PE ACTIVITY (PEAC)

PEAC 001 Aerobic Conditioning **1unit(s)**
Hours: 0.5 Lecture/Discussion Hours:
1.5 Other

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

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

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

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

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.