

# PHYSICAL EDUCATION



The Physical Education department is dedicated to the study of human health and physical activity. In addition to Physical Education classes, Dance, Health and Wellness, Kinesiology, Intercollegiate Athletics and Sports Medicine classes are also housed in this division. Both general education students and athletes can benefit from the many courses offered by this department that improve physical activity and promote health.

## Contact Information

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## Associate Degree

- Associate in Arts in Kinesiology for Transfer (AA-T) (<https://catalog.cos.edu/areas-study/physical-education/kinesiology/>)
- Associate of Arts in Liberal Arts - Pathway to Health and Physical Education (AA) (<https://catalog.cos.edu/areas-study/liberal-studies/associate-arts-liberal-arts-area-emphasis-health-physical-education-not-for-transfer-aa/>)
- Associate of Science in Public Health for Transfer (AS-T)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

### DANC 020 Dance Appreciation 3unit(s)

Hours: 3 Lecture/Discussion

A survey course exploring Western concert dance as well as world dance forms. Students will discover what dance reveals about cultural, national and ethnic identity, class and gender, and study the history of major dance forms. Students will investigate dance through readings, videos, dance participation exercises, and by attending live performances.

### DANC 041 Musical Theatre Performance - Dance 2unit(s)

Hours: 7 Activity

Experience dance, music, drama and theatre through active participation in a musical production. Includes training and experience in all facets of the theatre.

**Limitation on Enrollment:** Audition by Department.

### DANC 050 Ballet 1 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course provides an introduction to the study of ballet, including its history, tradition, styles and forms. Beginning vocabulary, positions and terminology are emphasized.

### DANC 051 Ballet 2 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Continuation into the intermediate fundamentals of ballet technique and training. The course includes: ballet barre, center adagio, allegro work, and across-the-floor combinations.

**Prerequisites:** DANC 050 or equivalent college course with a minimum grade of C.

### DANC 054 Modern Dance 1 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course is an introduction to the fundamentals of Modern Dance technique. Emphasis on the importance of breath, body alignment, rhythmic movement, and the exploration of movement through time, space and energy.

### DANC 055 Modern Dance 2 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course builds onto the concepts of modern dance through control of breath, body alignment, rhythmic movement, and the exploration of movement through time, space and energy. Students can expect to increase the range of movement and flexibility in legs.

### DANC 056 Contemporary Dance 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Contemporary Dance is a free flowing blend of emotional expression. Building on the Ballet/Modern skills, the course explores extensive floor and acrobatic elements. This course moves at an accelerated rate. It requires fast footwork, flexibility, strong arms and hands for floor work, as well as strong leg and core skills that enable the student to jump and fall quickly to the floor.

### DANC 058 Jazz Dance 1 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

An introduction to the basic movement skills employed in jazz dance techniques. Compositional forms and rhythms are practiced, leading to an understanding and appreciation of jazz as an artistic dance form.

### DANC 059 Jazz Dance 2 1unit(s)

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This is the second level of jazz dance. The course covers basic skills, with an emphasis on conditioning and flexibility. Emphasis on techniques presented, as well as information on historical and stylistic perspectives of this dance form.

**DANC 061 Jazz Dance Styles 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course offers Jazz dance instruction for dancers at the high intermediate level. It includes thorough warm up exercises, technique, vocabulary skills and concepts to prepare the body as an instrument of expression in various styles of Jazz Dance.

**DANC 062 Tap Dancing 1****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This beginning level of tap introduces the dance student to single, and double sounds made with the feet. Creating Rhythm sounds with foot work, that feature specific body coordination and weight change skills are taught.

**DANC 063 Tap Dancing 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

A second level course for students who have mastered basic tap dance skills, this course focuses on developing the speed at which students master tap routines, adding triple or quadruple sounds as well. Students are advised to take Tap 1 or have past tap experience to be successful in this class.

**DANC 070 Hip Hop****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This class will be focusing on the various aspects of the historical and current Hip Hop dance genre. Students can expect to be challenged and gain ability in strength, flexibility, coordination, rhythm, and choreographed movement.

