

Kinesiology & Athletics | Folsom Lake College

The Folsom Lake College kinesiology curriculum offers a wide variety of courses to accommodate varying fitness levels, interests, and abilities, including: cardiovascular training, strength training, martial arts, mind/body courses like yoga and tai chi, individual sport activities such as archery and tennis, intercollegiate athletics, and lecture courses for aspiring fitness professionals and transfer students.

Students will not only learn how to perform activities with proper technique, but they will learn principles of exercise science and biomechanics which can then be applied to their training. Students should carefully read the course description to determine if it will meet their needs. Many of the courses transfer to both the CSU and UC systems and meet requirements for the degree and certificate programs. However, some four-year colleges and universities limit the number of units they will accept toward the bachelor's degree. Students are advised to see a counselor for assistance in selecting the courses best aligned with their transfer institution.

Career Options ([/academics/programs-and-majors/kinesiology-and-athletics#](#))

Activity Director

Athletic Trainer

Corporate Fitness Director

Group Fitness Instructor

Health Coach

Personal Trainer


Wellness Coordinator

Some career options may require more than two years of college study.


Highlights ([/academics/programs-and-majors/kinesiology-and-athletics#](#))

- Folsom's Main Folsom campus features a facility with a state-of-the-art dance studio, group fitness room, circuit training room, weight room, exercise science lab, athletic training office, and men's and women's locker rooms. Outdoor athletics venues include an all-weather track; baseball, softball, and soccer fields; an archery target range; tennis courts; and a cross country trail. The spectator gymnasium and practice gymnasium offer students the opportunity to participate in team activity courses and intercollegiate athletic teams.
- The El Dorado Center has a full-service group exercise room, weight room, and locker room facilities.

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Associate Degrees for Transfer

A.A.-T. in Kinesiology

The Associate in Arts in Kinesiology for Transfer Degree program provides students with a major that fulfills the general requirements for transfer to the California State University. Students with this degree will receive priority admission with junior status to the California State University system. Students should work closely with their Folsom Lake College counselor to ensure that they are taking the appropriate coursework to prepare for majoring in Kinesiology at the institution they wish to transfer to because major and general education requirements may vary for each CSU and the degree may only transfer to specific institutions.

This program has the following completion requirements:

- (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
 (2) Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis.

Catalog Date: June 1, 2019

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
KINES 300	Introduction to Kinesiology	3
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
A minimum of 6 units from the following:		6
CHEM 400	General Chemistry I (5)	
or CHEM 305	Introduction to Chemistry (5)	
PHYS 350	General Physics (4)	
PSYC 330	Introductory Statistics for the Behavioral Sciences (3)	
or STAT 300	Introduction to Probability and Statistics (4)	
A minimum of 3 units from the following:		3
Select three courses, each from a different category listed below.		
Combatives:		
FITNS 410	Karate I (1)	
FITNS 411	Karate II (1)	
FITNS 414	Tai Chi (1)	
Dance:		
DANCE 310	Jazz Dance I (1)	
DANCE 312	Jazz Dance II (1)	
DANCE 320	Ballet I (1)	
DANCE 321	Ballet II (1)	
DANCE 330	Modern Dance I (1)	
DANCE 332	Modern Dance II (1)	
DANCE 351	Urban Hip Hop I (1)	
DANCE 352	Urban Hip Hop II (1)	
Fitness:		
FITNS 304	Cardio Circuit (1)	
FITNS 306	Aerobics: Cardio-Kickboxing (1)	
FITNS 307	Aerobic Mix (1)	
FITNS 324	Mat Pilates (1)	
FITNS 331	Boot Camp Fitness (1)	

COURSE CODE	COURSE TITLE	UNITS
FITNS 352	Power Sculpting (1)	
FITNS 380	Circuit Weight Training (1)	
FITNS 381	Weight Training (1)	
FITNS 387	Weight Training for Speed, Agility, Quickness: Advanced (1)	
FITNS 388	Weight Training for Speed, Agility, Quickness: Advanced II (1)	
FITNS 392	Yoga (1)	
FITNS 395	Stretch (1)	
Individual Sports:		
PACT 300	Archery I (1)	
PACT 310	Badminton I (1)	
PACT 311	Badminton II (1)	
PACT 390	Tennis I (1)	
PACT 391	Tennis II (1)	
Team Sports:		
TMACT 302	Soccer - Outdoor (1)	
TMACT 303	Outdoor Soccer II (1)	
TMACT 305	Futsal I (1)	
TMACT 306	Futsal II (1)	
TMACT 320	Basketball (1)	
TMACT 321	Basketball II (1)	
TMACT 330	Volleyball (1)	
TMACT 331	Volleyball II (1)	
Total Units:		22

The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- utilize the theories of biomechanics and exercise physiology and apply them to sport and fitness pedagogy.
- discuss how sociological, psychological, historical, and philosophical factors influence the field of kinesiology and sport.
- evaluate the unique and overlapping roles of each body system in promoting homeostasis and how such body systems adapt to the demands of activity and sport.
- evaluate anatomical and physiological information and apply findings to decision making.
- assess and measure improvements in fitness levels through a comprehensive analysis of aerobic capacity, body composition, muscular endurance, and flexibility.
- define and understand how to properly execute fitness and sport training techniques.
- FOR STUDENTS CHOOSING THE STAT 300 OPTION: use the concepts of descriptive statistics to display and analyze univariate and bivariate data.
- FOR STUDENTS CHOOSING THE CHEM 305 OR CHEM 400 OPTIONS: apply the basic terminology and nomenclature of elements and compounds relevant to the human body and metabolism.
- FOR STUDENTS CHOOSING THE PHYS 350 OPTION: solve conceptual problems in classical mechanics, fluids, mechanical waves, and thermodynamics.

Career Information

The Kinesiology A.A. for Transfer can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (B.S.) or Bachelor of Arts (B.A.) degree program. Career opportunities for students who have earned B.S. or B.A. degrees in Kinesiology include but are not limited to: exercise physiologist, physical therapy aide, health consultant, personal trainer, recreation director, referee, group fitness instructor, health club manager, athletic coach, activities director, K-12 physical educator, public health educator, swimming pool manager, cardiac rehabilitation technician, or corporate fitness director. Some careers may require additional training.

A.S.-T. in Public Health Science

The Associate of Science in Public Health Science for Transfer Degree program provides students with a major that fulfills the general requirements for transfer to the California State University. Students with this degree will receive priority admission with junior status to the California State University system. Students should work closely with their Folsom Lake College counselor to ensure that they are taking the appropriate coursework to prepare for majoring in Public Health Science at the institution they wish to transfer to because major and general education requirements may vary for each CSU and the degree may only transfer to specific institutions.

This program has the following completion requirements:

- (1) Completion of 60 semester units or 90 quarter units that are eligible for transfer to the California State University, including both of the following:
 - (A) The Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education – Breadth Requirements.
 - (B) A minimum of 18 semester units or 27 quarter units in a major or area of emphasis, as determined by the community college district.
- (2) Obtainment of a minimum grade point average of 2.0.

ADTs also require that students must earn a C or better in all courses required for the major or area of emphasis.

