

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

Units: 2 **Hours:** 1 Lecture, 3 Laboratory

Transferable: No

An introduction to technology in manufacturing, energy production and distribution, communication, business, health occupations, service industry, agriculture, and transportation. Laboratories will emphasize the technology needs of business and industry.

PHYSICS

PHYS 1 Introduction to Physics

Units: 4 **Hours:** 3 Lecture, 3 Laboratory

Advisory: Mathematics 205.

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3

This course is an introduction 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.

PHYS 2A General Physics

Units: 4 **Hours:** 3 Lecture, 3 Laboratory

Prerequisite: MATH 8A or MATH 9.

Advisory: Eligible for English 250 and English 260.

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3; CAN: PHYS 2, 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.

PHYS 2B General Physics

Units: 4 **Hours:** 3 Lecture, 3 Laboratory

Prerequisite: Physics 2A

Advisory: Eligible for English 250 and English 260

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3; CAN: PHYS 4, 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.

PHYS 4A Physics for Scientists and Engineers - Mechanics/Fluids/Wave

Units: 4 **Hours:** 4 Lecture, 2 Laboratory

Prerequisite: Physics 2A and Mathematics 1A

Advisory: Eligible for English 250 and English 260.

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3; CAN: PHYS SEQ. B

An introduction to the principles of physics using calculus. Topics include kinematics in one, two and three dimensions, vectors, equilibrium and non-equilibrium applications of Newton's Laws, work and energy, momentum, systems of particles, rotational kinematics and dynamics, simple harmonic motion, elasticity, and waves.

PHYS 4B Physics for Sci/Engr--Electromagnetism

Units: 4 **Hours:** 4 Lecture, 2 Laboratory

Prerequisite: Physics 4A

Advisory: Mathematics 1B

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3; CAN: PHYS SEQ. B

Fundamental principles of electricity and electromagnetism. Electric and magnetic fields, AC/DC circuits, Maxwell's equations, and electromagnetic waves. Students gain experience in the application of computers in science.

PHYS 4C Physics for Sci/Engr--Thermodynamics/Optics/



Photo courtesy of the Gilroy Dispatch

Modern Physics

Units: 4 **Hours:** 4 Lecture, 2 Laboratory

Prerequisite: Physics 4B

Advisory: Mathematics 2C (may be concurrent).

Transferable: CSU; UC; CSU-GE: B1, B3; IGETC: 5A; GAV-GE: B1, B3; CAN: PHYS SEQ. B

Fundamental principles of optics and an introduction to modern physics. Geometric and physical optics, light and quantum physics, wave-particle duality, introduction to atomic and nuclear physics, and supplementary topics. Students gain experience in the application of computers in science.

PHYS 10 Technical Physics

Units: 2 **Hours:** 2 Lecture

Advisory: Mathematics 205

Transferable: CSU

Designed to combine a series of technical applications such as those used in industry with a sequence of basic physical principles such as mechanics, heat, light and electricity.

Physiology: see Biological Sciences

All courses listed here are part of Gavilan College's approved curriculum. All courses are not offered every semester. Check the Class Schedule for current offerings.