22L, and Physical Education 22F and 22L may be taken up to six times for credit for the family of courses.)  
Introduction to the discipline and creative art of classical ballet, including the development of elementary movement techniques, a working ballet vocabulary, exposure to great works and artists from a global perspective, theory and practice of barre and center floor exercises.

P E 22L  
**Theory and Technique of Ballet II**  
2 Units  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Dance 22F or Physical Education 22F.  
(Also listed as Dance 22L. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Dance 22F and 22L, and Physical Education 22F and 22L may be taken up to six times for credit for the family of courses.)  
Principles and practice of the discipline and creative art of classical ballet, combining: traditional techniques of Russian, French, and Italian schools; barre and center floor work emphasizing alignment/centering, motion through space, and the acquisition of an intermediate working ballet vocabulary.

P E 23A  
**Theory and Technique of Contemporary (Modern) Dance I**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
(Also listed as Dance 23A. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 23A and 23B, and Physical Education 23A and 23B may be taken up to six times for credit for the family of courses.)  
Introduction to the discipline and creative art of contemporary dance. Student will be exposed to a basic movement theory, technique and repertoire from global artists.

P E 23B  
**Theory and Technique of Contemporary (Modern) Dance II**  
2 Units  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Dance 23A or Physical Education 23A.  
(Also listed as Dance 23B. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Dance 23A and 23B, and Physical Education 23A and 23B may be taken up to six times for credit for the family of courses.)  
The discipline and creative art of contemporary dance focusing on practice, theory, technique, and movement explorations in time and space, developing a working intermediate contemporary dance vocabulary.

P E 23H  
**Dance Composition**  
2 Units  
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or Language Arts 261, 262 and 263.  
(Also listed as Dance 23H. Student may enroll in either department, but not both, for credit.)  
Four hours lecture-laboratory.  
(Any combination of Dance 23H and Physical Education 23H may be taken up to two times for credit.)  
Introduction to the fundamental elements and techniques of individual and group dance composition.

P E 23L  
**Theory and Technique of Hip-Hop I**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
(Also listed as Dance 23L. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 23L and 23M, and Physical Education 23L and 23M may be taken up to six times for credit for the family of courses.)  
An introduction to the discipline of creative arts through hip-hop dance with an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals will be used in conjunction with breathing, posture, and muscle awareness. Exposure to great works and artists of the field. Development of a working hip-hop dance vocabulary. Theory and practice of basic technique.

P E 23M  
**Theory and Technique of Hip Hop II**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
(Also listed as Dance 23M. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 23L and 23M, and Physical Education 23L and 23M may be taken up to six times for credit for the family of courses.)  
Explorations in the discipline of creative arts through the theory and practice of hip-hop dance intermediate/advanced level technique, with an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals will be used in conjunction with breathing, posture, and muscle awareness. Exposure to great works and multicultural artists of the field. Development of a working hip-hop dance vocabulary and performance skills.

