

Kinesiology & Athletics

Overview

The ARC Kinesiology and Athletics program offers a wide variety of courses that improve physical fitness, sport skills, and dance performance abilities.

All activity classes are open to both men and women unless noted. Students may enroll in more than one physical education class at the same time. They may not enroll in more than two sections of the activity during the same semester. DANCE, FITNS, PACT, and TMACT classes may be taken one time for credit. SPORT classes may be taken four times for credit. The prefixes "ADAPT, DANCE, FITNS, PACT, TMACT, and SPORT" refer to courses used to satisfy the one-unit physical education graduation requirement.

Courses which are designated with a KINES prefix are theory-oriented rather than activity-oriented and DO NOT satisfy the physical education activity requirement.

Roadmaps

Road maps lay out all of the courses you need to take for a given degree or certificate.

[Get a Road map! Explore Ways to Complete These Programs \(/academics/arc-program-road-maps\)](#)

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Associate Degrees for Transfer

A.A.-T. in Kinesiology

This Associate in Arts in Kinesiology for Transfer provides a path to students who wish to transfer to a CSU campus in Kinesiology and serves the diverse needs of students who wish to obtain a broad and an in-depth understanding of the field. Additionally, this degree allows students to learn the fundamental principles and practices of Kinesiology in order to create a solid foundation for their future personal and academic endeavors.

The Associate in Arts in Kinesiology for Transfer provides students with a major that fulfills the general requirements of the California State University for transfer. Students with this degree will receive priority admission with junior status to the California State University system.

The Associate in Arts in Kinesiology for Transfer (AA-T) may be obtained by the completion of 60 transferable, semester units with a minimum of a 2.0 GPA, including (a) the major or area of emphasis described in the Required Program outlined below (earning a C or better in these courses), and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Catalog Date: January 1, 2021

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
KINES 300	Introduction to Kinesiology	3
A minimum of 8 units from the following:		8
BIOL 310	General Biology (4)	
CHEM 305	Introduction to Chemistry (5)	
or CHEM 400	General Chemistry I (5)	
or CHEM 309	Integrated General, Organic, and Biological Chemistry (5)	
PHYS 410	Mechanics of Solids and Fluids (5)	
or PHYS 350	General Physics (4)	
STAT 300	Introduction to Probability and Statistics (4)	
A minimum of 3 units from the following:		3
Select three courses, each from a different category listed below.		
Dance:		
DANCE 340	Ballroom Dance (1)	
DANCE 341	Ballroom Dance II (1)	
DANCE 342	Ballroom Dance III: Club Dancing (1)	
DANCE 343	Ballroom Dance IV: Latin (1)	
DANCE 344	Ballroom Dance V: Swing (1)	
DANCE 345	Ballroom Dance VI: Tango (1)	
DANCE 348	Ballroom Challenge: Competition and Performance (1)	
Fitness:		
FITNS 303	Dance Aerobics (1)	
FITNS 306	Aerobics: Cardio-Kickboxing (1)	
FITNS 307	Aerobic Mix (1)	
FITNS 308	Step Aerobics (1)	
FITNS 321	Core Conditioning (1)	

COURSE CODE	COURSE TITLE	UNITS
FITNS 325	Pilates (1)	
FITNS 380	Circuit Weight Training (1)	
FITNS 381	Weight Training (1)	
FITNS 392	Yoga (1)	
FITNS 400	Body Fitness (Walking or Jogging) (1)	
Aquatics:		
FITNS 310	Aquatic Fitness I (1)	
FITNS 316	Lap Swimming (1)	
FITNS 440	Swimming I (1)	
FITNS 441	Swimming II (1)	
FITNS 442	Swimming III (1)	
FITNS 443	Swimming IV (1)	
Combatives:		
FITNS 412	Taekwondo I (1)	
FITNS 414	Tai Chi (1)	
Individual Sports:		
PACT 300	Archery I (1)	
PACT 310	Badminton I (1)	
PACT 350	Golf I (1)	
PACT 351	Golf II (1)	
PACT 390	Tennis I (1)	
Team Sports:		
TMACT 300	Soccer, Indoor (1)	
TMACT 302	Soccer - Outdoor (1)	
TMACT 320	Basketball (1)	
TMACT 330	Volleyball (1)	
TMACT 331	Volleyball II (1)	
TMACT 333	Volleyball III (1)	
TMACT 352	Softball, Slow Pitch (1)	
TMACT 370	Water Polo (1)	
Total Units:		24

The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- recount the historical evolution of physical education/kinesiology.
- evaluate current theories, philosophies, and trends in the field of kinesiology.
- identify key aspects of personal fitness as it relates to physical fitness programs.
- construct a philosophy of kinesiology that includes goals for lifetime fitness.
- discuss how sociological, historical, and philosophical factors influence the field of kinesiology.
- outline the basic principles of current accepted nutritional standards for physically active individuals.
- describe the basic structure of the human body and how its various systems respond to exercise.

Career Information

This degree is designed to prepare students for transfer to a four-year college or university in Kinesiology. Career opportunities include, but are not limited to, kinesiology instructor, exercise physiologist, athletic trainer, strength and conditioning coach, athletic coach, personal trainer, physical educator, and corporate fitness director.

