ATHLETICS (ATH)	ATH 203LA 1.0 UNITS Basketball, Men Off Season Intercollegiate		
	Class Hours: 3.0 Laboratory		
ATH 200L 3.0 UNIT Baseball, Men			
Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	This course is designed to provide off-season training for intercollegiate competition in basketball. Individual skill techniques, good		
This course is designed to develop the student for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play	sportsmanship, team play, and strategy will be emphasized. Transfer Credit: CSU; UC* // *Any or all of these PEX activity courses combined: maximum credit, 4		
and strategy will be emphasized. Transfer Credit: CSU; UC*	units.		
*Any or all of these PE activity courses combined: maximum credit, 4 units.	ATH 203LB 2.0 UNITS Basketball, Men, Off Season Intercollegiate Class Hours: 6.0 Laboratory		
ATH 201LA 1.0 UNIT Baseball, Men, Off Season Intercollegiate			
Class Hours: 3.0 Laboratory	This course is designed to provide off-season training for intercollegiate		
Total Contact Hours: 54 Laboratory	competition in basketball. Individual skill techniques, good sportsmanship, team play, and strategy will be emphasized.		
This course is designed to develop the student in the off season for intercollegiate competition in baseball. Skill techniques, good	Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4		
sportsmanship, team play, and strategy will be emphasized. Transfer Credit: CSU; UC*	units.		
*Any or all of these PEX activity courses combined: maximum credit, 4	ATH 203LC 3.0 UNITS		
units.	Basketball, Men, Off Season Intercollegiate Class Hours: 9.0 Laboratory		
ATH 201LB 2.0 UNIT			
Baseball, Men, Off Season Intercollegiate			
Class Hours: 6.0 Laboratory	This course is designed to provide off-season training for intercollegiate		
Total Contact Hours: 108 Laboratory	competition in basketball. Individual skill techniques, good		
This course is designed to develop the student in the off season	sportsmanship, team play, and strategy will be emphasized. Transfer Credit: CSU; UC*		
for intercollegiate competition in baseball. Skill techniques, good	*Any or all of these PEX activity courses combined: maximum credit, 4		
sportsmanship, team play, and strategy will be emphasized. Transfer Credit: CSU; UC*	units.		
*Any or all of these PEX activity courses combined: maximum credit, 4	ATH 204L 1.5 UNITS Basketball, Women		
units.	Class Hours: 4.9 Laboratory		
ATH 201LC 3.0 UNIT			
Baseball, Men, Off Season Intercollegiate			
Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	This course will include training for intercollegiate competition in women's basketball. It includes daily practice of two hours plus an		
This cannot include a develop the student in the stift of the second	intercollegiate game schedule. Conditioning for competition will be		
This course is designed to develop the student in the off season	stressed.		
for intercollegiate competition in baseball. Skill techniques, good sportsmanship, team play, and strategy will be emphasized. Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.		
*Any or all of these PEX activity courses combined: maximum credit, 4 units.	ATH 205LA 1.0 UNITS		
	Basketball, Women, Off Season Intercollegiate		
ATH 202L 3.0 UNIT			
Basketball, Men Class Hours: 10.0 Laboratory	Total Contact Hours: 54 Laboratory		
Total Contact Hours: 180 Laboratory	This course is designed to provide off-season training for intercollegiate competition in basketball for women. Conditioning, skills, techniques,		
This course will include training for intercollegiate competition in men's basketball. It includes daily practice of two hours plus an intercollegiate	competition in basketban for women. Conditioning, skins, techniques, court strategy, and rules of play will be emphasized. Transfer Credit: CSU; UC*		
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.		
*Any or all of these PEX activity courses combined: maximum credit, 4			

units.