P E 24A  
**Theory and Technique of Social Dance I**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.  
(Also listed as Dance 24A. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)  
Introduction to the discipline and creative art of social dance. Exposure to basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 24B  
**Theory and Technique of Social Dance II**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.  
(Also listed as Dance 24B. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)  
Introduction to the discipline and creative art of social dance, part two. Exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 24C  
**Theory and Technique of Social Dance III**  
1 Unit  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Dance 24A or 24B, or Physical Education 24A or 24B.  
(Also listed as Dance 24C. Student may enroll in either department, but not both, for credit.)  
Two hours lecture-laboratory.  
(Any combination of Dance 24A, 24B and 24C, and Physical Education 24A, 24B and 24C may be taken up to six times for credit for the family of courses.)  
The art of social dance at the advanced level. Expanded exposure to the basic forms of social dance in a ballroom context. Developing a working vocabulary of traditional social dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.
P E 25A  Theory and Technique of Salsa Dance I  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Dance 25A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Dance 25A and Physical Education 25A may be taken up to three times for credit as long as the topics are different each time.)
Introduction to the discipline and creative art of salsa dance. Exposure to basic forms of social dance in a salsa dance context. Developing a working vocabulary of traditional salsa dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 26A  Novice Swimming  1/2 Unit
P E 26AX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D and 26DX may be taken up to six times for credit for the family of courses.)
Swimming skills and techniques for the non-swimmer. Global and historical development of swimming as a fitness activity, novice stroke skills, survival methods, overcoming fear of water, and safety will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26B  Beginning Swimming  1/2 Unit
P E 26BX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26A or 26AX; or consent of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D and 26DX may be taken up to six times for credit for the family of courses.)
Swimming skills and techniques for the beginning swimmer. Global and historical development of swimming as a fitness activity, beginning stroke skills, survival methods, diving from the side of the pool, and deep water swimming will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26C  Intermediate Swimming  1/2 Unit
P E 26CX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B or 26BX; or consent of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D and 26DX may be taken up to six times for credit for the family of courses.)
Swimming skills and techniques for the intermediate swimmer. Global and historically appropriate swimming as a fitness activity, intermediate stroke skills, springboard diving, turns, and water safety will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26D  Advanced Swimming  1/2 Unit
P E 26DX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C or 26CX; or consent of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D and 26DX may be taken up to six times for credit for the family of courses.)
Swimming skills and techniques for the advanced swimmer. Global and historical development of swimming as a fitness activity, advanced stroke skills, and all key swimming, racing turns and starts, and springboard diving will be covered. American Red Cross stroke standards will be followed but adaptations will be allowed based on physical ability, age, strength and gender. Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 28A  Lifeguard Training  4 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B or 26BX; and pass the Red Cross screening test.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two and one-half hours lecture, four and one-half hours laboratory. (May be taken up to six times for credit.)
An introduction to Physical Education through a course designed for lifeguard training and certification. It includes techniques and skills for rescue and personal safety. The instructor will encourage skills adaptations based on physical ability, age, strength, gender and/or genetics. The following certificates are available upon completion: American Red Cross Lifeguard Training: First Aid; Cardiopulmonary Resuscitation andAutomated External Defibrillation for the Professional Rescuer; Waterfront Lifeguard; Basic Water Rescue; Shallow Water Attendant; Blood-borne Pathogens: Preventing Disease Transmission; Administering Emergency Oxygen; and Epinephrine Auto-Injector.

P E 28G  Water Safety Instructor  4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory. (May be taken up to six times for credit.)
A course for Red Cross certification of swimming and diving instructors. Emphasis on the biomechanics of strokes, teaching progressions, and feedback techniques. Includes the American Red Cross Fundamentals of Instructor Training Certification.

P E 30  Introduction to Physical Education/Kinesiology  4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four hours lecture.
A introduction to the discipline of physical education/kinesiology. The student will study career options, career choice, required preparation and training for occupations in teaching, coaching, physical therapy, sports medicine and other professions stemming from a degree in physical education/kinesiology. Course will include an in-depth overview of past, present, and future foundations, principles, and philosophies for students seeking major areas of study. Course will also focus on career options with an understanding of intercultural and gender (Title IX) relating to the profession.

P E 32B  Women's Badminton Techniques  2 Units
(Formerly Physical Education 92B.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 137.
Six hours laboratory. (May be taken up to six times for credit.)
An introduction to the discipline of physical education through the sport of badminton. Emphasis is on developing the mental, physical, and tactical aspects of badminton play necessary to compete at the tournament level. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Basic physiology, nutrition, flexibility, strength and endurance techniques relative to badminton will be discussed.

P E 32F  Offensive Baseball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory. (May be taken up to six times for credit.)
An introduction to the discipline of physical education through offensive baseball techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball, team interaction, and baseball theory. Through the study of film and use of playbooks the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32G  Offensive Baseball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory. (May be taken up to six times for credit.)
An introduction to the discipline of physical education through offensive baseball techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and baseball theory. Through the study of film the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
strength and endurance techniques relative to soccer will be discussed. An introduction to the discipline of Physical Education through Offensive Football Techniques. Includes a global and historical examination of the skills and techniques of advanced offensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32I  Defensive Football Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory.
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through defensive football techniques. Includes a global and historical examination of the skills and techniques of advanced defensive football and the changes that have influenced the modern game. Through the study of film and use of playbooks the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32J  Water Polo Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory.
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of water polo. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Through the intercollegiate competitive experience students will improve their individual water polo skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, and kinesiological concepts. Competitive water polo experience preferred at the high school, club or collegiate levels.

P E 32K  Basketball Techniques  2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory.
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Skills and techniques of advanced basketball play. Includes analysis of basketball movement, team interaction and basketball theory. Students will gain an understanding of exercise physiology, nutrition, development of muscular strength and endurance and flexibility will be enhanced.

P E 32L  Volleyball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory.
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of volleyball. Includes a deeper look into the sport at an advanced level, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through intercollegiate play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their over all skills and techniques of advanced volleyball play. Analysis of movement, team interaction, and volleyball theory.

