

## PHYSICAL EDUCATION: ACTIVITIES

### PE 16 Swimming

**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 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 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory

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

Coeducational activity designed for all skill levels. Fundamentals, techniques, rules and the etiquette 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

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 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory

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

Coeducational 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

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 OR 1.0 **Hours:** 1.5 OR 3.0 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 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 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 31 Archery

**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory

**Transferable:** CSU, UC; CSU-GE:E; GAV-GE:E1

Coeducational 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 OR 1.0 **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 OR 1.0 **Hours:** 1.5 OR 3.0 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 OR 1.0 **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 credit. This course has the option of a letter grade or pass/no pass.

### PE 40 Aquatic Exercise

**Units:** .5 OR 1.0 **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 OR 1.0 **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 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 OR 1.0 **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 TO 1.0 **Hours:** 1.5 TO 3.0 Laboratory  
**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

Coeducational 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.



Photo courtesy of the Gavilan Press

**PE 70 Pilates**

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

