

# PHYSICAL EDUCATION (PEX)

## PEX 100 1.0 UNITS

### Fitness for Student's with Disabilities

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

This course is designed for the student who is not able to participate in virtually any physical activity course due to a disability. An individualized fitness program will be tailored to the physical abilities and disabilities of the student.

Transfer Credit: CSU; UC

\*UC: credit limits may apply. Any one of all of these PEX activity courses combined: maximum credit, 4 units.

## PEX 100A 1.0 UNITS

### Adapted Independent Exercise

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

This course is designed for the student who is not able to participate in virtually any physical activity course due to a disability. An individualized exercise program will be tailored to the physical abilities and disabilities of the student.

Transfer Credit: CSU, UC

## PEX 101 1.0 UNITS

### Wheelchair Activities

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures.

This course is designed to develop the general fitness level for the student who uses a wheelchair through a variety of modified sport activities.

Transfer Credit: CSU; UC

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

## PEX 102 1.0 UNITS

### Adapted Cardiovascular Exercises

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures.

This course is designed to provide cardiovascular fitness training.

Emphasis is on individual assessment, programming and selection of training methods including a variety of training options for wheelchair and non-wheelchair user.

Transfer Credit: CSU; UC

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

## PEX 103 1.0 UNITS

### Adapted Strength Training

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures.

This course is designed for the student who is not able to participate in the standard circuit weight training program due to a disability. An individualized weight training program will be tailored to the physical abilities and disabilities of the student.

Transfer Credit: CSU, UC\*

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

## PEX 103A 1.0 UNITS

### Adapted Circuit Weight Training

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

This course is designed to teach individuals with disabilities the fundamentals and techniques of circuit weight training with the use of machines, barbells, dumbbells, and other equipment in the development of muscular strength and endurance. This class is for students who are not able to participate in a standard circuit weight training program due to a disability.

Transfer Credit: CSU, UC

## PEX 104 1.0 UNITS

### Adapted Stretching and Relaxation

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures.

This course is designed for students with physical disabilities requiring an individualized exercise program of stretching and relaxation.

Emphasis is on individual assessment, programming, and selection of stretching and relaxation techniques to develop and improve flexibility as well as promote relaxation. Any one of all of these PEX activity courses combined: maximum credit, 4 units.

Transfer Credit: CSU; UC

## PEX 104D 1.0 UNITS

### Introduction to Adaptive Dance

Class Hours: 0.5 Lecture / 1.5 Laboratory  
Total Contact Hours: 9 Lecture / 27 Laboratory

This course introduces elements of multiple dance genres for individuals with disabilities. Students will explore the benefits of breath, components of weight-shifting and gravity, as well as rhythm and space. This course will encourage proprioception, mind body connection, and coordination, and decision-making through choreographic choices. This course is not open to students who have completed DANC 102.

