

**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

**Units:** .5-1 **Hours:** 3 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 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 is pass/no pass.

**PE 536 Adapted Physical Education****Units:** .5-1 **Hours:** 3 Laboratory**Transferable:** No

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 is a pass/no pass course.

**PE 538 Adapted Cardiovascular Conditioning & Training****Units:** .5-1 **Hours:** 3 Laboratory**Transferable:** No

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 is a pass/no pass course.

**PE 547 Adapted Back Fitness****Units:** 1 **Hours:** .5 Lecture, .5 Laboratory**Advisory:** Doctor, physical therapist, and/or chiropractor referral required for entrance into class.**Transferable:** No

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.

**INTERCOLLEGIATE ATHLETICS****ATH 35 Basketball****Units:** 1-3 **Hours:** 10 Laboratory**Transferable:** CSU; UC; CSU-GE: E1; GAV-GE: E1

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 **Hours:** 10 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 **Hours:** 10 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 **Hours:** 10 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 **Hours:** 10 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 **Hours:** 10 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 **Hours:** 10 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.

**PHYSICAL SCIENCE****PSCI 1 Principles of Physical Science****Units:** 3 **Hours:** 3 Lecture**Advisory:** Mathematics 205 and eligible for English 250 and 260.**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.

**PSCI 2 Introduction to Meteorology****Units:** 3 **Hours:** 3 Lecture**Advisory:** MATH 205.**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.

**PSCI 200 Introduction to Technology**

General Education Requirements, pages 48-49