Physical Education/Health Education/Dance/Athletics

Physical education provides opportunities for students to gain current knowledge of physical fitness facts, healthful living practices, leisure time pursuits, stress management techniques, and to receive instruction in the skills necessary for successful participation in activities necessary for optimum health and physical efficiency.

The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. Further, the physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills and practice techniques that best benefit the student do not just happen. Instruction, analysis and evaluation by a credentialed professional is essential for implementing this philosophy.

The Santa Barbara City College Physical Education Department is proud to provide SBCC students, faculty and staff with the Life Fitness Center (LFC), a state-of-the-art physical fitness facility. The Life Fitness Center offers a series of courses that employ an open-entry format that allows students to use the facility during a variety of convenient hours. The LFC features the "aerobic super circuit" considered by many experts to be one of the most effective ways to train and improve physical health. The LFC is set up to accommodate the needs of students of all ages, sizes and skill levels. The LFC is also home to the Human Performance Lab, which provides students with an opportunity for a complete fitness assessment. Lastly, the LFC and the Human Performance Lab provide an excellent teaching facility for students interested in pursuing the A.A. Degree in Physical Education, with an emphasis in Exercise Science.

The A.A. Degree in Physical Education, with an emphasis in Exercise Science, is endorsed by the American College of Sports Medicine (ACSM), the nationally recognized leader in physical fitness certification. Students completing the A.A. Degree in Physical Education, with an emphasis in Exercise Science, can take the ACSM Health/Fitness Instructor (HFI) certification examination at SBCC. The HFI is a professional qualified to assess, design and implement individual and group exercise and fitness programs for low or high risk individuals, as well as those with controlled disease.

The varied offerings of the department are grouped within these categories:

- Individual/Dual Activities
- Team Sport Activities
- Aquatics
- Fitness/Cardiovascular Activities
- Dance
- Combatives
- Intercollegiate Athletics
- Theory & Professional Preparation Courses
- Health Education Courses

NOTE: A student may take any combination of classes in each activity for a total of four semester enrollments. He/she may take four classes; all four beginning or intermediate or advanced, or any combination of those equaling four enrollments. The student is encouraged to move progressively through the skill levels. All such activity courses transfer to CSU and UC branch institutions; however, there are limitations. UC limits the total credit for any/all activity courses to four (4) units. See a counselor for details.

Faculty & Offices

Kathy O'Connor, Chair (PE-212, ext. 2322)
Paula Congleton (PE-304, ext. 2883)
Morris Hodges (PE-309, ext. 2272)
Charles Melendez (PE-305, ext. 3467)
Ellen O'Connor (PE-306, ext. 2270)
Sandrine Rocher-Kohl (PE-308, ext. 4028)

Faculty Advisors/Special Program Advisers

Kathy O'Connor, Faculty Adviser (PE-212, ext. 2322)
Ingrid Schmitz, Special Program Advisor (PE-211, ext. 2380)

Emeritus Faculty

Maxine Dekker
Robert Dinaberg
Carmen DiPaolo
Harold “Rusty” Fairly
Patricia MacPhee
Kay Fulton

Robin Paulsen
Albert H. Revis
Jack Sanford
Eleanor Simmons
Richard Weist
Advisers/Counselor Liaison

*Counselor Liaison:* Scott Brewer (SS-127, ext. 2507)

**Degrees & Certificates Awarded**

- Associate in Arts Degree, Physical Education
- A.A. Degree, Physical Education: Emphasis in Exercise Science
- A.A. Degree, Physical Education: Emphasis in Athletic Training
- A.A. Degree, Physical Education: Emphasis in Dance (pending Chancellor’s Office approval)

**Departmental Certificates**

- Adult CPR Certificate (Red Cross)

**A.A. Degree in Physical Education**

The general degree in Physical Education is intended for individuals who wish to obtain entry level positions in Health Clubs, the YMCA, youth sports organizations or camps. This degree will also help prepare students to transfer into a kinesiology program at a four year university.

**Department Requirements (39 units)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMS 107 — Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>HE 101 — Personal Health Awareness</td>
<td>3</td>
</tr>
<tr>
<td>HE 103 — Responding to Medical Emergencies</td>
<td>2</td>
</tr>
<tr>
<td>HE 104 — Introduction to Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>HE 213 — Concepts in Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>PE 200 — Introduction to Kinesiology</td>
<td>3</td>
</tr>
</tbody>
</table>

**Controlled Electives (12 Units):**

- BIOL 100 — Concepts of Biology ................. 4
- BMS 108 — Human Physiology .......................... 4
- CHEM 101 — Introduction to Chemistry or
  CHEM 104 — Fundamentals of General, Organic and Biological Chemistry ......................... 4

**Controlled P.E. Activities (9 units selected as follows):**

*Choose one course from each category:*

- Aquatics: PE 131, 132ABC, 133, 134, 136, 137, 220
- Fitness/Cardiovascular: PE 106ABC, 112, 138, 139, 140ABC, 142AB, 143ABC, 144ABC, 145ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169, 176, 177, 178, 179, 195, 196, 224

**A.A. Degree in Physical Education: Emphasis in Dance**

This degree program is designed to meet the needs of the local community developing dance majors who are skilled in teaching youth in the various Santa Barbara dance studios. Dance is a highly sophisticated art form and most 4-year institutions choose to audition and place students after transfer. The Dance Program at UC Santa Barbara provides SBCC students with auditions for the dance program and assists them in completing the preparation for the major classes.

