

## MUSIC

### MUS. 100 FUNDAMENTALS OF MUSIC

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Learn basic musical skills: reading music notation, sight-singing and ear training, using scales, chords and key signatures to harmonize simple melodies. Students develop listening techniques and explore musical styles. Does not satisfy requirements for the music major degree. Transfer: CSU: C1, UC\*. (IGETC: 3A)

### MUS. 101 MUSICIANSHIP I

*Units (Grade Option) 1; Class Hours: Minimum of 32 lab/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 100 or demonstrated ability to read music notation. Corequisite(s): Completion of or concurrent enrollment in MUS. 131. Description:* This course reviews fundamentals of aural skills for theory basics and then explores major and minor triads and their functions in diatonic harmony, culminating in the use of the dominant seventh chord. Transfer: CSU, UC.

### MUS. 102, 103, 104 MUSICIANSHIP II, III, IV

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 102, 103 and 104 require the previous level. Description:* This series of courses covers music notation, keys, key signatures, intervals, sight reading and ear training from beginning through advanced levels. Transfer: CSU, UC.

### MUS. 115 ART, MUSIC AND IDEAS

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* An introduction to the understanding and appreciation of art and music, especially in the context of European history. An investigation into the elements of art and music equip the student to see and hear with greater discrimination, as well as recognize how these elements relate to changes in society. Lectures are illustrated with slides, recordings, films, etc., attendance at a live performance and a museum visit required. Transfer: CSU: C1, UC. (IGETC: 3A)

### MUS. 131 HARMONY I

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 100 or demonstrated ability to read music notation. Corequisite(s): Completion of or concurrent enrollment in MUS. 101. Description:* This course reviews fundamentals of notation and theory basics and then explores major and minor triads and their functions in diatonic harmony, culminating in the use of the dominant seventh chord. Transfer: CSU: C1, UC. (IGETC: 3A)

### MUS. 132 HARMONY II

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 131.*

*Corequisite(s): Completion of or concurrent enrollment in MUS. 102.*

**Description:** This course explores major and minor triads and their functions in chromatic harmony, including issues such as secondary dominants, modal mixture, extended and altered chords, and modulation. Transfer: CSU, UC.

### MUS. 202 MUSIC APPRECIATION (CAN MUS 8)

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Learn about musical terms and ideas and apply that knowledge to many types of music such as popular, classical, jazz, and other forms of music from around the world. Consider different ways of listening to music and learn about the different meanings music can have in entertainment, history, ritual, film and other contexts. Concert attendance required. Transfer: CSU: C1, UC. (IGETC: 3A)

### MUS. 240 MUSIC OF THE AMERICAS

*Units 3; Class Hours: Minimum of 48 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Learn about the rhythms and varieties of music in Latin America and the cultural roots that nurture this exciting form of expression. Music from the Caribbean and South, Central and North America is covered, including genres such as corridos, son, rumba, and tangos. Concert attendance is required. Transfer: CSU: C1.

### MUS. 250 WORLD MUSIC

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Survey of selected listening and readings about cultures such as India, China, Japan, Indonesia, Europe, North and South America, and Africa. Students learn to use basic musical terminology in describing that music, and to relate music behaviors to the cultural contexts that surround them. Equal emphasis is placed on music and culture. Concert attendance is required. Transfer: CSU: C1, UC. (IGETC: 3A)

### MUS. 301, 302, 303, 304 PIANO I, II, III, IV

*Units (Grade Option) 2; Class Hours: Minimum of 32 lecture/16 lab/48 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 302, 303 and 304 require the previous level. Description:* These applied music courses stress the basics of piano playing from beginning through advanced levels. Students are taught the foundations of piano technique, to read music, to play musically, and to expand their repertoire. For those with no music literacy, concurrent or previous enrollment in MUS. 100 is recommended if enrolling in level I. MUS. 304 may be repeated for credit. Transfer: CSU, UC.

### MUS. 305, 306, 307, 308 KEYBOARD HARMONY I, II, III, IV

*Units (Grade Option) 2; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 306, 307 and 308 require the previous level. Description:* This series of beginning through advanced courses gives students hands-on keyboard proficiency in performing the harmonic

theory studied in MUS. 131, 132, 133, and 134. The courses reinforce their aural perception of harmonic progressions, provide instruction for transposition, and lay the foundation for improvisation at the keyboard. Some pianistic ability is desirable for level I. Transfer: CSU, UC.

### **MUS. 371, 372, 373, 374 GUITAR I, II, III, IV**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lecture/lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Possession of a guitar. MUS. 372, 373 and 374 require the previous level. Description:* These courses cover basic techniques of playing the guitar from beginning through advanced levels. Group and individual attention are included. Transfer: CSU, UC.

### **MUS. 450 JAZZ BAND**

*Units 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Demonstration of ability by audition. Description:* This course provides for the study of all phases of big band jazz. Performance is required. Demonstration of proficiency is a prerequisite. Transfer: CSU, UC.

### **MUS. 461, 462, 463, 464 INSTRUMENTAL ENSEMBLE I, II, III, IV**

*Units 1; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MUS. 461 requires demonstration of ability by audition. MUS. 462, 463 and 464 require the previous level. Description:* These course are a Brass, String, and Woodwind ensemble. Performance is required. Transfer: CSU, UC.

