

Definition

Physical Education (PE) is both an activity curriculum and an academic area of study concerned with the physical and psychological aspects of human movement. Exercise, activity, and sports are an important component in the development of well-rounded individuals interested in physical well-being and the productive use of leisure time.

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Program Description

Physical education and athletics has two primary goals:

1. To provide a service program designed to accommodate all students through physical activity courses, health education courses, and intercollegiate athletics.
2. To provide a program of professional preparation courses for those students who are majoring in PE.

Physical education activity courses are numbered 101 through 180 and provide concepts and techniques to provide a base for lifelong patterns of healthful physical activity. Physical education professional courses are numbered 190 through 197. Inter-collegiate athletic courses are numbered 200 through 265.

Students must receive a minimum grade of "C" or better in all required core courses and the specific courses listed as program electives in order to qualify for the degree or certificate.

Distinctive Features

Each semester, physical education classes enroll students from high school age to active senior citizens. Classes are offered in both the day and evening programs and offer the challenge of increasing skill and fitness levels under supervision of dedicated and capable instructors.

Career Options

- Athletic Trainer
 - Camp Counselor
 - Choreographer
 - Coach
 - Community Center Leader
 - Corrective Therapist
 - Dance Therapist
 - Exercise Test Technologist
 - Health and Safety Director
 - Industrial Recreation Leader
 - League Manager
 - Lifeguard
 - Playground Director
 - Personal Trainer
 - Pre-Physical Therapist
 - Racquet Club Manager
 - Recreation Leader
 - Recreation Specialist
 - Recruiter
 - Referee
 - Resort Sports Coordinator
 - Sportscaster
 - Sports Editor
 - Teacher
 - Water Safety Instructor
- (Some of these careers may require education beyond the two-year college level.)

Certificate Program

Certificate not applicable.

Associate Degree

The requirements for an associate degree in PE may be satisfied by completing 18 units as outlined below. A minimum of 12 units must be selected from the core and 6 units may be selected from the list of supporting courses. (See Graduation/ Associate Degree Requirements.)

Recipients of this degree are prepared to pursue a major in Health or Physical Education at a four-year institution (see a counselor for specific transfer details). Additionally, the associate degree will provide students with the opportunity to gain entry level employment often times leading to careers in the physical fitness field. The associate degree will also enlighten the student with a broad range of knowledge promoting healthy lifestyles and habits to have a better quality of life.

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Required Courses: units

Select at least 12 units from the following:

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|--|---|
| ATH 100, Introduction to Athletic Training | 3 |
| BIOL 101, General Biology | 4 |
| BIOL 201, General Human Anatomy | 4 |
| BIOL 202, General Human Physiology | 4 |
| CHEM 101, Introductory Chemistry or | |
| CHEM 110, General Chemistry | 5 |
| PE 190, Introduction to Physical Education | 3 |
| PHYS 101, Introductory Physics | 4 |

Program Electives: units

Select a maximum of 6 units with no more than 3 units of PE or DA:

| | |
|--|-----|
| CHEM 102, Introductory Chemistry or | |
| CHEM 120, General Chemistry | 4-5 |
| DA 102, Beg. Ballet | 1-4 |
| DA 103, Beg. Mod. Dance | 1-4 |
| DA 104, Beg. Jazz Dance | 1-4 |
| DA 105, Beg. Tap Dance | 1-4 |
| DA 106, Ballroom Dance | 1-4 |
| DA 111, Choreography | 1-4 |
| DA 122, Interm. Ballet | 1-4 |
| DA 123, Interm. Mod. Dance | 1-4 |
| HE 101, Health Education | 3 |
| PE 101, Adaptive Physical Ed. | 1-4 |
| PE 102, Water Aerobics | 1-4 |
| PE 103, Aerobic Conditioning | 1-4 |
| PE 109, Hatha Yoga | 1-4 |
| PE 110, Adv. Baseball Techniques | 1-4 |
| PE 111, Adv. Tennis Techniques | 1-4 |
| PE 113, Adv. Soccer Techniques | 1-4 |
| PE 115, Adv. Basketball Techniques | 1-4 |
| PE 120, Adv. Football Techniques | 1-4 |
| PE 128, Golf | 1-4 |
| PE 135, Physical Conditioning | 1-4 |
| PE 139, Team Sports Fundamentals | 1-4 |
| PE 140, Pre-Season Sport Cond. | 1-4 |
| PE 145, Women's Fast-Pitch Softball Techniques | 1-4 |
| PE 150, Swimming | 1-4 |
| PE 151, Intermediate Swimming | 1-4 |
| PE 152, Fitness Swimming | 1-4 |
| PE 155, Volleyball | 1-4 |
| PE 160, Tennis | 1-4 |
| PE 165, Adv. Track Techniques | 1-4 |
| PE 170, Beginning Weight Lifting | 1-4 |
| PE 173, Intermediate Weight Lifting | 1-4 |
| PE 175, Adv. Weight Training for Athletes | 2-8 |
| PE 180, Adv. Volleyball Techniques | 1-4 |
| PE 200–265, Intercollegiate Sports | 1-4 |
| PHYS 102, Introductory Physics | 4 |