**Departmental Requirements (28.5-29.5 units)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMS 100 — The Human Body or BMS 107 — Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>PE 150ABC — Ballet ...................... 1+2</td>
<td></td>
</tr>
<tr>
<td>PE 151AB — Jazz Dance ................... 1+2</td>
<td></td>
</tr>
<tr>
<td>PE 152ABC — Modern Dance .............. 1+2</td>
<td></td>
</tr>
<tr>
<td>PE 153 — Dance Concert .................. 2</td>
<td></td>
</tr>
<tr>
<td>PE 250 — Survey and Appreciation of Dance History</td>
<td>3</td>
</tr>
<tr>
<td>PE 252 — Fundamentals of Choreography and Improvisation</td>
<td>2</td>
</tr>
<tr>
<td>TA 123 — Stage Lighting ................. 3</td>
<td></td>
</tr>
<tr>
<td>TA 136 — Theatrical Makeup Techniques</td>
<td>3</td>
</tr>
<tr>
<td>TA 141-144 — Theatre Workshop (1 unit minimum)</td>
<td>1</td>
</tr>
<tr>
<td>TA 151-154 — Theatre Production (1.5 unit minimum)</td>
<td>1.5</td>
</tr>
<tr>
<td>Total .................................... 25.5</td>
<td></td>
</tr>
</tbody>
</table>

**Controlled Electives (Choose one from the following):**

- MUS 110 — Music Appreciation ............. 3
- MUS 110H — Music Appreciation, Honors ... 4
- MUS 112 — History & Apprec of Contemp. Jazz & 20th Century American Music ............. 3
- TA 131 — Introduction to Costume Crafts | 3 |
- TA 134 — Introduction to Costume Design | 3 |
## A.A. Degree in Physical Education: Emphasis in Exercise Science

This degree program is endorsed by the American College of Sports Medicine (ACSM), the nationally recognized leader in physical fitness certifications. Students completing the A.A. Degree in Physical Education, with an emphasis in Exercise Science, can take the ACSM Health/Fitness Instructor (HFI) certification examination for a significantly reduced fee. The HFI is a professional qualified to assess, design and implement individual and group exercise and fitness programs for low or high risk individuals, as well as those with controlled disease.

### Departmental Requirements (37-41 units)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMS 107</td>
<td>Human Anatomy</td>
<td>4</td>
</tr>
<tr>
<td>BMS 108</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BMS 128</td>
<td>Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>HE 101</td>
<td>Personal Health Awareness</td>
<td>3</td>
</tr>
<tr>
<td>HE 103</td>
<td>Responding to Medical Emergencies</td>
<td>2</td>
</tr>
<tr>
<td>HE 213</td>
<td>Concepts in Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>HE 220</td>
<td>Fundamentals of Exercise Testing &amp; Fitness Instruction</td>
<td>3</td>
</tr>
<tr>
<td>PE 295</td>
<td>Internship in Physical Education/Health Education</td>
<td>2-4</td>
</tr>
<tr>
<td>PSY 105</td>
<td>Applied Behavior Analysis</td>
<td>2</td>
</tr>
</tbody>
</table>

Controlled Electives (Choose two courses for a total of 6-8 units):

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 101</td>
<td>Introductory Chemistry or CHEM 104 — Fundamentals of General, Organic and Biological Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>PSY 100</td>
<td>General Psychology or</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 101</td>
<td>Conceptual Physics or</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 101H</td>
<td>Conceptual Physics, Honors</td>
<td>4</td>
</tr>
</tbody>
</table>

Total: 26-28

Controlled P.E. Activities (5 units) One course from each category:

- PE 106ABC — Spinning for Fitness, or PE 220 — Ocean Swimming or PE 134 — Swimming for Conditioning or PE 148AB — Walking/Jogging for Fitness — 1
- PE 139 — Pilates Mat Fitness or PE 146 — Stretching and Relaxation or PE 176 — Fitness Yoga — 1
- PE 144ABC — Weight Training — 1
- PE 112 Body Conditioning Bootcamp or PE 138 Cardio Kickboxing or PE 145ABC — Aerobic Conditioning — 1
- PE 149 — Life Fitness — 1

Total: 5

Total: 37-41

## A.A. Degree in Physical Education: Emphasis in Athletic Training

The degree emphasis in Athletic Training prepares students to transfer to a four-year university and major in Kinesiology, with an emphasis in Athletic Training or Sports Medicine. The practicum hours completed may count toward certification as an Athletic Trainer.

### Departmental Requirements (41-43 units)

<table>
<thead>
<tr>
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</thead>
<tbody>
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<td>BMS 107</td>
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<td>HE 103</td>
<td>Responding to Medical Emergencies</td>
<td>2</td>
</tr>
<tr>
<td>HE 104</td>
<td>Introduction to Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>HE 108</td>
<td>Advanced Assessment and Treatment of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>HE 213</td>
<td>Concepts in Physical Fitness</td>
<td>3</td>
</tr>
<tr>
<td>PE 200</td>
<td>Introduction to Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>PE 290</td>
<td>Work Experience in Physical Education</td>
<td>2-4</td>
</tr>
</tbody>
</table>

Controlled Electives (11 units)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMS 108</td>
<td>Human Physiology</td>
<td>4</td>
</tr>
<tr>
<td>BMS 128</td>
<td>Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 101</td>
<td>Introductory Chemistry or CHEM 104 — Fundamentals of General, Organic and Biological Chemistry</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 101</td>
<td>Conceptual Physics or</td>
<td>3</td>
</tr>
<tr>
<td>PHYS 101H</td>
<td>Conceptual Physics, Honors</td>
<td>4</td>
</tr>
<tr>
<td>PSY 100</td>
<td>General Psychology or</td>
<td>3</td>
</tr>
<tr>
<td>PSY 100H</td>
<td>General Psychology, Honors</td>
<td>4</td>
</tr>
</tbody>
</table>

Controlled P.E. Activities (7 units) with at least one course from each category:

Team Sports: PE 120ABC, 121ABC, 122ABC, 124ABC, 125ABC, 126ABC, 127ABC, 128, 129, 219AB
Aquatics: PE 131, 132ABC, 133, 134, 136, 137, 220
Fitness/Cardiovascular: PE 106ABC, 112, 138, 139, 140ABC, 142AB, 143ABC, 144ABC, 145ABC, 146, 147ABCD, 148AB, 149, 166, 168, 169, 176, 177, 178, 179, 195, 196, 224
Dance: PE 150ABC, 151AB, 152ABC, 153, 156, 158A

College Requirements
For complete information, see “Graduation Requirements” in the Catalog Index.