Transfer Credit: CSU; UC

<p><b>PEX 105</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Swimming</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures. This course is designed for the student who is unable to participate in a regular swimming course due to a disability. Improvement in basic swimming and water safety skills along with other pool activities such as aquatic strength training and mobility activities will be included.            Transfer Credit: CSU; UC            *Any one of all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 107A</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Soccer</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class is designed to introduce theory and practice in the fundamental skills and techniques of full size games, short field games, and power soccer for individuals with a disability. Skills and techniques will be tailored to the student's individual ability levels.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 106</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Aquatic Exercise</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures. This course is designed for the student who is unable to participate in a regular aquatic exercise course due to a disability. Improvement in the components of fitness and basic water safety skills along with other pool activities such as basic swimming mechanics will be included.            Transfer Credit: CSU;UC*            *Any one of all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 108</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Individual Sports</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures. This course is designed for students with disabilities requiring assistance and equipment adaptation to participate in individual sports. The course will provide activities to develop general fitness as well as skill and knowledge in a variety of individual sports.            Transfer Credit: CSU; UC*            *Any one of all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 106A</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Aquatic Group Fitness</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide group aquatic fitness training. This class will meet the needs of students who want practical instruction in ways to improve their cardiovascular endurance, muscular strength and endurance, and flexibility through various aerobic, strength, and flexibility exercises in the water including a variety of training options for various ability and mobility levels. No swimming skills are required.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 109</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Group Fitness</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide group fitness training. This class will meet the needs of students who want practical instruction in ways to improve their cardiovascular endurance, muscular strength and endurance, and flexibility through various aerobic, strength, and flexibility exercises including a variety of training options for various ability and mobility levels.            Transfer Credit: CSU; UC*            *Any one of all of these PEX activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 107</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Adapted Team Sports</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Recommendation: Completed adapted physical education physician health clearance for participation, adapted physical education health history questionnaire, intake interview assessment procedures. This course is designed for students with disabilities requiring assistance and equipment adaptation to participate in team sports. The course will provide activities to develop general fitness as well as skill and knowledge in a variety of team sports.            Transfer Credit: CSU;UC*            *Any one of all of these PEX activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 110</b> <span style="float: right;"><b>1.5 UNITS</b></span>  <b>Aerobic Activities</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This course is designed to meet the needs of students who want practical instruction in ways to improve their cardiovascular endurance, and flexibility through various aerobic activities and stretching movements. Lectures may include areas of basic nutrition, body composition, posture analysis, and principles of safe and effective exercise. This course is not open to students who have received credit in PE 132B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>

<p><b>PEX 111</b>  <b>Low Impact Aerobics</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>Students will receive practical instruction in ways to improve their cardiovascular endurance, muscular endurance, flexibility and body composition through various low impact aerobic activities. Lectures may include the areas of basic nutrition, body composition, posture analysis and principles of safe and effective exercise. This course is not open to students who have received credit in PE 132A.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>	<p><b>PEX 117</b>  <b>Aqua Zumba</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Aqua Zumba is designed to develop cardiovascular fitness using the resistance of the water as a means to develop endurance, strength, flexibility and coordination. This course combines some of the traditional elements of aqua fitness with the upbeat, Latin-infused dance moves and music. Any one of all of these PE activity courses combined: maximum credit, 4 units            Transfer Credit: CSU; UC*</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 112</b>  <b>Step Aerobics</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This course is designed as a contemporary workout to improve each participant's strength and cardiovascular fitness level through steady-state stepping movements that will improve health. Students will be exposed to a graduated, continuous system of rhythmic stepping at various platform heights, emphasizing strength, flexibility, and endurance. This class will include proper body alignment and mechanics, basic nutrition, injury prevention, strength training, and personal fitness assessment. This course is not open to students who have received credit in PE 133.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>	<p><b>PEX 118</b>  <b>Triathlon Basics</b>            Class Hours: 0.5 Lecture / 2.5 Laboratory            Total Contact Hours: 9 Lecture / 45 Laboratory</p> <p>This class studies the sport of triathlon. Students will learn the basics of swimming skills, bicycling techniques, running drills, and muscular endurance training. Participants entering this class should be at an intermediate to advanced fitness level. Upon completion of the class, participants will be able to finish a sprint distance triathlon. This course is not open to students who have received credit in PE 147.            Transfer Credit: CSU; UC</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 113</b>  <b>Zumba</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This Zumba course is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 119</b>  <b>Basic Training and Physical Conditioning</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This is a high-energy course incorporating sport-specific activities and physical drills. Training will improve sports performance, as well as have a conditioning effect. Participants entering this class should be at an intermediate to advanced fitness level.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 116</b>  <b>Water Aerobics</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This water aerobics exercise class emphasizes development of cardiorespiratory endurance, flexibility and muscle tone. No swimming skills are required. This course is not open to students who have received credit in PE 134. Any one of all of these PE activity courses combined: maximum credit, 4 units            Transfer Credit: CSU; UC*</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 120</b>  <b>Cardio Kickboxing</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This course is designed to introduce the student to the history, skills and strategies of Cardio Kickboxing/Muay Thai. It will introduce concepts of proper warm up, cool down and stretches. It will provide an overview of effective offensive and defensive combative techniques achieved through participating in Cardio Kickboxing/Muay Thai drills. Any one of all of these PE activity courses combined: maximum credit, 4 units            Transfer Credit: CSU; UC*</p>	<p><b>1.5 UNITS</b></p>

