

## Fitness Specialist

### Certificate Program Description

Students in this program will be trained to be group exercise leaders and personal trainers. Students will learn the principles of exercise and physical conditioning, techniques of leading individual and group exercise classes, appropriate methods to establishing healthy behavior and the designing of personalized exercise prescriptions. They will be able to develop safe, effective exercise plans for a variety of clients.

### Program Emphasis

The Fitness Specialist certificate program trains students for positions, entry-level or higher, in the growing fitness industry.

### Career Options

Graduates will be qualified to be exercise testing technicians, fitness instructors, strength training instructors, aerobic instructors, and personal fitness trainers.

The fitness industry continued to experience growth and has an ongoing need for trained instructors and trainers in health clubs, fitness centers, and sports medicine clinics.

Please note that students enrolled in an occupational program must earn a grade of "C" or better in courses required for the major.

### Certificate of Achievement: Physical Education Fitness Specialist

<b>Courses Required for the Major:</b>	<b>Units</b>
PHYE 242, Care and Prevention of Injuries .....	2
PHYE 280, Applied Exercise Physiology .....	2
PHYE 281, Applied Kinesiology.....	2
PHYE 282, Techniques of Weight Training.....	2
PHYE 283, Exercise and Fitness Assessment.....	2
PHYE 284, Fitness and Sports Nutrition .....	2
PHYE 285, Exercise for Special Populations .....	2
PHYE 286, Techniques of Exercise Leadership .....	2
PHYE 287, Fitness Specialist Internship .....	2
	<b>Total Units = 18</b>

This program prepares candidates for American College of Sports Medicine (ACSM) or American Council of Exercise (ACE) certification exams.

## Physical Education Classes/Intercollegiate Sports Disclaimer

Participation in all sports and physical education activities involves certain inherent risks. Risks may include, but are not limited to, neck and spinal injuries that may result in paralysis or brain injury, injury to bones, joints, ligaments, muscles, tendons and other aspects of the muscular skeleton system, and serious injury, or impairment, to other aspects of the body and general health, including death. The San Diego Community College District, its officers, agents and employees are not responsible for the inherent risks associated with participation in physical education classes/intercollegiate sports.

Students are strongly advised to consult a physician prior to participating in any physical education activity.

## Courses

### Health Education (HEAL)

#### 101 Health and Life-Style

**3 hours, 3 units**

**Letter Grade or Credit/No Credit Option**

*Advisory:* English 51 and 56, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels W5 and R5.

This course studies aspects of mental, emotional, and physical health. Emphasis is placed on knowledge for development of attitude, understanding, and practice of a preventive life style for healthy living and optimal wellness. Specific instructional areas include chronic diseases, physical activity, nutrition, weight management, birth control methods, human sexuality, alcohol, tobacco, and illicit chemical use, stress, and factors that contribute to wellness and longevity. Experience in personal health assessment and the changing of health behaviors is stressed. Satisfies State of California Health Education requirement for teaching credential. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

*This discipline may offer specialized instruction in one or more of the following areas: Supervised Tutoring (044), Special Topics (265), Independent Study (290), Individualized Instruction (296), Service Learning (277), Applied Applications and Software Skills (045L), or Work Experience (270). Detailed course descriptions are listed on page 96. Please refer to the class schedule and/or see the dean or department chair for availability.*

### Physical Education (PHYE)

Physical Education classes are offered at the beginning, intermediate and advanced levels.

#### Aquatic Activities

A program which offers the student a choice from a variety of courses. Instruction and conditioning in all aspects of aquatics to provide a carry-over value for leisure life.

#### 155 Swimming

**2 - 3 hours lab, 0.5 - 1 unit**

This course emphasizes instruction and practice in the fundamental to advanced swimming strokes including water safety skills. Stroke analysis, conditioning and endurance are stressed in the progression of classes. Beginning and intermediate levels are available. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

#### 156 Water Exercise

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit**

Instruction in the development of the fundamental elements of fitness through the application of water resistance and buoyancy. Progressive instruction includes the development of increasingly more strenuous exercises for cardiorespiratory fitness, muscular strength, endurance and flexibility. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

#### Individual Activities

A basic program which offers the student a choice of vigorous, competitive activity in individual sports and activities designed to provide carry-over value for leisure life. Instruction is in fundamental skills knowledge of rules and strategy, with emphasis on physical fitness.