Catalog Date: June 1, 2019

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
STAT 300	Introduction to Probability and Statistics	4
HEED 300	Health Science	3
PSYC 300	General Principles	3
HEED 302	Introduction to Public Health	3
BIOL 307	Biology of Organisms (4)	4 - 5
or BIOL 310	General Biology (4)	
or BIOL 400	Principles of Biology (5)	
CHEM 400	General Chemistry I	5
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
A minimum of 3 units from the following:		3
NUTRI 300	Nutrition (3)	
SOC 300	Introductory Sociology (3)	
ECON 302	Principles of Macroeconomics (3)	
ECON 304	Principles of Microeconomics (3)	
PSYC 356	Human Sexuality (3)	
Total Units:		35 - 36

The Associate in Science in Public Health Science for Transfer (AS-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- apply the foundations of public health including historical philosophy, core values, organizational structure, and ethics to local, regional, national, and global societies.
- understand and apply the concepts of epidemiology and evidence based data collection methods and analysis.
- identify, compare, and contrast the factors that contribute to public health disparities.
- define and differentiate between health populations and apply basic approaches that allow for identification of primary health related areas of concern for those populations.
- apply concepts used in community organizing and project planning.

Career Information

The Public Health Science A.S. for Transfer can provide students with the foundational knowledge necessary for transfer to a 4-year Bachelor of Science (BS) or Bachelor of Arts (BA) degree program. Career opportunities for students who have earned BS or BA degrees in Public Health include but are not limited to: epidemiologist, community health worker, environmental scientist, health educator, health services manager, medical services manager, health specialties teacher, healthcare social worker, mental health and substance abuse social worker, mental health counselor, and natural sciences manager. Some careers may require additional training.

Fitness (FITNS)

FITNS 304 Cardio Circuit

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course will introduce the student to a cardio circuit form of training, combining both cardio and weight training equipment in a circuit format. Students will utilize treadmills, rowers, bikes, ellipticals, and weight training machines. Students will proceed in timed intervals to train all the major muscle groups and the cardiovascular system. Flexibility and core training will also be included in this workout. Students must bring their own towel and water bottle each day to train

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- safely operate cardio and strength training equipment, with proper exercise form and demonstrate a working knowledge of circuit training methods.
- identify all major muscle groups of the body, and define the components of fitness.
- assess personal fitness levels and set goals for improvement by designing a fitness plan that promotes life-long health and fitness.
- measure improvements in cardiovascular efficiency, muscular strength and endurance, flexibility, and body composition.

FITNS 306 Aerobics: Cardio-Kickboxing

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Cardio-Kickboxing is a cardiovascular workout utilizing kicks, punches, calisthenics and rope jumping to elevate heart rate and strengthen all major muscle groups. Students will learn to apply these self defense techniques on Wavemasters and focus mitts to improve accuracy and provide resistance for the muscles. Specific strengthening and stretching exercises will also be included in this class. Students will need to supply themselves with either hand wraps or kick boxing gloves.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- assess and measure improvement in fitness levels through a comprehensive analysis of aerobic capacity, body composition, muscular endurance, and flexibility.
- monitor exercise intensity utilizing a personalized target heart rate zone, rating of perceived exertion (RPE), and the talk test.
- define and properly execute basic kickboxing skills without equipment.
- identify, properly utilize and describe the purpose of various types of kickboxing equipment.

FITNS 307 Aerobic Mix

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is designed to help the student develop a balanced physical fitness profile and gain a firm understanding of physical fitness concepts. Class components will emphasize a variety of aerobic activities, calisthenics, resistance exercises, and flexibility. Students will need athletic footwear with good cushioning to participate in this course. Other requirements include comfortable athletic attire that will allow the student to move freely.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- measure an improvement in aerobic capacity, body composition, muscular endurance, and flexibility through participation in a pre-training and post-training fitness assessment.
- calculate a personalized target heart rate zone and self monitor exercise intensity via pulse monitoring, the talk test or rate of perceived exertion (RPE).
- define and properly execute methods for modification of aerobic exercise skills.
- implement methods learned for altering body composition through proper nutrition and exercise.

FITNS 324 Mat Pilates

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

Mat Pilates is a systematic method of mindful and precise conditioning exercises designed to develop core strength, flexibility, and bodily awareness. Through regular practice of the theoretical, philosophical and applied principles of the Pilates method, students can expect to enjoy improved posture, strength, control, balance, flexibility, and concentration. Students will be required to purchase a mat.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- perform Pilates matwork sequences with proper physical execution, controlled breathwork technique, and understand methods for modifying exercises to adjust intensity levels.
- demonstrate applied and cognitive understanding of Pilates Method theory.
- exhibit increased muscular awareness, core strength, and range of motion.
- design a personalized home exercise practice.

FITNS 326 Mat Pilates II

Units:

1

Hours:

54 hours LAB

Prerequisite:

FITNS 324 (Mat Pilates) with a grade of "C" or better. Students will be allowed enrollment in this course by completing a pre-test, which includes satisfactory demonstration of 1st level Pilates exercises.

Transferable:

CSU; UC

General Education:

AA/AS Area III(a); CSU Area E2 (effective Fall 2019)

Catalog Date:

June 1, 2019

Mat Pilates II is a 2nd level course developed for the intermediate-level Pilates student. The course will include the basic foundation of mat exercises with the addition of intermediate and advanced level exercises. Routines will include resistance methods of training with focus on development of stronger core muscles. Students will be required to purchase a mat.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- perform intermediate level Pilates matwork sequences with proper physical execution, controlled breathwork technique, and utilizing resistance equipment to adjust intensity levels.
- exhibit increased muscular awareness, core strength, and range of motion.
- demonstrate applied and cognitive understanding of anatomical constructs with Pilates Method theory.
- design a personalized home exercise practice.

FITNS 331 Boot Camp Fitness

Units:

1

Hours:

54 hours LAB

Prerequisite:

None.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This course is designed to be a physically intense and challenging fitness course. Training exercises used during this class will include jogging, interval training, hill running training, obstacle courses,

and performing a variety of calisthenics designed to enhance muscular strength and endurance. In addition, students will be challenged to understand and apply fitness training principles to their training sessions. The students will train individually, with a partner or in a team setting.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- create an individual fitness profile determined by pre and post fitness assessments.
- appraise improvements in aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility.
- calculate a heart rate training zone by using the Karvonen method.
- apply target heart rate and perceived exertion to evaluate the effectiveness of workout sessions.

FITNS 352 Power Sculpting

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Power Sculpting is a group training course designed to enhance muscular fitness, balance, and improve body composition through the use of resistance equipment, core training, calisthenics, and flexibility exercises.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper technique in executing power sculpting exercises.
- measure improvement in muscular fitness and body composition.
- identify major muscle groups involved in power sculpting exercises and stretches.
- design a balanced and comprehensive home exercise power sculpting manual to emphasize muscular strength or endurance.

FITNS 380 Circuit Weight Training

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Circuit Weight Training will introduce the student to a fitness program of progressive resistive exercises designed to promote improvement in muscular strength and endurance, cardiovascular endurance, and flexibility, as well as decrease in body fat percentage. The student will move in a prescribed circuit (alternating timed lifting with active recovery) utilizing machines, free weights, cardiovascular activities, and flexibility training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- assess personal fitness levels and set goals for improvement.
- apply proper and safe techniques while operating resistance training equipment.
- identify major muscle groups and describe exercises to strengthen the major muscle groups.
- measure improvements in muscular endurance, cardiovascular endurance, core strength and body composition.

FITNS 381 Weight Training

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This class is designed to develop muscular fitness through progressive resistance training. Students will set up a personalized weight training program based on fitness assessments and personal goals. Proper lifting technique, safety and program design will be emphasized.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- establish a pre/post training fitness profile through fitness assessments, define individual goals, and develop a personalized weight training program based on these results.
- properly execute weight training lifts and understand the kinesiology of each exercise.
- explain principles and concepts of progressive resistance training.
- establish a regular exercise routine through consistent participation.