### **MUS. 476 CHOIR**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Student must be able to match pitch vocally. Description:* This course is the study and performance of choral literature for accompanied and unaccompanied chorus. The repertoire includes "popular" contemporary styles. Performances are required. Field trips may be required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

### **MUS. 486 COLLEGE SINGERS**

*Units 1; Class Hours: Minimum of 80 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Previous choral experience and demonstrated ability by audition. Description:* This is an advanced ensemble specializing in the performance of choral literature for small choruses. The repertoire includes both traditional and contemporary styles. Performances are required. Field trips may be required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

### **MUS. 490 PENINSULA CANTARE I**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Previous choral experience and demonstrated ability through auditions. Description:* Rehearsal and performance of oratorios and other choral literature is the content of this course.

Performance is required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

### **MUS. 491 PENINSULA CANTARE II**

*Units 0.5; Class Hours: Minimum of 24 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): Previous choral experience and ability demonstrated by audition. Description:* This course focuses on rehearsal and performance of oratorios and other choral literature at a more advanced level than MUS. 490. Participation in performances is required. May be repeated for credit up to 3 times. Transfer: CSU, UC.

## **NATURAL SCIENCES**

### **NSCI 100 INTRODUCTION TO NATURAL SCIENCES**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* This course is an overview of the natural sciences, emphasizing the geology and natural history of San Mateo County. Descriptive material is taken from biological, geological and environmental sciences. Field trips supplement lecture material. Transfer: CSU: B1, B2, UC\*. (IGETC: 5A, 5B)

## **OCEANOGRAPHY**

### **OCEN 100 OCEANOGRAPHY**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Chemical and biological history of the oceans, currents, waves, tides and coastal processes are studied in this course. Origin and evolution of the oceans and ocean basins with emphasis on recent discoveries in continental drift and sea floor spreading are included. Transfer: CSU: B1, UC. (IGETC: 5A)

### **OCEN 101 OCEANOGRAPHY LAB**

*Units 1; Class Hours: Minimum of 48 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Corequisite(s): Completion of, or concurrent enrollment in OCEN 100. Description:* Introductory laboratory exercises in plate tectonics; the geography and sediments of the seafloor; the cause and effect of weather, waves, and currents; the physics and chemistry of seawater; marine life forms; marine resources, and the effect of humans on the sea. A field trip is required. Transfer: CSU: B3 (only if OCEN 100 is successfully completed prior to or concurrently with OCEN 101).

## PALEONTOLOGY

### **PALN 110 ANCIENT LIFE AND PAST ENVIRONMENTS**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None.* **Description:** An introductory ecological approach to the changing parade of life and ancient environments through the past 3.5 billion years of Earth history. Included are collecting, preparing, analyzing and interpreting a fossil marine fauna. Transfer: CSU: B2, UC. (IGETC: 5B)

## PARALEGAL

### **LEGL 249 INTRODUCTION TO THE LEGAL SYSTEM**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None.* **Description:** The role of a paralegal, an overview of the U.S. legal system, and an introduction to the substantive areas of law taught in the paralegal program. Transfer: CSU.

### **LEGL 250 LEGAL RESEARCH AND WRITING**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249.* **Description:** The student is introduced to reading and briefing legal cases and the principles of legal writing. Students also learn the differences between 1) primary and secondary sources, 2) title and court records, and 3) county, state, and specialization law libraries, and specialized libraries. Other topics included in the course are organization and management of an office law library, cite checking, and preparation of bibliographies. Transfer: CSU.

### **LEGL 251 TORTS**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249.* **Description:** Study of the various torts that make up the substantive law of torts. The topics included are the basis of tort liability, the elements of actionable torts, remedies, and procedures. Transfer: CSU.

### **LEGL 252 CIVIL LITIGATION AND TRIAL PREPARATION**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249.* **Description:** Introduction to the basis of trial practice and civil litigation procedures. Students learn how to prepare pleadings and motions, complete discovery and fact investigations, identify pretrial considerations, preserve facts and prepare for trial, and complete post-trial motions and appeals. Transfer: CSU.

### **LEGL 253 ESTATE ADMINISTRATION**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249.* **Description:** Examines the fundamental principles involved in the legal process of estate planning and probating an estate. The basic law of wills and the preparation of all pleadings and documents customarily used in planning and probating an estate are included also. Transfer: CSU.

### **LEGL 254 FAMILY LAW**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249, or concurrent enrollment in LEGL 249 or equivalent.* **Description:** Student learns legal principles and practical matters on starting a family law case, dissolving marital status, the court process, child and spousal support, child custody and visitation, and the characterization and division of marital property. Students prepare several family law pleadings used in a family law case. Course is combined with lectures and projects. Transfer: CSU.

### **LEGL 255 CORPORATIONS AND BUSINESS ENTITIES**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249.* **Description:** Basic orientation to business organizations involving sole proprietorships and partnerships. Procedures followed for qualifying a foreign corporation in California are discussed as well. Transfer: CSU.

### **LEGL 256 REAL PROPERTY LAW**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249.* **Description:** In this course, emphasis is placed on the relationships between buyer and seller of real estate and between landlord and tenant. The role of the legal assistant in the analysis and solution of legal problems and in the preparation of documents is also discussed. Transfer: CSU.

### **LEGL 257 BANKRUPTCY**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 or concurrent enrollment in LEGL 249.* **Description:** Overview of the bankruptcy court, administration of bankrupt estates by receivers and trustees, and the preparation of voluntary cases. Students learn to apply the analytical skills needed to assist attorneys in preparing bankruptcy petitions and other documents. Transfer: CSU.