Planning a Program of Study
Physical Education and Recreation majors are encouraged to have their programs confirmed by the Department Counselor and Division Chairperson. Continuing appraisal and evaluation will help to ensure regular progress toward completion of goals and course work.

Preparation for Transfer
Course requirements for transfer vary depending upon the college or university a student wishes to attend. Therefore, it is most important for a student to consult with his/her counselor and departmental adviser before planning an academic program for transfer. Information sheets for majors, outlining transfer requirements, are available in the Counseling Center.

Honors & Awards
The following honors and awards are given each year to deserving students:
Outstanding Student in Physical Education, Male and Female Athlete of the Year, special awards for athletic achievement in individual sports, the Dance Scholarship Award and the Louise Lowry Davis Inspirational Leadership Award in Women’s Athletics.

Division Categories
INDIVIDUAL & DUAL ACTIVITIES
1. Provide instruction and opportunities for students to develop their physical skills in a variety of activities that can be pursued during leisure time.
2. Provide instruction in the rules, safety measures, etiquette and use of strategies and techniques involved in individual and dual activities.

All activities under this category are coed unless specifically designated.
These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity’s history, rules, etiquette, strategy, equipment and elementary skills.

- **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level will provide for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.

- **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level will prepare the student for highly intensive performance levels. Instruction will accentuate competition and advanced strategies. A higher level of accomplishment is stressed.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly.

**PE 101AB — Badminton**
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103
Designed to provide the student with basic fundamentals, history, strategies, rules and etiquette of the game. These activities are based on two levels of instruction: beginning and intermediate.

**PE 103A — Beginning Golf**
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103
(Note: There is a $25 fee)
For students who wish to learn a new activity or who possess insufficient skills in golf. Introductory instruction that explains the activities, history, rules, etiquette, strategy, equipment and elementary skills of golf.
PE 103B — Intermediate Golf  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103  
(Note: There is a $25 fee)

For students who already possess the rudimentary skills and abilities of golf and who wish to improve those skills. This level provides for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.

PE 103C — Advanced Golf  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103  
(Note: There is a $25 fee)

For the skilled performer who seeks to improve to the best of his/her ability. This level prepares the student for highly intensive performance levels. Instruction accentuates competition and advanced strategies. A higher level of accomplishment is stressed.

PE 104 — In-Line Skating  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Designed to provide the student with the opportunity to maintain and/or enhance his or her skating skills and physical fitness. Safety emphasized.

PE 109ABC — Tennis  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Tennis is a part of the sports program of the Physical Education Department that provides instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategy, mental toughness and match play.

PE 111 — Coastal Fishing  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Combination lecture and activities course designed to teach students how and where to fish the central coast of California. Acquaints students with identification of local game fish, necessary equipment, conservation strategies, casting and other physical skills required for effective fishing.

PE 118 — Introduction to Snowboarding  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Provides the student with knowledge and skills in snowboarding techniques from beginning to advanced levels. Physical preparation, equipment selection, and mountain safety concerns are covered. Students become familiar with snowboarding on several different types of terrain.

PE 119 — Downhill Skiing  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Provides the student with knowledge and skills in downhill skiing techniques from beginning to advanced levels. Physical preparation, equipment selection, and mountain safety concerns are covered. Students become familiar with skiing several different types of terrain.

PE 224 — Triathlon  
(1) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.

Introduction to the fundamental skills, techniques and training for a triathlon. Includes training for all three legs of the triathlon: swim, bike and run. Training focuses on sprint and Olympic-length triathlons, with the primary concentration being the sprint triathlon. The objective of this course is to prepare students for participation in a sprint triathlon.

*UC Transfer credit limitation: Individual and Dual Activity courses combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.

TEAM SPORT ACTIVITIES

1. Provide instruction and practice in basic techniques of team sport activities.
2. Learn cooperation, sportsmanship, team play and strategy through team participation, plus values, history and rules of each sport.

All activities under this category are coed.
These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

• **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity’s, history, rules, etiquette, strategy, equipment and elementary skills.

• **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level will provide for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.

• **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level will prepare the student for highly intensive performance levels. Instruction will accentuate competition and advanced strategies. A higher level of accomplishment is stressed.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly.

**PE 120A — Beginning Baseball**  
(1) F — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Provide opportunities for men to receive intermediate-level instruction and training in skills, techniques, and strategies. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors, and companions.

**PE 120B — Intermediate Baseball**  
(1) F — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Provide opportunities for men to receive intermediate-level instruction and training in skills, techniques, and strategies. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors, and companions.

**PE 120C — Advanced Baseball**  
(1) F — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Provide opportunities for men to receive intermediate-level instruction and training in skills, techniques, and strategies. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors, and companions.

**PE 121ABC — Basketball**  
(1) F, S — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Co-educational team sport activity which provides instruction and practice in the fundamentals of basketball technique as well as team strategy. Individual skills such as catching, dribbling, passing, shooting, rebounding, offensive and defensive strategies are utilized.

**PE 122ABC — Flag Football**  
(1) S — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Instruction and practice in the fundamentals, strategies, and rules of the game of flag football. These activities are based on three levels: Beginning, Intermediate, and Advanced.

**PE 123ABC — Track and Field**  
(1) F — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Track and field provides instruction and practice in the fundamentals, skills and techniques of all track and field events. It provides a conditioning program involving event-specific running and event-specific techniques drills.

**PE 124ABC — Soccer**  
(1) F, S — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
For students who wish to learn beginning, intermediate and advanced soccer skills. History, rules and terminology are taught along with team offense and defense.

**PE 125ABC — Softball**  
(1) F, S — CSU, UC*  
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*  
Advanced play in fastpitch softball. Emphasis is on rules, strategy, and motor skill development for the advanced player to prepare him/her for competitive play.
PE 126ABC — Beach Volleyball
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG100 and ENG 103.
Co-educational team sport activity which provides
instruction and practice in fundamental beach
volleyball techniques. Individual skills, such as
passing, setting, hitting, blocking and serving, as well
as team offensive and defensive strategies, are utilized
depending upon level of course.