#### 047 Physical Activities for Youth

**3 hours lab, 1 unit  
Credit/No Credit Only**

This course is the physical activity component for youth participating in the National Youth Sports Program. Students are introduced to a variety of physical activities, which provide the student with skills necessary to practice an active lifestyle. This course offers opportunities to engage in physical activities for health benefits, to study simple physical skill

mechanics for efficiency of movement, to learn about the rules and regulations of physical activities for safety and participation strategies, and to recognize the health implications of an active lifestyle. Credit does not apply to the associate degree.

### 103 Aerobic Dance

**2 - 3 hours lab, 0.5 - 1 unit**

**Letter Grade or Credit/No Credit Option**

Aerobic Dance is a rigorous exercise course designed to increase both the fitness level of participating students and their understanding of what constitutes a safe and effective exercise program. Instruction includes a balanced exercise program of aerobics, toning, stretching, and relaxation along with discussion of related health topics. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC limitations. See a counselor.

### 108 Badminton

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit**

**Letter Grade or Credit/No Credit Option**

Instruction and practice in the fundamentals of the grip, strokes, footwork, court coverage and rules of play. Singles and doubles strategy, offensive and defensive positioning and tournament play will be progressively incorporated at intermediate and advanced levels. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 115 Bowling

**2 - 3 hours lab, 0.5 - 1 unit**

**Letter Grade or Credit/No Credit Option**

This course is designed to develop skills necessary to improve student performance of the fundamentals of the stance, point of origin, approach, back swing, release and follow through, rules, scoring and etiquette in the game of bowling. Progressive instruction emphasizes individual skill development, spot bowling and participation in a league bowling situation. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 123 Fitness Activities

**2 - 3 hours lab, 0.5 - 1 unit**

**Letter Grade or Credit/No Credit Option**

This course includes instruction in the skills necessary to improve aerobic fitness and cardiovascular health. Through fitness topics covered, students will develop

an individual fitness program. Aerobic exercise focuses primarily jogging, progressing to running for the development of comprehensive fitness. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 126 Golf

**2 - 3 hours lab, 0.5 - 1 unit**

**Letter Grade or Credit/No Credit Option**

This course provides golf instruction and practice in the fundamentals of grip, stance, alignment, backswing, and downswing. Topics also include stretching and principles of warm-up, golf club selection and use, player guidelines, scoring, game etiquette, and safety procedures. The course emphasizes the "one basic golf swing" theory and includes extensive practice and play at local courses. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 132 Individual Conditioning

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit**

**Letter Grade or Credit/No Credit Option**

Individually programmed instruction in the fundamental skills of weight training and aerobic activity. Progressive instruction involves more advanced levels of weight training and comprehensive aerobic development. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 142 Racquetball

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit**

**Letter Grade or Credit/No Credit Option**

Instruction and practice in the fundamental skills of grip, strokes, footwork, court coverage and rules of play. Singles and doubles strategy, offensive and defensive positioning and tournament play will be progressively incorporated at the intermediate and advanced levels. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### 150 Lifelong Fitness Behaviors

**1 hour, 1 unit**

**Grade Only**

This is a lecture course designed for students with limited knowledge or experience with physical fitness. Weekly lecture sessions will address the relationship between exercise and wellness. Lecture topics will

include the value of exercise, health related physical fitness, nutrition, weight control, stress management, behavior modification, and hypokinetic disease prevention. Students will learn how to self-manage fitness behavior modifications. This class must be taken concurrently with Physical Education 153. Associate Degree Credit & transfer to CSU and/or private colleges and universities.

### **153 Lifelong Fitness Lab**

**2 - 3 hours lab, 0.5 - 1 units  
Credit/No Credit Only**

This course is designed to provide students with the knowledge and practice to develop the attitudes and habits required for attaining and maintaining appropriate, individual physical fitness levels. Emphasis is placed on developing and maintaining cardiovascular efficiency as well as muscular strength, endurance and flexibility through circuit and/or strength training. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities.