### **LEGL 260 ADVANCED LEGAL RESEARCH AND WRITING**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249 and 250.* **Description:** Students develop and refine legal research and writing skills by preparing a series of projects which include legal documents for court cases filed by attorneys. Included is the efficient use of law libraries. Transfer: CSU.

**LEGL 262 PARALEGALISM AND STUDY OF LEGAL ETHICS**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 249. Description:* Major aspects and issues of the paralegal profession, skills of a paralegal, and legal ethics. Topics include new careers in law, paralegal employment, the regulation of paralegals, legal analysis, interviewing, investigation in a law office, and formal and informal advocacy with administrative agencies. Transfer: CSU.

**LEGL 264 CONTRACTS**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description:* Study of the theory and practice of contract law. Students learn to create contracts and identify contract breaches provided for by law. Transfer: CSU.

**LEGL 268 ADMINISTRATIVE LAW**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): LEGL 249. Description:* Fundamentals of the administrative law system—how it developed, what it is intended to do, and how it works. Federal cases; issues in administrative law such as those that apply to tax, welfare, and environmental law; workers' compensation and social security are examined also. Transfer: CSU.

**LEGL 274 ADVANCED FAMILY LAW PROJECTS**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for ENGL 110; Prerequisite(s): LEGL 254. Description:* Overview of the skills needed to prepare documents and forms commonly found in family law (divorce) matters. Potential examples are petitions, responses, orders to show cause, responsive declarations, income and expense declarations, pretrial statements, disclosure statements, discovery judgments, marital settlement agreements, and support calculations. Transfer: CSU.

**LEGL 276 COMPUTERS IN THE LAW**

*Units (Grade Option) 2; Class Hours: Minimum of 32 lecture/16 by arrangement lab hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description:* This survey course provides an overview of the ways in which law firms and libraries increasingly use the Internet as an integral part of their daily work. The primary emphasis is on the legal information and research sources available through the World Wide Web. Other topics include transactional use of the Internet, as in corporate registrations and securities filings, and law firm intranets. Transfer: CSU.

**PHILOSOPHY****PHIL 100 INTRODUCTION TO PHILOSOPHY (CAN PHIL 2)**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description:* An introductory course in the examination of some of the classical philosophical problems in the areas of ethics, metaphysics, epistemology, and social and political philosophy. Selected philosophers of the respective areas are exam-

ined, analyzed, compared, and contrasted. The aim of this course is to study the ideas and theories of these areas, think critically, and observe the relevancy of these ideas in everyday life. A multicultural perspective is also integrated. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHIL 103 CRITICAL THINKING**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 420 and ENGL 100; Prerequisite(s): None. Description:* A general overview of the principles and methods of reasoning skills is examined. Methods and techniques are introduced to identify arguments from various types of discourse. Students develop the skills to analyze the structure of an argument, types of argument; informal fallacies and evaluation of arguments. Some formal logic is introduced to facilitate understanding of logical reasoning. Students develop skills of constructing valid/sound argument in argumentative essays. Transfer: CSU: A3, UC.

**PHIL 160 HISTORY OF PHILOSOPHY: ANCIENT AND MEDIEVAL (CAN PHIL 8)**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* This course is an introduction to the history of Western philosophy from pre-Socratic to Renaissance. Selections from representative philosophers and/or schools—pre-Socratic, Plato, Aristotle, philosophy of the Roman world, and Christian and early rationalist thought—are studied. Analysis of attempts to resolve fundamental metaphysical, epistemological, and ethical questions is also included. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHIL 190 CONTEMPORARY PHILOSOPHY**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* A general survey of the philosophical developments in the 19th and 20th centuries and their ramifications on social, political, moral, and religious movements. Traditions of Idealism, existentialism, Marxism, logical positivism, pragmatism, utilitarianism, and linguistic analysis are examined. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHIL 200 INTRODUCTION TO LOGIC (CAN PHIL 6)**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* This is an introductory course in the study of formal logic which includes the following: argument and types of arguments; language: meaning and definition; informal fallacies; syllogism; propositional logic; predicate logic; and induction. Also included is the critical study of the conditions of meaningful statements, analysis, and evaluation of arguments, skills in performing logical deduction and constructing logical proofs. Transfer: CSU: A3, UC.

**PHIL 240 INTRODUCTION TO ETHICS (CAN PHIL 4)**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None.* **Description:** This course discusses the major ethical principles and theories in the world. How these principles apply to one's ethical decision making and moral responsibility is examined. Classical and contemporary deontological and teleological theories and existential theory and others are studied. Contemporary ethical issues, abortion, euthanasia, homosexuality, feminism, and terrorism are also examined. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHIL 246 ETHICS IN AMERICA**

*Telecourse: Units (Grade Option) 3; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None.* **Description:** Examines contemporary ethical conflicts in journalism, government, medicine, law, business, and the criminal justice system. Provides a grounding in the language, concepts, and traditions of ethics. Transfer: CSU: C2.