P E 32M  Soccer Techniques  2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory.
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of soccer. Includes rules, equipment, facilities, etiquette and preparation for a competitive level of play. This course is designed to enhance skills and strategies of intermediate or advanced soccer players. Strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.
P E 33A Soccer 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 200), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 33A, 33AX, 33I and 33IX may be taken
to six times for credit for the family of courses.)
An introductory course to enhance skills used in the game of soccer, including a
global perspective and the contributions of both male and female soccer experts
and players. Emphasis will be placed upon the four major pillars of the game:
technical ability, tactical understanding, physical fitness, and the mental approach
necessary to compete successfully in match play. Strategies and tactics of the
game will also be discussed and performed. There will be an introduction to the
laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the
game. Use of the Internet and other media sources will be encouraged to further
understand the world’s most popular game.

P E 33AX Soccer 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 200), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the
one unit course.
(Any combination of Physical Education 33A, 33AX, 33I and 33IX may be taken
to six times for credit for the family of courses.)
An introductory course to enhance skills used in the game of indoor soccer, including a
global perspective and the contributions of both male and female soccer experts
and players. Emphasis will be placed upon the four major pillars of the game:
technical ability, tactical understanding, physical fitness, and the mental approach
necessary to compete successfully in match play. Strategies and tactics of the
game will also be discussed and performed. There will be an introduction to the
laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the
game. Use of the Internet and other media sources will be encouraged to further
understand indoor soccer.

P E 33I Indoor Soccer 1/2 Unit
P E 33IX Indoor Soccer 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 200), or
English as a Second Language 272 and 273; Physical Education 54 or 85M (or
Biological Science 85D). Three hours lecture, three hours laboratory.
Treatment and preventative procedures in sports medicine. Emphasis on anatomical
basis for recognition and evaluation of sports related injuries. Treatment focuses
on immediate first aid, preventative techniques, and injury stress test and
rehabilitation.

P E 35 Care and Prevention of Athletic Injuries 4 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273; Physical Education 54 or 85M (or
Biology 40A and 40B).
Two hours laboratory.
An introduction to the discipline of Physical Education through intercollegiate
soccer. Includes a global and historical examination of the sport, rules, equipment, facilities,
and etiquette. Emphasis placed upon the four major pillars of the game: mental,
physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of strategic information from scouting reports with application to game preparation and management. Basic exercise physiology,
nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 37A Theory and Technique of Jazz Dance I 1 Unit
(See general education pages for the requirement this course meets.)
(Formerly Physical Education 39.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours lecture-laboratory.
(Any combination of Dance 37A and 37B, and Physical Education 37A and 37B
may be taken up to six times for credit as long as the topics are different each time.)
Introduction to the discipline and creative art of jazz dance. Body conditioning,
exposure to the history of major international influences, artists, and works.
Development of a working vocabulary; and practice of basic techniques.

P E 37B Theory and Technique of Jazz Dance II 2 Units
(See general education pages for the requirement this course meets.)
(Formerly Physical Education 90.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Four hours lecture-laboratory.
(Any combination of Dance 37A and 37B, and Physical Education 37A and 37B
may be taken up to six times for credit as long as the topics are different each time.)
Exploring elements of time, space, shape and motion as related to jazz dance.
Body conditioning, exposure to major international influences, artists, and works.
The development of a working vocabulary in significant jazz dance styles; and
practice of intermediate level techniques.

P E 37W Intercollegiate Women's Badminton 3 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 37W and 98A may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through the sport of badminton. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to badminton will be discussed.

P E 39M Intercollegiate Men's Soccer 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician’s clearance and
completion of eligibility forms; all second year athletes must fulfill academic
requirements per the CCCAA (California Community College Athletics
Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 39M and 98B may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of strategic information from scouting reports with application to game preparation and management. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 39W Intercollegiate Women's Soccer 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician’s clearance and
completion of eligibility forms; all second year athletes must fulfill academic
requirements per the CCCAA (California Community College Athletics
Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 39W and 98C may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 40 Intercollegiate Football 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in football, physician’s clearance and
completion of eligibility forms; all second year athletes must fulfill academic
requirements per the CCCAA (California Community College Athletics
Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 40 and 98D may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through intercollegiate football. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to football will be discussed.
P E 41 Intercollegiate Water Polo 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in water polo, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 41 and 98E may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to water polo will be discussed.