**DANC 071 Dance Crew****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

A continuation of DANC 070 into the intermediate fundamentals of Hip Hop (Dance Crew) technique and training. Includes the intermediate vocabulary and practice of isolations and across the floor exercises.

**DANC 080 Choreography****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course emphasizes combining movements and developing ideas in relation to dynamics, design and motivation. Students will discuss forms and learn how to articulate the art of dance.

**DANC 081 Studies in Choreography****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Choreography with emphasis on combining movements and developing ideas in relation to movement phrases and developing complex ideas in relation to motivation, styles and artistic form. Discussion and critique skills will be developed to articulate the art of dance in group choreography.

**DANC 082 Contemporary Dance 2****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Using multiple forms of dance and techniques, the experienced dancer emphasizes the accelerated use and implementation of breath, body alignment, rhythm, movement, and the exploration of movement through time, space and energy.

**DANC 085 Dance Production 1****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
2 Other

This class provides instruction in creative dance expression, emphasizing intermediate techniques and choreography. Additionally, this class will offer students the skills and opportunities to create and design choreographic works for large groups of dancers. Students will have opportunities for live performances.

**DANC 160 Jazz Dance Styles****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Students will learn higher level skills of jazz dance with emphasis on body alignment, strength and coordination. The class includes more advanced work in turns, isolations, and combinations and work with more complex rhythmic elements.

**Advisory on Recommended Preparation:** DANC 058 and DANC 059 or equivalent college course with a minimum grade of C.

**HW 001 Personal and Community Health****3unit(s)**

Hours: 3 Lecture/Discussion

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include nutrition, exercise, weight control, mental health, stress management, violence, substance abuse, reproductive health, disease prevention, aging, healthcare, and environmental hazards and safety. This course is approved for distance education.

**Advisory on Recommended Preparation:** ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 as determined by COS Placement Procedures (<https://catalog.cos.edu/placement-procedures/>).

**HW 003 First Aid/CPR/AED****3unit(s)**

Hours: 3 Lecture/Discussion

This course covers the American Red Cross Comprehensive First Aid course, including cardiopulmonary resuscitation (CPR) for adults, children and infants; AED; safety factors in daily living; emergency treatment for various types of injuries and illnesses, and emergency childbirth. Students who successfully pass all American Red Cross requirements can receive an American Red Cross Responding to Emergency certificate (fee required for certificate). (C-ID KIN101)

**HW 007 Sports Health****3unit(s)**

Hours: 3 Lecture/Discussion

This course covers different aspects of physical and mental health as it relates to the athlete. The effects of pain and stress on performance are studied. Diet, weight control, fitness and exercise, genetics, and their influence on training are examined. The consequences of using alcohol, tobacco and anabolic steroids and other drugs are explained in terms of their effects on human performance.