Transfer

Students planning to continue studies at a four-year college or university after AVC should visit the Transfer Resource Center and consult with a counselor as soon as possible. Additional information on official transfer articulation agreements from AVC to many CSU/UC campuses can be found at the following Web site: www.assist.org

Prerequisite Completion

If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. According to Title 5, Section 55200(d), a satisfactory grade is a grade of "A," "B," "C" or "P." Classes in which the Pass/No Pass option is available are indicated with an asterisk (*) before the course title. See "Pass/No Pass Option" in the catalog for full explanation.

Physical Education– Adaptive Physical Education Course

PE 101 *ADAPTIVE PHYSICAL EDUCATION

1 unit
3 hours weekly

The course is designed for the student who may be confined in type and amount of activity because of a physical limitation. The student's program is individually tailored to meet the student's need. The student develops the program in consultation with the instructor and the student's physician or therapist. (CSU, UC, AVC) (R3)

Physical Education– Activity Courses

PE 102 *WATER AEROBICS

.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly

This is an entry level course in low-impact water aerobics. The instruction and class activity leads to cardiovascular

fitness, muscular strength, flexibility and increased physical endurance and will be executed in water. The exercise will be choreographed to music and demonstrated with voice instruction. There will be variation of movement and tempo in the exercises. The buoyancy and resistance of water will be considered in the design of the routines. (CSU, AVC) (R3)

PE 103 *AEROBIC CONDITIONING

1 unit
3 hours weekly

The fundamentals of running, breathing, and timing. The emphasis of the program will be aerobic conditioning through walking, jogging, and running. The student will be introduced to various types of wearing apparel and shoes. Students will experience running on various surfaces with varying degrees of stress. The prevention, care, and treatment of injuries indigenous to running will be presented. Advanced runners will learn about race strategies. Lastly, safety factors related to running will be taught. **BEFORE ENROLLING**, student must be in fair physical condition without severe medical disabilities. (CSU, UC, AVC) (R3)

PE 106 *HATHA YOGA

(formerly PE 109)
.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly

Hatha Yoga develops awareness and consciousness in the physical body to unite the mind/body unit. "Asanas" or "postures" are experienced with attention given to exactness and detail of the postural alignment of the body. Strength, endurance, flexibility and balance are achieved through a mental attitude which explores, coaxes, and plays at the edge of stress to create openings in the body. (CSU, AVC) (R3#)

Enrollment in any combination of PE 106, PE 107, PE 108 or PE 109 is limited to 4 times.

PE 108 *INTERMEDIATE/ ADVANCED HATHA YOGA

(formerly PE 107)
1 unit
3 hours weekly

Based on the strong vinyasa flow of Ashtanga Yoga, this Intermediate/Advanced Hatha Yoga class is a dynamic, strenuous yoga class which focuses on strength, balance, flexibility and inner focus. This class will include a flowing form of asana (poses) as well as regular practice in forward bends, twists, back bends, inversions and arm balances. This class is not recommended for beginners. Students are advised to have at least one year of regular yoga practice. Participants should be in good physical condition. (CSU, AVC) (R3#)

Enrollment in any combination of PE 106, PE 107, PE 108 or PE 109 is limited to 4 times.