FITNS 387 Weight Training for Speed, Agility, Quickness: Advanced

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any, or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course provides students with opportunities to improve speed, quickness, and agility through advanced performance training techniques. Students will be required to wear appropriate workout attire and workout shoes. This course may be taken one time for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- discuss the importance of flexibility and range of motion to decrease injury and improve performance.
- examine and demonstrate advanced strength and conditioning techniques to improve speed, agility, and quickness.
- evaluate and demonstrate stabilization, balance, and core exercises to improve performance.
- explain and execute the basic concepts of weight training for speed, agility, and quickness.

FITNS 388 Weight Training for Speed, Agility, Quickness: Advanced II

Units:	1
Hours:	54 hours LAB
Prerequisite:	FITNS 387 with a grade of "C" or better
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course will provide students who have participated in FITNS 387 the opportunity to continue learning advanced training techniques designed to improve performance in the areas of speed, agility, and quickness.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- explain the advanced concepts of periodization.
- demonstrate a high level of proficiency in the execution of exercises meant to improve speed, agility, and quickness.
- demonstrate a high level of proficiency in the execution of exercises meant to improve balance and core stability.

FITNS 390 Basic Yoga

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Basic Yoga is designed to enhance fitness levels, increase physical coordination, improve posture, and improve flexibility for all fitness levels. Basic Yoga is a complete fitness program that utilizes poses (asanas) and breathing (pranayama) to achieve both physical health improvements as well as decrease stress throughout the practice of yoga and meditation.

Students will need to purchase a Yoga mat.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- safely and effectively execute the Sun Salutation and Moon Salutation.
- skillfully demonstrate and compare the benefits of 12 yoga postures.
- evaluate the benefits of yoga for fitness and wellness.
- relate the origins of yoga and review its culture, history, and philosophy.

FITNS 392 Yoga

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Yoga is an East Indian method of mind/body exercise designed to stretch, strengthen, and enhance muscle tone through the practice of asanas (poses) and pranayama (breathing exercises). Yoga practice plus meditation helps decrease stress and increase energy levels while improving focus, concentration, and self-realization. Students will be required to purchase a yoga mat.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- safely and effectively execute asanas (poses).
- identify breath control practices for heating the body, calming the mind, balancing the emotions, soothing the nerves, and relaxing the body.
- describe meditation methods to improve concentration and focus.
- express a solid understanding of yogic principles, practices, history and philosophy.

FITNS 395 Stretch

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course in stretching will emphasize flexibility training for increased health and well-being through selected exercises designed to increase range of motion in the primary muscle groups and joints of the body. It is designed to improve flexibility, reduce stress and tension, improve coordination, increase range of motion, and prevent injuries. Students who participate in this class will gain a better understanding of how a comprehensive stretching routine will prepare for further vigorous activity such as sports, dance, martial arts, or work-related movements. Students will be required to purchase their own full round, thirty six inch foam roller for the course.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the primary muscles engaged during a stretching routine.
- practice correct alignment and mechanical application of various stretches.
- describe stretching principles used as a warm-up and cool-down activity.
- design a personalized stretching routine.

FITNS 400 Body Fitness (Walking or Jogging)

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.

Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2 (effective Fall 2019)
Catalog Date:	June 1, 2019

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, reduce stress and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance. The students may be required to use a heart rate monitor for the online course.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- practice proper biomechanics techniques for walking and jogging for lifelong health and fitness.
- calculate resting and training heart rates.
- demonstrate measurable improvement in cardiovascular fitness.
- create a personal fitness program for individual needs.

FITNS 410 Karate I

Units:	1
Hours:	54 hours LAB
Course Family:	Martial Arts - Empty Hand (http://www.flc.losrios.edu/course-families#id_100016)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This class in karate introduces students to beginning skills and movements in stances, blocking, punching, striking, kicking, kata (forms), and self-defense techniques. The course includes all aspects of karate-specific physical conditioning as well as instruction in the history and traditions, philosophy, etiquette, manners, courtesy, and language of the martial arts. Students will be required to purchase a karate uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate beginning level skill requirements in stances, blocks, strikes and kicking.
- demonstrate beginning level katas (choreographic forms).
- demonstrate beginning level self-defense techniques (bunkai) with a partner.
- research and critique historical and philosophical topics on karate.
- articulate Japanese language basic martial arts terminology and numerical counting.
- exhibit the manners, discipline and safe practice protocol of the martial arts practice.

FITNS 411 Karate II

Units:	1
Hours:	54 hours LAB
Course Family:	Martial Arts - Empty Hand (http://www.flc.losrios.edu/course-families#id_100016)

Prerequisite:	FITNS 410 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This karate course shall allow students to advance to an intermediate rank (gokyu) in this Japanese martial arts form. Students will learn stances, blocks, punches, strikes, kicks, combination techniques, katas, self-defense techniques, demeanor and presentation skills appropriate to this rank. This course shall include all aspects of karate-specific physical conditioning, as well as instruction in the history, traditions, philosophy, etiquette, manners, courtesy, and language of the martial arts. Students will be required to purchase a karate uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate intermediate level technique and skills (kihon) in combination with required stances, blocking, striking, and kicking.
- demonstrate principles of efficient and maximized body movements and core dynamics.
- demonstrate intermediate level Shoring Katas: Kushanku Dai, Potsai Dai, and Naihanchi.
- demonstrate intermediate level self-defense techniques with partner.
- demonstrate sanbon kumite (three step sparring).
- demonstrate falls and throws with a partner.
- critique historical and philosophical topics on the martial arts.
- articulate in Japanese language karate and martial arts terminology.
- exhibit the manners, discipline and courtesies of a martial artist.
- students will attain Gokyu degree (purple belt) certificate through a ranking examination.

FITNS 413 Okinawan Kobudo I

Units:	1
Hours:	54 hours LAB
Course Family:	Martial Arts - Weapons (http://www.flc.losrios.edu/course-families#id_100017)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Okinawan Kobudo I is an introduction to the study of the ancient method of self-defense with weapons, commonly known to be the bo staff, sai, tonfa, kama, nunchaku, tanto, tanbo, jo staff, and boat oar. This course will focus on katas (forms) and techniques particular to the sai and bo. This martial arts class will not only introduce students to the use of these historically agricultural tools as weapons, but will also provide the student with the historical, philosophical, and cultural aspects of this ancient art of weaponry. Students will also be instructed in the manners, courtesies, discipline, and protocol of the martial arts. Students will be required to purchase a kobudo uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Demonstrate the basic techniques (kobudo) of sai and long bo staff.
- Demonstrate principles of efficient and maximized body movements and dynamics.
- Demonstrate kata (choreographic form) proficiency for sai and long bo Staff.
- Perform bunkai techniques (partner combat techniques) with sai and long bo staff.

- Exhibit the manners, discipline, courtesies and safety precautions of the martial artist.
- Articulate in the Japanese language martial arts terminology.
- Discuss and articulate historical and philosophical concepts of the martial art.

FITNS 414 Tai Chi

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course explores Tai Chi, Qi Gong and the Tai Chi sword. Tai Chi is an ancient Chinese martial art that emphasizes moving meditation, relaxation, and methods of self-cultivation. Tai Chi is an art of psycho-kinesthetic awareness, mental focus and visualization techniques. Qi Gong is an internal Chinese art that furthers efficient use of physical and psychological energy and breathing techniques that promote a relaxation response, calmness, health, vigor and stress management. Students will practice choreographic forms of Tai Chi, Qi Gong and Tai Chi sword as demonstrated by the instructor.