<b>HW 060 Concepts in Health and Fitness</b> Hours: 3 Lecture/Discussion <b>Equivalent Course: SMED 060</b> This course is open to all students interested in learning about the different components of physical fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as related to healthy living. Students will develop individual plans using decision-making strategies, analysis, and an awareness of the conditions related to nutrition, physiological factors and physical fitness.	3unit(s)	<b>IA 012AD Intercollegiate Women's Tennis</b> Hours: 10 Lab This course is designed for the female student who wishes to play competitive tennis on an intercollegiate tennis team competing against teammates and other community college students. This course can be repeated three times.	3unit(s)
<b>HW 104 Drugs and Society</b> Hours: 3 Lecture/Discussion This course covers the broad spectrum of drug use in society, including the physical and psychological effects. The material is constantly updated to reflect the current interests of students and new information made available by the scientific community. <b>Advisory on Recommended Preparation:</b> ENGL 251 or ENGL 261 or equivalent college course with a minimum grade of C or eligibility for ENGL 001 determined by COS Placement Procedures ( <a href="https://catalog.cos.edu/placement-procedures/">https://catalog.cos.edu/placement-procedures/</a> ).	3unit(s)	<b>IA 016AD Intercollegiate Women's Volleyball</b> Hours: 10 Lab This course is designed for the student/athlete who wants to compete in Intercollegiate Volleyball at the college level. Prior competitive volleyball experience is recommended to meet the rigors of community college competition. This course may be repeated 3 times.	3unit(s)
<b>HW 119 Nutrition for Fitness</b> Hours: 3 Lecture/Discussion <b>Equivalent Course: NUTR 119</b> This course is designed to acquaint students with the nutritional needs of athletes and the relationship between nutrition and fitness. Students are required to use the computer, Internet and basic math skills to calculate nutritional needs. Topics include human energy, nutrient groups, body composition, and supplement use.	3unit(s)	<b>IA 023AD Intercollegiate Track and Field</b> Hours: 10 Lab This class is designed for the athlete who is interested in competing in intercollegiate track and field. The course involves daily practices as well as participation in track and field meets. Each meet consists of 12 running events and eight field events; therefore all workouts are geared towards these individual events, as well as general physical fitness. Intercollegiate track and field not only allows the student to better herself/ himself as an individual athlete, but contributes to a team effort as well. This class may be repeated 3 times.	3unit(s)
<b>IA 001AD Intercollegiate Varsity Baseball</b> Hours: 10 Lab Intercollegiate Varsity Baseball is designed for the student who excels in athletic ability and wishes to compete at a high level of baseball against other California community colleges.	3unit(s)	<b>IA 024AD Intercollegiate Cross Country</b> Hours: 10 Lab This class is designed for the student/athlete who is interested in competing in Intercollegiate Cross Country. The course involves daily practices as well as participation in cross country meets. Each meet consists of a 4 mile race for men; 5K race for women. All workouts are geared towards running this distance. Intercollegiate Cross Country not only allows the student/athlete to better herself/himself as an individual athlete, but also contributes to a team effort. This class may be repeated 3 times.	3unit(s)
<b>IA 002AD Intercollegiate Men's Basketball</b> Hours: 5 Lab Intercollegiate Men's Basketball is an advanced skill course for male students who want to participate in an intercollegiate basketball program. Prior experience in competitive basketball is recommended to meet the rigors of Community College competition.	1.5unit(s)	<b>IA 029AD Intercollegiate Swimming/Diving</b> Hours: 10 Lab Intercollegiate Swimming/Diving is designed for the student/athlete who is interested in competing for the Swim/Dive Team at the community college. The course consists of daily practices and competition in scheduled meets. This class may be repeated 3 times.	3unit(s)
<b>IA 003AD Intercollegiate Women's Basketball</b> Hours: 5 Lab Intercollegiate Women's Basketball is an advanced skills course for female students who want to participate in an intercollegiate basketball program. Prior competitive basketball experience is recommended to meet the rigors of playing at the Community College level. This course is offered each semester and may be repeated 3 times.	1.5unit(s)	<b>IA 030AD Intercollegiate Women's Soccer</b> Hours: 10 Lab Intercollegiate Women's Soccer is designed for women student/athletes interested in competing in intercollegiate soccer. The course involves daily practice, as well as competition at the collegiate level, through league games and tournament play. This class may be repeated 3 times.	3unit(s)
<b>IA 006AD Intercollegiate Football</b> Hours: 10 Lab This course is designed for the student/athlete who wishes to compete in intercollegiate football at the community college level.	3unit(s)	<b>IA 031AD Intercol Women's Equestrian</b> Hours: 5 Lab This is a course for female students who want to participate in an Intercollegiate Equestrian program. Advanced techniques in equestrian, both western and English skills of riding used in intercollegiate competition, will be stressed. Out-of-area travel is required. This class may be repeated three times. Class is offered both Fall and Spring semesters.	1.5unit(s)
<b>IA 008AD Intercollegiate Women's Softball</b> Hours: 10 Lab This course is designed for student/athletes interested in competing in an intercollegiate softball program. The course involves daily practices and a 40 game regular season, with the possibility of up to three weekends of post season competition for qualifying teams.	3unit(s)		

**IA 032AD Intercollegiate Men's Soccer**

Hours: 10 Lab

Intercollegiate Men's Soccer is designed for male student/athletes interested in competing in intercollegiate soccer. The course involves daily practices as well as competition at the collegiate level through league games and tournament play. This course may be repeated 3 times.