### **159 Tennis**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

Instruction in the fundamental skills of the service, forehand and backhand strokes; court positioning, rules of the game and scoring. Progressive instruction includes the volley, overhead, singles and doubles strategy and tournament play. Instruction covering tennis scoring, court position, strategy, and strokes, including the forehand, backhand, serve, volley, and overhead. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **166 Weight Training**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

This course is an introduction to progressive resistance training. It is designed for the student interested in developing strength, muscle endurance, and muscle tone. Instruction includes learning proper methods of weight training, various types of weight training programs, and safety factors. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **181A Adapted Swimming**

**3 hours lab, 1 unit**

**Letter Grade or Credit/No Credit Option**

*Limitation on Enrollment:* A physician's medical release form is required. This course is not open to students with credit for Physical Education 181, 181C, or 181D. This course is designed for students with disabilities to learn how to swim through modified swimming strokes based on their abilities. Emphasis is placed on practice in the fundamental swimming strokes, including water safety skills. Stroke analysis, conditioning and endurance is stressed in the progression of the class. This course meets the SDCCD graduation requirements. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **182 Adapted Weight Training**

**3 hours lab, 1 unit**

**Letter Grade or Credit/No Credit Option**

*Limitation on Enrollment:* A physician's medical release form is required. This course is designed for students with disabilities as an introduction to progressive resistance training. Emphasis is placed on developing cardiorespiratory and muscle endurance, muscle strength and flexibility and a healthy body composition through individualized safe and beneficial exercise programming. The course includes exercises that focus on relaxation, joint mobility, body maintenance, and activities for daily living. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **184 Adapted Physical Fitness**

**2-3 hours lab, 0.5-1 unit**

**Letter Grade or Credit/No Credit Option**

*Limitation on Enrollment:* A physician's medical release form is required. This course is designed for students with disabilities to provide opportunities for exercise and activities to improve cardiorespiratory endurance, flexibility, muscular endurance, strength, stress management and coordination. Activities can include walking, dance, rhythm activities, wheelchair pushing, jogging, relaxation training and exercises for joint mobility. This course may be repeated three times. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**232 Martial Arts****3 hours lab, 1 unit  
Grade Only**

This course is designed for students with an interest in martial arts. It is geared toward the International Okanawan Goju-Ryu Karate-Do Federation (IOGKF) and the Tae Kwon Do Federation, with phrases and terms from other styles for general informational usage. Emphasis is placed on the fundamentals of martial arts including martial arts safety skills and etiquette, punches, blocks, strikes, kicks, stances, vital points, tournament terminology, numbers and Kata and Forms. Kick/strike analysis, flexibility, conditioning and endurance are stressed in the progression of the class. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities.

**233 Kickboxing****2-3 hours lab, 0.5-1 unit  
Grade Only**

This course is designed for students to learn kickboxing. It includes solo training, partner training, equipment training, and controlled sparring as practiced by the Kali/Jeet Kune Do family, including JKD kickboxing, the arts of Muay Thai training, Savate, and Panantukan styles of kickboxing. Emphasis is placed on practice in the fundamentals of kickboxing including kickboxing safety skills and etiquette. Kick/strike analysis, balance flexibility, conditioning, muscular strength and endurance are stressed in the progression of the class. This course meets the SDCCD graduation requirements. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities.

**Intercollegiate Athletics****200 Intercollegiate Badminton I****10 hours lab, 2 units  
Grade Only**

*Advisory:* Physical Education 108 with a grade of "C" or better, or equivalent, or previous competitive badminton experience.

This is a course for students competing in their first intercollegiate badminton season. The course is offered in the spring semester for women and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

**201 Intercollegiate Badminton II****10 hours lab, 2 units  
Grade Only**

*Advisory:* Physical Education 200 with a grade of "C" or better, or equivalent.

This is a course for students competing in their second intercollegiate badminton season. The course is offered in the spring semester for women and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

**202 Intercollegiate Baseball I****Spring, 10 hours, 2 units  
Letter Grade or Credit/No Credit Option**

Intercollegiate varsity baseball competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**203 Intercollegiate Baseball II****Spring, 10 hours, 2 units  
Letter Grade or Credit/No Credit Option**

Intercollegiate varsity baseball. Second season of competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**204 Intercollegiate Basketball I****Spring/Fall  
5 hours lab, 1 unit, 7.5 hours lab, 1.5 units  
10 hours, 2 units  
Letter Grade or Credit/No Credit Option**

This course is intended for the first season of intercollegiate competition. Basketball skills and game strategies are at a more advanced level of participation than those of the Basketball 112 class. This course may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

