

PE 7 Theory of Sports Management**Units:** 3 **Hours:** 3 Lecture**Transferable:** CSU

This course introduces the theory of organizing, planning, directing and controlling a sports program. Areas such as budgeting, fundraising, advertising, marketing, and studying contract law will also be included.

PE 9A Fundamentals of Soccer**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC; GAV-GE: E1

This course offers basic instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in the fundamental aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 9B Fundamentals of Soccer**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC; GAV-GE: E1

This course offers review and advanced instruction in the theory, strategies, and techniques of soccer for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 10A Fundamentals of Softball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC

Basic Theory, strategy, technique, practice and conditioning of softball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 10B Fundamentals of Softball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Advisory:** PE 10A**Transferable:** CSU; UC

This course offers review and advanced instruction in the theory, strategies, and techniques of softball for the purposes of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 11A Fundamentals of Baseball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC

Theory, strategy, technique, practice and conditioning of baseball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 11B Fundamentals of Baseball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Advisory:** Physical Education 11A.**Transferable:** CSU; UC

This course offers review and advanced instruction in the theory, strategies, and techniques of baseball for the purpose of preparing the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 12A Fundamentals of Football**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC

Basic organization and administration of a football program involving equipment, practice schedules, personnel, conditioning, scouting, weight training, and football specific drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 12B Fundamentals of Football**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Advisory:** Physical Education 12A.**Transferable:** CSU; UC

The administration and organization of a football program involving practice schedules, personnel, equipment, scouting, conditioning, weight training and football drills. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 13A Fundamentals of Volleyball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC

This course offers basic instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in the fundamental aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 13B Fundamentals of Volleyball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Advisory:** Physical Education 13A.**Transferable:** CSU

This course offers review and advanced instruction in the theory, strategies, and techniques of volleyball for the purpose of preparing the student in all aspects of playing and coaching the game. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 14A Fundamentals of Basketball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Transferable:** CSU; UC; GAV-GE: E1

Basic theory, strategy, technique, practice, and conditioning involved in basketball to prepare the individual student in all aspects of playing and coaching the sport. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PE 14B Fundamentals of Basketball**Units:** 2 **Hours:** 1 Lecture, 3 Laboratory**Advisory:** PE 14A**Transferable:** CSU; UC; GAV-GE: E1

More in-depth and advanced instruction in the theory, strategy, practice, and conditioning in basketball to better prepare the individual student in all aspects of playing and coaching the sport. Designed for the student who has already completed PE 14A. May be repeated once for credit. This course has the option of a letter grade or pass/no pass.

PHYSICAL EDUCATION: ACTIVITIES

General Education Requirements, pages 48-49

PE 16 Swimming

Units: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational 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: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational activity designed for all skill levels; fundamentals, techniques, rules and etiquette of golf. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 18 Tennis

Units: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational 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: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational activity designed for beginning and intermediate badminton students; rules, etiquette and fundamentals of badminton. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 20 Bowling

Units: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational 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: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational 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: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 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 29 Racquetball

Units: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational activity stressing fundamentals of forehand, backhand, serve and volley, rules and etiquette of the game. May be repeated three times for credit.

PE 33 Walk/Run for Fitness

Units: .5-1 **Hours:** 3 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 37 Softball

Units: .5-1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational 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: .5-1 **Hours:** 3 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 credit. This course has the option of a letter grade or pass/no pass.

PE 40 Aquatic Exercise

Units: .5-1 **Hours:** 3 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 41 Ski Conditioning

Units: 1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Coeducational activity introducing fundamentals of skiing, equipment, safety and physical conditioning for skiing. May be repeated three times for credit.

PE 43 Lifetime Fitness

Units: 1 **Hours:** 3 Laboratory
Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

This course is designed to improve fitness in three areas: cardiovascular, strength and flexibility. Students will undergo testing procedures to evaluate their cardiovascular fitness, body composition, blood pressure, flexibility and strength. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 44 Aerobics

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

A program of aerobic fitness. Includes various forms of exercise to improve health, heart, 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: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 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.