PE 127 ABC— Volleyball
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Co-educational team sport activity which provides
instruction and practice in fundamental volleyball
techniques. Individual skills such as passing, setting,
hitting, blocking and serving as well as team offensive
and defensive strategies are utilized depending upon
level of course.

PE 128 — Advanced Football Techniques
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Advanced skills and techniques of football are
presented. Emphasizes rules, theory, advanced
strategy and teamwork, and philosophy of
intercollegiate football. Practical application of various
physical training methods. (*UC Transfer Limit: PE 128,
200, and 218: any or all of these courses combined:
maximum credit, 8 units)

PE 129 — Ultimate Frisbee
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Team sport designed to provide the student with basic
fundamentals, history, strategies, rules and etiquette
of the game. Requires that students comply with strict
rules of safety and sportsmanship, as well as fitness
and conditioning activities.

*UC Transfer credit limitation: Team Sport Activity
courses combined with other PE Activity courses,
Health Education 213 and Marine Diving Technology
100 and 105: maximum credit, 4 units. Exception: PE
128 (*UC Transfer credit limitation: PE 128 combined
with 200 and 218, maximum credit: 8 units); see
counselor.

AQUATICS
1. Provide instruction and opportunities for students
to develop skills and knowledge of safety and
lifesaving techniques in swimming.
2. Provide instruction and opportunities for students
to develop skills and efficiency of movement in the
water.
3. Develop skills and knowledge in elementary,
intermediate and advanced forms of swimming,
rescue and supportive first aid measures.

All activities under this category are coed. All
Beginning, Intermediate and Advanced activities
classes are 0.9 hours lecture and 2.33 hours lab
weekly unless otherwise indicated

PE 131 — Water Aerobics
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Fitness and conditioning program of exercises
performed in the water. Strength, flexibility and
cardiovascular-respiratory elements, as well as
increased repetitions and vigor, increase during the
semester.

PE 132ABC — Swimming
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Objective of this course is to equip individuals with
basic water safety skills and knowledge to make them
reasonably safe in an aquatic environment.

Beginning: Provides students with the opportunity
to learn basic water safety skills and sufficient
knowledge to make them reasonably safe in an aquatic
environment. It introduces them to all of the parts
of the freestyle (crawl) stroke, including breathing
techniques, backstroke, breaststroke, butterfly,
elementary backstroke and sidestroke.

Intermediate: Provides the student with further
knowledge and skills in swimming techniques,
principles and water safety practices. Skills learned
increase efficiency and develop an improved physical
condition for swimming distances with ease. Skills for
self-preservation and advanced swimming strokes
emphasized. Four basic strokes stressed.
Advanced: Provides individuals with the opportunity to learn and perfect new swimming strokes and other skills so that they will become versatile and skilled performers in the water. The new strokes introduced in course are variations of four basic swimming strokes previously taught. Skilled swimmers are provided new challenges to learn these stroke variations.

PE 133 — Ocean Kayaking (1) F, S, Summer — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Provides instruction and practice in the fundamentals of ocean kayaking: stroke technique, steering, launching, beaching, righting, water safety and cardiovascular fitness. Swim test administered.

PE 134 — Swimming for Conditioning (1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Advanced level course using swimming to improve student’s physical condition. Emphasis is on swimming laps and improving stroke mechanics. Students learn principles of conditioning to improve cardiovascular endurance, muscular strength and flexibility.

PE 136 — Outrigger Canoe Paddling (1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103
Course Advisories: PE 132.
Provides instruction and practice in the fundamentals of team, outrigger canoeing: stroke technique, steering, launching, beaching, righting, water safety and cardiovascular fitness.

PE 137 — Surfing (1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to teach the fundamentals of board surfing and provide beginning, intermediate and advanced surfers the opportunity to safely develop the skills to ride waves. Analysis of paddling, wave selection, water safety, equipment, tides and surfing etiquette are emphasized. Students must be able to swim 100 yards non-stop and tread water for five minutes.

PE 219B — Intermediate/Advanced Water Polo (1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Coed class that provides the student with further knowledge and skill in water polo techniques, drills, tactics and rules. Water polo skills and techniques are emphasized to develop skills used at intermediate and advanced levels of the sport. Various swimming, passing, sculling and treading techniques covered, as well as advanced interpretations of water polo rules and team tactics. Through drills and scrimmage, students further their knowledge of water polo rules and acquire advanced skills that enable them to participate in intermediate and advanced levels of water polo competition.

PE 220 — Ocean Swimming (1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Provides the student with further knowledge and skill in swimming techniques, principles and water safety practices as they apply to the marine environment. Skills to swim effortlessly and efficiently emphasized. Five strokes to be covered with major emphasis on the freestyle stroke. Students become comfortable and confident swimming long distances in various types of weather and water conditions.

*Transfer credit limitation: Aquatics courses combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.

FITNESS/CARDIOVASCULAR ACTIVITIES
1. Provide instruction and opportunities for students to develop optimum muscular strength and endurance, cardiovascular and respiratory endurance, flexibility, agility, coordination, balance, accuracy and speed.
2. Provide instruction and opportunities for students to experience vigorous activities which promote relaxation and stress reduction.
All activities under this category are coed. These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient health or conditioning. Instruction will develop applications of basic cardiovascular fitness conditioning and establish the rudiments of muscle strength, endurance and flexibility.

- **Intermediate:** For individuals who possess average to above-average levels of fitness. Instruction will provide for an expansion of the knowledge and skills necessary to maintain an optimum level of fitness through progressively more difficult and specific exercise routines.

- **Advanced:** Provides continuing progressive methods of strength and fitness conditioning on a higher level. Advanced students must rely on knowledge gained in the previous two courses for their program development. Course is for the motivated and fit individual who wishes to meet his/her maximum potential.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly except for LFC classes.