**205 Intercollegiate Basketball II****Spring/Fall  
5 hours lab, 1 unit, 7.5 hours lab, 1.5 units  
10 hours, 2 units  
Letter Grade or Credit/No Credit Option**

This course is intended for the second season of intercollegiate competition. Basketball skills and game strategies are at the advanced levels of participation. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

**206 Intercollegiate Cross-Country I****Fall, 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

Intercollegiate varsity cross-country competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**207 Intercollegiate Cross-Country II****10 hours, 2 units****Letter Grade or Credit/No Credit Option**

Intercollegiate varsity cross-country competition. Second season of competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**214 Intercollegiate Soccer I****10 hours, 2 units****Letter Grade or Credit/No Credit Option**

*Advisory:* Physical Education 149 with a grade of "C" or better, or equivalent and/or previous competitive soccer experience.

This is the first course of intercollegiate soccer competition. This course is offered separately for men and women. This course may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**215 Intercollegiate Soccer II****Fall, 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

*Advisory:* Physical Education 149 with a grade of "C" or better, or equivalent and/or previous competitive soccer experience; and Concurrent enrollment in PHYE 257B is highly recommended.

This is the second course of intercollegiate soccer competition. This course is offered separately for men and women in the fall semester. This course may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**216 Intercollegiate Softball I****Spring 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

This is a course in which students competing in their first intercollegiate softball season learn and practice the techniques and strategies necessary for successful participation. Those topics covered are fundamental through advanced skills and offensive and defensive strategies. This course is offered in the spring semester and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges

and universities. UC transfer limitations. See a counselor.

**217 Intercollegiate Softball II****Spring, 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

This is a course in which students competing in their second intercollegiate softball competition learn and practice the techniques and strategies necessary for successful participation. Those topics covered are fundamental through advanced softball skills and offensive and defensive strategies. This course is offered in the spring semester and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**220 Intercollegiate Tennis I****Spring, 10 hours lab, 2 units****Letter Grade or Credit/No Credit Option**

This is a course for students competing in their first intercollegiate tennis season. This course is offered in the spring semester for men and women and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**221 Intercollegiate Tennis II****Spring, 10 hours lab, 2 units****Letter Grade or Credit/No Credit Option**

This is a course for students competing in their second semester of intercollegiate tennis season. This course is offered in the spring semester for men and women and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**222 Intercollegiate Track and Field I****Spring, 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

Intercollegiate varsity track and field competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**223 Intercollegiate Track and Field II****Spring, 10 hours, 2 units****Letter Grade or Credit/No Credit Option**

Intercollegiate varsity track and field competition. Second season of competition. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**224 Intercollegiate Volleyball I**

**Fall, Spring, 10 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

*Advisory:* Physical Education 161 with a grade of "C" or better, or equivalent and/or previous competitive volleyball experience.

This is the first course in intercollegiate volleyball competition. This course is offered in the fall semester for women and the spring semester for men and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**225 Intercollegiate Volleyball II**

**Fall, Spring, 10 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

*Advisory:* Physical Education 224 with a grade of "C" or better, or equivalent.

This is the second course in intercollegiate volleyball competition. This course is offered in the fall semester for women and the spring semester for men and may be taken two times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**Team Sports****111 Baseball**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

Instruction to develop the fundamental skills of throwing, catching, running, hitting, rules of play and strategy. Intermediate and advanced levels emphasize both individual and team skill development and strategies involved in competitive game situations. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**112 Basketball**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

This course offers basic instruction in the fundamental skills of basketball and team offense and defense. Instruction includes terminology, rules and strategy of the game. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**149 Soccer**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

This course emphasizes progressive instruction and practice of basic fundamentals through advanced soccer skills. The topics covered include soccer techniques and skills, offensive and defensive strategies, rules, and officiating. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**151 Softball**

**2 - 3 hours lab, 0.5 - 1 unit  
Letter Grade or Credit/No Credit Option**

This course provides instruction in the fundamental skills of throwing, catching, running, hitting, and rules of play of softball as well as individual and team skill development and strategies involved in competitive game situations. This course may be taken four times for credit. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**161 Volleyball**

**2 hours lab, 0.5 unit or 3 hours lab, 1 unit  
Letter Grade or Credit/No Credit Option**

This course provides instruction and on-court experience in the skills, strategies, rules and behaviors necessary to play volleyball at the recreation level. This course may be taken four times for credit. Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

**Physical Education Theory Classes****240 Physical Education in the Elementary Schools**

**3 hours lecture, 1 hour lab, 3 units  
Letter Grade or Credit/No Credit Option**

*Advisory:* Completion of or concurrent enrollment in English 51 and 56, each with a grade of "C" or better, or equivalent, or W5 and R5.