PE 110 *ADVANCED BASEBALL TECHNIQUES

*1 unit
3 hours weekly*

Advanced skills and techniques of baseball will be taught in the course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate baseball. (CSU, UC, AVC) (R3)

PE 111 *ADVANCED TENNIS TECHNIQUES

*1 unit
3 hours weekly*

Advanced skills and techniques of tennis. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate tennis. (CSU, UC, AVC) (R3)

PE 112A *BEGINNING SOCCER

*1 unit
3 hours weekly*

Designed for the beginning level player with emphasis on recreational play, strategy, and rules. Course content will emphasize beginning soccer skills and techniques. The beginning level of instruction will require a minimal level of physical condition on the part of the student. (CSU, AVC) (R3#)

Enrollment in any combination of PE 112A, PE 112B or PE 113 is limited to 4 times.

PE 112B *INTERMEDIATE SOCCER

*1 unit
3 hours weekly*

Designed for the intermediate level player with emphasis on competitive play, skills, and tactics. Course content will emphasize soccer tactics, scrimmages, and soccer specific activities while refining intermediate technical skills. The intermediate level of instruction will require a moderate / high level of physical condition on the part of the student. (CSU, AVC) (R3#)

Enrollment in any combination of PE 112A, PE 112B or PE 113 is limited to 4 times.

PE 113 *ADVANCED SOCCER TECHNIQUES

*1 unit
3 hours weekly*

Advanced skills, techniques, and tactics of soccer will be taught in the course. An emphasis will be placed upon learning advanced strategy, formations, positional role, and teamwork at the collegiate level. The student will demonstrate and apply rules, theory, problem solving skills, and philosophy of intercollegiate soccer. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 112A, PE 112B or PE 113 is limited to 4 times.

PE 115 *ADVANCED BASKETBALL TECHNIQUES

*1 unit
3 hours weekly*

Advanced skills and techniques of basketball will be taught in the course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate basketball. (CSU, UC, AVC) (R3)

PE 120 *ADVANCED FOOTBALL TECHNIQUES

*.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly*

The course is designed for the student who wishes to learn advanced skills, techniques, and teamwork, as it pertains to the sport of football. The student will learn the rules, theory, and philosophy of intercollegiate football. (CSU, UC, AVC) (R3)

PE 128 *BEGINNING GOLF

*1 unit
3 hours weekly*

The course will emphasize the fundamentals and techniques of leisure golf. It will stress rules, regulations and vocabulary as well as etiquette. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 128 is limited to 4 times.

PE 128 *ADVANCED GOLF

*1 unit
3 hours weekly*

This course is a continuation of Beginning Golf with achievement of a higher performance level in the basic techniques of golf. It differs from Beginning Golf in that actual competition and advanced levels of strategy are taught and developed. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 128 is limited to 4 times.

PE 135 *PHYSICAL CONDITIONING

*.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly*

This course emphasizes the development of cardiovascular endurance, muscular strength, and muscular endurance by utilizing both weight training and cardiovascular training. Students will participate in activities both as a class and individually to achieve the goals that they set for themselves utilizing all equipment available. Intensity levels can be modified to accommodate all levels of fitness. (CSU, UC, AVC) (R3)

PE 139 *TEAM SPORT FUNDAMENTALS

*.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly*

This course is designed for the student who wishes to compete in athletics at the intercollegiate level. Course content will emphasize appropriate tactics, strategy, and techniques to successfully compete in one of the following sports: baseball, basketball, football, soccer, softball, track, or volleyball. It is a comprehensive program based upon gaining knowledge of techniques, rules, game strategy and tactics, player positioning, and response to opponent's actions. Students should

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have previous organized athletic experience and will enroll in the course that corresponds to their sport participation. (CSU, AVC) (R3)