**3unit(s)****IA 047AD Strategies of Sport**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

**1unit(s)**

Want to keep in shape for the school sport you're competing in? Want to spend time with your team here at COS? This class is designed for the student who wants to learn the necessary skills required to play various sports such as softball, baseball, basketball, swimming, diving, and football. Beginner, intermediate and advanced skills of throwing, fielding, batting, pitching, blocking, dribbling, passing, freestyle, backstroke, and diving will be taught and practiced. This class will provide equitable high outcomes for all students.

**IA 049AD Performance of Sport**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

**1unit(s)**

Are you playing a sport here at COS? If so this course is targeted toward you! This class is designed for the student who wants to learn the necessary skills required to play various sports such as softball, baseball, basketball, swimming, diving, and football. Beginner, intermediate and advanced skills of throwing, fielding, batting, pitching, blocking, dribbling, passing, freestyle, backstroke, and diving will be taught and practiced. This class will provide equitable high outcomes for all students.

**IA 051AD Power Lifting for Athletes**

Hours: 1 Lecture/Discussion Hours:

3 Other

**2unit(s)**

This course is designed for training using Olympic lifting, power lifting, core development and conditioning. Students will develop individualized programs emphasizing the development of muscular strength, agility, power and explosiveness specific to their sport of competition.

**KINE 001 Introduction to Kinesiology**

Hours: 3 Lecture/Discussion

This course introduces students to an interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed, along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions. This course includes history, philosophy, concepts, programs, as well as addressing the future of the discipline. (C-ID KIN100)

**3unit(s)****KINE 082 Introduction to the Theory of Coaching**

Hours: 2 Lecture/Discussion

Designed for the student wishing to gain knowledge of coaching individual and team sports. An array of challenges will be discussed along with common problems that one faces in the coaching profession.

**2unit(s)****KINE 084 Theory of Football**

Hours: 2 Lecture/Discussion

This course is designed for the student with an interest in coaching football. Philosophy fundamentals, strategies and rules will be emphasized.

**2unit(s)****KINE 088 Sport and Exercise Psychology**

Hours: 3 Lecture/Discussion

This course is a survey of the theoretical perspectives associated with exercise participation and sport performance. Emphasis will be placed on research methods from a psychological behavior standpoint to understand and enhance sport and exercise performances. Topics will include historical and theoretical perspectives of sport and exercise psychology, research methods, and the relationship between sport performance and various personality, motivational, and social psychological variables. Gender and age issues as well as effects and management of unhealthy behaviors will be discussed.

**3unit(s)****KINE 093 Women's Health**

Hours: 3 Lecture/Discussion

This course focuses on physiological, psychological, social, cultural and political influences on women's health. Emphasis is on diversity of women's health experiences and factors involved with both population level health outcomes and individual decision making. Focus on empowerment for primary prevention.

**3unit(s)****PEAC 001 Aerobic Conditioning**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

**1unit(s)**

PEAC 001 is designed for the student who seeks knowledge about and participation in aerobic fitness. Exercises are done to music with an emphasis on cardiovascular conditioning, strength and flexibility. Each student is pre-tested and post-tested in various health and fitness components.

**PEAC 002 Non-Impact Aerobics**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

**1unit(s)**

Non-impact aerobics is designed specifically for students who are just beginning a fitness program or are in need of a non-impact form of work-out. Aerobic exercise routines are done to slower-paced music, incorporating movements where no jumping or bouncing takes place. The non-impact aerobic phase is then followed by a series of muscle-toning exercises. Each student is pre-tested and post-tested in various health and fitness components.

**PEAC 003 Step Aerobics**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

**1unit(s)**

Step Aerobics is a high energy, low impact class designed to improve cardiovascular fitness through basic step principles. Flexibility and strength exercises as well as warm-up and cool down exercises will also be introduced. Each student will demonstrate, through Step Aerobics, a working knowledge of correct form and alignment, cardiovascular fitness using steps, and muscular strength. Exercises are performed to music. Each student is pre-tested and post-tested in various health and fitness components.

