PE 75  Sports Conditioning  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
This activity class is designed to improve the physical condition of male and female athletes. It includes strength training, cardiovascular endurance, plyometric training, and sport specific techniques. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 76  Marathon Training  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
This course is designed to train individuals for participation in long-distance events. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 77  Flag Football  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
Instruction in the fundamentals of flag football. Includes skills, rules, and strategy with emphasis on the application of skills and strategies in game play. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 78  Dance Repertory  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
Study, rehearse and perform choreography provided by faculty, guest artists and/or student choreographers. Opportunities to perform at informal settings at the college and various locations in the Gavilan community. The class includes dance warm up and work on technical skills improvisational study, creating choreographic studies for group and solo forms and rehearsal and performance of finished dances either for the class, college or community. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Also listed as THEA 78.

PE 79  Indoor Racket Sports  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
This coeducational class will include lessons in the net games of badminton, pickleball and table tennis. Instruction in the basic skills, rules, strategies, and application to game situations will be provided. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 80  Ultimate Frisbee  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E; GAV-GE:E1  
A coeducational activity designed for all skill levels. Includes instruction in throwing, catching, and the passing skills of ultimate frisbee. Team strategy, team play and the rules will be presented. Other disc activities, such as frisbee golf, may be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 81  Kickboxing for Fitness  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU  
This course utilizes basic kickboxing techniques and physical conditioning in a cardio exercise program. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

APE 34  Adapted Aquatic Exercise  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course is designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 34.

APE 35  Adapted Swimming for Total Fitness  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control of body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one’s basic overall well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 35.

APE 36  Adapted Physical Education  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An individualized program of adaptive physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one’s overall well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 36.

APE 38  Adapted Cardiovascular Conditioning and Training  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 38.

APE 534  Adapted Aquatic Exercise  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course is designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This is a pass/no pass course. Previously known as PE 534.

APE 535  Adapted Swimming for Total Fitness  
Units: 5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: No  
An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control over body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one’s overall well-being. May be repeated as necessary based on measurable progress as documented in the student’s educational contract. This course is pass/no pass. Previously known as PE 535.
APE 536  Adapted Physical Education  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: No  
This course provides practice and competition in intercollegiate volleyball for women. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass. Previously known as PE 536.

APE 538  Adapted Cardiovascular Conditioning & Training  
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory  
Transferable: No  
An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This is a pass/no pass course. Previously known as PE 538.

ATH 35  Basketball  
Units: 1.0 TO 3.0  Hours: 3.3 TO 10.0 Laboratory  
This course provides practice and competition in intercollegiate basketball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 36  Golf  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This course provides practice and competition in intercollegiate golf. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 38  Baseball  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This course provides practice and competition in intercollegiate baseball for men. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 42  Football  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This course provides practice and competition in intercollegiate football. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 45  Softball  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This course provides practice and competition in intercollegiate softball for women. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 46  Volleyball  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This course provides practice and competition in intercollegiate volleyball for women. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

ATH 47  Soccer  
Units: 2.0  Hours: 10.0 Laboratory  
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1  
This course provides practice and competition in intercollegiate soccer. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PSCI 1  Principles of Physical Science  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:B1, IGETC:5A; GAV-GE:B1  
An introduction to the physical sciences for the non-science major. Attention is focused on fundamental laws of nature, their development and relation to the physical world. ADVISORY: Mathematics 205 and eligible for English 250 and 260.

PSCI 2  Introduction to Meteorology  
Units: 3.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:B1, IGETC:5A; GAV-GE:B1  
An introductory course in Meteorology that is both descriptive and analytical on the physical principles affecting the earth's weather. Topics covered include the nature of the atmosphere, solar energy, heat, temperature, pressure, stability, moisture, wind, storms, severe weather and forecasting. The course introduces climatology as a scientific study and will look at the earth's climatic history, current research in climate modeling and the possibility of global climate change. ADVISORY: MATH 205.

PHYS 1  Introduction to Physics  
Units: 4.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:B1, B3, IGETC:5A; GAV-GE:B1, B3  
An introductory course to the fundamental physical principles that control the world around us. Students will explore the fundamental principles of physics, their historical development, their application to everyday phenomena, and their impact upon political, social, and environmental issues. Laboratory exercises will explore the everyday world. ADVISORY: Mathematics 205.

PHYS 2A  General Physics  
Units: 4.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:B1, B3, IGETC:5A; GAV-GE:B1, B3; CAN:PHYS2, PHYS SEQ A  
An introduction to the principles of physics using algebra and trigonometry. Topics include kinematics in one and two dimensions, vectors, equilibrium and non-equilibrium applications of Newton's Laws, work and energy, momentum, rotational kinematics and dynamics, simple harmonic motion, elasticity, thermal physics, thermodynamics, and waves. PREREQUISITE: MATH 8A or MATH 9. ADVISORY: Eligible for English 250 and 260.

PHYS 2B  General Physics  
Units: 4.0  Hours: 3.0 Lecture  
Transferable: CSU, UC; CSU-GE:B1, B3, IGETC:5A; GAV-GE:B1, B3; CAN:PHYS4, PHYS SEQ A  
An introduction to the principles of physics using algebra and trigonometry. Topics include electricity and magnetism, light and optics, modern physics, and an introduction to relativity. PREREQUISITE: Physics 2A ADVISORY: Eligible for English 250 and 260.