<p><b>PEX 121</b>  <b>High-Intensity Interval Training</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Recommendation: Students should be able to participate safely in a high-intensity exercise program.            Each workout will consist of a series of 6-8 High-Intensity Exercises followed by short bouts of rest. Students will improve endurance and burn fat within a short amount of time. Each exercise can be modified for all levels of fitness and injury prevention will be stressed. Students will learn about the basic principles of fitness and wellness and the benefits of High-Intensity Interval Training.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 130</b>  <b>Weight Management</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide strategies for weight management. It will include discussion in the physical, emotional, and nutritional components of a successful weight management plan and provide the opportunity for each student to establish and practice an individualized program. This course is not open to students who have received credit in PE 146.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 122</b>  <b>Cross Training and Fitness Conditioning</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This Hybrid Fitness class incorporates components for cardiovascular training, core training, weight lifting, agility, plyometrics and functional training exercises. Improvement in cardiovascular fitness, muscular strength and endurance, and flexibility will be measured.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>	<p><b>PEX 132</b>  <b>Indoor Cycling</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>Students will receive practical instruction in ways to improve their cardiorespiratory endurance, muscular endurance, flexibility, and body composition through indoor bicycling. Basic drills and intensity training will be included. Lectures may include the areas of basic nutrition, body composition, posture analysis, and principles of safe and effective exercise on an indoor bicycle. This course is not open to students who have received credit in PE 136.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 124</b>  <b>Personal Fitness Program</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed as an exercise program consisting of cardiorespiratory, stretching and weight training activities. Testing will be provided to determine physical assessment and improvement in the areas of flexibility, strength, endurance, aerobic fitness, and body composition. Each student will establish and practice his or her training program based on recommended exercises. This course is not open to students who have received credit in PE 143.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 134</b>  <b>Body Sculpting</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed as an exercise program consisting of activities to improve the participant's muscular tone, strength, endurance, and flexibility. The student will participate in body sculpting exercises using various resistance techniques and equipment. This course is not open to students who have received credit in PE 148.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 126</b>  <b>Physical Fitness Training</b>            Class Hours: 0.8 Lecture / 2.3 Laboratory            Total Contact Hours: 13.5 Lecture / 40.5 Laboratory</p> <p>This course is designed to provide knowledge, resources, and a routine that promotes fitness awareness through a progressive training regimen. The student will participate in a physical conditioning program based on the use of training principles, fitness testing, a variety of exercises, and self-awareness surveys.            Transfer Credit: CSU; UC*            *UC: credit limits may apply. Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>	<p><b>PEX 135</b>  <b>Ropes, Bands, and Suspension Training</b>            Class Hours: 1.0 Lecture / 2.0 Laboratory            Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>A class utilizing jump ropes, heavy ropes, resistance bands, calisthenics, and suspension trainers (i.e., TRX) to create a fun and interesting full body workout. Students will learn how to utilize each type of exercise/equipment safely and effectively and work towards improving in all 5 components of fitness. Lectures include the areas of basic nutrition, body composition, posture analysis, and principles of safe and effective exercise.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.5 UNITS</b></p>