ATH 205LB 2.0 UNITS Basketball, Women, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	ATH 207LA1.0 UNITSCross Country, Men, Off Season IntercollegiateClass Hours: 3.0 LaboratoryTotal Contact Hours: 54 Laboratory	
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off season training for intercollegiate	
competition in basketball for women. Conditioning, skills, techniques,	competition in cross country running. Conditioning, skills, technique,	
court strategy, and rules of play will be emphasized.	proper warm-up exercises and rules of play will be emphasized.	
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*	
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4	
units.	units.	
ATH 205LC 3.0 UNITS	ATH 207LB 2.0 UNITS	
Basketball, Women, Off Season Intercollegiate	Cross Country, Men, Off Season Intercollegiate	
Class Hours: 9.0 Laboratory	Class Hours: 6.0 Laboratory	
Total Contact Hours: 162 Laboratory	Total Contact Hours: 108 Laboratory	
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off season training for intercollegiate	
competition in basketball for women. Conditioning, skills, techniques,	competition in cross country running. Conditioning, skills, technique,	
court strategy, and rules of play will be emphasized.	proper warm-up exercises and rules of play will be emphasized.	
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*	
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4	
units.	units.	
ATH 205LD0.5 UNITSBasketball, Women, Off Season IntercollegiateClass Hours: 1.5 LaboratoryClass Hours: 1.5 LaboratoryTotal Contact Hours: 27 Laboratory	ATH 207LC3.0 UNITSCross Country, Men, Off Season IntercollegiateClass Hours: 9.0 LaboratoryTotal Contact Hours: 162 Laboratory	
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off season training for intercollegiate	
competition in basketball for women. Conditioning, skills, techniques,	competition in cross country running. Conditioning, skills, technique,	
court strategy, and rules of play will be emphasized.	proper warm-up exercises and rules of play will be emphasized.	
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*	
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4	
units.	units.	
ATH 205LE1.5 UNITSBasketball, Women, Off-Season, IntercollegiateClass Hours: 4.5 LaboratoryTotal Contact Hours: 81 Laboratory	ATH 208L3.0 UNITSCross Country, WomenClass Hours: 10.0 LaboratoryTotal Contact Hours: 180 Laboratory	
This course is designed to provide off-season training for intercollegiate	This course is designed to provide training for women in intercollegiate	
competition in basketball for women. Conditioning, skills, techniques,	competition in cross country.	
court strategy, and rules of play will be emphasized.	Transfer Credit: CSU; UC*	
Transfer Credit: CSU; UC*	*Any or all of these PEX activity courses combined: maximum credit, 4	
*Any or all of these PEX activity courses combined: maximum credit, 4	units.	
units. ATH 206L 3.0 UNITS Cross Country, Men Class Hours: 10.0 Laboratory Total Context Usure: 190 Laboratory	ATH 209LA1.0 UNITSCross Country, Women, Off Season IntercollegiateClass Hours: 3.0 LaboratoryTotal Contact Hours: 54 Laboratory	
Total Contact Hours: 180 Laboratory 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.	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.	

ATH 209LB 2. Cross Country, Women, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	0 UNITS	ATH 211LC 3.0 UNITS Football, Men, Off Season Intercollegiate Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	
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.		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.	
	0 UNITS	ATH 212L 3.0 UNITS Soccer, Men Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	
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.		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.	
ATH 210L 3. Football, Men Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	0 UNITS	ATH 213LA 1.0 UNITS Soccer, Men, Off Season Intercollegiate Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory	
This course is designed to provide training for intercollegiate com in football. Individual skill techniques, good sportsmanship, team and strategy will be emphasized. Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum cre units.	play,	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.	
ATH 211LA1.Football, Men, Off Season Intercollegiate1.Class Hours: 3.0 Laboratory1.Total Contact Hours: 54 Laboratory	0 UNITS	ATH 213LB 2.0 UNITS Soccer, Men, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	
This course is designed to provide off-season training for intercoll competition in football. Individual skill techniques, good sportsma team play, and strategy will be emphasized. Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum cre units.	anship,	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.	
ATH 211LB 2. Football, Men, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory	0 UNITS	ATH 213LC 3.0 UNITS Soccer, Men, Off Season Intercollegiate Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	
This course is designed to provide off-season training for intercoll competition in football. Individual skill techniques, good sportsma team play, and strategy will be emphasized. Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum cre	anship,	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	

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

units.