**PEAC 004 Circuit Training****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Circuit Training is an aerobic workout using resistance exercises designed to increase strength, cardiovascular and muscular endurance. A circuit will consist of 6-20 stations lasting 1-3 minutes per station, which may include but not be limited to exercise machines, weights, steps, jump ropes, resistance bands and plyo balls. Students will learn dynamic stretch and warm-up routines, proper body mechanics and major postural muscle groups, as well as learn how to attain, monitor and control heart rate during exercise. Each student is pre-tested and post-tested in various health and fitness components.

**PEAC 008 Beginning Swimming****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Beginning Swimming is a general introduction to swimming and aquatics. It is designed for the beginner or non-swimmer who wants to learn aquatic fundamentals and receive stroke instruction in front crawl, elementary backstroke and sidestroke.

**PEAC 009 Intermediate Swimming****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Intermediate Swimming is an activity course designed for the intermediate swimmer. Emphasis is on refinement of front crawl, elementary backstroke, and sidestroke with stroke instruction on back crawl, breaststroke, turns and basic survival techniques. Fitness concepts will be introduced.

**PEAC 010 Advanced Swimming****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Advanced Swimming is an aquatics activity course designed for the swimmer who has mastered the basic skills and wants to learn advanced swim techniques. Emphasizes competitive strokes, turns and starts, as well as cardiovascular fitness concepts and workouts.

**PEAC 011 Swimming for Fitness****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Designed for the student who wishes to participate in the sport of swimming to increase/improve cardiovascular stress and muscular endurance. This course is directed to the student who is interested in lap swimming as a means of exercise.

**PEAC 015 Fundamentals of Baseball****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed for students who wish to learn the fundamental skills of baseball. It will enable students to communicate the proper fundamentals involved with throwing, fielding, pitching, and batting associated with baseball.

**PEAC 016 Conditioning for Baseball****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Conditioning for Baseball is a one-unit course designed to help entering student athletes make the transition from high school athletic competition to collegiate athletic competition. This course addresses fitness, nutritional and conditioning concepts and rules, with most emphasis on sport specific conditioning.

**PEAC 017 Techniques of Baseball****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed for the advanced baseball player. It will prepare the student for baseball competition with physical fitness training and intra-class play. Advanced skills in throwing, fielding, batting and pitching a baseball will be taught and practiced.

**PEAC 021 Beginning Basketball****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Designed for students interested in the sport of basketball; both experienced players and those not familiar with the game. The basic fundamentals and rules of basketball will be covered.

**PEAC 022 Intermediate Basketball****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Intermediate Basketball is a course that will emphasize the refinement of general basketball skills.

**PEAC 025 Fundamentals of Football****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

The student will learn basic fundamentals and strategies of football. Offensive, defensive and special teams will be covered along with conditioning exercises.

**PEAC 036 Stretch and Tone****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Stretch and Tone is a class designed for all fitness levels. Students will learn how to safely and effectively strengthen and stretch the body's major muscle groups with correct form and alignment.

**PEAC 037 Pilates Mat Class****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Pilates is a workout to condition and strengthen the muscles that support the spine. This Pilates Mat class is designed for all students and will develop flexibility, coordination, and balance through a safe progression of challenging and functional exercises.

**PEAC 038 Introduction to Yoga****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Introduction to basic yoga poses with emphasis on form and body alignment. Core strength, flexibility, and balance emphasized in poses. Relaxation and breathing techniques also introduced.

**PEAC 039 Hatha Yoga Fundamentals****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Continuing instruction in asanas (postures) with attention to postural alignment of the body and breath coordination to develop flexibility, core strength, endurance, and balance, and to manage stress. Emphasis in this class on practitioner self-adjustment, philosophy of yoga, and role of yoga practice in life strategy for health and wellness.

**PEAC 042 Soccer****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed for any student interested in the sport of soccer. This course focuses on three main aspects: basic soccer skills, offensive and defensive strategy, rules and regulations.

**PEAC 046 Women's Softball-Beginning****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This class is designed for the student who wants to learn the necessary skills required to play the game of fast-pitch softball. Elementary skills of throwing, fielding, batting and pitching will be taught and practiced.