This course includes a brief study of the growth, development and characteristics of the elementary school child. The elements of written lesson plans, units, evaluations and various forms of testing are covered. The teaching of fundamental skills, rhythms, dance and games based on sound physiological principles for this age group is emphasized. The positive impact of physical education on health and wellness in addition to academic achievement is explored. Actual teaching situations are experienced in

the lab sessions. This course is designed to fulfill lower division preparation for the major for students interested in elementary education. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities.

### **241 Introduction to Exercise Science/Physical Education**

**2 hours, 2 units  
Grade Only**

*Advisory:* English 51 and 56 with grades of "C" or better, or equivalent, or Assessment Skill Levels W5, R5. This course is the introductory course for students majoring in Physical Education and is required for the Associate in Arts degree in Physical Education. It provides the student an opportunity to study the history, basic philosophy, basic principles, and professional career options of exercise science. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List. (CAN KINE/PE 2)

### **242 Care and Prevention of Injuries**

**Fall, Spring, 2 hours lecture, 1 hour lab, 2 units  
Letter Grade or Credit/No Credit Option**

*Advisory:* English 51 and 56, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels W5 and R5.

Prevention and care of common athletic injuries is discussed. This course covers the theory and practice of emergency field care and basic athletic first aid. Bandaging and/or taping techniques are included. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List. (CAN KINE/PE 4)

### **243 Fitness for Life Concepts**

**2 hours lecture, 2 hours lab, 3 units  
Grade Only**

This course will provide students with the necessary knowledge to make educated decisions about lifetime fitness and wellness activities. Students will learn concepts in cardiovascular fitness, strength training, flexibility, weight control and dietary habits. Through lecture/laboratory presentations, and Health Services directed sessions, students will apply learned concepts to the design of individualized fitness and nutritional programs. For optimal benefits, it is recommended that students register concurrently with a physical education activity class to implement their personal fitness plan.

Associate Degree Credit & transfer to CSU and/or private colleges and universities.

### **251A Professional Activities/Basketball I**

**Fall, 1.5 hours lecture, 1.5 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

This lecture/lab course includes discussion of rules, game strategies, history, and game preparation. The physiological requirements for the intercollegiate athlete and importance of nutritional components for optimal performance are emphasized. This course benefits students who are enrolled in PHYE 204, Intercollegiate Basketball I. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC Transfer Course List.

### **251B Professional Activities/Basketball II**

**Fall, 1.5 hours lecture, 1.5 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

This lecture/lab course includes activities and discussion of advanced team strategies, efficient basketball conditioning techniques, goals for game preparation and leadership qualities for basketball. Concepts for team building and social skills necessary for success at the intercollegiate level are also emphasized. This course benefits students who are enrolled in PHYE 205, Intercollegiate Basketball II. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **252A Professional Activities/Baseball I**

**1.5 hours lecture, 1.5 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

Competency development with emphasis on skills, strategy, tactics, rules, officiating, facilities film review, and organizational procedures as it relates to school or college baseball. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

### **252B Professional Activities/Baseball II**

**1.5 hours lecture, 1.5 hours lab, 2 units  
Letter Grade or Credit/No Credit Option**

Sophomore athletic eligibility status required. A continuation of Physical Education 252A with emphasis on advanced skills, strategy, tactics, rules officiating, and organizational procedures in baseball. (FT) Associate Degree Credit & transfer to CSU and/or private colleges and universities. UC transfer limitations. See a counselor.

## 296 Individual Instruction in Physical Education

**1.5 - 6 hours lab, 0.5 - 2 units  
Credit/No Credit Only**

*Limitation on Enrollment:* Enrollment in an approved related course. Concurrent enrollment in an approved course of the same discipline is required.

This course provides supplemental instruction to reinforce achievement of the learning objectives of a course in the same discipline under the supervision of the instructor of the designated course. Learning activities may employ a variety of self-paced multimedia learning systems, language labs, print and electronic resources, laboratory, or field research arrangements, to assist student in reaching specific learning objectives. This open entry/open exit course is offered concurrently with designated courses. Associate Degree Credit & transfer to CSU and/or private colleges and universities.

