

# ATHLETICS (ATH)

## ATH 200L 3.0 UNITS

### Baseball, Men

Class Hours: 10.0 Laboratory  
Total Contact Hours: 180 Laboratory

This course is designed to develop the student for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PE activity courses combined: maximum credit, 4 units.

## ATH 201LA 1.0 UNITS

### Baseball, Men, Off Season Intercollegiate

Class Hours: 3.0 Laboratory  
Total Contact Hours: 54 Laboratory

This course is designed to develop the student in the off season for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 201LB 2.0 UNITS

### Baseball, Men, Off Season Intercollegiate

Class Hours: 6.0 Laboratory  
Total Contact Hours: 108 Laboratory

This course is designed to develop the student in the off season for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 201LC 3.0 UNITS

### Baseball, Men, Off Season Intercollegiate

Class Hours: 9.0 Laboratory  
Total Contact Hours: 162 Laboratory

This course is designed to develop the student in the off season for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 202L 3.0 UNITS

### Basketball, Men

Class Hours: 10.0 Laboratory  
Total Contact Hours: 180 Laboratory

This course will include training for intercollegiate competition in men's basketball. It includes daily practice of two hours plus an intercollegiate game schedule. Conditioning for competition will be stressed.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 203LA 1.0 UNITS

### Basketball, Men Off Season Intercollegiate

Class Hours: 3.0 Laboratory  
Total Contact Hours: 54 Laboratory

This course is designed to provide off-season training for intercollegiate competition in basketball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 203LB 2.0 UNITS

### Basketball, Men, Off Season Intercollegiate

Class Hours: 6.0 Laboratory  
Total Contact Hours: 108 Laboratory

This course is designed to provide off-season training for intercollegiate competition in basketball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 203LC 3.0 UNITS

### Basketball, Men, Off Season Intercollegiate

Class Hours: 9.0 Laboratory  
Total Contact Hours: 162 Laboratory

This course is designed to provide off-season training for intercollegiate competition in basketball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 204L 1.5 UNITS

### Basketball, Women

Class Hours: 4.9 Laboratory  
Total Contact Hours: 87.5 Laboratory

This course will include training for intercollegiate competition in women's basketball. It includes daily practice of two hours plus an intercollegiate game schedule. Conditioning for competition will be stressed.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

## ATH 205LA 1.0 UNITS

### Basketball, Women, Off Season Intercollegiate

Class Hours: 3.0 Laboratory  
Total Contact Hours: 54 Laboratory

This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

<p><b>ATH 205LB</b>  <b>Basketball, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 207LA</b>  <b>Cross Country, Men, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>ATH 205LC</b>  <b>Basketball, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 207LB</b>  <b>Cross Country, Men, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>ATH 205LD</b>  <b>Basketball, Women, Off Season Intercollegiate</b>            Class Hours: 1.5 Laboratory            Total Contact Hours: 27 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>0.5 UNITS</b></p>	<p><b>ATH 207LC</b>  <b>Cross Country, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 205LE</b>  <b>Basketball, Women, Off-Season, Intercollegiate</b>            Class Hours: 4.5 Laboratory            Total Contact Hours: 81 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>	<p><b>ATH 208L</b>  <b>Cross Country, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to provide training for women in intercollegiate competition in cross country.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 206L</b>  <b>Cross Country, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>The course is designed to develop the student for intercollegiate competition in cross country running. Proper warm-up exercises and conditioning will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 209LA</b>  <b>Cross Country, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>

<p><b>ATH 209LB</b>  <b>Cross Country, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>The course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 211LC</b>  <b>Football, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in football. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 209LC</b>  <b>Cross Country, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>The course is designed to provide off season training for intercollegiate competition in cross country running. Conditioning, skills, technique, proper warm-up exercises and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 212L</b>  <b>Soccer, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to provide training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 210L</b>  <b>Football, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to provide training for intercollegiate competition in football. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 213LA</b>  <b>Soccer, Men, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>ATH 211LA</b>  <b>Football, Men, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in football. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>ATH 213LB</b>  <b>Soccer, Men, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>ATH 211LB</b>  <b>Football, Men, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in football. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 213LC</b>  <b>Soccer, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>

<p><b>ATH 214L</b>  <b>Soccer, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>Training for intercollegiate competition in soccer.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 217LA</b>  <b>Softball, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in softball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>ATH 215LA</b>  <b>Soccer, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>ATH 217LB</b>  <b>Softball, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in softball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>ATH 215LB</b>  <b>Soccer, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 217LC</b>  <b>Softball, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in softball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 215LC</b>  <b>Soccer, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in soccer. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 218L</b>  <b>Swimming, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>Training for intercollegiate competition in swimming.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 216L</b>  <b>Softball, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>Training for intercollegiate competition in women's softball.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 219LA</b>  <b>Swimming, Men, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in swimming for men. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>