ATH 214L 3.0 UNITS Soccer, Women Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	ATH 217LA 1.0 UNITS Softball, Women, Off Season Intercollegiate Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory
Training for intercollegiate competition in soccer. Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units. ATH 215LA 1.0 UNITS	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
Soccer, 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 soccer. Individual skill techniques, good sportsmanship,	units. ATH 217LB 2.0 UNITS Softball, Women, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory
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 215LB 2.0 UNITS	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
Soccer, Women, Off Season Intercollegiate Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory This course is designed to provide off-season training for intercollegiate	units. ATH 217LC 3.0 UNITS Softball, Women, Off Season Intercollegiate Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory
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.	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*
ATH 215LC3.0 UNITSSoccer, Women, Off Season IntercollegiateClass Hours: 9.0 LaboratoryTotal Contact Hours: 162 Laboratory	*Any or all of these PEX activity courses combined: maximum credit, 4 units. ATH 218L 3.0 UNITS Swimming, Men
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.	Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory Training for intercollegiate competition in swimming. Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum credit, 4 units.
ATH 216L 3.0 UNITS Softball, Women Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory	ATH 219LA 1.0 UNITS Swimming, Men, Off Season Intercollegiate 1.0 UNITS Class Hours: 3.0 Laboratory 1.0 UNITS Total Contact Hours: 54 Laboratory 1.0 UNITS
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.	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

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

ATH 219LB2.0 UNITSSwimming, Men Off Season IntercollegiateClass Hours: 6.0 LaboratoryTotal Contact Hours: 108 Laboratory	ATH 221LC3.0 UNITSSwimming, Women, Off Season IntercollegiateClass Hours: 9.0 LaboratoryTotal Contact Hours: 162 Laboratory
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off-season training for intercollegiate
competition in swimming for men. Conditioning, skills, techniques, swim	competition in swimming for women. Conditioning, skills, techniques,
strategy, and sportsmanship will be emphasized.	swim strategy, and sportsmanship will be emphasized.
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4
units. ATH 219LC 3.0 UNITS Swimming, Men, Off Season Intercollegiate Class Hours: 9.0 Laboratory Total Contact Hours: 162 Laboratory	units. ATH 221LD 0.5 UNITS Swimming, Women, Off Season Intercollegiate Class Hours: 1.5 Laboratory Total Contact Hours: 27 Laboratory
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off-season training for intercollegiate
competition in swimming for men. Conditioning, skills, techniques, swim	competition in swimming for women. Conditioning, skills, techniques,
strategy, and sportsmanship will be emphasized.	swim strategy, and sportsmanship will be emphasized.
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4
units.	units.
ATH 220L3.0 UNITSSwimming, WomenClass Hours: 10.0 LaboratoryTotal Contact Hours: 180 Laboratory	ATH 222L3.0 UNITSTennis, MenClass Hours: 10.0 LaboratoryTotal Contact Hours: 180 Laboratory
This course is designed to provide training for women in intercollegiate	This course is designed to provide training for intercollegiate competition
competitive swimming. Emphasis will be on conditioning and stroke	in tennis for men. Conditioning skills, techniques, court strategy, and rules
analysis.	of play will be emphasized.
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4
units.	units.
ATH 221LA1.0 UNITSSwimming, Women, Off Season IntercollegiateClass Hours: 3.0 LaboratoryTotal Contact Hours: 54 Laboratory	ATH 223LA1.0 UNITSTennis, Men, Off Season IntercollegiateClass Hours: 3.0 LaboratoryTotal Contact Hours: 54 Laboratory
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off-season training for intercollegiate
competition in swimming for women. Conditioning, skills, techniques,	competition in tennis for men. Conditioning, skills, techniques, court
swim strategy, and sportsmanship will be emphasized.	strategy, and rules of play will be emphasized.
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4
units.	units.
ATH 221LB2.0 UNITSSwimming, Women, Off Season IntercollegiateClass Hours: 6.0 LaboratoryTotal Contact Hours: 108 Laboratory	ATH 223LB2.0 UNITSTennis, Men, Off Season IntercollegiateClass Hours: 6.0 LaboratoryTotal Contact Hours: 108 Laboratory
This course is designed to provide off-season training for intercollegiate	This course is designed to provide off-season training for intercollegiate
competition in swimming for women. Conditioning, skills, techniques,	competition in tennis for men. Conditioning, skills, techniques, court
swim strategy, and sportsmanship will be emphasized.	strategy, and rules of play will be emphasized.
Transfer Credit: CSU; UC*	Transfer Credit: CSU; UC*
*Any or all of these PEX activity courses combined: maximum credit, 4	*Any or all of these PEX activity courses combined: maximum credit, 4
units.	units.