**PHIL 300 INTRODUCTION TO WORLD RELIGIONS**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None.* **Description:** An introduction to the study of great world religions; their religious and spiritual teachings; their rituals and literatures; their impact on the respective world views and culture; and finally their influence on the meaningfulness of human existence and their meaning in relation to the Transcendent. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHIL 320 ASIAN PHILOSOPHY**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None.* **Description:** This course is a general survey of the philosophical developments in China, India, and Japan. Major philosophical theories of these countries are compared and evaluated. The philosophical impact on Asian perspective of purpose and meaningfulness of existence, human destiny, ethical, and meta-physical views is examined. Transfer: CSU: C2, UC. (IGETC: 3B)

**PHYSICAL EDUCATION****ADAPTIVE**

*Adaptive Physical Education courses are offered primarily for students with physical limitations. Physician's verification of limiting condition on file is recommended.*

**ADAP 310 ADAPTIVE P. E. FITNESS PROFILE**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Students' physical fitness levels are assessed to demonstrate measurable progress as a result of participating in an Adaptive P.E. class. Students set realistic, individual goals for improvement of their fitness and mobility. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**ADAP 320 ADAPTIVE FUNCTIONAL FITNESS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Exercises to improve the activities of daily living for physically limited individuals with emphasis on proper body mechanics, posture, and movement patterns leading to greater safety and independence. May be repeated for credit up to 3 times. Transfer: CSU, UC\*.

**ADAP 350 ADAPTIVE GENERAL CONDITIONING**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This course provides a total fitness program for the adaptive physical education student, emphasizing cardiovascular endurance, flexibility, muscular strength, balance, coordination, posture, and body mechanics. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**ADAP 351 ADAPTIVE STRENGTH TRAINING**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** In this course students use a variety of equipment and resistive techniques to increase overall strength, endurance, and flexibility. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**ADAP 361 BALANCE AND COORDINATION ACTIVITIES**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** A variety of techniques are taught to develop better balance and coordination for more efficient movement throughout daily living activities. Transfer: CSU: E2, UC\*.

**ADAP 362 ADAPTIVE LIFELONG WELLNESS**

*Units (Grade Option) 0.5-1.5; Class Hours: Minimum of 24-72 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Comprehensive development of a lifetime fitness and wellness plan, emphasizing preparation for home-based and alternative community-sponsored activity programs. May be repeated for credit up to 3 times for a maximum of 6 units. Transfer: CSU, UC\*.

**COMBATIVES****COMB 401 SELF DEFENSE**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This course is designed for students to gain knowledge about basic self-defense. Areas covered are mental preparation, avoidance of areas conducive to violent action; front and rear grasp releases, and ground tactics are stressed. Both violent and non-violent techniques are covered. Activities deal with all releases, striking, hitting and kicking situations. Emphasis is placed on physical and mental preparedness in dealing with confrontations. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**COMB 410 BEGINNING KARATE**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This course is designed for students to gain the knowledge and skills found in the sport, philosophy and fighting skills of TAE KWON DO. Basic kicking, blocking and punching techniques and their applications in self-defense, the Olympic sport, and rank promotion aspects are covered. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**DANCE****DANC 125 BEGINNING SALSA**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Beginning techniques of partner salsa dancing for men and women. Proper body placement, lead and follow techniques, and stylization applied to dance patterns. Shine steps are covered. Strong emphasis on dance etiquette and understanding of the rhythms of the music. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 126 INTERMEDIATE SALSA**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 125, or demonstrated skill.* **Description:** Continuation of DANC 125. A thorough review of Beginning Salsa is provided. Then more complex turns and patterns are demonstrated and practiced. There is greater emphasis on the development of dance stylization and timing and emphasis on proper partner dance etiquette and safety. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 127 ADVANCED SALSA**

*Units (Grade Option) 0.5; Class Hours: Minimum of 24 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 126, or demonstrated skill.* **Description:** This course is designed for the more advanced student who has already demonstrated advanced ability in lead/follow technique, dance pattern complexity and proper timing. Longer and more difficult dance combinations are covered without introduction or emphasis of the basics. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 140 BALLET**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Beginning techniques of classical ballet are studied and executed. Movement skills, body alignment and placement, rhythmic structures, qualities of movement, and the classical terminology are presented. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 205 BEGINNING JAZZ**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Elementary jazz techniques, foot and leg development, basic turns, isolation of body parts and understanding of the rhythms of

jazz music are covered in this course. Short combinations are learned using basic jazz techniques. Emphasis on locomotive movements. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 210 BEGINNING/INTERMEDIATE JAZZ**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 205 or equivalent.* **Description:** Continuation DANC 205. Emphasis is placed on single and double turns, longer combinations, and more complex techniques. There is opportunity to perform in groups in classroom demonstrations. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 215 INTERMEDIATE JAZZ**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): DANC 210 or equivalent.* **Description:** This course is designed for the more advanced dance student. Techniques and skills include more difficult and longer combinations and sequences. Opportunities to perform and creative endeavors are encouraged. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 220 CONDITIONING FOR DANCE TECHNIQUE**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This course is designed for the athlete, student of dance/drama, and others to help increase overall performance. Exercises to increase strength, endurance, flexibility, muscle tone and poise are used. Concepts of nutrition, prevention and care of injury, yoga, ballet, and body alignment are covered in detail. The history of dance and comparison of various dance styles is discussed. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**DANC 230 BODY MOVEMENT**

*Units (Grade Option) 0.5; Class Hours: Minimum of 24 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This course is designed for the student with none or very limited dance experience. Development of basic movement skills, use of props, understanding elements of music are included. This course is recommended for singers and actors. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

**DANC 350 DANCE AEROBICS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Warm up, toning exercises, vigorous dance sequences, cool down and stretching are presented to upbeat pop music. Safely working at one's own pace is emphasized. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**DANC 400 DANCE PRODUCTION**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Includes techniques and composition of actual dance performance productions. Choreography, music, make-up, costumes, lighting and staging are included. Course culminates in dance production. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC.