**PEAC 048 Women's Softball - Advanced****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed for the student/athlete who wants to participate in fast-pitch softball at an advanced level, meaning at the collegiate and/or international-Olympics level. Advanced technical skills taught in the domains of baserunning, sliding, diving, throwing, fielding, hitting, and pitching.

**PEAC 052 Beginning Tennis****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

An activity course designed for the student who wishes to develop an understanding and appreciation for the game of tennis. Basic skills, strategies and rules will be covered.

**PEAC 053 Intermediate Tennis****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed for the student who has taken Beginning Tennis or is at a more advanced level of play and desires detail in strategies and knowledge of the game of tennis.

**PEAC 056 Beginning Track and Field****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Beginning Track and Field is a one-unit activity course designed to improve the individual's overall fitness through an understanding and application of the basic principles and techniques of track and field.

**PEAC 060 Varsity Performance 1****2unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
4.5 Other

Varsity Performance is designed to enhance the skills of the Pep Squad/Flag or Dance team as they work to build performances for competition. First year team members will exhibit their skills at athletic events, concerts, exhibitions and competition events.  
**Limitation on Enrollment:** Audition by department.

**PEAC 061 Varsity Performance 2****2unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
4.5 Other

Varsity Performance 2 is designed to enhance the performance skills of second season members of Pep Squad/Flag or Dance team performing beyond the level attained in PEAC 060. They will lead the team, working to build performance routines for competition. Team members will refine their skills in performance at athletic events, concerts, exhibitions and competition events. All participants must audition to participate in this activity.

**Limitation on Enrollment:** Audition by Department.

**PEAC 064 Beginning Volleyball****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

Beginning Volleyball is a one unit course for the development of basic fundamental skills in volleyball through drills and play.

**PEAC 065 Intermediate Volleyball****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed to introduce advanced skills necessary for playing competitive volleyball. Skills covered include basic skills, fast offense, court positioning, rolls, dives and team strategy, both offensive and defensive.

**PEAC 068 Beginning Fitness Walking****1unit(s)**Hours: 0.5 Lecture/Discussion Hours:  
1.5 Other

This course is designed to expose the student to the basic components and benefits of walking for fitness. The student will develop a practical and theoretical understanding of the health related benefits in terms of cardiovascular fitness related to walking.

**PEAC 069 Intermediate Fitness Walking****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course will provide students the opportunity to participate and attain an increased level of fitness through the exercise of walking. The course will incorporate intermediate fitness walking skills that will improve aerobic capacity and muscular strength and endurance by incorporating faster paced walking techniques. Other components include power walking, computation of heart rate zones, stretching to increase flexibility and safety procedures related to health.

**PEAC 070 Walk/Jog for Aerobic Fitness****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Walk/Jog for Aerobic Fitness teaches proper walking and jogging techniques, as well as basic health and wellness concepts. Primary emphasis will be on concepts of cardiovascular conditioning, flexibility, muscular endurance and muscular strength. Distance training will be introduced as well.

**PEAC 071 Cross Interval Training****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Cross Interval Training is a fitness course which involves a repeated series of exercise workouts interspersed with rest or relief periods. Cross training is used to strengthen a variety of muscles. Interval training programs are designed to improve speed and anaerobic conditioning, as well as aerobic endurance. A variety of venues (track, field area, pool, weight room, gym and aerobic room) and techniques will be used to achieve cardiovascular fitness and muscle endurance. Each student is pre- and post-tested in various health and fitness components.

**PEAC 074 Beginning Weight Training****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

This course is designed as a general introduction to weight or resistance training. Students will utilize free weights and weight machines to build strength and muscular endurance. Exercises that use progressive resistance movements will be emphasized.

**PEAC 075 Intermediate Weight Training****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Advanced work for toning and muscular development through the use of weights, variable resistance machines and other weight devices.

**PEAC 076 Advanced Strength and Body Building Principles****2unit(s)**

Hours: 1 Lecture/Discussion Hours:

3 Other

This course is designed for the student who seeks further knowledge in the scientific and theoretical components of resistance training. Included in the course are basic principles of strength development, body building, diet, nutrition and weight control, based on the foundation of resistance prescriptions. Course will focus on barbells, dumbbells and machines as the vehicle for development of the major muscle groups. Proper mechanics of exercise and safety factors are stressed.