<p><b>PEX 136</b>  <b>Stretching and Relaxation</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course emphasizes the development of flexibility in muscles and joints to prevent injury and improve posture and body alignment. Relaxation techniques and stretching improve general wellness as they become part of lifestyle. This course is not open to students who have received credit in PE 130.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 140</b>  <b>Jogging, Basics</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed specifically for non-runners and those who are in need of building a general fitness foundation. A preliminary training regimen will be utilized in order to achieve improvements and stability while going through the learning process. This course is not open to students who have received credit in PE 162.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 137</b>  <b>Cardio Barre Conditioning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide a complete conditioning program for the aspiring dancer or fitness enthusiast, involving exercises based on ballet-based group fitness. These exercises are designed to increase body functioning and alignment by increasing cardiovascular health, flexibility, and muscular strength. This course is not open to students who have taken DANC 137.  Transfer Credit: CSU; UC</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 141</b>  <b>Jogging for Fitness, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to be an introduction to a running program that will benefit a broad spectrum of fitness levels. This class will incorporate a weekly mileage progression with attention to running mechanics and injury prevention. This course is no open to students who have received credit in PE 149A.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 138</b>  <b>Walking for Fitness</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course will emphasize instruction and practice of walking techniques for speed, distance and endurance. Information on aerobic conditioning, heart rate, stretching, and stress reduction will be covered. This course is not open to students who have received credit in PE 131.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 142</b>  <b>Group Treadmill and Cardio Machine Training</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>A cardiovascular fitness class that incorporates treadmill running, indoor cycling, and/or indoor stair stepping with short components of resistance training. The focus of each class will rotate from cardiovascular endurance, power, or strength, followed by stretching exercises. Individual's Heart Rates will be monitored during class to assess intensity throughout and to individualize workouts.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 139</b>  <b>Walking/Jogging for Fitness</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is recommended for students who wish to increase their cardiovascular endurance and fitness foundation through a combination of walking and jogging. This course is designed to advance students from walking to jogging through a progressive workout plan. Students will improve their fitness substantially in order to begin jogging before the conclusion of the semester.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 145</b>  <b>Circuit Weight Training, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course covers the fundamentals and techniques of circuit weight training with the use of machines, barbells, dumbbells, jump ropes, and other equipment in the development of an improved level of fitness and physical condition. This course is not open to students who have received credit in PE 135A.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>

<p><b>PEX 147</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Personal Self Defense</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>A course designed to provide women with specific attitudes, knowledge and skills useful in self-defense. This course is not open to students who have received credit in PE 160.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 150</b> <span style="float: right;"><b>1.5 UNITS</b></span>  <b>Mixed Martial Arts</b>  Class Hours: 1.0 Lecture / 2.0 Laboratory  Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This course is designed to introduce the student to the skills and strategies of Mixed Martial Arts (MMA). Combative techniques will be derived from, but not limited to, Muay Thai, Brazilian Jiu Jitsu, Judo, Jeet Kune Do, Tae Kwon Do, etc. It will introduce concepts of proper warm up, cool down and stretches. It will provide an overview of effective offensive and defensive combative techniques achieved through participating in various Mixed Martial Arts drills and sparring.  Transfer Credit: CSU, UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 148</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Brazilian Jiu Jitsu</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to introduce the student to the history, skills and strategies of Brazilian Jiu Jitsu (BJJ), "The gentle art." It will introduce concepts of proper warm up, cool down and stretches. It will provide an overview of effective offensive and defensive combative techniques achieved through participating in BJJ drills and sparring.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 151</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Yoga</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is an introduction to Yoga based on basic yoga practices and principles. Instruction will include yoga postures, guided relaxation, and breathing practices. Benefits of yoga include increased flexibility, strength, balance, and body awareness, as well as stress reduction. This course is not open to students who have received credit in PE 138.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 148C</b> <span style="float: right;"><b>1.5 UNITS</b></span>  <b>Brazilian Jiu Jitsu, Conditioning</b>  Class Hours: 1.0 Lecture / 2.0 Laboratory  Total Contact Hours: 18 Lecture / 36 Laboratory</p> <p>This course is designed to improve the student's Brazilian Jiu Jitsu (BJJ) physical conditioning and fitness. It will cover strategies and movement patterns to enhance the student's skill level of Brazilian Jiu Jitsu. It will provide an overview of effective offensive and defensive combative techniques achieved through participating in BJJ drills and sparring.  Transfer Credit: CSU; UC</p>	<p><b>PEX 152</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Gentle Yoga</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course will emphasize a style of yoga that will allow the body to experience total relaxation in various postures. Various props will be used to allow passive stretching.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 149</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Tae Kwon Do, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to teach the student introductory elements of Tae Kwon Do with an emphasis on forms; eleven basic stances; three-step sparring; breakfalls; and basics of punches, blocks, and kicks. Instruction in the history and philosophy relevant to Tae Kwon Do will also be provided. This course is not open to students who have received credit in PE 161A  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 153</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Meditative – Yoga and Stress Reduction</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class is meditative yoga class as well as an introduction to mindfulness based stress reduction. Instruction will include basic yoga postures with an emphasis on mindfulness, breathing practices, mediation, guided relaxation and expanded instruction in stress reduction strategies with a weekly topic of focus. The benefits of yoga include increased flexibility, strength balance, body awareness, as well as stress reduction. Stress reduction strategies can benefit both physical and emotional health and functioning.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>