*This discipline may offer specialized instruction in one or more of the following areas: Supervised Tutoring (044), Special Topics (265), Independent Study (290), Individualized Instruction (296), Service Learning (277), Applied Applications and Software Skills (045L), or Work Experience (270). Detailed course descriptions are listed on page 96. Please refer to the class schedule and/or see the dean or department chair for availability.*

## Fitness Specialist Courses

### 280 Applied Exercise Physiology

**2 hours, 2 units  
Grade Only**

*Advisory:* Mathematics 95 with a grade of "C" or better, or equivalent, or Assessment Skill Level M40.

This course is part of the Fitness Specialist Certification Program. This course is designed for the student in the Fitness Specialist Certificate Program to study how the body functions under conditions of exercise stress and how fitness behaviors affect health and wellness. Emphasis is placed on muscular, cardiorespiratory, and other physiological processes that occur as a result of exercise conditioning, and the effect of disease. (FT) Associate Degree Credit and not Transferable.

### 281 Applied Kinesiology

**2 hours, 2 units  
Grade only**

This course is designed for the student in the Fitness Specialist Certificate Program to study movement as it relates to exercise under both normal and injury conditions. Students learn the practical implications of

bones, joints, nerves, and muscle actions. Emphasis is placed on applying body alignment, range of motion, stabilization, and acceleration principles to the development of exercise programs. (FT) Associate Degree Credit and not Transferable.

### 282 Techniques of Weight Training

**2 hours, 2 units  
Grade Only**

This course, part of the Fitness Specialist Certification Program, is designed to provide a thorough review for those intending to teach weight training. The course studies anatomy and physiology, training sequences, available equipment, and safety factors, including contraindications. Associate Degree Credit and not Transferable.

### 283 Exercise and Fitness Assessment

**1.75 hour lecture, 0.75 hour lab, 2 units  
Grade Only**

This course is designed for the student in the Fitness Specialist Certificate Program to learn how to assess cardiorespiratory endurance, muscular strength and endurance, flexibility, body fat, pulmonary function, and blood pressure and evaluate the results. Emphasis is placed on determining the appropriate test, conducting the test, evaluating the results, and creating an exercise program. (FT). Associate Degree Credit and not Transferable.

### 284 Fitness and Sports Nutrition

**2 hours, 2 units  
Grade Only**

*Advisory:* English 51 and 56, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels W5 and R5.

This course is part of the Fitness Specialist Certification Program. Students will study the basic principles of nutrition and the ramifications of nutrition on sports activities. Associate Degree Credit and not Transferable.

### 285 Exercise for Special Populations

**2 hours, 2 units  
Grade Only**

This course is designed for the student in the Fitness Specialist Certificate to study the exercise implications for special populations related to age, medical condition and level of fitness. Emphasis is placed on cardiac conditions, diabetes, physical disabilities, HIV and AIDS, asthma, sensory impairments, seniors, children, athletes, mentally impaired and pregnant and post partum women and the issues and barriers to exercise. (FT) Associate Degree Credit and not Transferable.

**286 Techniques of Exercise Leadership****1.75 hours lecture, 0.75 hour lab, 2 units  
Grade Only**

This course is designed for the student in the Fitness Specialist Certificate Program to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship. Emphasis is placed on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability. (FT). Associate Degree Credit and not Transferable.

**287 Fitness Specialist Internship****1 hour lecture, 6 hours lab, 2 units  
Grade Only**

*Prerequisite:* Physical Education 280 and 281 and 283, each with a grade of "C" or better, or equivalent. This course is designed to provide students in the Fitness Specialist Certificate Program with practical experience in the field of exercise and fitness. Emphasis is placed on participant screening, evaluation, and exercise program design, self marketing, fitness specialist/client relationships and professional responsibility in a fitness setting. (FT) Associate Degree Credit and not Transferable.

***This discipline may offer specialized instruction in one or more of the following areas: Supervised Tutoring (044), Special Topics (265), Independent Study (290), Individualized Instruction (296), Service Learning (277), Applied Applications and Software Skills (045L), or Work Experience (270). Detailed course descriptions are listed on page 96. Please refer to the class schedule and/or see the dean or department chair for availability.***