**PE 106ABC — Spinning for Fitness**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Geared towards improving one’s cardiovascular fitness and muscular strength through a spinning program on a stationary bike. Program covers two basic types of terrain: flat roads and hills through changes in resistance and positions.

**PE 110 — Advanced Baseball Techniques & Conditioning**
(1) F — CSU
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Designed for potential intercollegiate baseball participants. Includes aerobic and anaerobic conditioning, plyometrics, sport-specific strength training, and flexibility.

**PE 112 — Body Conditioning Boot Camp**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Course is designed to provide instruction and opportunities for students to develop optimum muscular strength, cardiovascular endurance and flexibility. Emphasis placed on safe and proper technique and body mechanics.

**PE 138 — Cardio Kickboxing**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Designed to develop proficiency in cardio kickboxing skills for the development of physical and general health. Program works every major muscle group in the upper and lower body through basic leg movements, such as front, back and side kicks, as well as such arm combinations as the jab, uppercut, hook and the cross.

**PE 139 — Pilates Mat Fitness**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Co-educational instruction and practice in the fundamentals of Pilates mat work. Designed to condition and connect body and mind, correct muscle imbalances, strengthen core muscles, improve posture and increase flexibility to restore optimal functioning of the body.

**PE 140ABC — Body Conditioning**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Co-educational course which provides instruction and opportunities for students to develop optimum muscular strength, cardiovascular endurance and flexibility, emphasizing safe and proper techniques and body mechanics. These activities are based on three levels of progressive instruction: Beginning, Intermediate, Advanced.

**PE 142AB — Parcourse Fitness**
(1) F, S — CSU, UC*
*Skills Advisories: Eligibility for ENG 100 and ENG 103.*
Parcourse fitness is a jogging fitness program that incorporates a variety of station work. Muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, agility, balance and coordination are included in the station work. Nutrition, stress management, and common fitness injuries and treatment are discussed.
PE 143ABC — Physical Fitness
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Examines the relationships between fitness and health and assists in the fitness decision-making choices encountered in modern life. Body analysis, fitness assessments and individual exercise programs are emphasized.

PE 144ABC — Weight Training
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
For students who wish to learn a new activity or who possess insufficient health or conditioning. Instruction develops applications of basic cardiovascular fitness conditioning and establishes the rudiments of muscle strength, endurance and flexibility.

PE 145ABC — Aerobic Conditioning
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Aerobic conditioning is a fitness program which provides instruction and opportunities for students to develop strength, muscle tone, flexibility, coordination and cardiovascular endurance, reduce stress and develop relaxation. Combines activity and a variety of musical rhythms.

PE 146 — Stretching and Relaxation
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to provide a comprehensive series of stretches to improve body flexibility, prevent injury and induce relaxation for athletes and non-athletes. Stretching techniques and applications emphasized for sporting activities and stress management.

PE 147ABCD — Conditioning for Intercollegiate Athletes
(0.5-2.0) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to prepare potential athletes for upcoming intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically.

PE 148AB — Walking/Jogging for Fitness
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Co-educational course which provides instruction to develop cardiovascular fitness and flexibility through an individualized walking/jogging program. Emphasizes safe and effective techniques for all fitness levels.

PE 157 — Advanced Football Conditioning and Techniques
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed for potential athletes to become physically and mentally prepared for intercollegiate football competition. Presents a combination of anaerobic conditioning, speed development, strength training, plyometrics training, and sport-specific skill development activities. Emphasizes rules, theory, advanced strategy and teamwork, philosophy and practical application of physical training methods.

PE 168 — Women’s Fitness and Weight Training
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
For women who wish to learn a new activity or who possess insufficient health or conditioning. Instruction develops applications of basic cardiovascular fitness conditioning and establishes the rudiments of muscle strength, endurance and flexibility. Information specific to women’s fitness and health concerns includes: benefits of weight training, flexibility, body composition, program design, frequency, intensity, recovery, and other issues such as diabetes, cancer and nutrition.

PE 176 — Fitness Yoga
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Instruction and practice in the fundamentals of yoga-based poses designed to enhance strength, flexibility, balance and focus. Covers enhanced body alignment, improved posture and breathing techniques that help the mind focus on using strength to achieve optimal physical functioning.

*Transfer credit limitation: Fitness/Cardiovascular Activity courses combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.
LIFE FITNESS

All Life Fitness courses are 36 hours per semester, except PE 179, which is 18 hours per semester.

PE 149 — Life Fitness
(1) F, S — CSU, UC*
Open-entry/open-exit course designed to increase cardiovascular endurance, strength and flexibility, utilizing state-of-the-art equipment. Required orientation includes individualized fitness assessment and prescription, as well as other health profiles (i.e., body composition, cardiac risk profile and nutritional analysis).

PE 166 — Life Fitness — Strength Training
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Open entry/open exit course designed to increase muscular strength and endurance utilizing plate loaded apparatus, free weights, selectorized weight machines, and Olympic lifting techniques. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures.

PE 169 — Life Fitness – Multi-Joint Training
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Open-entry/open-exit course designed to increase muscular strength and endurance utilizing free weights and Olympic lifting techniques. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures.

PE 177 — Life Fitness — Weight Management
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to decrease body weight, body fat and body mass index, using a combination of dietary planning and exercise in the Life Fitness Center. Students must attend a one-hour weekly meeting to meet the requirements of the nutritional program. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures.

PE 178 — Life Fitness — Beginning Senior Fitness
(1) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to enhance the health, functional ability and quality of life for older adults. Individual exercise programs are designed to allow for safe and effective activity based on results of physical fitness assessments. Class involves structured teaching sessions and open lab hour activities for students.

PE 179 — Life Fitness — Super Circuit Training
(.5) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Instruction in the development of cardiovascular endurance, muscular endurance and flexibility using selectorized weight equipment in combination with stationary bicycles. Required orientation includes course objectives and requirements, rules, regulations, and safety procedures.