PE 140 *PRE-SEASON SPORT CONDITIONING

.5 unit, 1.5 hours weekly
1 unit, 3 hours weekly

Designed for the student who wishes to compete in athletics at the intercollegiate level. Course content will emphasize pre-season conditioning for one of the following sports: baseball, basketball, football, track, cross country, soccer, softball, tennis and volleyball. It is an intensive training program based upon improving basic skills, speed, flexibility, agility, reaction time, coordinated movement and cardiovascular endurance. Students should have previous organized athletic experience. Students will enroll in the appropriate conditioning class that corresponds to their sport participation. (CSU, UC, AVC) (R3)

PE 145 *ADVANCED WOMEN'S FAST-PITCH SOFTBALL TECHNIQUES

1 unit
3 hours weekly

Advisory: Student should have at least three years high school fast-pitch experience or equivalent.

Advanced skills and techniques of women's fast-pitch softball will be taught in the course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate women's fast-pitch softball. (CSU, UC, AVC) (R3)

PE 150 *BEGINNING SWIMMING

1 unit
3 hours weekly

Instructional materials fee required for this course and must be paid at registration.

An introduction to the basic skills of swimming, including the six beginning swimming strokes: freestyle, backstroke, elementary backstroke, breaststroke, sidestroke and inverted breaststroke. Safety skills such as floating, gliding,

changing direction, treading and a plain dive will be covered. The student will be eligible to qualify for the Red Cross Levels 1, 2 or 3 swim card. This course is open for nonswimmers. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 150, PE 151 or PE 152 is limited to 4 times.

PE 151 *INTERMEDIATE SWIMMING

(formerly PE 150, Intermediate

Swimming)

1 unit
3 hours weekly

Limitation on Enrollment: Complete a 100 yard swim test or have completed PE 150.

Instructional materials fee required for this course and must be paid at registration.

The intermediate class will review all beginning swimming strokes: freestyle, elementary backstroke, backstroke, breaststroke, sidestroke and inverted breaststroke. Then the class will focus on development of intermediate swimming strokes: overarm sidestroke, survival stroke, single trudgen right and left, double trudgen and butterfly. Intermediate instruction will take place about spring-board diving, complex water turns, and building aqua fitness and stamina. Students will be eligible to qualify for the Red Cross Level 4 swim card. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 150, PE 151 or PE 152 is limited to 4 times.

PE 152 *FITNESS SWIMMING

(formerly PE 150, Fitness Swimming)

1 unit
3 hours weekly

Limitation on Enrollment: Student should be able to successfully complete a 100 yard continuous swim.

Student will learn to set up a swimming program to build physical fitness. The student will be instructed on how to improve the swim strokes he/she possesses. The basis of the program will be aerobic conditioning. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 150, PE 151 or PE 152 is limited to 4 times.

PE 155 *BEGINNING VOLLEYBALL

1 unit
3 hours weekly

A beginning course that introduces the student to the basic vocabulary, performance, fundamental skills and playing techniques of power volleyball. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 155, PE 156 or PE 157 is limited to 4 times.

PE 156 *INTERMEDIATE VOLLEYBALL

1 unit
3 hours weekly

Advisory: Eligibility for PE 155 and/or at least one year of high school volleyball experience.

This is a course designed and developed for the intermediate level volleyball player. It is a continuation of beginning volleyball with an emphasis in executing the fundamental skills and techniques of power volleyball at a higher level. This course differs from beginning volleyball in that set patterns and systems of offense and defense are used in a team strategy. **BEFORE ENROLLING**, student should have proficiency in the skills of passing and setting. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 155, PE 156 or PE 157 is limited to 4 times.

PE 157 *ADVANCED VOLLEYBALL

1 unit
3 hours weekly

This is a course designed and developed for the advanced level volleyball player. It is a continuation of intermediate volleyball with an emphasis in achievement of a higher performance level in the basic techniques of power volleyball. It differs from intermediate volleyball in that set patterns and systems of offense and defense are used in the team strategy as well as the rules and regulations of the NCAA. **BEFORE ENROLLING**, student should have proficiency in the skills of passing and setting. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 155, PE 156 or PE 157 is limited to 4 times.