This course surveys Taoism, Confucianism and Buddhism philosophical concepts applicable to fluidity of movement, balance, mental concentration, self cultivation and martial arts strategy.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- safely and effectively perform Tai Chi forms and attain proficiency of movements to continue individual Tai Chi practice.
- apply Qi Gong techniques for the maintenance of health and vigor.
- apply stress reduction and relaxation techniques to everyday life situations.
- attain improved sense of kinesthetic awareness and balance in everyday activity.
- attain an understanding of the Taoist, Confucian, and Buddhist philosophy.
- employ Tai Chi as a martial art and method of self-development.

FITNS 415 Karate III

Units:	1
Hours:	54 hours LAB
Course Family:	<u>Martial Arts - Empty Hand (http://www.flc.losrios.edu/course-families#id_100016)</u>
Prerequisite:	FITNS 411 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

The course shall introduce students to Yonkyu (upper intermediate) level skills, stances, blocking, punching, striking, kicking, kata (forms) and self-defense techniques in Karate. This course shall include all aspects of karate-specific physical conditioning as well as instruction in the history, traditions, philosophy, etiquette, manners, courtesy, and language of the martial arts. Students will be required to purchase a karate uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced level technique and skills (kihon) in combination with required stances, blocking, striking, and kicking.
- demonstrate principles of efficient and maximized body movements and core dynamics.
- demonstrate advanced level Shorin katas: Itosu Lohai, Wandu and Seiunchin.
- demonstrate advanced self-defense, sparring (kumite) techniques and judo throws with a partner.
- critique historical and philosophical topics on karate and the martial arts.
- articulate in the Japanese language karate and martial arts terminology.
- exhibit the manners, discipline and courtesies of the martial arts.

FITNS 418 Okinawan Kobudo II

Units:	1
Hours:	54 hours LAB
Course Family:	Martial Arts - Weapons (http://www.flc.losrios.edu/course-families#id_100017)
Prerequisite:	FITNS 413 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Okinawan Kobudo II is the study of the ancient method of self-defense with weapons, commonly known to be the bo staff, sai, tonfa, kama, nunchaku, tanto, tanbo, jo staff, and boat oar. This course will focus on katas (forms) and techniques particular to the tonfa and kama. This martial arts class will teach students to use these historically agricultural tools as weapons and will provide the student with the historical, philosophical, and cultural aspects of this ancient art of weaponry. Students will also be instructed in the manners, courtesies, discipline, and protocol of the martial arts. Students will be required to purchase a kobudo uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Demonstrate the basic techniques (kobudo) of tonfa and kama.
- Demonstrate principles of efficient and maximized body movements and dynamics.
- Demonstrate kata (choreographic form) proficiency for tonfa and kama.
- Perform bunkai techniques (partner combat techniques) with tonfa and kama.
- Exhibit the manners, discipline, courtesies and safety precautions of the martial artist.
- Articulate martial arts terminology in Japanese.
- Discuss and articulate historical and philosophical concepts the martial art.

FITNS 419 Okinawan Kobudo III

Units:	1
Hours:	54 hours LAB
Course Family:	Martial Arts - Weapons (http://www.flc.losrios.edu/course-families#id_100017)

Prerequisite:	FITNS 418 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Okinawan Kobudo III is the study of the ancient method of self-defense with weapons, commonly known to be the bo staff, sai, tonfa, kama, nunchaku, tanto, tanbo, jo staff, and boat oar. This course will focus on katas (forms) and techniques particular to the tanbo and nunchaku. This martial arts class will not only introduce students to the use of these historically agricultural tools as weapons, but will also provide the student with the historical, philosophical, and cultural aspects of this ancient art of weaponry. Students will also be instructed in the manners, courtesies, discipline, and protocol of the martial arts. Students will be required to purchase a kobudo uniform.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate the basic weapon techniques (kihon) of tanbo and nunchaku.
- demonstrate principles of efficient and maximized body movements and dynamics.
- exhibit the manners, discipline, courtesies and safety precautions of the martial artist.
- demonstrate kata (choreographic form) proficiency for tanbo and nunchaku.
- perform various combinations of bunkai (combat technique) with a partner utilizing all kobudo weapons learned: tanbo, nunchaku, sai, long bo staff, tonfa and kama.
- demonstrate methods and principles of Chinese energy exercise (Qi Gong) for the practice of preventive medicine in health maintenance, optimal psycho/physical conditioning and extended agility in aging.
- exhibit principles of meditation utilizing kobudo kata (choreographic form) as meditation in motion (kinesic imagery).
- exhibit principles of seated and standing meditation utilizing Eight Silk Brocades Qi Gong (Chinese yoga movements).
- discuss and articulate philosophical concepts of the martial art and its historical relationship to Chinese medicine.

FITNS 495 Independent Studies in Fitness

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	CSU Area E2
Catalog Date:	June 1, 2019

Kinesiology (KINES)

KINES 300 Introduction to Kinesiology

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 101 or ESLW 320
Transferable:	CSU; UC
General Education:	AA/AS Area III(b); CSU Area E1
C-ID:	C-ID KIN 100

Catalog Date:

June 1, 2019

This introductory course presents an interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology, including sport history, philosophy, pedagogy, sociology, and psychology will be discussed. The student will be introduced to career opportunities in the areas of teaching, coaching, athletic training, fitness, sport management, research, health, and recreation. Students taking the online or hybrid versions of the course will need access to a computer, the internet, and word processing software. This course was formerly known as PET 300. This course is not open to those that have received credit for PET 300.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the basic concepts of kinesiology that are fundamental to human movement.
- analyze the kinesiology sub-disciplines of sport history, philosophy, sociology, sport nutrition, and psychology.
- analyze the kinesiology sub-disciplines of motor learning/control, motor development, biomechanics, and exercise physiology.
- discuss and understand how to prepare for a variety of career opportunities in kinesiology and its sub-disciplines.

KINES 416 Psychology of Sport

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2019

This course will explore current and historical concepts, theories, and techniques of sport and fitness psychology and the role these concepts play in the achievement of optimal performance in sports and in life.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define sports psychology, explain the history of sport psychology, and explain the relevance of multiculturalism in sport and exercise.
- explain how sport and exercise impact the mental processes that create consciousness, behavior, emotion, and intelligence.
- evaluate and explain the impact of sport and exercise on society and self.
- identify how the use of sport and exercise concepts, theories, and techniques can improve the physiological well-being of self and society.
- apply the appropriate tools and techniques to build self-confidence and self-image to enhance goal achievement in sport and exercise.

KINES 417 Fitness Injury Prevention and Management

Same As:	DANCE 382
Units:	2
Hours:	36 hours LEC
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2019

This course is an introduction to injury identification, prevention and management. Nutrition for optimal performance in athletics and dance will also be discussed. Students may be required to provide minor first aid supplies such as elastic wrap or athletic tape. This course does not discuss extreme trauma injuries. Not open to students who have completed DANCE 382.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop a strength and flexibility plan for avoiding and preventing common injuries in fitness activities.
- demonstrate knowledge of the musculoskeletal system, body mechanics, and fitness injury terminology.
- identify and treat the most common acute, chronic, and environmentally induced fitness injuries.
- assess fitness participants' health and discuss fitness concerns for special populations.