PE 195 — Life Fitness — Functional Fitness Training
(.5) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Instruction in exercise techniques aimed at enhancing functional performance in daily activities, general exercise, and athletics. Instruction emphasizes the development of joint stabilizer strength, balance, core (abdominal) strength, and efficiency of movement using a variety of strength and balance training equipment.

PE 196 — Myofascial Release Techniques in Exercise
(0.5) F, S, Summer — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Introduction to the incorporation of self-myofascial release (self-massage) techniques in exercise. Learning to utilize various equipment to manipulate soft tissue for injury prevention, rehabilitation, pain reduction, and sport performance.

*Transfer credit limitation: Life Fitness courses combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.
DANCE

1. Provides instruction in fundamental skills in dance, and control in poise, and movement in line, rhythm and design.

2. Provides opportunities for students to develop creativity, kinesthetic awareness and rhythmic development through dance movement.

3. Explores dance as an art form.

These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning**: This level explores the basic fundamentals of dance concepts and movements.

- **Intermediate**: Continuation of increased proficiency in the combination of movements. Emphasizes the significance of dance as an art form.

- **Advanced**: Provides an opportunity for the student to exhibit creative and individualistic expression in the dance form. Instruction will be directed toward the high achievement of excellence and creativity.

All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly unless otherwise indicated.

PE 150ABC — Ballet
(1) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Fundamental theory and practice of ballet technique. Emphasis on placement, correct body alignment, muscular control, and a development of ballet positions and steps. Includes consideration of the cultural and historical significance of ballet as an art form.

PE 151AB — Jazz Dance
(1) F, S — CSU, UC
Course Advisory: PE 152
Skills Advisories: Eligibility for ENG 100 and ENG 103
Exploration of lyrical jazz dance forms and techniques. Combination of freely syncopated rhythms and steps of popular dance incorporated into compositions.

PE 152ABC — Modern Dance
(1) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Techniques of modern dance are studied and executed. Movement skills, rhythmic structure, qualities of movement, spatial design and an appreciation of dance are presented.

PE 153 — Dance Concert
(1) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Concentrated development of dance skills and the understanding of choreography. Experience in public performance of dance concerts and demonstrations provided. Includes six hours laboratory to participate in dance concert.

PE 156 — Beginning Social Ballroom Dance
(1) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Introduces students to the fundamentals of ballroom dance, with detailed descriptions of the basic steps which, in turn, systematically build to attractive dance combinations. Also covers American and Latin American dances, including styling, dance position holds, leading and following techniques.

PE 158A — Country/Western Line Dancing
(1) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Explores the basic fundamentals of Country/Western Line Dance concepts and movements. Dances that are performed to popular Country/Western music. A combination of jazz, ballroom, swing, rock and roll and just pure country.

PE 250 — Survey and Appreciation of Dance History
(3) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103
Introduction to the world of dance. Survey of its history, cultural and religious significance, and its comparison to other forms of expression in primitive society, ancient cultures, and medieval and Renaissance Europe. Development of ballet, modern dance and contemporary forms, and their relationship to the concurrent art forms of music, art and literature.
PE 252 — Fundamentals of Choreography and Improvisation  
(2) F, S — CSU, UC  
**Skills Advisories:** Eligibility for ENG 100 and ENG 103.  
**Course Advisories:** PE 152.  
Introduction to the choreographic and improvisational process. Movement studies to acquire experiences and knowledge of compositional techniques. Individual and group creativity stressed, along with the ability to articulate aesthetic distinctions. Special emphasis on movement experimentation, invention and development.

COMBATIVES  
Provide instruction in a combative area which would facilitate self-defense, stress-coping mechanisms, basic movement skills and fitness.  
*All activities under this category are coed.*  
These activities are based on three levels of progressive instruction — Beginning, Intermediate and Advanced:

- **Beginning:** For students who wish to learn a new activity or who possess insufficient skills in a particular activity. Introductory instruction that explores the activity’s history, rules, etiquette, strategy, equipment and elementary skills.

- **Intermediate:** For students who already possess the rudimentary skills and abilities for the activity and who wish to improve those skills. This level provides for a greater opportunity in student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.

- **Advanced:** For the skilled performer who seeks to improve to the best of his/her ability. This level prepares the student for highly intensive performance levels. Instruction accentuates competition and advanced strategies. A higher level of accomplishment is stressed.

*All Beginning, Intermediate and Advanced activities classes are 0.9 hours lecture and 2.33 hours lab weekly except where indicated.*

PE 159A — Beginning Taekwondo  
(1) F, S — CSU, UC*  
**Skills Advisories:** Eligibility for ENG 100 and ENG 103.  
Designed for individuals who are interested in gaining knowledge of and experience in the various aspects of Taekwondo. Covered are fundamental Taekwondo movements and applications, Olympic Taekwondo, and martial art conditioning. Physical conditioning is emphasized.

PE 162ABC — Karate  
(1) F, S — CSU, UC*  
**Skills Advisories:** Eligibility for ENG 100 and ENG 103.  
Critical analysis of the mental and physical principles of karate as a martial art. Training includes both “hard” and “soft” techniques, with emphasis on physical movements which synthesize the elements of speed, concentration, balance and timing.

PE 163ABC — Self-Defense  
(1) F, S — CSU, UC*  
**Skills Advisories:** Eligibility for ENG 100 and ENG 103.  
Presentation and critical analysis of the basic movements used in personal defense that can be learned by anyone of average physical ability. Designed to allow students an opportunity to develop and practice personal self-defense skills, without directly engaging in the martial arts.

PE 164ABC — Self-Defense: Women  
(1) F, S — CSU, UC*  
**Skills Advisories:** Eligibility for ENG 100 and ENG 103.  
Designed for men and women who are interested in gaining knowledge in simple but effective self-defense techniques. Examines rape, wife and child abuse and other cultural influences that require the necessity for this course.  
*Transfer credit limitation: Combatives combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.*
INTERCOLLEGIATE ATHLETICS

Santa Barbara City College offers a wide range of intercollegiate athletic activities. These are designed for men and women who exhibit a high skill level in various sports and who can compete at the collegiate level. While completing course work in a wide range of academic fields, those involved in athletics are also devoting much time and energy to their individual sports through practice and skill development. For some individuals, the skills they exhibit at SBCC will lead to a furthering of their education and athletic abilities at a four-year institution.