<p><b>PEX 155</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>PiYo Introduction to Pilates and Yoga</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>	<p><b>PEX 162</b> <span style="float: right;"><b>1.5 UNITS</b></span>  <b>Badminton Fitness and Technique Training</b>  Class Hours: 1.0 Lecture / 2.0 Laboratory  Total Contact Hours: 18 Lecture / 36 Laboratory</p>
<p>This course is an introduction to the basic principles of both Hatha Yoga practice and Pilates mat techniques. Instruction will include yoga postures, guided relaxation, and breathing practices and level 1 Pilates mat exercises. Benefits of yoga include increased flexibility, strength, balance, and body awareness, as well as stress reduction. The benefits of Pilates include increased circulation, flexibility and muscular strength.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p>This course will emphasize training for badminton fitness, footwork, movement, and technique covering most skill levels. Progressive badminton movement and fitness drills will be incorporated as a method to enhance the students' technical training and performance.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 156</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Pilates Conditioning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>	<p><b>PEX 163</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Baseball, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>
<p>This course is designed to provide a physical and mental conditioning program involving exercises based on the Pilates technique. These exercises are designed to increase body awareness by increasing circulation, flexibility, and muscular strength. This course is not open to students who have received credit in PE 139.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p>This course is designed to present the fundamental techniques, rules, and etiquette of the sport of baseball. This course is not open to students who have received credit in PE 175A.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 157</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Dance Conditioning and Alignment</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>	<p><b>PEX 165</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Basketball, Novice</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>
<p>This course is designed to provide a conditioning program for dance technique classes involving exercises from multiple dance conditioning-based techniques. Exercises are designed to increase dance specific body functioning, awareness and alignment by increasing strength, flexibility, and muscular strength. This course is not open to students who have completed DANC 103.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p>This course will include instruction and practice in shooting, lay-ups, dribbling, passing, footwork, defensive stance, and basic rules. This course is not open to students who have received credit in PE 176D.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 161</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Badminton, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>	<p><b>PEX 166</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Basketball, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p>
<p>Emphasis will be on fundamental strokes and court techniques for singles, doubles, and mixed doubles. This course is not open to students who have received credit in PE 154A.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p>This course will include instruction and practice in shooting, passing, offensive play, individual and team defense. This course is not open to students who have received credit in PE 176A  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
	<p><b>PEX 167</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Bowling, Beginning</b>  Class Hours: 0.5 Lecture / 1.5 Laboratory  Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>The fundamental theory, techniques, rules, etiquette and scoring of bowling will be emphasized. This course is not open to students who have received credit in PE 155A.  Transfer Credit: CSU; UC*  *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>