PE 160 *BEGINNING TENNIS*1 unit**3 hours weekly*

Introduction to the basic skills and rules of tennis. Includes forehand, backhand, serve and volley. Also includes strategy, etiquette, selection of equipment and general rules for playing singles and doubles. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 160, PE 161 or PE 162 is limited to 4 times.

PE 161 *INTERMEDIATE TENNIS

(formerly PE 160, Intermediate Tennis)

*1 unit**3 hours weekly*

Refinement of tennis skills for the developing player. Includes forehand drive, backhand drive, service, volley, drop shot, overheads, strategies and analysis of opponent's game. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 160, PE 161 or PE 162 is limited to 4 times.

PE 162 *ADVANCED TENNIS

(formerly PE 160, Advanced Tennis)

*1 unit**3 hours weekly*

Progressive skill instruction concerned with the development of the advanced tennis player. Emphasis will be on placement of shot, shot combination building from the baseline and net, and footwork. Students will learn to select appropriate tennis equipment and apparel. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 160, PE 161 or PE 162 is limited to 4 times.

PE 165 *ADVANCED TRACK TECHNIQUES*1 unit**3 hours weekly*

Advanced skills and techniques of track and field will be taught in the course. An emphasis will be placed upon learning advanced strategy and teamwork. The student will learn the rules, theory, and philosophy of intercollegiate track and field. (CSU, UC, AVC) (R3)

PE 170 *BEGINNING WEIGHT LIFTING*1 unit**3 hours weekly*

This course is designed for the student

who wishes to learn the basic skills and techniques of weight lifting. The student will be required to learn how to design and implement a weight lifting program. The course will also cover the proper warm-up and safety techniques that are necessary when in the weight room. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 170 or PE 173 is limited to 4 times.

PE 173 *INTERMEDIATE WEIGHT LIFTING

(formerly PE 170, Intermediate Weight Lifting)

*1 unit**3 hours weekly*

This course is designed for the student who wishes to learn advanced skills on intermediate lifts in the weight room. The student will be required to learn how to develop a program with the variety of intermediate lifts which put more focus on specific body areas. The course will also cover the proper warm-up and safety techniques that are necessary in the weight room. (CSU, UC, AVC) (R3#)

Enrollment in any combination of PE 170 or PE 173 is limited to 4 times.

PE 175 *ADVANCED WEIGHT TRAINING FOR ATHLETES*2 units**6 hours weekly*

Limitation on Enrollment: Must be a potential member of an intercollegiate athletic team.

This course is designed for the student who is a member of an athletic team. The course will improve strength, flexibility, and endurance of specific muscles groups that are indigenous to a specific sport. (CSU, UC, AVC) (R3)

PE 180 *ADVANCED VOLLEYBALL TECHNIQUES*1 unit**3 hours weekly*

Advisory: Completion of PE 156 and/or experience of playing competitive volleyball, i.e. high school varsity team, club team volleyball, and/or college team volleyball.

Advanced skills and techniques of volleyball will be taught. An emphasis will be placed upon physical conditioning

and plyometric training for team competitive volleyball. The student will learn the rules, theory, and philosophy of intercollegiate volleyball. (CSU, UC, AVC) (R3)

Physical Education– Professional Preparation Courses

PE 187 *YELL AND SONG LEADING

(formerly Yell and Song Leading, Summer or Fall)

*2 units**6 hours weekly*

Limitation on Enrollment: Tryout required.

This course is intended for members of the Antelope Valley College cheerleading team. The course is designed to prepare students to perform at all scheduled college events. Students will learn advanced cheerleading techniques and apply the techniques to their performances. (CSU, AVC) (R3)

PE 188 *PEP SQUAD LEADERSHIP*2 units**6 hours weekly*

Limitation on Enrollment: Tryout required.

This course is intended for members of the Antelope Valley College cheerleading team. The course is designed to develop leadership, cooperation, and unity within the squad. Students will prepare and practice material to perform at all scheduled events and competitions. (CSU, AVC) (R3)

PE 189 *CHEER CONDITIONING*2 units**6 hours weekly*

Limitation on Enrollment: Tryout required.