**PEAC 177 Cheer and Stunt****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Promotes the advancement of skills, knowledge, and strategy of the sport of Stunt. Consists of highly organized lectures, individual, and team practice sessions to prepare students for intercollegiate competition in Stunt. Repeating the course will provide the student an opportunity for added skill and competency development. 175 hours laboratory. (Letter grade, or Pass/No Pass option).

**Limitation on Enrollment:** Participation by tryout only; Tryouts are held during the previous semester; For more information contact the Athletics Office (559) 730-3911.

**PEAC 262 Cheer Fitness 1****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Want to get strong and fit so you can be ready to be a cheerleader? This course is designed to introduce and implement aerobic training and conditioning for cheerleading to help in the development of the upper body, core and lower legs. Exercises pertaining to the sport of cheerleading, i.e., jumps, leaps, kicks and stunts, will be performed by the student to increase flexibility, strength and cardiovascular fitness levels.

**Limitation on Enrollment:** Participation by tryout only; Tryouts are held during the previous semester; For more information contact the Athletics Office (559) 730-3911.

**PEAC 263 Cheer Fitness 2****1unit(s)**

Hours: 0.5 Lecture/Discussion Hours:

1.5 Other

Are you a returning cheer team member, looking to continue in your second year? This course is the second level course for returning cheer team members. Designed to implement aerobic training and conditioning for cheerleading to further help in the development of: the upper body, core and lower legs strength.

**Prerequisites:** PEAC 262 or equivalent college course with a minimum grade of C.

**Limitation on Enrollment:** Participation by tryout only; Tryouts are held during the previous semester; For more information contact the Athletics Office (559) 730-3911.

**PHSC 001 Public and Community Health****3unit(s)**

Hours: 3 Lecture/Discussion

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, and the history and accomplishments of public health officials and agencies. An overview of the functions of various public health professions and institutions, as well as an in-depth examination of core public health disciplines. Topics of the discipline include the epidemiology of infectious and chronic disease; prevention and control of diseases in the community including the analysis of the social determinants of health and strategies for eliminating disease, illness, and health disparities among various populations; community organizing and health promotion programming; environmental health and safety; global health; and healthcare policy and management.

**PHSC 002 Health and Social Justice**

Hours: 3 Lecture/Discussion

This course provides an introduction to the health inequities in the United States that stem from unequal living conditions. Students will explore how education, socioeconomic status, racism, and gender shape health epidemics and policy development. The basic skills necessary for advocating for health and social justice will be theoretically demonstrated.

**3unit(s)****SMED 040 Introduction to Sports Injuries**

Hours: 2 Lecture/Discussion Hours:

3 Lab

This course is open to all students interested in the prevention, care and treatment of sports injuries. The subject matter covers the responsibilities of professional development of the athletic trainer, emergency procedures, mechanisms, characteristics, and evaluation of sports injuries, as well as their acute care. SMED 040 includes the partial regulations and requirements of the National Athletic Trainer's Association for the Master's Entry Level degree.

**3unit(s)****SMED 060 Concepts in Health and Fitness**

Hours: 3 Lecture/Discussion

**Equivalent Course: HW 060**

This course is open to all students interested in learning about the different components of physical fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition as related to healthy living. Students will develop individual plans using decision-making strategies, analysis, and an awareness of the conditions related to nutrition, physiological factors and physical fitness.

**3unit(s)****SMED 151 Lower Extremities Assessment**

Hours: 1 Lecture/Discussion Hours:

3 Lab

Provides in-depth study and eventual mastery of the knowledge and skills necessary for certified athletic trainers to recognize and assess injuries to the lower extremities (hip, lumbar spine, pelvis, knee, ankle, and foot). To be successful in this course, students must synthesize information presented in the lecture and laboratory and apply it to the clinical setting. Specifically, this means that studying for quizzes and tests should involve reviewing and integrating the essential ideas contained in both the lectures and the textbook.