KINES 498 Work Experience in Physical Education

Units:	1 - 4
Hours:	60 - 300 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Student must be in a paid or non-paid internship, volunteer opportunity, or job related to career interests.
Advisory:	ENGWR 101 or ESLW 320
Transferable:	CSU
General Education:	AA/AS Area III(b)
Catalog Date:	June 1, 2019

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of Physical Education. Course content will include understanding the application of education to the workforce; completing required forms which document the student's progress and hours spent at the work site; and developing workplace skills and competencies. During the semester, the student is required to attend orientation. Students must complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience, for one unit. An additional 75 hours of related paid work experience or 60 hours of related unpaid work experience is required for each additional unit. The course may be taken for a maximum of 16 units. Students should have access to a computer, the Internet, and some computer media such as a USB drive to store data files. Online students must have an email account. Only one Work Experience course may be taken per semester.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply industry knowledge and theoretical concepts in a field of study or career as written in the minimum 3 learning objectives created by the student and his/her employer or work site supervisor at the start of the course.
- manage personal career plans and decision making using industry & workforce information and online resources.
- behave professionally and ethically, exhibit adaptability, initiative, self-awareness and self-management as needed.
- exhibit effective communication, collaboration, and leadership skills at work with consideration to workplace dynamics and social and diversity awareness.
- demonstrate critical and creative thinking skills as they apply to the workplace.

Personal Activity (PACT)

PACT 300 Archery I

Units:	1
Hours:	54 hours LAB
Course Family:	Archery (http://www.flc.losrios.edu/course-families#id_100020)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course in target archery shall emphasize basic skill development and practice in the various shooting techniques of the recurve bow and arrow. Topics will include safety and range procedures, correct shooting form, scoring, use of the mechanical sight, and methods for developing the physical and mental strategies necessary for improved shooting performance. The student shall gain an appreciation for the sport of archery as a lifetime leisure pursuit. Students will be required to purchase arm guards and fingers tabs.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- recognize and practice all range and safety procedures involved with target archery.
- identify all the specific parts of the bow and arrow and their accessories with regard to improving shooting accuracy and/or safety.
- demonstrate correct shooting form (stance, alignment, pre-draw, draw, anchor, bow hand, aiming, release, follow-through) in target archery at various distances.
- demonstrate correct use of a mechanical sight by identifying shooting errors and employing appropriate sight adjustments to improve accuracy.
- correctly record numerical scores in various rounds of competitive target archery and demonstrate a working knowledge of archery vocabulary.
- utilize mental skills (concentration on aiming, relaxation during the shot, confidence, and imagery) to improve performance and personal success.

PACT 310 Badminton I

Units:	1
Hours:	54 hours LAB
Course Family:	Badminton (http://www.flc.losrios.edu/course-families#id_100021)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course provides a review of basic fundamentals, techniques and rules. The emphasis is on skills and techniques such as play strategies for singles and doubles and shot selection for various play situations.

Students are required to wear proper footwear for athletic activity as well as appropriate work-out attire.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- play the game of badminton and apply rules, strategies, and techniques for singles and doubles play.
- define the common terminology used in badminton.
- understand the benefits of physical activity to lifelong health and well being.

PACT 311 Badminton II

Units:	1
Hours:	54 hours LAB
Course Family:	Badminton (http://www.flc.losrios.edu/course-families#id_100021)
Prerequisite:	PACT 310 (Badminton I) with a grade of "C" or better, OR by instructor consent.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course provides instruction in intermediate skills, techniques, and rules of badminton. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

Students are required to wear appropriate athletic attire, including non-marking athletic shoes.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe the benefits of badminton as a lifetime fitness activity.
- effectively execute serves, drop shots, smashes, and backhand shots consistent with an intermediate-level badminton player.
- describe rules and intermediate-level strategies of the game.
- evaluate the importance of sportsmanship in competitive situations.
- execute intermediate-level playing strategies by playing to personal strengths, while taking advantage of an opponent's weaknesses.

PACT 390 Tennis I

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

Tennis covers skills, rules, etiquette, and strategies of the game. Beginning tennis develops efficiency of basic skills such as ground strokes, serving, volleying, elementary strategies, and game rules. Intermediate tennis develops refinement of playing skills and strategies. Tennis stimulates enjoyable, cooperative, and competitive modes of behavior and promotes awareness of physical activity for lifelong health and fitness. Students will need to bring a tennis racket and tennis balls to class.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate skill proficiency executing the forehand and backhand, serving, and volleying techniques.
- assess situations and apply the appropriate rules and etiquette of tennis.
- assess game situations and apply strategy concepts.
- express an understanding of tennis terminology, equipment, court markings and dimensions.

PACT 391 Tennis II

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course reviews and builds upon basic fundamentals, techniques, rules, and social courtesies of tennis. Intermediate level players are encouraged to take this course. A can of tennis balls, a racket, water bottle, and suitable tennis attire are required to be purchased by students.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply the knowledge and skills required in level II tennis to competently demonstrate improved tennis ability.
- understand and assemble a variety of conditioning drills and techniques associated with improving the physical skills required in tennis.
- analyze and apply mental strategies to effectively compete at respective ability levels.
- relate to other players, instructors in a manner that is appropriate to tennis etiquette and respectful of all participants.

PACT 495 Independent Studies in Personal Activity

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	CSU Area E2
Catalog Date:	June 1, 2019

Sports (SPORT)

SPORT 90 Academic Study Skills for Student Athletes

Units:	0.5 - 1
Hours:	27 - 54 hours LAB
Prerequisite:	None.
Catalog Date:	June 1, 2019

This lab course is an open-entry/open-exit course designed to assist student athletes in acquiring basic study skills and work habits to gain success in the classroom. In addition, the student-athlete will learn and apply time and stress management techniques, note taking techniques, and test taking techniques. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. This course is graded on a Pass/No Pass basis.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply study skills techniques in reading, writing, note taking, and test taking to improve his/her ability and success in the classroom.
- identify support services offered by the college.
- utilize tutoring services for Math and English, when necessary.

- review Education Plan every semester with the Athletic Counselor and revise, if necessary, for either graduation or transfer.
- prioritize assignments and schedule daily and weekly to-do lists.

SPORT 91 Academic Study Skills for Student Athletes

Units:	0.5 - 1
Hours:	27 - 54 hours LAB
Prerequisite:	None.
Catalog Date:	June 1, 2019

This lab course is being offered as an open-entry/open-exit course designed to assist student athletes in acquiring basic study skills and work habits to gain success in the classroom. Memory and visualization techniques, "muscle" reading, and learning styles will be included. Students may enroll in this open-entry/open-exit course up to the eighth week of the semester. Students must complete 27 hours of work to earn 0.5 unit of credit per semester. This course is graded on a Pass/No Pass basis.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply memory and visualization techniques in reading, writing, note taking, and test taking to improve their ability and success in the classroom.
- identify the best learning styles for different subject areas.
- identify preferred personal learning style.
- assess his/her Student Education Plan.

SPORT 300 Baseball, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an advanced baseball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and /or team strategies appropriate to intercollegiate athletics competition will be expected of the competitors. For practices students may be required to provide their own glove, cleats, a bat, and appropriate baseball attire. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply advanced baseball tactics/skills appropriate to intercollegiate level athletic competition.
- apply proper etiquette and sportsmanship during the athletic experience.
- acquire knowledge necessary to assess various contest situations and apply appropriate solutions.
- improve individual's level of fitness.