## FITNESS

### **FITN 117 FITNESS ASSESSMENT AND CONDITIONING**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 16-32 lab/8-16 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Increase quality of life by adopting and maintaining daily physical activity. Apply motivational and behavior modification techniques that aid in the adherence to a lifetime fitness and wellness program. Students assess health-related components of fitness, then set personal fitness/wellness goals and monitor progression. Special emphasis is paid to the design and execution of a personalized exercise prescription. Successful completion enables students and athletes to work independently in a fitness environment. May be repeated for credit up to 3 times. Transfer: CSU, UC\*.

### **FITN 118 BEGINNING FITNESS CENTER (Replaced FITN 121 effective Spring 2007)**

*Units (Credit/No Credit) 0.5-2; Class Hours: Minimum of 16-64 lab/8-32 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): FITN 117.* **Description:** A self paced strength training program for the beginning student through the use of free weights, functional training apparatus, selected machines and aerobic conditioning equipment for lifelong health and wellness. Empowers students and athletes to optimize their fitness capabilities, achieving excellence through the promotion of a healthy lifestyle, providing opportunities to improve personal wellness and applying fundamentally sound principles. Includes orientation, goal setting and assessment. Transfer: CSU: E2, UC\*.

### **FITN 119 INTERMEDIATE FITNESS CENTER**

*Units (Credit/No Credit) 0.5-2; Class Hours: Minimum of 16-64 lab/8-32 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): FITN 118 or 121.* **Description:** Continuation of FITN 118. A self paced strength training program for the intermediate level student that incorporates free weights, functional training apparatus, selected machines and aerobic conditioning equipment for lifelong health and wellness. Empowers students and athletes to optimize their fitness capabilities, achieving excellence through the promotion of a healthy lifestyle, providing opportunities to improve personal wellness and applying fundamentally sound principles. Examines goal setting, fitness assessment and fitness program design. May be repeated for credit up to 2 times. Transfer: CSU, UC\*.

### **FITN 122 LIFELONG FITNESS**

*Units (Grade Option) 2; Class Hours: Minimum of 96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** A comprehensive group activity course designed for all ages to improve cardiorespiratory function, upper and lower body muscular strength, muscular endurance, flexibility and body composition with additional emphasis on posture, coordination, agility and balance without use of special equipment. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 123 CARDIO PUMP FITNESS**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** A total fitness class for men and women that is designed to improve cardiovascular endurance, muscular strength, flexibility, balance and coordination, posture and body mechanics. The use of free weights and exercubes is incorporated in class. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 124 PILATES TRAINING**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Students learn to perform controlled, focused exercises based on the work of Joseph Pilates designed to increase strength and awareness of the body's core muscles. This course includes discussion of optimal musculoskeletal functioning for postural stability that enhance performance in everyday work and play, athletics and dance. Exercise mat required. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 128 GET ON THE BALL EXERCISING**

*Units (Grade Option) 1-2; Class Hours: Minimum of 48-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** Exercising on a stability ball to achieve functional movement, abdominal and lower-back strength, while increasing whole-body strength, flexibility, stabilization, balance, and coordination. This foundation course is suitable for all age groups and prepares body for all levels of activity – athletic to everyday movement. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 140 EXERCISE APPRECIATION I**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** This is a basic conditioning course. Progressive exercise plans are offered that involve strength, endurance, flexibility, coordination, balance and agility. Tests and evaluation are affiliated with the Cañada Fitness Institute. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 151 BEGINNING STEP AEROBICS**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** The seventeen basic step techniques are developed in this beginning step aerobic course with emphasis on strength, endurance and flexibility. Routines include the use of step benches which aid improvement of overall fitness levels. The class activity includes warm-up, vigorous activity and cool-down. Small weights are used to develop upper body and abdominal strength. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **FITN 153 SOCCER CONDITIONING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.* **Description:** A comprehensive group activity course designed to improve the total fitness level of the competitive intercollegiate community college soccer athlete. Course emphasizes cardiovascular fitness, strength, speed, balance and agility with and without the ball. Assessments of the students' fitness levels are made through a series of fitness tests. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 154 VOLLEYBALL CONDITIONING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* A comprehensive group activity course designed to improve the total fitness level of the competitive intercollegiate community college volleyball athlete. Course emphasizes cardiovascular fitness, strength, speed, balance and agility with and without the ball. Assessments of the students' fitness levels are made through a series of fitness tests. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 210 VARSITY WEIGHT CONDITIONING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Concurrent enrollment in a team sport or demonstrated skill in athletic competition. Description:* Designed for students in varsity or team sport to improve strength, balance, flexibility, and bulk through the use of free weights and weight machines. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 240 VOCABULARY OF EXERCISE PHYSIOLOGY**

*Units 1; Class Hours: Minimum of 16 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): FITN 250 or concurrent enrollment. Description:* Learn the terminology used by fitness professionals to accurately describe movement, location and positions of the body. The basic vocabulary required for analyzing fitness and exercise literature is covered, including the anatomical planes of motion, axes of rotation, joint action, anatomical locations, and positions. This vocabulary will form a basis for communicating and learning about exercise. Transfer: CSU.