P E 42W Intercollegiate Women’s Volleyball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in volleyball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 42W and 98F may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to volleyball will be discussed.

P E 43 Intercollegiate Cross Country (Men and Women) 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in cross country, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 43 and 98G may be taken up to six times for credit.)
An introduction to the discipline of physical education through the sport of cross country. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Through the intercollegiate competitive experience students will improve their individual running skills, increase their ability to employ advanced training strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of endurance, strength development and body awareness.

P E 44M Intercollegiate Men’s Basketball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 44M and 98H may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to basketball will be discussed.

P E 44W Intercollegiate Women’s Basketball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 44W and 98J may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to basketball will be discussed.

P E 45 Intercollegiate Swimming and Diving (Men and Women) 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in swimming and diving, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 45 and 98K may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Through the intercollegiate competitive experience students will improve their individual swimming and diving skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

P E 46 Intercollegiate Track and Field (Men and Women) 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in track and field, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 46 and 98L may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and strategy. Through the intercollegiate competitive experience students will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

P E 47M Intercollegiate Baseball 3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in baseball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 47M and 98N may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through intercollegiate baseball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.
P E 47W  Intercollegiate Softball  3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in softball, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 47W and 98N may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through intercollegiate softball. Includes a global and historical examination of the skills and techniques of advanced offensive softball and the changes that have influenced the modern game. Analysis of movement, team interaction, and softball theory will be discussed. Through individual practice and repetition throughout the season the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 48M  Intercollegiate Men's Tennis  3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 48M and 98P may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and accuracy.

P E 48W  Intercollegiate Women's Tennis  3 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Nine hours laboratory.
(Any combination of Physical Education 48W and 98Q may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, concepts underlying the development of force, power and accuracy.

P E 49A  Topics in Theory and Technique of World Dance  1 Unit
(Formerly Physical Education 50A.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 49A. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory.
(Any combination of Dance 49A and Physical Education 49A may be taken up to six times as long as the topics in specific dances and cultures are different each time.)
Introduction to the art of world dance. Course will provide exposure to forms of dance from an international perspective. Students will learn to perform the basic skills of classical, traditional, and folk dances from various world cultures, while developing a working vocabulary of traditional dance movements. Students will attempt to gain an understanding and appreciation of the cultural and historical contexts that produced the specific dance forms.

P E 51  Health and Fitness  4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Health 51. Student may enroll in either department, but not both, for credit.)
Four hours lecture.
Introduction to the disciplines of Physical Education and Health through fitness, wellness and lifestyle management. Concepts of wellness from an interdisciplinary and global perspective. Practices and beliefs that contribute to fitness and healthful living. Students will be exposed to past and current theories of health and fitness with emphasis on how lifestyle, wellness, and personal fitness are affected by genetics, gender, and age. Each student will assess their own cardiovascular capacity, muscular strength and endurance, flexibility, body composition, and diet during the class.

P E 53  Physical Stress Management  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture.
An introduction to Physical Education through the natural techniques that effectively relieve stress related physical problems. Each student will develop and implement a personal stress reduction program. Students will be exposed to information on how lifestyle, gender, age, personality and occupation effects stress and the ability to successfully cope with it.

P E 54  Introduction to Massage  4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory.
Introduction to the discipline of Physical Education through the field of massage therapy. Includes theory, practical experience, methods, procedures, and contraindications. Students will be exposed to the rich international history of massage and to a variety of techniques from around the world including the contributions of men and women to the field.

P E 54A  Intermediate Massage  3 Units
Prerequisite: Physical Education 54 or technical proficiency suitable to the course level or admission by instructor approval.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture, three hours laboratory.
Further study and practice utilizing the principles of massage therapy.

P E 54B  Sports Massage  3 Units
Prerequisite: Physical Education 54 or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Massage techniques and evaluation procedures for creating a massage specific to the athlete's condition and sport. Study of the muscles and movements involved in sports activities, with an understanding of common types and areas of injuries related to specific sports.

P E 54C  Advanced Massage Skills  4 Units
Prerequisite: Physical Education 54B (may be taken concurrently); or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory.
Methods and procedures of advanced soft tissue therapy and related topics including: clinical syndromes and pathologies, lymphatic system massage, various pain patterns, Travell trigger point release, deep tissue massage, bio-mechanical relationships, appropriate primary care referral, and the physiological aspects of tissue damage and repair.