<b>ATH 219LB</b> <b>Swimming, Men Off Season Intercollegiate</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	<b>2.0 UNITS</b>	<b>ATH 221LC</b> <b>Swimming, Women, Off Season Intercollegiate</b> Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	<b>3.0 UNITS</b>
<p>This course is designed to provide off-season training for intercollegiate competition in swimming for men. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		<p>This course is designed to provide off-season training for intercollegiate competition in swimming for women. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.	
<b>ATH 219LC</b> <b>Swimming, Men, Off Season Intercollegiate</b> Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	<b>3.0 UNITS</b>	<b>ATH 221LD</b> <b>Swimming, Women, Off Season Intercollegiate</b> Class Hours: 1.5 Laboratory Total Contact Hours: 27 Laboratory	<b>0.5 UNITS</b>
<p>This course is designed to provide off-season training for intercollegiate competition in swimming for men. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		<p>This course is designed to provide off-season training for intercollegiate competition in swimming for women. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.	
<b>ATH 220L</b> <b>Swimming, Women</b> Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	<b>3.0 UNITS</b>	<b>ATH 222L</b> <b>Tennis, Men</b> Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	<b>3.0 UNITS</b>
<p>This course is designed to provide training for women in intercollegiate competitive swimming. Emphasis will be on conditioning and stroke analysis.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		<p>This course is designed to provide training for intercollegiate competition in tennis for men. Conditioning skills, techniques, court strategy, and rules of play will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.	
<b>ATH 221LA</b> <b>Swimming, Women, Off Season Intercollegiate</b> Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory	<b>1.0 UNITS</b>	<b>ATH 223LA</b> <b>Tennis, Men, Off Season Intercollegiate</b> Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory	<b>1.0 UNITS</b>
<p>This course is designed to provide off-season training for intercollegiate competition in swimming for women. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		<p>This course is designed to provide off-season training for intercollegiate competition in tennis for men. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.	
<b>ATH 221LB</b> <b>Swimming, Women, Off Season Intercollegiate</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	<b>2.0 UNITS</b>	<b>ATH 223LB</b> <b>Tennis, Men, Off Season Intercollegiate</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	<b>2.0 UNITS</b>
<p>This course is designed to provide off-season training for intercollegiate competition in swimming for women. Conditioning, skills, techniques, swim strategy, and sportsmanship will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		<p>This course is designed to provide off-season training for intercollegiate competition in tennis for men. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.</p> Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.	

<p><b>ATH 223LC</b>  <b>Tennis, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for men. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 225LC</b>  <b>Tennis, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 223LD</b>  <b>Tennis, Men, Off Season Intercollegiate</b>            Class Hours: 1.5 Laboratory            Total Contact Hours: 27 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for men. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>0.5 UNITS</b></p>	<p><b>ATH 225LD</b>  <b>Tennis, Women, Off Season Intercollegiate</b>            Class Hours: 1.5 Laboratory            Total Contact Hours: 27 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>0.5 UNITS</b></p>
<p><b>ATH 224L</b>  <b>Tennis, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course will prepare students for competition in women's tennis. Emphasis will be on conditioning and learning competitive strategy and techniques.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 226L</b>  <b>Track and Field, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to develop the student for intercollegiate competition in Track and Field events. Individual techniques and skills for different events will be emphasized. Proper warm-up exercises for different events will be stressed.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 225LA</b>  <b>Tennis, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>ATH 227LA</b>  <b>Track and Field, Men, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>ATH 225LB</b>  <b>Tennis, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in tennis for women. Conditioning, skills, techniques, court strategy, and rules of play will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 227LB</b>  <b>Track and Field, Men, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>