**FITN 245 PRINCIPLES AND TECHNIQUES OF RESISTANCE TRAINING**

*Units 2; Class Hours: Minimum of 32 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): FITN 250. Description:* Learn basic resistive training principles, acute program variables and proper spotting techniques. Body mechanics of various exercises stressing proper form on machines, free weights, tubes and balls. Students assess how to position clients for the exercise to get the proper anatomical positioning throughout the exercise. Transfer: CSU.

**FITN 250 PERSONAL TRAINER PREPARATION: ANATOMY AND PHYSIOLOGY**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* Comprehensive coverage of functional anatomy, exercise physiology, nutrition and weight management, and cardiovascular pathology and related risk factors. Successful completion of this course assists the student to prepare for a variety of national certification exams for Exercise Leader including the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Transfer: CSU.

**FITN 251 PERSONAL TRAINER: HEALTH APPRAISAL AND EXERCISE PRESCRIPTION**

*Units 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, ENGL 836 or ESL 400, and MATH 110 or 111; Prerequisite(s): None. Description:* Comprehensive coverage of health appraisal screening, health assessment techniques, fitness testing assessment, metabolic calculations, exercise programming and techniques to change health behaviors. Successful completion of this course assists the student in preparing for a variety of national certification exams for exercise leader including American College of Sports Medicine (ACSM) and American Council on Exercise (ACE). Transfer: CSU.

**FITN 306 FITNESS WALKING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* This comprehensive course includes an historical perspective, with emphasis on the physical and mental benefits of walking, its effect on longevity, injury prevention, the cardiovascular system and disease rehabilitation. Additionally, such topics as hiking and backpacking, safety gear and weather are covered. Techniques of striding, race walking and nutrition, as it relates to overall fitness, are introduced. Areas conducive to safe walking, both in the community and in local parks, are used as well as the campus. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 320 AEROBIC FITNESS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* Through a slow build up utilizing calisthenics, stretching, and jogging, the student progresses towards a higher level of aerobic fitness. The core activity is jogging and, weather permitting, class is conducted outdoors. The assumption is made that this is a first time experience for the student and all activity starts at the beginners' level. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 332 FLEXIBILITY AND STRETCHING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* The focus of this course is to help condition and tone the body through low impact fitness techniques and total body stretching, proper breathing techniques, and exercises for flexibility. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 334 YOGA**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* Introduction to basic yoga, breath work, and meditation. Specific poses, "asanas", movement modalities and yogi styles are practiced. Develop strength, relaxation and a sense of well being. Techniques of breathing are incorporated into each pose. Each class session ends with a variety of meditation techniques. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**FITN 340 AEROBIC CYCLING**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** This aerobic cycling course is to acquaint students with use of stationary ergometers to help increase cardiovascular fitness levels and assist in lowering body fat, while increasing lean body mass. May be repeated for credit once. Transfer: CSU: E2, UC\*.

**INDIVIDUAL SPORTS****INDV 120 BADMINTON**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** Instruction in the basic fundamentals of the game of badminton including techniques of singles and doubles play, rules of the game, and basic strategy. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**INDV 161 BEGINNING GOLF**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** Instruction in the techniques, rules, etiquette and philosophy of the game for the beginning golfer. Stance, grip, position, swing and follow-through as associated with selected irons and woods is covered. Most sessions are held on campus, some activity may be scheduled for local courses and driving ranges. May not be repeated. Transfer: CSU: E2, UC\*.

**INDV 164 INTERMEDIATE/ADVANCED GOLF**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability.*

**Description:** Extension of the fundamentals learned in Beginning Golf. Considerable emphasis is placed on the competitive aspects of golf; tournament play is a major part of the course. Sessions are conducted at Cañada College and Emerald Hills golf course. May be repeated for credit up to 2 times. Transfer: CSU: E2, UC\*.

**INDV 166 EXPERT GOLF TRAINING**

*Units (Grade Option) 1-2; Class Hours: Minimum of 48-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated skill.*

**Description:** This course is offered for the advanced golfer wishing to prepare for competition either as a member of the Cañada College Varsity Golf Team or other competition. Major emphasis is on actual competition playing on local golf courses. A minimum passing score on a written test of golf rules and etiquette is required before playing on a course. A minimum skill level must be demonstrated to remain in the course. Included are both on and off course drills for skills and strategy. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**INDV 251 BEGINNING TENNIS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** The fundamentals of tennis are covered in this course, including forehand and backhand ground strokes, serve and volley,

rules, scoring system, tennis etiquette and basic tactics of singles and doubles play. Some competition is included at the end of the course. The improvement of the individual player is emphasized. May not be repeated. Transfer: CSU: E2, UC\*.

**INDV 252 BEGINNING/INTERMEDIATE TENNIS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): INDV 251 or equivalent.*

**Description:** Designed for students who have completed a semester of beginning tennis or the equivalent. Emphasis is on continued improvement in forehand and backhand ground strokes, serve, volley, lob and smash, and basic tactics of singles and doubles. Drills and match play occur throughout the semester. May not be repeated. Transfer: CSU: E2, UC\*.

**INDV 254 INTERMEDIATE/ADVANCED TENNIS**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): INDV 252 or equivalent.*

**Description:** Designed for the student with prior tennis experience. All strokes and shots are presented, including forehand and backhand ground strokes, serve, volley, lob and overhead. Advanced instruction in singles and doubles play is included. Individual improvement is a major emphasis. May be repeated for credit one time. Transfer: CSU: E2, UC\*.