<p><b>PEX 169</b> <b>Song Unit</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory</p> <p>This course is designed to develop, improve and implement the skills necessary to be an effective song leader at the community college level. This course is not open to students who have received credit in PE 137. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 177</b> <b>Futsal-Indoor Soccer</b> Class Hours: 1.5 Laboratory Total Contact Hours: 27 Laboratory</p> <p>This class is designed to introduce the motor skills, fundamental techniques, decision making strategies, knowledge necessary for successful participation in indoor soccer/futsal. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 170</b> <b>Pep Unit</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory</p> <p>This course is designed to develop, improve and implement the skills necessary to be an effective cheerleader at the community college level. This course is not open to students who have received credit in PE 245. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 178</b> <b>Soccer, Beginning</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class is designed to introduce theory and practice in the fundamental skills and techniques of soccer. Proper conditioning will be stressed. This course is not open to students who have received credit in PE 179A. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 171</b> <b>Cheerleading</b> Class Hours: 6.0 Laboratory Total Contact Hours: 108 Laboratory</p> <p>This course is designed to develop individual and group cheerleading training. Students are expected to learn cheerleading techniques such as cheer development, voice projection, and routines to be performed at collegiate athletic events. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 179</b> <b>Soccer, Fitness and Technique</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class is designed to develop soccer technique through a conditioning based program. This class will incorporate soccer fitness training while building a foundation of skill development and progression. This course is not open to students who have received credit in PE 173. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 172</b> <b>Flag Football</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to teach the fundamental theory and skills involved in the game of flag football. This course is not open to students who have received credit in PE 177. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 181</b> <b>Softball, Beginning</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide students with the knowledge and practical skills necessary to effectively participate in softball. This course is not open to students who have received credit in PE 171A. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>
<p><b>PEX 176</b> <b>Golf, Beginning</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to teach fundamental techniques of grip, alignment, stance, and swing for irons, woods, and putting. This course is not open to students who have received credit in PE 156A. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>	<p><b>PEX 184</b> <b>Swimming, Novice</b> Class Hours: 0.5 Lecture / 1.5 Laboratory Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class is an introduction to the "non" swimmer. Getting students comfortable in the water is our priority. The class will introduce floating, and the freestyle stroke. This course is not open to students who have received credit in PE 150D. Transfer Credit: CSU; UC* *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>1.0 UNITS</b></p>



<p><b>PEX 185</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Swimming, Beginning</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This class will deal with mastering the fundamental swimming strokes and water safety. In addition to learning the basic strokes, this class will learn how to tread water, jump from the diving board, and dive from the side of the pool. This course is not open to students who have received credit in PE 150A.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 192</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Volleyball, Beginning</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to build on the basic fundamentals of volleyball by instruction in areas such as forearm pass, setting, hitting, and overhand serve in a practice setting and team play. This course is not open to students who have received credit in PE 172A.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 186</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Water Polo</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>The student will learn the skills of water polo, which include physical skill development, conditioning, game strategy and terminology. This course is not open to students who have received credit in PE 170.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 194</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Wrestling, Beginning</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide instruction and practice in the fundamentals of wrestling. This course is not open to students who have received credit in PE 151.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 188</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Tennis, Introduction</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to introduce students to the basic fundamentals of tennis by instruction and practice in fundamental movement skills, grips, forehand, backhand, and serve. This course is not open to students who have received credit in PE 159D.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 240</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Jogging for Fitness, Intermediate</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to build a moderate running base and improve stride mechanics through various training techniques. Training will be monitored through weekly mileage progression, heart rate training, and stride mechanics. This course is not open to students who have received credit in PE 149B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 189</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Tennis, Beginning</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course will cover fundamental stroke techniques for singles and doubles. The history of tennis, playing area, tennis vocabulary, etiquette and rules will be included. This course is not open to students who have received credit in PE 159A.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 245</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Circuit Weight Training, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course will consist of applied theory as well as physical conditioning. Students will use three types of resistance exercise to reach goals: isotonic, isometric, and isokinetic. Individual instruction will be given along with the discussion of strengths, weaknesses, and nutritional needs of each individual. This course is not open to students who have received credit in PE 135B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 191</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Volleyball, Introduction</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to introduce students to the basic fundamental of volleyball by instruction and practice in fundamental movement skills, passing, setting, hitting, and serving. This course is not open to students who have received credit in PE 172D.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	