This course is intended for members of the Antelope Valley College cheerleading team. The course is designed to improve the students' cardiovascular fitness, muscular strength, and flexibility. Students will develop team unity, trust,

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communication, and leadership skills by performing and competing at the intercollegiate level. (CSU, UC, AVC) (R3)

PE 190 *INTRODUCTION TO PHYSICAL EDUCATION

3 units

3 hours weekly

Limitation on Enrollment: TB skin test clearance within past year. Fingerprints are required by the State of California.

Advisory: Eligibility for ENGL 099 and READ 099.

Students will be introduced to the field of Physical Education and the related fields of Health Education, Recreation and Sport. Specifically, the psychological, philosophical, pedagogical, sociological, historical and career preparation areas of Physical Education and related careers will be studied. Current trends, issues and developments in Physical Education will be explored. Each student will participate in field experience of teaching a lesson in Physical Education. The course is designed for students who are majoring or minoring in Physical Education or have related career goals. (CSU, UC, AVC)

PE 191 *FIRST AID AND EMERGENCY CARE

3 units

3 hours weekly

Advisory: Eligibility for ENGL 099 and READ 099.

Instructional materials fee required for this course and must be paid at registration.

A study of first aid and CPR skills required by the American Red Cross. Course will result in an American Red Cross First Aid and CPR card being issued. (CSU, UC, AVC)

PE 193 *OFFICIATING—FALL SPORTS

2 units

2 hours weekly

Students will analyze and interpret the rules and regulations for the sports of football and basketball at the high school level. Discussions will also include the mechanics of officiating these sports. Trends, techniques of officiating, and

issues of the games will also be discussed. (CSU, UC, AVC)

PE 194 *OFFICIATING—SPRING SPORTS

2 units

2 hours weekly

Students will analyze and interpret the rules and regulations for the sports of baseball and track and field at the high school level. Discussions will also include the mechanics of officiating these sports. Trends, techniques of officiating, and issues of the games will also be discussed. (CSU, UC, AVC)

PE 195 *SPORTS APPRECIATION

3 units

3 hours weekly

Advisory: Eligibility for ENGL 099 and READ 099.

Selected learning experiences leading to an understanding and appreciation of athletics and recreational sports and how they relate to our society. (CSU, UC, AVC)

PE 196 *WATER SAFETY INSTRUCTOR

3 units

6 hours weekly

Advisory: Eligibility for ENGL 099, READ 099 and MATH 050.

An American Red Cross Water Safety Instructor training course. Areas of study include principles and methods of teaching swimming and plain diving, lifesaving and water safety. Student must possess current American Red Cross Lifeguard Certification. Preliminary training will result in the student becoming thoroughly familiar with the skills of swimming and lifesaving. Secondary training will concentrate on the analysis and practice of teaching swimming skills and examination of teaching skills. This is also referred to as swimming instructor training. At the completion of the course the student may qualify for certification as an American Red Cross Water Safety Instructor. In order to qualify for the Red Cross certification, the student must complete the Red Cross First Aid for the Professional Rescuer and Fundamentals

of Teacher training courses off campus. (CSU, UC, AVC) (R3)

PE 197 *LIFEGUARD TRAINING

3 unit

5 hours weekly

Limitation on Enrollment: Successfully complete lifeguard pretest skills of: a) 500 yard continuous swim, b) one minute brick tread, c) 20 second 25 yard sprint, d) 10 second deep end brick retrieve, e) 55 second 50 yard brick retrieve. In addition student must perform a 100 yard stroke of each the freestyle; breaststroke; elementary backstroke and sidestroke at Level 7 proficiency.

Instructional materials fee required for this course and must be paid at registration.

This course focuses on preparing individuals to ensure the safety of water users, recreational or instructional. Topics include: how to prevent accidents, how to keep oneself safe to ensure the safety of the facility and all users, knowledge of rescue skills, and ability to perform them. (CSU, UC, AVC) (R3)

PE 199 *OCCUPATIONAL WORK EXPERIENCE

1–8 units

hours vary

Prerequisite: To participate in work experience, students must have a job or internship which is either paid or voluntary and have the approval of the supervisor and instructor supervising work experience in the specific subject area. PRIOR TO ENROLLING, students must attend a scheduled orientation or meet individually with the supervising instructor for an individual orientation.