**INDV 256 EXPERT TENNIS TRAINING**

*Units (Grade Option) 2; Class Hours: Minimum of 96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated skill.*

**Description:** Designed for men and women of expert tennis ability who wish to develop their tennis skills. Students are instructed in the fundamentals as needed and put through many drills designed to improve their tennis skills. Conditioning and strategy is a major part of this course. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**THEORY****P.E. 115 INTRODUCTION TO ADAPTIVE PHYSICAL EDUCATION**

*Units (Grade Option) 2; Class Hours: Minimum of 32 lecture hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** This course is designed to provide a working knowledge of numerous disabilities and current adaptive physical education techniques for students interested in pursuing a career in adaptive physical education, physical therapy, special education, or any other health-related field. Transfer: CSU: E2.

**P.E. 116 ASSISTING IN ADAPTIVE PHYSICAL EDUCATION**

*Units (Grade Option) 0.5-3; Class Hours: Minimum of 24-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None.*

**Description:** In this course students gain practical experience in the techniques of working with disabled persons through assisting in any of the adaptive physical education classes. May be repeated for credit up to 3 units. Transfer: CSU: E2.

**P.E. 118 INTRODUCTION TO FUNCTIONAL FITNESS MEASURES**

*Units (Grade Option) 0.5-3; Class Hours: Minimum of 24-144 by arrangement lab hours/semester; Basic Skills Level: Open Curricu-*

*lum; Prerequisite(s): None. Description:* Introduction to the current testing measures used in the field of adaptive physical education and rehabilitation. This course material is relevant for individuals pursuing a career in physical therapy or a related field, as well as for persons working in any capacity with adults with special needs. Students learn and have an opportunity to practice a variety of testing protocols, as well as to evaluate the outcomes of a functional fitness program. Open entry/Open Exit. May be repeated for credit up to 3 times for a maximum of 3 units. Transfer: CSU.

### **P.E. 305 THEORY OF BASKETBALL**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): None. Description:* This course presents the techniques, strategies, history, and philosophy of the game of basketball. High school, college, and professional guest speakers participate in the course. Transfer: CSU, UC\*.

### **P.E. 306 THEORY OF COACHING SOCCER**

*Units (Grade Option) 3; Class Hours: Minimum of 48 lecture hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): TEAM 141 or equivalent. Description:* This course is designed for the student who wishes to coach soccer at the youth, adult or collegiate level. Rules of the game, coaching theories for youth and adults, and coaching tactics for basic and advanced situations are discussed. Transfer: CSU, UC\*.

### **P.E. 308 PREVENTION AND CARE OF ATHLETIC INJURIES**

*Units 2; Class Hours: Minimum of 24 lecture/24 lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): BIOL 250 or FITN 250. Description:* Introduction to the basic principles of prevention, assessment, treatment, and rehabilitation of athletic related injuries. Includes basic anatomical and physiological aspects, evaluation and assessment, as well as considerations and overview of injuries with treatment protocols. Transfer: CSU.

## **TEAM SPORTS**

### **TEAM 105 ADVANCED BASEBALL**

*Units (Grade Option) 2; Class Hours: Minimum of 96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated competency. Description:* This course is designed for the advanced baseball player with superior skills of play. Fundamentals of baseball related to the advanced player are offered. Evaluation devices are geared to advanced skill in performance. May be repeated for credit once. Transfer: CSU: E2, UC\*.

### **TEAM 111 BEGINNING BASKETBALL**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* This course provides the fundamental skills of basketball such as dribbling, passing, and shooting. Elementary team offense and defense situations are offered dealing primarily with two and three men situations. Playing rules of the game are stressed through written and practical examinations. Skill testing is emphasized. A round robin schedule is provided. May not be repeated. Transfer: CSU: E2, UC\*.

### **TEAM 115 ADVANCED BASKETBALL**

*Units (Grade Option) 1-1.5; Class Hours: Minimum of 48-72 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 111 or demonstrated skill. Description:* Advanced aspects of team offense and defense. Emphasis is placed on team play through the medium of round robin schedules and tournaments. Evaluation is conducted through written and practical examinations on rules and skills taught. May be repeated for credit up to 2 times. Transfer: CSU: E2, UC\*.

### **TEAM 141 BEGINNING SOCCER**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* This course covers instruction in basic fundamentals essential for team play. Skills such as dribbling, trapping, passing, heading, shooting, and throw-ins are combined with conditioning drills preparing one for competition. The rules of the game are taught for a thorough understanding of team play. Tests of basic skills and game laws are conducted. May not be repeated. Transfer: CSU: E2, UC\*.

### **TEAM 143 ADVANCED SOCCER**

*Units (Grade Option) 1-1.5; Class Hours: Minimum of 48-72 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated skill. Description:* Competitive team play is stressed with advanced strategies employed. Tactics are emphasized that require advanced skills and conditioning. Tests are conducted to measure the degree of proficiency. May be repeated for credit up to 2 times. Transfer: CSU: E2, UC\*.