<p><b>PEX 246</b>  <b>Olympic Weights-Power Lifting</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to prepare students for Olympic power lifting. It is an intensive power training program based on the overload principle. This course uses Olympic weights in a structured program that primarily builds power. It does not use isometric or cardio-vascular training. This course is not open to students who have received credit in PE 211.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 263</b>  <b>Baseball, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>The course is designed to improve individual techniques for baseball players. Team competitive play situations will be provided in order to increase students' skills, knowledge, and strategy. This course is not open to students who have received credit in PE 175B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>PEX 248</b>  <b>Brazilian Jiu Jitsu, Intermediate</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to advance the student's knowledge, skill and combat strategy of Brazilian Jiu Jitsu (BJJ), "The gentle art" to an intermediate level. It will strengthen the students understanding of proper warm up, cool down and stretches. It will provide an overview of effective intermediate offensive and defensive combative techniques achieved through participating in BJJ drills and sparring.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 265</b>  <b>Basketball, Intermediate</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course will provide instruction and practice in transition offense and fast break situations, offensive screening techniques away from the ball to get teammates open, these will be demonstrated in three on three basketball games. This course will introduce basic 2-3 zone defense and how to attack a 2-3 zone offensively. This course is not open to students who have received credit in PE 176C.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>PEX 249</b>  <b>Tae Kwon Do, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to continue the student's learning to the intermediate/advanced levels of Tae Kwon Do. Intermediate and advanced versions of all techniques, including basic stances, sparing, punches, blocks, and kicks, will be introduced. In addition, breakfalls and Hapkido will be introduced. This course is not open to students who have received credit in PE 161B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 266</b>  <b>Basketball, Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>Team competitive play situations will be provided in order to increase students' skills, knowledge, and strategy. This course is not open to students who have received credit in PE 176B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>
<p><b>PEX 261</b>  <b>Badminton, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed for badminton players wishing to improve skills and techniques. Emphasis will be on improving form and court strategy in offensive and defensive play. Interclass competition will be held. This course is not open to students who have received credit in PE 154B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>	<p><b>PEX 267</b>  <b>Bowling, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to help the student improve their skill in bowling by correction of individual faults, advanced lane adjustment techniques and opportunity for league competition in the class. Additional areas of knowledge will include league organization and psychology of competition. This course is not open to students who have received credit in PE 155B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>2.0 UNITS</b></p>