They provide opportunities for men and women to receive advanced level instruction and training in skills, techniques, strategies and leadership, and to:

1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions.

2. Provide an educationally sound environment for wholesome competition.

Limitation of Enrollment for All Athletics Classes, PE 180-194 AND 199:

Selection to enroll by permission of instructor. Students must have a physical exam prior to participation in class.

All activities under this category are coed unless specifically designated. And all have skills advisories of Eligibility for ENG 100 and ENG 103

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units (Hours)</th>
<th>Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 180 ABC</td>
<td>Intercollegiate Baseball - Men</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 181 ABC</td>
<td>Intercollegiate Basketball - Women</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 182 ABC</td>
<td>Intercollegiate Basketball - Men</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 183 ABC</td>
<td>Intercollegiate Cross Country - Men/Women</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 184 ABC</td>
<td>Intercollegiate Football - Men</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 185 ABC</td>
<td>Intercollegiate Golf</td>
<td>(1-3) F, S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 186 ABC</td>
<td>Intercollegiate Tennis - Women</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 187 ABC</td>
<td>Intercollegiate Tennis - Men</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 188 ABC</td>
<td>Intercollegiate Track and Field - Women</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 189 ABC</td>
<td>Intercollegiate Track and Field - Men</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 190 ABC</td>
<td>Intercollegiate Volleyball - Women</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 191 ABC</td>
<td>Intercollegiate Volleyball - Men</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 192 ABC</td>
<td>Intercollegiate Soccer - Women</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 193 ABC</td>
<td>Intercollegiate Soccer - Men</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 194 ABC</td>
<td>Intercollegiate Softball - Women</td>
<td>(1-3) S</td>
<td>CSU, UC*</td>
</tr>
<tr>
<td>PE 199 ABC</td>
<td>Intercollegiate Cheer/Dance Team</td>
<td>(1-3) F</td>
<td>CSU, UC*</td>
</tr>
</tbody>
</table>

*Transfer credit limitation: Intercollegiate Athletics combined with other PE Activity courses, Health Education 213 and Marine Diving Technology 100 and 105: maximum credit, 4 units; see counselor.

PE 180-194 AND 199:

Open for enrollment from the first to 12th week of the semester on an open-entry/open-exit basis:

- **A** — 3 units (156 hours)
- **B** — 2 units (104 hours)
- **C** — 1 unit (52 hours)
THEORY & PROFESSIONAL PREPARATION

The Physical Education major presents the student with more career opportunities than ever before. In addition to the traditional areas of teaching, coaching, recreation and dance, Physical Education majors are finding that the disciplines of physical therapy, athletic training, rehabilitation services, exercise specialties and fitness are more and more in demand. In addition, as preventive health care becomes more prevalent, the physical educator should find an even wider range of opportunities.

PE 200 — Introduction to Kinesiology
(3) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Introductory course to the field of physical education/kinesiology. The history, present status and future trends in the field are examined. Career options in the field of physical education and sport explored. (CAN KINE/PE 2) (*UC Transfer Limit: PE 128, 200, and 218: any or all of these courses combined: maximum credit, 8 units)

PE 201 — Coaching Youth Football
(1) S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to aid youth football coaches. Fundamentals of offense, defense and kicking game are covered, as well as the psychological and philosophical aspects of coordinating a safe youth program.

PE 202 — Coaching Youth Baseball
(1) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Lecture course designed to aid the youth baseball coach. Includes current baseball theories, psychological and philosophical aspects of baseball, and the necessary ingredients for a safe youth baseball program.

PE 204 — Coaching Youth Basketball
(1) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103
Lecture course on practical skill development designed to aid the youth basketball coach. History, theory, psychological and philosophical aspects, and safety factors are covered.

PE 214 — Coaching Youth Basketball
(1.3) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103
Lecture and lab course on practical skill development to aid youth soccer coach. Theory, psychological and philosophical aspects, safety and prevention of injuries are covered. National Soccer Coaches of America Association Advanced Regional Diploma awarded upon successful completion.

PE 215 — Coaching Youth Softball
(1) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103
Lecture course on practical skill development designed to aid the youth softball coach. History, theory, psychological and philosophical aspects, and safety factors are covered.

PE 216 — Competition, Motivation and the Athlete
(1) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Introduction to the psychological, motivational, competitive and physical dimensions of sport. Survey of the athlete and coach to facilitate optimal performance.

PE 217 — Movement Education in the Elementary School
(3) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed for students who desire an elementary school teaching credential or those who are Physical Education majors. Introduction to psychomotor development skills and teaching methodologies necessary to develop and teach elementary school physical education. Cultural and historical perspectives, as well as self-image and personal development skills, included.

PE 218 — Introduction to Coaching/Teaching
(3) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103
Introductory course in the field of coaching/teaching. History, present status and future trends of coaching. Career options in the profession of coaching are explored. (*UC Transfer Limit: PE 128, 200 and 218: any or all of these courses combined: maximum credit, 8 units)

PE 223 — Coaching Youth Soccer
(1.3) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103
Lecture and lab course on practical skill development to aid youth soccer coach. Theory, psychological and philosophical aspects, safety and prevention of injuries are covered. National Soccer Coaches of America Association Advanced Regional Diploma awarded upon successful completion.
PE 250 — Survey and Appreciation of Dance History
(3) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Introduction to the world of dance. Survey of its history, cultural and religious significance, and its comparison to other forms of expression in primitive society, ancient cultures, and medieval and Renaissance Europe. Development of ballet, modern dance and contemporary forms, and their relationship to the concurrent art forms of music, art and literature.