P E 54D  Clinical Practicum in Massage Therapy  3 Units
Prerequisite: Physical Education 54C or technical proficiency suitable to course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
One hour lecture, six hours laboratory.
Clinical practice in massage therapy including: methods and procedures for office management, appointment scheduling, business development and financial record keeping; professional ethics training, client interviews, treatment design, massage clinical treatments and SOAP note charting experience.

P E 54E  Table Shiatsu  4 Units
Prerequisite: Physical Education 54, 54A, 54B and 54C; or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory.
Theory, methods, procedures and practice of Shiatsu, a Japanese method of hands on healing traditionally practiced on the floor, but adapted in this class to be performed on massage tables.
P E 54F Introduction to Chair Massage 3 Units
Prerequisite: Physical Education 54D and 54E; or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture, three hours laboratory.
An introduction to the practice of chair massage. Includes a global and historical examination of chair massage, with an exploration of a variety of techniques and modalities used throughout the world. The theory behind chair massage will be covered. Students will be given practical experiences, and critiques will be used to correct posture, body mechanics, stroke application and stroke sequence.

P E 54T Internship in Massage Therapy 1 Unit
Prerequisite: Physical Education 54A or physical proficiency suitable to the course level.
Three hours laboratory for each unit of credit.
(Any combination of Physical Education 54T, 54U and 54V may be taken up to six times for credit.)
Internships provide opportunities for massage therapy students to reinforce the massage training gained in the classroom setting. With instructor approval students shall either assume the role of Teacher's Assistant or gain additional hands-on experience in the field under the supervision of an instructor, athletic trainer, or coach.

P E 70A Orientation to Lifetime Fitness 2 Units
(See general education pages for the requirement this course meets.)
Corequisite: Physical Education 70A students must also enroll in Physical Education 71, Physical Education-Adapted 1, 1X, 2, 2X, 3, 3X, 4, 4X, 5, or 5X.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture.
Introduction to fitness, wellness and lifestyle management. Students will examine current theories of health and fitness with emphasis on how wellness and personal fitness are affected by genetics, gender, and age. Each student will perform pre-assessment and post-assessment tests of their own cardiovascular capacity, muscular strength and endurance, flexibility, and body composition. Lifestyle changes will be emphasized and behavior change tools that promote healthy choices will be discussed. Instruction on proper exercise techniques will be demonstrated.

P E 71 Life Style Wellness and Fitness Center Laboratory 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Concurrent enrollment in, or successful completion of, Physical Education 51 or 70A, or Health 51.
Three hours laboratory.
(May be taken up to six times for credit.)
Laboratory designed to improve student's cardiorespiratory fitness, muscular strength and endurance, flexibility and body composition. Strength and muscular endurance will be developed using Magnum weight equipment. Cardiorespiratory fitness will be run on treadmills, cycles, stair steppers, and elliptical trainers.

P E 77 Special Projects in Physical Education 1/2 Unit
P E 77X 1 Unit
P E 77Y 1 1/2 Units
(Formerly Physical Education 29, 29X and 29Y respectively.)
Prerequisite: Consent of instructor and division dean.
Three hours laboratory for each unit of credit.
(Any combination of Physical Education 77, 77X and 77Y may be taken up to six times for credit as long as the projects are different each time.)
Individual research in Physical Education. Specific projects determined on consultation with the instructor. Outside reading and written report required. These projects are undertakings that are not in the regular physical education curriculum and require the approval of the division dean.

P E 78 Special Topics in Dance 1/2 Unit
P E 78M 1 Unit
P E 78N 2 Units
P E 78P 3 Units
P E 78Q 4 Units
P E 78R 5 Units
P E 78S 6 Units
P E 78T 7 Units
P E 78U 8 Units
(Formerly Physical Education 25L-U.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; enrollment by audition only. (Also listed as Dance 78L-U. Student may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory for each unit of credit.

P E 85 Exercise Science 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 10 or 11 or equivalent.
Two hours lecture.
Basic concepts of physiology, nutrition, and exercise physiology for students planning on majoring in Physical Education and/or completing a certificate program in personal trainer, massage therapy, or coaching.

P E 85A Personal Fitness Trainer 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; completion of, or concurrent enrollment in, Physical Education 85.
One and one-half hours lecture, two hours laboratory.
Concepts needed for instruction of individualized strength, flexibility, cardiovascular and functional fitness programs.