PE 61 Swim for Fitness

Units: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Co-educational activity designed for beginning yoga students. A program designed to improve flexibility and reduce stress, by learning a series of postures 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: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Beginning/intermediate water polo for competitive play. Includes covering drills, strategies, techniques, and rules. Co-educational activity. May be repeated three times for credit.

PE 64 Individualized Cardiovascular Fitness

Units: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Course designed for students who desire to learn the fundamentals, mechanics, strategy, history and rules of the game of competitive baseball. Course is designed for students of all skill levels, ages, and both genders who wish to play or coach youth baseball. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

PE 66 Dance Fundamentals

Units: .5-1 **Hours:** 3 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: .5-1 **Hours:** 3 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 70 Pilates

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

This class utilizes the Pilates exercise system focused on improving flexibility and strength for the total body through a series of controlled movements. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 71 Self-Defense for Women

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Instruction in techniques of self-defense which will help students avoid and respond to dangerous situations. Emphasis will be placed on how women can defend themselves when under attack. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

PE 72 Aikido

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

An introduction to the Japanese-derived martial art. Emphasis will be on mind-body harmony, balance, and relaxation. Aikido self-defense techniques aim toward the creative resolution of conflict and the growth of the individual. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

PE 73 Fitness Through Dance

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Conditioning the body through the use of various dances and/or dance steps. This course is designed to strengthen and tone the body, assist in weight loss, and increase endurance. May be repeated three times for credit. This course has the option of a letter grade or pass/no pass.

PE 74 Hiking

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Introduces the Santa Clara county parks, trails, and surrounding areas. Includes fun, challenging hikes which average 5-8 miles on moderate to steep terrain. 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: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; 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: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

This course will become active for the fall 2007 semester.

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 78 Dance Repertory

Units: .5-1 **Hours:** 3 Laboratory

Advisory: An ability to perform more complex patterns of movement with a strong level of dance technique; or Current enrollment in a dance class; or Permission of the instructor.

Transferable: CSU; CSU-GE: E1; GAV-GE: E1

This course will become active for the fall 2007 semester.

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 99B Golf for Business and Life

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; CSU-GE: E1; GAV-GE: E1

Designed to teach and improve the golf skill of students and to suggest ways in which students can use golf as a business tool. This course has the option of a letter grade or pass/no pass. May be repeated three times for credit.

PHYSICAL EDUCATION: ADAPTED

PE 34 Adapted Aquatic Exercise

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

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.

PE 35 Adapted Swimming for Total Fitness

Units: .5-1 **Hours:** 3 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 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.

PE 36 Adapted Physical Education



Photo courtesy of the Gilroy Dispatch

Units: .5-1 **Hours:** 3 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.

PE 38 Adapted Cardiovascular Conditioning & Training

Units: .5-1 **Hours:** 3 Laboratory

Transferable: CSU; UC; CSU-GE: E1; GAV-GE: E1

Prescribed exercises in weight training, stretching and cardiovascular conditioning for those individuals that 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.

PE 47 Adapted Back Fitness

Units: 1 **Hours:** .5 Lecture, .5 Laboratory

Advisory: Doctor, physical therapist, and/or chiropractor referral required for entrance into class.

Transferable: CSU; CSU-GE: E1; GAV-GE: E1

A course designed for the individuals with back injuries which last several months or longer. The course is geared toward education, motivation, and a supervised program geared toward self-improvement and prevention for the back's well-being. The class will emphasize a wide variety of stretching and relaxation techniques as well as breathing exercises and nutritional practices for stress reduction and its relationship to one's back health as well as total wellness. This class is not designed to replace physical therapy, but to complement it and to continue once physical therapy has been terminated. This class is offered on an open/ entry open/exit basis.

PE 534 Adapted Aquatic Exercise

Units: .5-1 **Hours:** 3 Laboratory

Transferable: No

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.

PE 535 Adapted Swimming for Total Fitness