PHYSICAL EDUCATION: ACTIVITIES

PE 16  Swiming
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels. The course teaches the techniques of a variety of strokes and includes conditioning activities. Instruction is tailored to meet individual and group needs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 17  Golf
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels. The course teaches the techniques of golf will be covered. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 18  Tennis
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity stressing fundamentals of tennis such as forehand, backhand, serve and volley, along with the rules, etiquette and strategies of the game. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 19  Badminton
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for beginning and intermediate badminton students. Includes rules, fundamentals, and strategies of the game. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 20  Bowling
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for beginning and intermediate bowlers; fundamentals and techniques of bowling. Scoring, bowling etiquette, terminology and team bowling are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 21  Volleyball
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for beginning and intermediate volleyball students; rules, strategy and fundamentals of volleyball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 24  Individualized Weight Training
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An open laboratory for those who desire an individualized strength program using exercise machines and free weights. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 25  Soccer
Units: .5 OR 1.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels. Fundamentals, strategy and rules of the game are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 27  Basketball
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels. Fundamentals, strategy and rules of the game are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 31  Archery
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels, from the beginner to the advanced student. Fundamentals, terminology, scoring, and safety are included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 33  Walk/Run for Fitness
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
A program of walking and/or running designed to improve cardiovascular fitness and strengthen the muscles throughout the body. This course has the option of a letter grade or pass/no pass and may be repeated three times for credit.

PE 34, 35, 36, 38: see Physical Education: Adapted (APE)

PE 37  Softball
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
Co-educational activity designed for all skill levels. Rules, fundamentals, and strategy and game play will be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 39  Fencing
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
This course will explore the offensive and defensive fencing skills with a foil. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 40  Aquatic Exercise
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
A variety of exercises will be performed in shallow water to improve one’s aerobic fitness, flexibility, and strength; while at the same time providing an exercise form easy on skeletal stress. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 44  Aerobics
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
A program of aerobic fitness. Includes various forms of exercise to improve heart, health, and body composition. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 46  Agility and Motor Development
Units: 5.0  Hours: 1.5 OR 3.0 Laboratory
Transferable: CSU, UC; CSU-GE:E1; GAV-GE:E1
An activity class designed to improve and increase agility and motor development through various exercise and exercise programs. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.
PE 60 Folk Dance  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This class provides an opportunity to enjoy and become familiar with culture, music and dances of the many countries of the world. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 61 Swim for Fitness  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
Designed to develop endurance and swimming skills in order to maintain good cardiovascular/physical fitness. Intermediate swimming ability recommended. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 62 Yoga  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
Coedcational activity designed for beginning and intermediate yoga students. A program designed to improve flexibility and reduce stress by learning a series of poses and focusing on proper breathing techniques. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 63 Water Polo  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
This is a coeducational activity course designed for all skill levels. Includes drills, strategy, techniques, rules, and game play. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 64 Individualized Cardiovascular Fitness  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
A fitness program which develops cardiovascular endurance through an individualized open lab format. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 65 Baseball  
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 for students of all skill levels who desire to learn the fundamentals, mechanics, strategy and rules of the game of baseball. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 66 Dance Fundamentals  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
Designed to introduce and develop movement principles and skills necessary to perform modern dance and ballet. May also include jazz and/or tap dance. Emphasizes enjoyment of dance as a form of exercise and will include some conditioning. Basic choreography skills will be included. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 68 Bootcamp Fitness  
Units: .5 OR 1.0  
Hours: 1.5 OR 3.0 Laboratory  
Transferable: CSU, UC, CSU-GE:E1, GAV-GE:E1  
A challenging series of drills and exercises that develop, improve and increase strength, flexibility, agility and cardiovascular abilities. Designed for all levels of fitness. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.
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:E1; 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.

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.

PE 534, 535, 536, 538: see Physical Education: Adapted (APE)