P E 85S Fitness Assessment for Personal Trainers 3 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent; and Physical Education 85.
Two and one-half hours lecture; one and one-half hours laboratory.
Basic concepts of fitness assessment for personal trainers. Includes measurement of cardiovascular fitness and use of the American College of Sports Medicine metabolic equations. The student will understand body composition using calipers and skinfold equations. Measurements of muscular strength, muscular endurance, and flexibility will be covered. Test results will be analyzed and used for exercise prescription.

P E 88A Coaching I: The Foundational of Coaching 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture.
Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and YMCA), middle school, high school, community college, and four-year university levels of competition and play. The students will study the issues and requirements associated with possible duties and job responsibilities in relationship to administrative, medical, legal, and past experiences.

P E 88B Coaching II: The Fundamentals of Fund Raising and Budgeting 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture.
Introduction and study of the fundamental strategies and techniques relating to alternative funding, i.e. fund raising, for school athletic programs or extra curricular activities. An in-depth analysis of successful fund raising endeavors with an emphasis on Education Code, District Policy, Legal and Ethical Standards of Operation, conduct, and accounting. Students will take a comprehensive look at the roles and responsibilities of coaches fund raising at all levels of sport competition and organization; youth, elementary and secondary schools, community colleges, college, university, and professional. Emphasis on role of money on programs. An overview of legal and business issues associated with possible coaching income derived from outside sources and fund raising activities. A mandatory review on non profit organizational structure and accountability.

P E 98A Intercollegiate Women's Badminton 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in badminton, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 38W and 98A may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of badminton. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to badminton will be discussed.

2010-2011 De Anza College Catalog
All courses are for unit credit and apply to a De Anza associate's degree unless otherwise noted.
P E 98B Intercollegiate Men's Soccer 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 39M and 98B may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of strategic information from scouting reports with application to game preparation and management. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 98C Intercollegiate Women's Soccer 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 39W and 98C may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 98D Intercollegiate Football 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in football, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 40 and 98D may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through intercollegiate football. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to football will be discussed.

P E 98E Intercollegiate Water Polo 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in water polo, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 41 and 98E may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to water polo will be discussed.

P E 98F Intercollegiate Women's Volleyball 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in volleyball, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 42W and 98F may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to volleyball will be discussed.

P E 98G Intercollegiate Cross Country (Men and Women) 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in cross country, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 43 and 98G may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of cross country. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual running skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of endurance, strength development and body awareness.

P E 98H Intercollegiate Men's Basketball 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 44M and 98H may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis is placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to basketball will be discussed.

P E 98J Intercollegiate Women's Basketball 1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician's clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 44W and 98J may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis is placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to basketball will be discussed.
P E 98K  Intercollegiate Swimming and Diving (Men and Women)  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in swimming and diving, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 47K and 98K may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual swimming and diving skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

P E 98L  Intercollegiate Track and Field (Men and Women)  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in track and field, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 32N.
Four and one-half hours laboratory.
(Any combination of Physical Education 46 and 98L may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and body awareness.

P E 98M  Intercollegiate Baseball  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in baseball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 47M and 98M may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through intercollegiate baseball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 98N  Intercollegiate Softball  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in softball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 47W and 98N may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through intercollegiate softball. Includes a global and historical examination of the skills and techniques of advanced offensive softball and the changes that have influenced the modern game. Analysis of movement, team interaction, and softball theory will be discussed. Through game preparation and repetition throughout the season the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 98P  Intercollegiate Men's Tennis  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 48M and 98P may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and accuracy.

P E 98Q  Intercollegiate Women's Tennis  1 1/2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory.
(Any combination of Physical Education 48W and 98Q may be taken up to six times for credit.)
An introduction to the discipline of physical education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, concepts underlying the development of force, power and accuracy.

P E 99  Orientation to Athletics  1 Unit
Prerequisite: Competitive athletics experience at a high school or club level; medical examination; enrollment in 12 or more units (second year athletes must fulfill academic requirements per the CCCAA).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
One hour lecture.
Pass-No Pass (P-NP) course.
An introduction to De Anza College Intercollegiate Athletics. An orientation to the De Anza College Physical Education and Athletics Division programs, policies, services, requirements, transfer, etc. Topics discussed will be eligibility, decorum, team rules, college rules, NCAA rules, CCCAA rules, medical information, insurance, nutrition, alcohol awareness, drug education, sexual responsibility, team work, leadership, time management and study skills. Academic and Athletic success will be the focus.