Occupational Work Experience Education is supervised employment designed to provide students a realistic learning experience through work. The ultimate goal is to teach students those skills and attitudes that will equip them to function and adapt as an employee in a variety of situations and jobs. Occupational Work Experience Education is supervised employment extending classroom-based occupational learning at an on-the-job learning station related to the students' educational major or occupational goal.

Credit may be accrued at the rate of one to eight units per semester. For the satisfactory completion of all types of Cooperative Work Experience Education (WE 197 and WE 199), students may earn up to a total of sixteen semester credit hours. (CSU, AVC) (R3)

Physical Education– Athletic Program Courses

AVC is a member of the Foothill Conference. Competition is offered in baseball, basketball, football, track, cross country, softball, golf, tennis, soccer, and volleyball.

PE 200 INTERCOLLEGIATE BASEBALL

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in baseball. The course will emphasize advanced baseball skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced offensive and defensive strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) (R2)

PE 205 INTERCOLLEGIATE MEN'S BASKETBALL

1 unit fall/1 unit spring

115 hours total fall/60 hours total spring

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in men's basketball. The course will emphasize advanced men's basketball skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and

code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) (R3)

PE 210 INTERCOLLEGIATE WOMEN'S BASKETBALL

1 unit fall / 1 unit spring

115 hours total fall/60 hours total spring

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's basketball. The course will emphasize advanced women's basketball skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) (R3)

PE 215 INTERCOLLEGIATE CROSS COUNTRY

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in cross country. The course will emphasize advanced cross country skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) (R2)

PE 220 INTERCOLLEGIATE FOOTBALL

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

This course is designed for the student-athlete who wishes to compete at the

varsity intercollegiate level in football. The course will emphasize advanced football skills and techniques. An advanced level of physical conditioning will be taught. An emphasis will be placed upon the athlete learning the playing rules and code of conduct. The athlete will be required to learn advanced offensive and defensive strategy. The course will stress the development of teamwork. (CSU, UC, AVC) (R2)

PE 225 INTERCOLLEGIATE WOMEN'S TENNIS

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

Designed for the student athlete who wishes to compete at the intercollegiate level in tennis. Course content will emphasize advanced tennis skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules and strategy. (CSU, UC, AVC) (R2)

PE 230 INTERCOLLEGIATE WOMEN'S SOCCER

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the intercollegiate level in soccer. Course content will emphasize advanced soccer skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules, history, and strategy. (CSU, UC, AVC) (R2)

PE 237 INTERCOLLEGIATE MEN'S GOLF

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

Designed for the male student-athlete who wishes to compete at the intercollegiate level in golf. Course

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content will emphasize advanced golf skills and techniques. The advanced level of competition will require a high level of physical condition on the part of the student. Instruction and practice for intercollegiate competition will include rules of play and strategy. (CSU, AVC) **(R2)**

PE 240 INTERCOLLEGIATE WOMEN'S SOFTBALL

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's softball. The course will emphasize advanced women's softball skills and techniques. An advanced level of competition requires the athlete to possess adequate physical conditioning. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced offensive and defensive strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**

PE 255 INTERCOLLEGIATE TRACK

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in track. The course will emphasize advanced track skills and techniques. An advanced level of track competition requires the athlete to possess an adequate physical condition. The course is designed to assist the athlete in acquiring the prerequisite conditioning. All phases of advanced strategy will be presented. The course will teach the athlete the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**

PE 265 INTERCOLLEGIATE WOMEN'S VOLLEYBALL

2 units

10 hours weekly

Limitation on Enrollment: *Physical examination and tryout required.*

The course is designed for the student-athlete who wishes to compete at the varsity intercollegiate level in women's volleyball. Advanced women's volleyball skills and techniques will be emphasized. The course is designed to assist the athlete in acquiring the necessary conditioning needed for competition. All phases of advanced offensive and defensive strategies will be presented. The course will teach the athletes the playing rules and code of conduct. (CSU, UC, AVC) **(R2)**