ATH 223LC3.0 UNITSTennis, Men, Off Season IntercollegiateClass Hours: 9.0 LaboratoryTotal Contact Hours: 162 Laboratory	ATH 225LC 3.0 UNITS Tennis, Women, 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 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.	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.
ATH 223LD0.5 UNITSTennis, Men, Off Season IntercollegiateClass Hours: 1.5 LaboratoryTotal Contact Hours: 27 Laboratory	ATH 225LD 0.5 UNITS Tennis, Women, Off Season Intercollegiate Class Hours: 1.5 Laboratory Total Contact Hours: 27 Laboratory 0.5 UNITS
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.	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.
ATH 224L3.0 UNITSTennis, WomenClass Hours: 10.0 LaboratoryTotal Contact Hours: 180 Laboratory	ATH 226L 3.0 UNITS Track and Field, Men Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory
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.	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
ATH 225LA 1.0 UNITS Tennis, Women, Off Season Intercollegiate	ATH 227LA 1.0 UNITS

Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory

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.

ATH 225LB

Tennis, Women, 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 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.

Track and Field, 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 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.

ATH 227LB

2.0 UNITS

2.0 UNITS

Track and Field, 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 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.

ATH 227LC

Track and Field, 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 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.

ATH 228L

Track and Field, Women Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory

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.

ATH 229LA

Track and Field, 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 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.

ATH 229LB

Track and Field, Women, 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 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.

ATH 229LC

3.0 UNITS

Track and Field, Women, 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 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.

3.0 UNITS ATH 230L

Volleyball, Women

Class Hours: 10.0 Laboratory Total Contact Hours: 180 Laboratory

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.

ATH 231LA

3.0 UNITS

1.0 UNITS

Volleyball, 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 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.

ATH 231LB

Volleyball, Women, 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 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

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

2.0 UNITS ATH 231LC

Volleyball, Women, 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 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.

ATH 232L

Water Polo, Men Class Hours: 10.0 Laboratory

Total Contact Hours: 180 Laboratory

Training for intercollegiate competition in water polo.