<p><b>ATH 227LC</b> <b>3.0 UNITS</b>  <b>Track and Field, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>ATH 230L</b> <b>3.0 UNITS</b>  <b>Volleyball, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to provide training for intercollegiate competition in women's volleyball. It involves daily practice of two hours plus an intercollegiate match schedule. Conditioning for tournament play will be stress.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>ATH 228L</b> <b>3.0 UNITS</b>  <b>Track and Field, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to develop the student for intercollegiate competition in Track and Field events. Individual techniques and skills for different events will be emphasized. Proper warm-up exercises for different events will be stressed.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>ATH 231LA</b> <b>1.0 UNITS</b>  <b>Volleyball, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in volleyball for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>ATH 229LA</b> <b>1.0 UNITS</b>  <b>Track and Field, Women Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>ATH 231LB</b> <b>2.0 UNITS</b>  <b>Volleyball, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in volleyball for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>ATH 229LB</b> <b>2.0 UNITS</b>  <b>Track and Field, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>ATH 231LC</b> <b>3.0 UNITS</b>  <b>Volleyball, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in volleyball for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>ATH 229LC</b> <b>3.0 UNITS</b>  <b>Track and Field, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in track and field for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>ATH 232L</b> <b>3.0 UNITS</b>  <b>Water Polo, Men</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>Training for intercollegiate competition in water polo.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>

<p><b>ATH 233LA</b>  <b>Water Polo, Men Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>ATH 235LB</b>  <b>Water Polo, Women, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>ATH 233LB</b>  <b>Water Polo, Men, Off Season Intercollegiate</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>ATH 235LC</b>  <b>Water Polo, Women, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 233LC</b>  <b>Water Polo, Men, Off Season Intercollegiate</b>            Class Hours: 9.0 Laboratory            Total Contact Hours: 162 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for men. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 235LD</b>  <b>Water Polo, Women, Off Season Intercollegiate</b>            Class Hours: 1.5 Laboratory            Total Contact Hours: 27 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>0.5 UNITS</b></p>
<p><b>ATH 234L</b>  <b>Water Polo, Women</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>Training for intercollegiate competition in water polo.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>	<p><b>ATH 236L</b>  <b>Wrestling</b>            Class Hours: 10.0 Laboratory            Total Contact Hours: 180 Laboratory</p> <p>This course is designed to provide training for intercollegiate competition in wrestling. Individual skills, proper conditioning, and warm-up exercises will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>3.0 UNITS</b></p>
<p><b>ATH 235LA</b>  <b>Water Polo, Women, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in water polo for women. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>ATH 237LA</b>  <b>Wrestling, Off Season Intercollegiate</b>            Class Hours: 3.0 Laboratory            Total Contact Hours: 54 Laboratory</p> <p>This course is designed to provide off-season training for intercollegiate competition in wrestling. Individual skills, proper conditioning, and warm-up exercises will be emphasized.            Transfer Credit: CSU; UC*            *Any or all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>



**ATH 237LB****2.0 UNITS****Wrestling, Off Season Intercollegiate**

Class Hours: 6.0 Laboratory

Total Contact Hours: 108 Laboratory

This course is designed to provide off-season training for intercollegiate competition in wrestling. Individual skills, proper conditioning, and warm-up exercises will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

**ATH 237LC****3.0 UNITS****Wrestling, Off Season Intercollegiate**

Class Hours: 9.0 Laboratory

Total Contact Hours: 162 Laboratory

This course is designed to provide off-season training for intercollegiate competition in wrestling. Individual skills, proper conditioning, and warm-up exercises will be emphasized.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

**ATH 240****3.0 UNITS****Cheerleading**

Class Hours: 9.0 Laboratory

Total Contact Hours: 162 Laboratory

Prerequisite: Tryout will include sideline cheer, dance performance and skills demonstration. This course is designed for the cheerleaders to develop skills in leadership, flexibility, stunting, dance technique, and crowd motivation. Performance is mandatory at school athletic events and campus functions.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

**ATH 241****2.0 UNITS****Cheerleading, Off-Season**

Class Hours: 6.0 Laboratory

Total Contact Hours: 108 Laboratory

Prerequisite: Tryout will include sideline cheer, dance performance and skills demonstration. This course will involve sport specific training and technical skill development for cheerleaders. There will be a concentration on developing fundamental cheer concepts with emphasis on cardiovascular conditioning, body movement, flexibility and nutrition.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

**ATH 242****2.0 UNITS****Cheerleading Competition**

Class Hours: 6.0 Laboratory

Total Contact Hours: 108 Laboratory

Prerequisite: Tryout will include sideline cheer, dance performance and skills demonstration. This course is designed for competition cheerleaders to develop skills in tumbling, advanced stunting, dance technique, choreography, and competitions. Performance is mandatory at school athletic events, campus functions and competitions.

Transfer Credit: CSU; UC\*

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.

**ATH 244****3.0 UNITS****Beach Volleyball**

Class Hours: 10.0 Laboratory

Total Contact Hours: 180 Laboratory

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's beach volleyball. Students will be required to spend a minimum of 10 hours per week preparing for competition with other colleges.

Transfer Credit: CSU

\*Any or all of these PEX activity courses combined: maximum credit, 4 units.