SPORT 301 Off Season Conditioning for Baseball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	It is advised that students taking this course have played two years of high school varsity baseball. A demonstration of collegiate level baseball skills may be required through a tryout administered by the instructor.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. Students will need to provide appropriate baseball attire, cleats, a mitt, and a bat. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing various drills for baseball.
- understand and apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper form in executing: strength training techniques, plyometrics, agility skills, and functional sport-specific drills.

SPORT 303 Pre-Season Conditioning for Baseball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Students must successfully complete a tryout held by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. Students will need to provide appropriate baseball attire, cleats, a mitt, and a bat. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- interpret and understand sign systems for offense and defense.
- demonstrate an intercollegiate baseball skill level at several defensive positions.
- demonstrate an intercollegiate baseball skill level when hitting a baseball.

SPORT 311 Basketball, Intercollegiate-Men, Fall

Units:	1.5
Hours:	88 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. Students will travel to away games. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

SPORT 312 Basketball, Intercollegiate-Men, Spring

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	SPORT 311 with a grade of "C" or better
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. Student will be required to travel to away games. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

SPORT 313 Off Season Conditioning for Basketball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB

Prerequisite:	None.
Enrollment Limitation:	Students must obtain a physical, complete all necessary athletic training paperwork, and pass a tryout conducted by the coaching staff to remain in the course.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of basketball. Topics include college-level basketball-specific skill development, sport specific strength training, agility work, plyometrics, speed training, and flexibility exercises. Students will need to provide themselves with basketball attire and appropriate basketball shoes. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing various drills for basketball.
- apply appropriate warm-up and cool-down procedures for injury prevention.
- demonstrate proper form in strength training techniques.
- demonstrate proper form in plyometrics.
- demonstrate proper form in agility skills.
- demonstrate proper form in functional sports-specific drills.

SPORT 314 Pre-Season Conditioning for Basketball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	In order to take the SPORT 314 class, each student must: 1) be listed as a student athlete by the head coach on the official team roster; and 2) obtain medical clearance, including a physical performed by a licensed physician. The student should contact the instructor for process and required forms. Once enrolled, the student must demonstrate intercollegiate athletic level skills as determined by the coaching staff to remain enrolled in this course.
Transferable:	UC (Any or all of these PE Activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This kinesiology course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of basketball. The course will also offer a mental training component for peak performance. Students will need to provide their own athletic attire and appropriate basketball shoes. This course is designed to prepare students for intercollegiate basketball competition and may be taken a maximum of 4 times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate improved anaerobic training in fitness tests and drills.
- execute offensive and defensive skills correctly.
- implement appropriate offensive and defensive strategies in game-like situations.
- demonstrate improvement in strength training exercises.
- execute speed, agility, and quickness drills correctly.

SPORT 316 Basketball, Intercollegiate-Women, Fall

Units:	1.5
Hours:	88 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a try-out conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the pre-season, tournament, and non-league portion of the season. Students will travel to away games and will need to provide appropriate basketball attire and shoes. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

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SPORT 317 Basketball, Intercollegiate-Women, Spring

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	SPORT 316 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an advanced course designed to provide specialized training for competition with other community college teams. Demonstration of fundamental and advanced skills, adherence to the rules and etiquette of basketball, and execution of team strategy will be expected of all students. This course will encompass the regular season, tournament, and non-league portion of the season. Student will be required to travel to away games and will need to provide basketball appropriate clothing and shoes. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette and sportsmanship during the athletic experience.
- develop and demonstrate an understanding of basketball teamwork.
- assess various game situations and quickly apply appropriate solutions.
- apply advanced basketball tactics and skills appropriate to intercollegiate level athletic competition.

SPORT 340 Golf, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate golf skills via a tryout conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is an advanced golf team activity for male students that provides competition against other community college teams. Golf fundamentals, rules, individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of the competitors. Student athletes may need to provide their own golf clubs. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- effectively execute individual skill levels in golf shots including driving, long/mid/short iron play, sand, and putting.
- demonstrate proper etiquette and sportsmanship during practice and competition.
- assess and apply proper course management decisions during practice and competition.

SPORT 341 Off Season Conditioning for Golf

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate golf skills by completing a tryout conducted by the coaching staff.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2 (effective Fall 2019)
Catalog Date:	June 1, 2019

This course involves a combination of fundamental skills and strategy with an emphasis on a fitness component for the sport of golf. It offers a mental training component for peak performance. This course is designed to prepare students for intercollegiate golf competition. This course may be taken up to four times for credit. Requirements for this course includes golf clubs, golf shoes and green fees.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate the ability to walk the golf course carrying or pulling golf bag.
- choose the appropriate club for specific shots and distances.
- analyze personal swing and make appropriate corrections.
- develop strength, endurance and flexibility.
- apply appropriate course management skills when playing golf.

SPORT 350 Soccer, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB

Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is an advanced soccer team activity for male student athletes which provides an opportunity for competition against other community college teams. This course is designed to build student athletes' soccer fundamentals and skills, review rules, and teach individual and/or team strategies appropriate to intercollegiate athletics competition. Students will be required to purchase soccer cleats and shin guards. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- execute soccer skills and appropriately apply those skills in intercollegiate competition.
- demonstrate an understanding of the tactical and psychological components of the game.
- demonstrate proper etiquette and sportsmanship during practice and competition.
- demonstrate the ability to evaluate various contest situations and apply appropriate solutions.

SPORT 351 Off-Season Conditioning for Men's Soccer

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course. It is advised that athletes taking this course have participated at the varsity level in high school or competitive league.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide appropriate soccer attire, soccer cleats, and shin guards. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- demonstrate improved endurance and strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 352 Off-Season Conditioning for Women's Soccer

Units:	0.5 - 3
Hours:	27 - 162 hours LAB

Prerequisite:	None.
Enrollment Limitation:	The student must demonstrate intercollegiate athletic soccer skills as determined by a try-out conducted by the coaching staff to remain in the course.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide themselves with appropriate soccer attire, soccer cleats, and shin guards. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- demonstrate improved endurance and strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 355 Soccer, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course is an advanced soccer team activity for female student athletes which provides an opportunity for competition against other community college teams. This course is designed to build student athletes' soccer fundamentals and skills, review rules, and teach individual and/or team strategies appropriate to intercollegiate athletics competition. Students will be required to purchase soccer cleats and shin guards. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- execute soccer skills and appropriately apply those skills in intercollegiate competition.
- demonstrate an understanding of the tactical and psychological components of the game.
- demonstrate proper etiquette and sportsmanship during practice and competition.
- demonstrate the ability to evaluate various contest situations and apply appropriate solutions.

SPORT 357 Pre-Season Conditioning For Women's Soccer

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.

Enrollment Limitation:
Transferable:
General Education:
Catalog Date:

The student must demonstrate intercollegiate athletic soccer skills as determined by a try-out conducted by the coaching staff to remain in the course.
 CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
 AA/AS Area III(a); CSU Area E2
 June 1, 2019

This course covers pre-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide appropriate soccer attire, soccer cleats, and shin guards. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- demonstrate improved endurance and strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 358 Pre-Season Conditioning for Men's Soccer

Units:
Hours:
Prerequisite:
Enrollment Limitation:
Transferable:
General Education:
Catalog Date:

0.5 - 3
 27 - 162 hours LAB
 None.
 The student must demonstrate intercollegiate athletic soccer skills as determined by a try-out conducted by the coaching staff to remain in the course.
 CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
 AA/AS Area III(a); CSU Area E2
 June 1, 2019

This course covers pre-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide appropriate soccer attire, soccer cleats, and shin guards. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- demonstrate improved endurance and strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 365 Softball, Intercollegiate-Women

Units:
Hours:
Prerequisite:

3
 175 hours LAB
 None.