P E 99L  Lacrosse  1/2 Unit
P E 99LX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course; three hours laboratory for the one unit course.
(Any combination of Physical Education 99L and 99LX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of lacrosse. Emphasis is placed upon the rules of the game, the skills and strategies of the sport. Includes a global and historical examination of lacrosse, it’s equipment, facilities, etiquette and contributions of both male and female experts and players. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to lacrosse will be discussed.

P E 210  Sports Conditioning  0 Units
P E 210W  0 Units
P E 210X  0 Units
P E 210Y  0 Units
P E 210Z  0 Units
(Formerly Physical Education 110, 110W-Z.)
Non-credit course - Does not apply to De Anza Associate degree.
Two hours laboratory for Physical Education 210; three hours laboratory for Physical Education 210W; six hours laboratory for Physical Education 210X; nine hours laboratory for Physical Education 210Y; and twelve hours laboratory for Physical Education 210Z.
No limit on repeatability for 0 units courses.
Conditioning and testing principles for all sports. Measuring strengths and weaknesses of student athlete at De Anza College with emphasis on the athlete’s preseason conditioning. Standards will be established for each athlete, plus team norms.

All courses are for unit credit and apply to a De Anza Associate degree unless otherwise noted.
### Physical Education/Adapted

**Physical Education classes for individuals with special needs.**

<table>
<thead>
<tr>
<th>Course</th>
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<th>Units</th>
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<tbody>
<tr>
<td>PEA 1</td>
<td>Adapted Total Fitness</td>
<td>1/2 Unit</td>
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<tr>
<td>PEA 1X</td>
<td></td>
<td>1 Unit</td>
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<tr>
<td>PEA 1Y</td>
<td></td>
<td>1 1/2 Units</td>
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<tr>
<td>PEA 1Z</td>
<td></td>
<td>2 Units</td>
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(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

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<tbody>
<tr>
<td>PEA 2</td>
<td>Adapted Strength Development</td>
<td>1/2 Unit</td>
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<tr>
<td>PEA 2X</td>
<td></td>
<td>1 Unit</td>
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<tr>
<td>PEA 2Y</td>
<td></td>
<td>1 1/2 Units</td>
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<tr>
<td>PEA 2Z</td>
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<tr>
<td>PEA 4</td>
<td>Adapted Cardiovascular Training</td>
<td>1/2 Unit</td>
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<tr>
<td>PEA 4X</td>
<td></td>
<td>1 Unit</td>
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<tr>
<td>PEA 4Y</td>
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<tr>
<td>PEA 5</td>
<td>Adapted Aquatic Exercise</td>
<td>1/2 Unit</td>
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<tr>
<td>PEA 5X</td>
<td></td>
<td>1 Unit</td>
</tr>
<tr>
<td>PEA 5Y</td>
<td></td>
<td>1 1/2 Units</td>
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<td>PEA 5Z</td>
<td></td>
<td>2 Units</td>
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(See general education pages for the requirement this course meets.)

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

Adapted to provide reasonable accommodations for students with verified physical disabilities, Adapted Physical Education 5 is an introduction to the discipline of Physical Education through water exercise in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Aquatic exercise uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. The freestyle interval format combines jogging, jumping, walking, punching, kicking, and a variety of aerobic type movements performed in land-based programs. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of Aqua Exercise for fitness, rehabilitation, and play will be included.

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<tr>
<td>PEA 6X</td>
<td>Adapted Outdoor Education</td>
<td>1 Unit</td>
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<tr>
<td>PEA 6Y</td>
<td></td>
<td>1 1/2 Units</td>
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(Formerly Adapted Physical Education 60 and 60X respectively.)

Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

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<tbody>
<tr>
<td>PEA 6</td>
<td>Care and Prevention of Back Disorders</td>
<td>1/2 Unit</td>
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<tr>
<td>PEA 6X</td>
<td></td>
<td>1 Unit</td>
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(Formerly Adapted Physical Education 26 and 26X respectively.)

Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.

### Physical Sciences, Math, and Engineering

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<td>2 Units</td>
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Physics

PHYS 2A General Introductory Physics 5 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Mathematics 1A (may be taken concurrently).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physics 50.
Four hours lecture, three hours laboratory.
An elementary study of the basic physical laws describing the motion of bodies. Includes the study of oscillations, waves, and sound. Applications to everyday physical phenomena in problem solving using verbal logic, critical thinking, and mathematics up to elementary calculus. In the laboratory, explore experimental scientific procedures by comparing theoretical models to classic experiments using standard measurement techniques, basic uncertainty analysis, and graphical interpretations of data.