Transfer Credit: CSU; UC*

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

1.0 UNITS

2.0 UNITS

3.0 UNITS

3.0 UNITS

ATH 233LA	1.0 UNITS	ATH 235LB	2.0 UNITS
Water Polo, Men Off Season Intercollegiate Class Hours: 3.0 Laboratory		Water Polo, Women, Off Season Intercollegiate Class Hours: 6.0 Laboratory	
Total Contact Hours: 54 Laboratory		Total Contact Hours: 108 Laboratory	
This course is designed to provide off-season training for inte competition in water polo for men. Individual skill techniques	-	This course is designed to provide off-season training for inter competition in water polo for women. Individual skill technique	-
sportsmanship, team play, and strategy will be emphasized.	, yoou	sportsmanship, team play, and strategy will be emphasized.	es, goou
Transfer Credit: CSU; UC*		Transfer Credit: CSU; UC*	
*Any or all of these PEX activity courses combined: maximun units.	n credit, 4	*Any or all of these PEX activity courses combined: maximum units.	credit, 4
ATH 233LB	2.0 UNITS	ATH 235LC	3.0 UNITS
Water Polo, Men, Off Season Intercollegiate		Water Polo, Women, Off Season Intercollegiate	
Class Hours: 6.0 Laboratory		Class Hours: 9.0 Laboratory	
Total Contact Hours: 108 Laboratory		Total Contact Hours: 162 Laboratory	
This course is designed to provide off-season training for inte	ercollegiate	This course is designed to provide off-season training for inter	collegiate
competition in water polo for men. Individual skill techniques	, good	competition in water polo for women. Individual skill technique	es, good
sportsmanship, team play, and strategy will be emphasized.		sportsmanship, team play, and strategy will be emphasized.	
Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximun	n credit 4	Transfer Credit: CSU; UC* *Any or all of these PEX activity courses combined: maximum	credit 4
units.	l'orcart, i	units.	orean, r
ATH 233LC	3.0 UNITS	ATH 235LD	0.5 UNITS
Water Polo, Men, Off Season Intercollegiate		Water Polo, Women, Off Season Intercollegiate	
Class Hours: 9.0 Laboratory		Class Hours: 1.5 Laboratory	
Total Contact Hours: 162 Laboratory		Total Contact Hours: 27 Laboratory	
This course is designed to provide off-season training for inte		This course is designed to provide off-season training for inter	
competition in water polo for men. Individual skill techniques sportsmanship, team play, and strategy will be emphasized.	, good	competition in water polo for women. Individual skill technique sportsmanship, team play, and strategy will be emphasized.	es, good
Transfer Credit: CSU; UC*		Transfer Credit: CSU; UC*	
*Any or all of these PEX activity courses combined: maximum	n credit, 4	*Any or all of these PEX activity courses combined: maximum	credit, 4
units.		units.	
ATH 234L	3.0 UNITS	ATH 236L	3.0 UNITS
Water Polo, Women Class Hours: 10.0 Laboratory		Wrestling Class Hours: 10.0 Laboratory	
Total Contact Hours: 180 Laboratory		Total Contact Hours: 180 Laboratory	
Training for intercollegiste competition in water pole		This source is designed to provide training for intercollegists a	ompotition
Training for intercollegiate competition in water polo. Transfer Credit: CSU; UC*		This course is designed to provide training for intercollegiate c in wrestling. Individual skills, proper conditioning, and warm-up	
*Any or all of these PEX activity courses combined: maximum	n credit, 4	will be emphasized.	
units.		Transfer Credit: CSU; UC*	
ATH 235LA	1.0 UNITS	*Any or all of these PEX activity courses combined: maximum units.	credit, 4
Water Polo, Women, Off Season Intercollegiate			1.0.10070
Class Hours: 3.0 Laboratory Total Contact Hours: 54 Laboratory		ATH 237LA Wrestling, Off Season Intercollegiate	1.0 UNITS
·		Class Hours: 3.0 Laboratory	
This course is designed to provide off-season training for inte		Total Contact Hours: 54 Laboratory	
competition in water polo for women. Individual skill technique sportsmanship, team play, and strategy will be emphasized.	ies, good	This course is designed to provide off-season training for inter	collegiate
Transfer Credit: CSU; UC*		competition in wrestling. Individual skills, proper conditioning,	
*Any or all of these PEX activity courses combined: maximum	n credit, 4	up exercises will be emphasized.	
units.		Transfer Credit: CSU; UC*	
		*Any or all of these PEX activity courses combined: maximum units.	credit, 4
		unto.	

ATH 237LB

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

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

2.0 UNITS

2.0 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

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

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.

2.0 UNITS ATH 244

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

3.0 UNITS units.

3.0 UNITS