<p><b>PEX 271</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Stunting, Acrobatics, and Tumbling</b>            Class Hours: 6.0 Laboratory            Total Contact Hours: 108 Laboratory</p> <p>This course is designed to develop, improve and implement the stunting and acrobatic skills necessary for community college and competitive stunt cheerleading. Acrobatics and tumbling is the evolution of different forms of gymnastics with a cheerleading background. Teams would participate in events including compulsories, acrobatics, pyramid, toss, tumbling and team event.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 278</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Soccer, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>Must demonstrate some knowledge of basic soccer skills. This course is designed to deal with advanced techniques, skills, and tactics for soccer players. It is recommended for those interested in varsity competition. This course is not open to students who have received credit in PE 179B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 272</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Football, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to teach individual techniques of offense and defense in football. It is recommended for physical education majors and those interested in varsity competition. This course is not open to students who have received credit in PE 178.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 281</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Softball, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course is designed to provide students with advanced knowledge and practical skills necessary to effectively participate in fast pitch softball. Emphasis will be placed on skills which will prepare the students to compete on the intercollegiate softball team. This course is not open to students who have received credit in PE 171B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 274</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Football, Training and Techniques</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course will consist of in-season conditioning, theory of play, opponent evaluation, and goal setting for football. The student will be instructed in each of the above to develop a successful physical and mental approach to weekly. This course is not open to students who have received credit in PE 212.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 282</b> <span style="float: right;"><b>1.0 UNITS</b></span>  <b>Competitive Slow Pitch Softball</b>            Class Hours: 0.5 Lecture / 1.5 Laboratory            Total Contact Hours: 9 Lecture / 27 Laboratory</p> <p>This course is designed to provide students with the knowledge and practical skills necessary to effectively participate in slow-pitch softball. In slow-pitch softball the ball is thrown slowly, traveling in an arc. This course is not open to students who have received credit in PE 171C.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
<p><b>PEX 276</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Golf, Intermediate/Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course provides group and individualized instruction to develop and improve the more technical and advanced golf strokes. Specialized strokes include those used in sand traps, side hill and down hill lies, tee shots, and advanced putting techniques. Golf playing strategy for use on the course will be presented. Professional Golf Association (PGA) rules and etiquette will be emphasized. Students will play competitive golf in class. This course is not open to students who have received credit in PE 156B. Transfer Credit: CSU; UC*            Transfer Credit: CSU; UC            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>	<p><b>PEX 284</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Swimming, Intermediate</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course will provide intensive drills in backstroke, butterfly, breaststroke, and crawl (freestyle). Fundamentals of diving, and water polo will also be introduced. This course is not open to students who have received credit in PE 150B.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>
	<p><b>PEX 285</b> <span style="float: right;"><b>2.0 UNITS</b></span>  <b>Swimming, Advanced</b>            Class Hours: 1.0 Lecture / 3.0 Laboratory            Total Contact Hours: 18 Lecture / 54 Laboratory</p> <p>This course will challenge the swimmer with competitive training. Higher standards in racing techniques and conditioning will be covered. This course is not open to students who have received credit in PE 150C.            Transfer Credit: CSU; UC*            *Any one of all of these PE activity courses combined: maximum credit, 4 units.</p>

**PEX 288** **2.0 UNITS**

**Tennis, Intermediate**

Class Hours: 1.0 Lecture / 3.0 Laboratory

Total Contact Hours: 18 Lecture / 54 Laboratory

This course is designed to develop the student's understanding and skill of the basic fundamentals of tennis by instruction and practice in basic tennis strokes, lob shots, and strategy. This course is not open to students who have received credit in PE 159B.

Transfer Credit: CSU; UC\*

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

**PEX 289** **2.0 UNITS**

**Tennis, Advanced**

Class Hours: 1.0 Lecture / 3.0 Laboratory

Total Contact Hours: 18 Lecture / 54 Laboratory

This course is designed to develop the student's understanding and skill of advanced fundamentals of tennis by instruction and practice in all ground strokes including drop shots, lops, and overheads, and double strategy. This course is not open to students who have received credit in PE 159C.

Transfer Credit: CSU; UC\*

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

**PEX 291** **2.0 UNITS**

**Volleyball, Intermediate**

Class Hours: 1.0 Lecture / 3.0 Laboratory

Total Contact Hours: 18 Lecture / 54 Laboratory

This course designed to develop the student's understanding and skill of intermediate fundamentals of volleyball by instruction and practice in forearm pass, setting, hitting, overhand serve, blocking, and defensive play in a practice setting and team play. This course is not open to students who have received credit in PE 172B.

Transfer Credit: CSU; UC\*

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

**PEX 292** **2.0 UNITS**

**Volleyball, Advanced**

Class Hours: 1.0 Lecture / 3.0 Laboratory

Total Contact Hours: 18 Lecture / 54 Laboratory

This course is designed to develop the student's understanding and skill of advanced fundamentals of volleyball by instruction and practice in forearm pass, setting, hitting, overhand serve, team blocking, offensive play, and defensive play in a practice setting and team play. This course is not open to students who have received credit in PE 172C.

Transfer Credit: CSU; UC\*

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