**Advisory on Recommended Preparation:** SMED 040 and HW 003 or equivalent college courses with a minimum grade of C.

**2unit(s)****SMED 152 Lower Extremities Rehabilitation**

Hours: 1 Lecture/Discussion Hours:

3 Lab

This course will introduce the student to the therapeutic exercise domain of athletic training. Emphasis will be placed on fundamental principles governing therapeutic exercise and introduce application of the different therapeutic exercise techniques for the lower extremities in athletic training.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**2unit(s)****SMED 153 Upper Extremities Assessment**

Hours: 1 Lecture/Discussion Hours:

3 Lab

Provides in-depth study and eventual mastery of the knowledge and skills necessary for certified athletic trainers to recognize and assess injuries to the upper extremity (spine – cervical, thoracic, lumbar, shoulder, elbow, wrist, hand, and fingers). To be successful in this course, students must synthesize information presented in the lecture and laboratory and apply it to the clinical setting. Specifically, this means that studying for quizzes and tests should involve reviewing and integrating the essential ideas contained in both the lectures and the textbook.

**Advisory on Recommended Preparation:** SMED 040 and HW 003 or equivalent college courses with a minimum grade of C.

**2unit(s)****SMED 154 Upper Extremities Rehabilitation**

Hours: 1 Lecture/Discussion Hours:

3 Lab

This course will introduce the student to the therapeutic exercise domain of athletic training. Emphasis will be placed on fundamental principles governing therapeutic exercise and introduce application of the different therapeutic exercise techniques for the upper extremities in athletic training.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**2unit(s)****SMED 181 Athletic Training Clinical 1**

Hours: 3 Lab

Organization and administration of athletic training room in a clinical practicum college setting including athletic training room management, staffing, policies and procedures, record keeping and data bases, emergency care planning, legal issues, fluid replacement, medical terminology, and public relations.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**1unit(s)****SMED 182 Athletic Training Clinical 2**

Hours: 3 Lab

A clinical practicum course provides the athletic training student with the knowledge and skills necessary to recognize and manage sport trauma and sports-associated illness. This course will prepare students to assist in sustaining life following traumatic injury, reducing pain, and minimizing the consequences of injury or sudden illness in the athletic college setting under the supervision and assistance of a Certified Athletic Trainer.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**1unit(s)****SMED 183 Athletic Training Clinical 3**

Hours: 3 Lab

This clinical practicum course provides the athletic training student clinical experience in athletic training room within the college setting. Emphasis will be placed on taping, padding, bracing, splinting, protective equipment and the care of athletes with acute and chronic athletic conditions. The skills will be developed under the supervision and assistance of a Certified Athletic Trainer.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

**1unit(s)**

**SMED 184 Athletic Training Clinical 4****1 unit(s)**

Hours: 3 Lab

This clinical practicum course will allow the athletic training student the opportunity to experience a hands-on-approach, working under the supervision and assistance of a Certified Athletic Trainer in a college setting. Emphasis will be placed on recognition, acute management, and evaluation of athletic injuries.

**Advisory on Recommended Preparation:** SMED 040 or equivalent college course with a minimum grade of C.

## Physical Education

Allen, Jody

B.A., California State University, Fresno

M.A., California State University, Fresno

Alvarado, Ray

B.S., California State University, Fresno

M.S.S., United States Sports Academy, Alabama

Bolt, Michelle

B.A., California State University, Fresno

M.A., University Of The Pacific

Briano, Allyson

B.A., University of Southern California

M.A., University of California, Santa Barbara

Burkett, Travis

B.A, St. Mary's College, Moraga

M.A., Bucknell University, Pennsylvania

Jackson, Kenny

B.A., University of Central Florida

M.S., New Mexico University

Jensen, Dallas

B.A., Brigham Young University, Hawaii

M.S., Western Kentucky University

Laird, Scott

B.A., Fresno Pacific University

M.S., Fresno Pacific University

Lorenzi, Lisa

B.A., Point Loma Nazarene University, San Diego

M.S., California State University, Fresno

Mendonca, Matthew

B.S., Fresno Pacific University

M.S., United States Sports Academy

Newton, Tyler

B.S., University of the Pacific

M.S., Concordia University