Enrollment Limitation:
Transferable:
General Education:
Catalog Date:

Prior to enrollment, the student must demonstrate intercollegiate athletic skills determined by a tryout conducted by the coaching staff.
 CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
 AA/AS Area III(a); CSU Area E2
 June 1, 2019

This is an advanced softball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. For practices students may be required to provide their own glove, cleats, a bat, and appropriate softball attire. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate a high degree of softball skills and apply them in a game situation.
- demonstrate specific offensive and defensive techniques in a game situation.
- demonstrate a high degree of cardiovascular efficiency, speed, coordination and strength.
- demonstrate knowledge of the rules of the game and apply them in a competitive situation.
- apply proper sportsmanship and decorum in a competitive situation.

SPORT 366 Off Season Conditioning for Softball

Units:
Hours:
Prerequisite:
Enrollment Limitation:
Transferable:
General Education:
Catalog Date:

0.5 - 3
 27 - 162 hours LAB
 None.
 Students will need to demonstrate a collegiate skill level in softball as determined by the coaching staff to remain in the course.
 CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
 AA/AS Area III(a); CSU Area E2
 June 1, 2019

This course involves sport specific training and conditioning skills and techniques. There is a concentration of basic concepts with emphasis on conditioning. This course is designed to prepare students for intercollegiate softball. Students will be required to provide their own bat, glove, cleats, and appropriate softball attire. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define the basic terminology used in collegiate level softball.
- demonstrate cardiovascular endurance and muscular strength techniques needed in order to be competitive in the sport of softball.
- demonstrate proper form and technique when executing various drills for the sport of softball.

SPORT 368 Pre-Season Conditioning for Softball

Units:
Hours:
Prerequisite:
Enrollment Limitation:
Transferable:

0.5
 27 hours LAB
 None.
 Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course. It is advised that athletes taking this course have participated at the varsity level in high school or competed on a summer travel ball team.
 CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This course is designed to optimize sports performance and reduce the risk of injury for the pre-season intercollegiate athlete in the sport of softball. Course content includes softball fundamental skills development, strength training, cardiovascular conditioning, agility, plyometric, speed training, and flexibility exercises. Students will be required to provide their own bat, glove, cleats, and appropriate softball attire. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate and increase proper muscular strength and endurance and cardiovascular endurance specific to the sport of softball.
- comprehend, analyze, and execute the basic fundamental skills in the sport of softball.
- combine the basic softball skills and distinguish which skills are most appropriate for specific softball game situations and apply the appropriate solutions.
- identify and develop ways to support, lead, and communicate with teammates in order to achieve a common goal.
- demonstrate proper etiquette and sportsmanship during practice and competition.

SPORT 380 Tennis, Intercollegiate-Men

Units:

3

Hours:

175 hours LAB

Prerequisite:

None.

Enrollment Limitation:

Prior to enrollment, the student must demonstrate intercollegiate athletic skills via a tryout conducted by the coaching staff.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This is an advanced tennis team activity for male students that provides competition with other community college teams. Knowledge of tennis fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of competitors. This course may be taken four times for credit. Students may be required to provide their own tennis racquets.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette and sportsmanship behaviors as a result of the intercollegiate tennis experience.
- develop and improve advanced skills required for both singles and doubles play including: forehand and backhand strokes, serving, volleying, and overheads.
- identify and apply the correct interpretation of rules and scoring in both singles and doubles play.
- assess and define the team concept by analyzing opponents and selecting appropriate tactics and strategies for both singles and doubles play.

SPORT 385 Tennis, Intercollegiate-Women

Units:

3

Hours:

175 hours LAB

Prerequisite:

None.

Enrollment Limitation:

Prior to enrollment, the student must demonstrate intercollegiate athletic skills via a tryout conducted by the coaching staff.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This is an advanced tennis team activity for female students that provides competition with other community college teams. Knowledge of tennis fundamentals, rules, and individual and/or team strategies appropriate to intercollegiate athletic competition will be expected of competitors. This course may be taken four times for credit. Students may be required to provide their own tennis racquets.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper etiquette, sportsmanship, and psychological behaviors as a result of the intercollegiate tennis experience.
- develop and improve advanced skills required for both singles and doubles play including: forehand and backhand strokes, serving, volleying, and overheads.
- identify and apply the correct interpretation of rules and scoring in both singles and doubles play.
- assess and define the team concept by analyzing opponents and selecting appropriate tactics and strategies for both singles and doubles in intercollegiate tennis.

SPORT 386 Off Season Conditioning for Tennis

Units:

0.5 - 3

Hours:

27 - 162 hours LAB

Prerequisite:

None.

Enrollment Limitation:

Enrollment in the course is subject to a tryout conducted by the instructor.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This course prepares the intercollegiate tennis player for the competitive season and is intended to reduce the risk of injury. Course content includes collegiate level tennis specific skill development, aerobic conditioning, sport specific strength training, agility, plyometrics, speed training, and joint flexibility along with associated activities to prepare the athlete physically and mentally. Student will be required to provide their own racket and tennis appropriate attire. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate increased cardiovascular endurance, flexibility, and strength.
- perform and execute various baseline shots directed to specific targets on the court.
- explain and demonstrate tactics and strategies as they relate to both singles and doubles play.
- apply safety techniques and training along with tennis etiquette to workouts.

SPORT 403 Pre-Season Conditioning for Volleyball

Units:

0.5 - 3

Hours:

27 - 162 hours LAB

Prerequisite:

None.

Enrollment Limitation:

Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course. It is advised that athletes taking this course have participated at the varsity level in high school or competed on a summer travel team.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for volleyball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition. Students will be required to provide appropriate volleyball attire, shoes, and kneepads. This course may be taken up to four times.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate improved anaerobic training in fitness tests and drills.
- execute offensive and defensive skills correctly.
- implement appropriate offensive and defensive strategies in game-like situations.
- demonstrate improvement in strength training exercises.
- execute speed, agility, and quickness drills correctly.

SPORT 405 Volleyball, Intercollegiate-Women

Units:
Hours:
Prerequisite:
Enrollment Limitation:
Transferable:
General Education:
Catalog Date:

3

175 hours LAB

None.

Prior to enrollment, the student must be physically cleared through the Athletic Training Room with appropriate physical paperwork. The student must also be eligibility cleared through the Athletic Department with appropriate paperwork. The prospective athlete will demonstrate intercollegiate athletic skills determined by a tryout conducted by the coaching staff.

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

AA/AS Area III(a); CSU Area E2

June 1, 2019

This is an advanced, competitive volleyball team activity that provides competition with other community college teams. Fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition will be expected of the competitors. Students will be required to provide their own volleyball appropriate attire, shoes, and knee pads. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an understanding of individual and team volleyball skills, strategies, and tactics that are appropriate for intercollegiate athletic practice and competition.
- demonstrate an understanding of game etiquette and sportsmanship in a highly competitive intercollegiate environment.
- demonstrate an understanding of one's level of volleyball fitness practicing appropriate strength and conditioning exercises.
- demonstrate an understanding of volleyball teamwork and appreciation of the sport of volleyball.

SPORT 406 Off Season Conditioning for Volleyball

Units:
Hours:
Prerequisite:
Enrollment Limitation:

0.5 - 3

27 - 162 hours LAB

None.

Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course. It is advised that

	athletes taking this course have participated at the varsity level in high school or competed on a summer travel team.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course provides training and technical skill development specific to the sport of volleyball for off-season student-athletes. Topics include skill development, strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. Students will be required to provide appropriate volleyball attire, shoes, and kneepads. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing various drills for volleyball.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper form in strength, plyometric, and agility training techniques.
- demonstrate proper form in functional sport-specific drills.

SPORT 408 Intercollegiate Beach Volleyball

Units:	3
Hours:	162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Prior to enrollment, the student must be physically cleared through the Athletic Training Room with appropriate physical paperwork. The student must also be eligibility cleared through the Athletic Department with appropriate paperwork. Prior to enrollment, the student must demonstrate intercollegiate athletic skills as determined by a tryout conducted by the coaching staff.
Transferable:	CSU
General Education:	AA/AS Area III(a); CSU Area E2 (effective Fall 2019)
Catalog Date:	June 1, 2019

This course is an advanced beach volleyball team activity for female student athletes which provides an opportunity for competition against other community college teams. This course is designed to build student athletes' beach volleyball fundamentals and skills, review rules, and teach individual and/or team strategies appropriate to intercollegiate athletics competition. This course offers students the opportunity to train and develop necessary skills needed to compete in intercollegiate beach volleyball. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- exhibit the necessary skills, included but not limited to, passing, serving, setting and attacking necessary to compete in beach volleyball at the intercollegiate level.
- demonstrate an advanced understanding of competitive strategies and tactics used in the game of beach volleyball.
- demonstrate the ability to self evaluate both practice and match performance and apply the information to increase proficiency in advanced beach volleyball skills.
- increase in physical strength, endurance, and functional mobility.
- Student athletes will understand and apply CCCAA beach volleyball rules in competition as well as demonstrate proper etiquette and sportsmanship during practice and competition.

Team Activity (TMACT)

TMACT 302 Soccer - Outdoor

Units:	1
Hours:	54 hours LAB
Course Family:	Soccer (http://www.flc.losrios.edu/course-families#id_100023)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

The purpose of this course is to provide students with the basic knowledge and skills needed to play outdoor soccer. This course emphasizes defense, offense, passing, ball control, heading, and shooting. It covers the skills, strategy, tactics, and rules that govern the play of outdoor soccer. Students will be required to purchase appropriate shoes for field turf and shin guards.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply and demonstrate basic soccer skills and techniques.
- apply and demonstrate basic soccer game tactics.
- develop physical skills that are required for success in the game of soccer.
- recognize and apply the sociological and psychological skills needed for success in a team sport environment.

TMACT 303 Outdoor Soccer II

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Advisory:	TMACT 302 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course emphasizes an intermediate level of technical skills, tactical knowledge, and rules, as well as defensive and offensive patterns of play. Students will need to provide themselves with appropriate soccer attire, cleats, and shin guards.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- understand and demonstrate intermediate technical skills such as double cut, twist off, hook turn, pull-push, double scissors, double side step in dribble, and driven, lofted, chip, back heel, and head pass in passing.
- execute and demonstrate systematic and organized offensive patterns.
- execute and demonstrate organized zone defense systems.
- apply standard training concepts to improve physical fitness levels adequate for the performance of intermediate soccer skills.
- understand rules of the game based on the currently accepted NCAA or CCCAA rule books.

TMACT 305 Futsal I

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an introductory course designed to review and practice the fundamental skills relative to the game of Futsal. Students will learn the basic rules of Futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply, analyze, and demonstrate basic futsal skills and techniques.
- apply and demonstrate basic futsal game tactics.
- develop physical skills that are required for success in the game of futsal.
- recognize and apply the sociological and psychological skills needed for success in a team sport environment.

TMACT 306 Futsal II

Units:	1
Hours:	54 hours LAB
Prerequisite:	TMACT 305 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This course covers the intermediate-level player knowledge and skills needed to play futsal, with an emphasis in defending, attacking tactics and technical ability. It also covers the skills, strategy, and rules that govern the play of futsal.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- evaluate personal technical skills in futsal.
- apply intermediate technical and tactical game strategies for futsal.
- employ offensive as well as defensive systems and formations for futsal.
- explain and employ futsal rules.

TMACT 320 Basketball

Units:	1
Hours:	54 hours LAB
Course Family:	Basketball (http://www.flc.losrios.edu/course-families#id_100024)
Prerequisite:	None.
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This is a beginning basketball course. Instruction, demonstration, and participation will provide the student with ample knowledge of beginning level basketball. This course will cover the individual fundamental skills of basketball, including: shooting, passing, ball-handling, individual defense, and rebounding. Rules, tactics, and etiquette of the game will be introduced.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate beginning level individual basketball-related skills including shooting, passing, ball-handling, rebounding, and defensive techniques.
- adapt to changing game situations within an informal basketball game.
- demonstrate proper etiquette and sportsmanship during drills and during competition.
- demonstrate an understanding of the rules and regulations of the game of basketball.

TMACT 321 Basketball II

Units:

1

Hours:

54 hours LAB

Course Family:

Basketball (http://www.flc.losrios.edu/course-families#id_100024)

Prerequisite:

TMACT 320 with a grade of "C" or better

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This is an intermediate basketball course. Instruction, demonstration, and participation will provide the student with an understanding of intermediate level basketball. This course will cover intermediate level skills and tactics of basketball.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate intermediate level individual basketball-related skills including shooting, passing, ball-handling, rebounding, and defensive techniques.
- apply individual skills with similarly skilled intermediate basketball players in an informal team environment.
- demonstrate knowledge of intermediate level team offense and team defense.
- demonstrate proper sportsmanship during drills and competition.

TMACT 330 Volleyball

Units:

1

Hours:

54 hours LAB

Course Family:

Volleyball (http://www.flc.losrios.edu/course-families#id_100025)

Prerequisite:

None.

Transferable:

CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)

General Education:

AA/AS Area III(a); CSU Area E2

Catalog Date:

June 1, 2019

This is a beginning volleyball class. Lecture, demonstration and participation will provide the student with sufficient knowledge for continued participation in volleyball. The fundamentals of passing,

setting, serving, attacking, blocking, digging, rules of play and simple strategies will be covered.

Appropriate athletic attire, volleyball shoes or indoor gym shoes, kneepads, and instructor generated handouts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply basic knowledge and learned skills to enjoy the sport of volleyball.
- explain the relationship between volleyball and wellness.
- identify the importance of team work.
- identify the basic offensive and defensive team tactics.

TMACT 331 Volleyball II

Units:	1
Hours:	54 hours LAB
Course Family:	Volleyball (http://www.flc.losrios.edu/course-families#id_100025)
Prerequisite:	TMACT 330 with a grade of "C" or better
Transferable:	CSU; UC (The UC campuses will accept up to 4 units of physical education activity courses)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	June 1, 2019

This is an intermediate volleyball class. Lecture, demonstration and participation will provide the student with sufficient knowledge for continued participation in volleyball. This class will focus on refining basic skills, introducing more complicated techniques and teaching more advanced strategies.

Appropriate athletic attire, cross-training shoes or running shoes and kneepads are required.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply basic and intermediate level knowledge and learned skills to enjoy the sport of volleyball.
- identify the offensive and defensive systems.
- design and implement a basic game plan in match competition.
- identify the importance of team work.
- explain the relationship between volleyball and wellness.

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