

PE 75 Sports Conditioning

Units: .5 OR 1.0 **Hours:** 1.5 OR 3.0 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 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:E1; 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. 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.

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)

PHYSICAL EDUCATION - ADAPTED**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: 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. 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

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 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 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.

INTERCOLLEGIATE ATHLETICS**ATH 35 Basketball**

Units: 1.0 TO 3.0 **Hours:** 3.3 TO 10.0 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: 2.0 **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.

PHYSICAL SCIENCE**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.

PHYSICS**PHYS 1 Introduction to Physics**

Units: 4.0 **Hours:** 3.0 Lecture 3.0 Laboratory
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. ADVISORY: Mathematics 205.

PHYS 2A General Physics

Units: 4.0 **Hours:** 3.0 Lecture 3.0 Laboratory
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 English 260.

PHYS 2B General Physics

Units: 4.0 **Hours:** 3.0 Lecture 3.0 Laboratory
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 English 260

General Education Requirements, pages 47-57

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