### **TEAM 148 INDOOR SOCCER**

*Units (Grade Option) 1; Class Hours: Minimum of 48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 141 or demonstrated skill. Description:* This course focuses on indoor soccer at an intermediate level of play. It includes individual and group drills, skills development, rules of the game, and team play through round robin competition. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **TEAM 151 BEGINNING SOFTBALL**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* This is a course which offers instruction in the basic fundamentals of softball play. Students participate in both round robin and tournament schedules. Beginning skills are taught and play situations expanded. Slow pitch receives the major emphasis, but fast pitch may be offered. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

### **TEAM 171 BEGINNING VOLLEYBALL**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): None. Description:* Instruction and practice of the fundamentals of the game including serving, passing, setting, spiking, and the basic defensive and offensive strategies. Emphasis is placed on the rules and etiquette of the game. Round robin play is included. May not be repeated for credit. Transfer: CSU: E2, UC\*.

**TEAM 174 INTERMEDIATE/ADVANCED VOLLEYBALL**

*Units (Grade Option) 0.5-1; Class Hours: Minimum of 24-48 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 171 or demonstrated skill. Description:* Continuation of TEAM 171. Emphasis is placed on refinement of basic fundamentals of the game, team set ups, play, and knowledge of the rules. Round robin team play is involved. May be repeated for credit up to 2 times. Transfer: CSU: E2, UC\*.

**TEAM 180 COMPETITION VOLLEYBALL I**

*Units (Grade Option) 0.5-2; Class Hours: Minimum of 24-96 lab/8-32 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 174 or equivalent skill level. Description:* Designed for the intermediate to advanced volleyball student with an emphasis on team offensive/defensive strategies. Includes participation in organized round-robin competition preceded by a brief period of appropriate warm-up activities. Transfer: CSU: E2, UC\*.

**TEAM 181 COMPETITION VOLLEYBALL II**

*Units (Grade Option) 0.5-2; Class Hours: Minimum of 24-96 lab/8-32 by arrangement lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 180 or equivalent skill level. Description:* Designed for the expert volleyball student with an emphasis on the 6-2 and 5-1 team offensive/defensive systems and strategies. Includes participation in organized round-robin competition preceded by a brief period of appropriate warm-up activities. May be repeated for credit up to two times for a maximum of 6 units. Transfer: CSU: E2, UC\*.

**TEAM 185 EXPERT VOLLEYBALL TRAINING**

*Units (Grade Option) 1-2; Class Hours: Minimum of 48-96 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): TEAM 180 or demonstrated skill level. Description:* Designed for advanced and expert level volleyball players who wish to further develop technique, enhance their individual skills and team strategies. This course emphasizes individual and team training in order to prepare players for game play and/or competition. Course includes an introduction to, and use of, advanced offensive and defensive systems using international rules. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**INTERCOLLEGIATE SPORTS****VARS 104 VARSITY BASEBALL**

*Units 3; Class Hours: Minimum of 160 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description:* This course consists of intercollegiate competition in the Coast Conference and participation in regional tournaments, Northern California playoffs and the State C.C. Championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**VARS 114 VARSITY BASKETBALL**

*Units 1.5; Class Hours: Minimum of 80 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description:* This course consists of intercollegiate competition in the Coast Conference and participation in regional tournaments, Northern California playoffs and the State C.C. Championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**VARS 140 VARSITY GOLF**

*Units 3; Class Hours: Minimum of 160 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description:* This course consists of intercollegiate competition in the Coast Conference and participation in dual matches, invitationals and the conference championships. Team members also participate in the Northern California and State C.C. Championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**VARS 154 VARSITY SOCCER**

*Units 3; Class Hours: Minimum of 160 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description:* This course consists of intercollegiate competition in the Coast Conference and participation in regional tournaments, NorCal playoffs and the state conference championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**VARS 170 VARSITY TENNIS**

*Units 3; Class Hours: Minimum of 160 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Description:* This course consists of intercollegiate competition in the Coast Conference and participation in dual matches, invitationals, league meets, Northern California and State C.C. Championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**VARS 340 VARSITY WOMEN'S VOLLEYBALL**

*Units 3; Class Hours: Minimum of 160 lab hours/semester; Basic Skills Level: Open Curriculum; Prerequisite(s): Demonstrated ability. Athlete must be enrolled in 12 units. Description:* Intercollegiate competition in the Coast Conference and NorCal and State CC championships when qualified. May be repeated for credit up to 3 times. Transfer: CSU: E2, UC\*.

**PHYSICS****PHYS 210 GENERAL PHYSICS I (CAN PHYS 2) (CAN PHYS SEQ A = PHYS 210 + 220)**

*Units 4; Class Hours: Minimum of 48 lecture/48 lab/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): MATH 130 or equivalent. Description:* Covers basic concepts of physics, including the nature of physics, mechanics, elasticity and simple harmonic motion, waves and sound, fluids, heat and temperature, and the kinetic theory of gases. The course meets general education requirements and requirements for many majors in the life sciences. Transfer: CSU: B1, B3, UC\*. (IGETC: 5A\*)

**PHYS 220 GENERAL PHYSICS II (CAN PHYS 4) (CAN PHYS SEQ A = PHYS 210 + 220)**

*Units 4; Class Hours: Minimum of 48 lecture/48 lab/32 by arrangement lab hours/semester; Recommended: Eligibility for READ 836, and ENGL 836 or ESL 400; Prerequisite(s): PHYS 210. Description:* Basic concepts of physics including the nature of physics, electricity and magnetism, electromagnetic waves, optics, the special theory of relativity, atomic physics, and quantum mechanics. The course