PE 252 — Fundamentals of Choreography and Improvisation
(2) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103. Course Advisories: PE 152.
Introduction to the choreographic and improvisational process. Movement studies to acquire experiences and knowledge of compositional techniques. Individual and group creativity stressed, along with the ability to articulate aesthetic distinctions. Special emphasis on movement experimentation, invention and development.

PE 290 — Work Experience in Physical Education
(1-4) F, S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
One unit of credit is awarded for each 75 hours paid experience or 60 hours volunteer hours of on-the-job experience each semester. Work/learning experience which provides the student an opportunity to evaluate various career opportunities within the physical education/recreation field and to apply classroom learning to field experience. Students receive credit for paid and/or volunteer work. Individual learning objectives implemented each semester.

PE 295 — Internship in Physical Education/Health Education
(2-4) F, S — CSU
Skills Advisories: Eligibility for ENG 110 or ENG 110H. Limitation on Enrollment: Completion of two courses in the Physical Education department at SBCC prior to enrolling in an internship course. Five to 10 hours weekly on-the-job experience. Structured internship program in which students gain experience with community organizations related to the discipline.

PE 250 — Survey and Appreciation of Dance History
(3) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Introduction to the world of dance. Survey of its history, cultural and religious significance, and its comparison to other forms of expression in primitive society, ancient cultures, and medieval and Renaissance Europe. Development of ballet, modern dance and contemporary forms, and their relationship to the concurrent art forms of music, art and literature.

RECREATION EDUCATION

REC 215 — Camping and Outdoor Recreation
(2.3) S — CSU
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Basic fundamentals of hiking, mountain biking, camping, outdoor recreation equipment and backpacking. Students study plants and animals, history and geography of the local area. First aid, survival skills and environmental issues also studied. Weekend field trip.

HEALTH EDUCATION

Courses in Health are provided as a General Education program and serve as an adjunct to the Physical Education Department. The courses are designed to provide information on personal and consumer health practices relevant to contemporary lifestyles.

HE 101 — Personal Health Awareness
(3) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed to identify and find ways in which to deal with a variety of health issues, including mental and emotional health, value systems, drugs and alcohol, fitness and nutrition, sexuality and relationships, death and dying, cardiovascular disease and cancer. Satisfies credential requirement for elementary and secondary school teachers. (*UC transfer limit: HE 101 and 102 combined: maximum credit, one course)

HE 102 — Personal Health: Women
(3) F, S — CSU, UC*
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Designed for both men and women to deal with a variety of health issues, with special emphasis on health factors unique to women. Topics include mental and emotional health, self-defense and wife and child abuse, drugs and alcohol, fitness and nutrition, and sexuality and relationships. (*UC transfer limit: HE 101 and 102 combined: maximum credit, one course)

HE 103 — Responding to Medical Emergencies
(2) F, S — CSU, UC
Skills Advisories: Eligibility for ENG 100 and ENG 103.
Recommended for all students who have an interest in learning to recognize, assess and provide care for injuries or sudden illness until professional medical help arrives. Emphasizes the importance of a safe,
HE 104 — Introduction to Athletic Injuries  
(3) F, S — CSU, UC  
Course Advisories: BMS 100 or BIOL 100.  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Designed to teach students interested in allied health professions, coaching or personal enhancement, methods of prevention, recognition and care of sports-related injuries through lecture and hands-on experience. Comprehension of injury-causing mechanisms, resulting pathology, protective taping/strapping, and an awareness of the duties of the athletic trainer are emphasized. (CAN KINE/PE 4)

HE 107 — Health and Fitness Appraisal  
(0.5) F, S  
Course Advisories: Any of the PE 140 courses  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Designed to assess physical fitness of individual students. Modern physical fitness evaluation includes measurements of body composition, strength, flexibility, posture and cardiovascular endurance. An individual exercise prescription and program is developed based on measurements. Selected lecture topics are used to investigate the importance of physical fitness in maintaining optimal health.

HE 108 — Advanced Assessment and Treatment of Athletic Injuries  
(3) F, S — CSU  
Prerequisite: HE 104.  
Course Advisories: BMS 107.  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Designed to teach students interested in a paramedical profession (pre-med, physical therapy, athletic training) and coaching the proper methods of systematic evaluation and rehabilitative principles/techniques of athletic injuries through lecture and hands-on lab. Comprehension of evaluation skills in scenarios, theory/utilization of modalities, and implementation of rehabilitative techniques for sport injuries stressed.

HE 109 — Health and Physical Fitness for Older Adults  
(1) F, S — CSU  
Designed to advance the understanding of the relationship between living habits and health for older adults. Enhances the physical and emotional well-being of individuals by providing information and activities designed for improvement of nutrition, fitness, cardiovascular health, and stress management skills. Student is able to design a safe and effective health program.

HE 111 — Understanding Human Sexuality  
(3) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Human sexuality course introduces physiological, psychological, sociological and cultural aspects, and explores personal perspectives. (*UC transfer limit: HE 111, PSY 125 and BMS 136 combined: maximum credit, one course)

HE 112 — Adult CPR  
(.25) F, S  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Recommended for students who have an interest in learning how to recognize, assess and provide care for cardiac events until professional medical help arrives. American Red Cross, CPR certification possible.

HE 213 — Concepts in Health and Physical Fitness  
(3) F, S — CSU, UC*  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Examines current health and physical fitness concepts which prevent disease and enhance the quality of life. Emphasis is placed on applying theory to everyday living. Topics include personal health profiles, heart disease and risk factor identification, exercise prescription, muscular and cardiovascular fitness, weight management, stress management, posture evaluation and nutritional analysis. (*UC transfer limit: 213 combined with PE activity and MDT 100 and 105: maximum credit, 4 units)

HE 220 — Fundamentals of Exercise Testing and Fitness Instruction  
(3) F, S — CSU  
Skills Advisories: Eligibility for ENG 100 and ENG 103.  
Designed to teach techniques and evaluation of graded exercise testing, electrocardiograms, body composition analysis and other physical fitness assessments. Implementation and leadership of exercise programs explored.