PHYS 2B General Introductory Physics 5 Units
Prerequisite: Physics 2A.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four hours lecture, three hours laboratory.
The laws of mechanics applied to those of electricity and magnetism. An introduction to the physical properties of that fundamental quantity called charge. Includes the study of DC and AC circuits and their elementary applications. Concludes with electromagnetic waves. In the laboratory, learn to construct elementary circuits, measure and analyze their properties with electronic equipment including the oscilloscope, and study the behavior of moving charge in magnetic fields.

PHYS 2C General Introductory Physics 5 Units
Prerequisite: Physics 2B.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four hours lecture, three hours laboratory.
Study fluids, optics, thermodynamics, and modern physics. In the laboratory, continue to deepen an understanding of scientific procedure by applying theoretical models to classic experiments.

PHYS 4A Physics for Scientists and Engineers: Mechanics 6 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Physics 50 with a grade of C or better, or the equivalent (including high school physics); Mathematics 1B (may be taken concurrently).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Five hours lecture, three hours laboratory.
A rigorous introduction to the physical law that describe and explain the motion of bodies. Analyze the structure of classical mechanics and its applications to problem solving using verbal logic, critical analysis, and mathematical models. Investigate general scientific procedures as a quantitative interplay between experimentation and theory employing statistical methods, graphical techniques, and measurement theory.

PHYS 4B Physics for Scientists and Engineers (Electricity and Magnetism) 6 Units
Prerequisite: Physics 4A.
Corequisite: Mathematics 1C.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Five hours lecture, three hours laboratory.
An introduction to classical electromagnetism. Includes DC and AC circuits and elementary field theory.

PHYS 4C Physics for Scientists and Engineers: Fluids, Waves, Optics and Thermodynamics 6 Units
Prerequisite: Physics 4B.
Corequisite: Mathematics 1D.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Five hours lecture, three hours laboratory.
Introductory studies in static and dynamic fluids, mechanical and non-mechanical waves, geometrical and physical optics, heat and the laws of thermodynamics.

PHYS 4D Physics for Scientists and Engineers (Modern Physics) 6 Units
Prerequisite: Physics 4C.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Five hours lecture, three hours laboratory.
Physics meets the Twentieth Century with a study of special relativity and quantum mechanics. Nuclear physics, elementary particles, and other selected topics are treated as time allows.

PHYS 10 Concepts of Physics 5 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Mathematics 114 or equivalent; or a qualifying score on the Intermediate Algebra Placement Test.
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
Five hours lecture.
Explore the fundamental concepts of physics as applied to everyday phenomena from a limited mathematical perspective emphasizing verbal logic, critical analysis, and rational thought. Analyze the history of scientific procedure as an interplay between theory and experimentation. Critically evaluate the role of scientific discovery in the success and development of technology.

PHYS 50 Preparatory Physics 4 Units
Advisory: Mathematics 49B; Physics 10.
Four hours lecture.
A study in basic problem solving techniques in mechanics as a preparation for Physics 4A.

POLI 1 American Government and Politics 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four hours lecture.
Critical examination of the contemporary and historical struggle for the development of democratic political institutions in the United States at the state, local, and national levels. Particular emphasis given to the conflict between disparate socioeconomic groups (e.g. traditional elite’s versus the historically (and currently) disenfranchised; women, people of color, workers, immigrants, etc.) in the conduct of U.S. political life.

POLI 2 Comparative Politics 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 1A or English as a Second Language 5.
Four hours lecture.
Critical examination of the historical and contemporary development of various current major world political systems and the comparison of political phenomena at the intra-state, nation-state, inter-state, and global level of analysis.

POLI 3 International Relations 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 1A or English as a Second Language 5.
Four hours lecture.
Critical examination of the basic elements of contemporary international relations: scope, terminology, methodology, sovereignty, nationalism, national policies, globalization, power, international and regional political systems. The course will also discuss non-governmental organizations and issues such as human rights and the environment.

POLI 5 Introduction to Political Thought and Theory 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 1A or English as a Second Language 5.
Four hours lecture.
A survey in the field of political theory including how to interpret, discuss, critique, debate and write about classical and contemporary political thought and theory. Both classic and traditional approaches as well as more current and contemporary paradigms specific to constituent groups traditionally excluded will be examined. Through this course of study, students will learn to think and discuss critically, both classic and modern topics in politics (e.g., individual versus community rights, freedom, equality and distributitional justice, power, sovereignty and the state, etc.).