Associate Degrees

A.S. in Physical Education

This degree provides an educational and practical foundation for students interested in multiple professions in the area of physical education. It also provides coursework required for transfer in physical education majors. Topics include introduction to physical education, care and prevention of athletic injuries, CPR, psychology, nutrition, dance, fitness, recreation, and sport. Students who work closely with their counselor can use this degree to prepare for majoring in kinesiology at a four-year college.

Catalog Date: January 1, 2021

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
BIOL 300	The Foundations of Biology (3)	3 - 4
or BIOL 310	General Biology (4)	
or PSYC 310	Biological Psychology (3)	
HEED 310	Community CPR and Adult AED (1)	1 - 1.5 ¹
or HEED 311	CPR and Pediatric First Aid (1.5)	
KINES 300	Introduction to Kinesiology	3
KINES 330	Care and Prevention of Athletic Injuries	3
NUTRI 300	Nutrition (3)	3

COURSE CODE	COURSE TITLE	UNITS
or NUTRI 302	Nutrition for Physical Performance (3)	
PSYC 300	General Principles (3)	3
or PSYC 305	Psychology Applied to Modern Life (3)	
or KINES 307	Mental Skills for Sport Performance (3)	
A minimum of 3 units from the following:		3
HEED 300	Health Science (3)	
OR three units from any of the following: DANCE, FITNS, PACT, SPORT, or TMACT.		
Total Units:		19 - 20.5

¹If student has Community CPR certification through the American Red Cross, or Basic Life Support certification through the American Heart Association, the HEED 310 or HEED 311 requirement may be waived.

The Physical Education Associate in Science (A.S.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- list various occupations in the field of physical education
- identify basic bones, muscles, and ligaments of the human body
- compare key aspects of personal fitness as it relates to physical fitness programs
- construct a philosophy of physical education that includes goals for lifetime fitness
- evaluate current theories, philosophies, and trends in physical education
- recognize current job opportunities in the field of physical education
- summarize the education requirements for employment as a professional physical educator
- evaluate common athletically-related injuries in the field of physical education
- outline the basic principles of current accepted nutritional standards for physically active individuals
- discuss the role of physical and psychological health as it relates to physical education
- recount the historical evolution of physical education
- demonstrate skills needed to meet the minimal certification standards when performing first aid and CPR as required by a nationally recognized organization

Career Information

This degree is designed for those pursuing a career in coaching, health and fitness, personal training, and prepares students for transfer to four-year colleges and universities.

A.S. in Sports Medicine

This degree is designed to prepare students for transfer in the area of athletic training, exercise science, kinesiology, and other sports medicine related fields. Prevention, identification, evaluation, treatment, and rehabilitation of athletic injuries are emphasized.

Catalog Date: January 1, 2021

Degree Requirements

COURSE CODE	COURSE TITLE	UNITS
BIOL 430	Anatomy and Physiology	5
BIOL 431	Anatomy and Physiology	5
CHEM 305	Introduction to Chemistry (5)	5
or CHEM 400	General Chemistry I (5)	
NUTRI 300	Nutrition	3
KINES 330	Care and Prevention of Athletic Injuries	3
KINES 334	Practical Applications in Athletic Training/Sports Medicine	3
PSYC 300	General Principles	3
Total Units:		27

The Sports Medicine Associate in Science (A.S.) degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- list the minimum requirements to become a certified athletic trainer
- identify normal musculoskeletal anatomy
- evaluate common athletic-related injuries
- demonstrate proper wrapping and taping skills needed to protect commonly injured joints
- develop a diet for an active individual that is based on current accepted nutritional values
- create treatment protocols for common athletic-related injuries
- develop basic rehabilitation protocols for common athletic-related injuries
- manage the daily athletic training room set-up and break-down for fall and spring sports
- discuss how injuries affect the psychological health of the injured athlete

Certificates of Achievement

Fitness Specialist Certificate

This program prepares students for employment in the health and fitness industry and equips them with the knowledge and hands-on experience necessary to begin a career in the dynamic field of fitness. Upon completion of this certificate, the students are prepared to take national certification exams such as the National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), or the American Council of Exercise (ACE).

Catalog Date: January 1, 2021

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
KINES 400	Applied Physiology of Exercise	2
KINES 401	Applied Kinesiology	2
KINES 402	Nutrition for Fitness (2)	2
or NUTRI 307	Nutrition for Fitness (2)	
KINES 403	Fitness and Exercise Assessment	2
KINES 404	Identification and Management of Fitness Injuries	2
KINES 405	Effects of Exercise on Special Populations	2
KINES 406	Techniques of Strength Training Instruction	2
KINES 407	Techniques of Group Fitness Instruction	2
A minimum of 2 units from the following:		2
BUS 210	The Business Plan (1)	
BUS 212	Marketing for Small Businesses (1)	
BUS 214	Financing a Small Business (1)	
BUS 218	Management Skills for the Small Business (1)	
BUS 220	Retailing and Merchandising for the Small Business (1)	
BUS 224	Customer Service (1)	
BUS 228	Selling Techniques for the Small Business (1)	
A minimum of 1 unit from the following:		1
WEXP 498	Work Experience in (Subject) (1 - 4)	
Total Units:		19

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- design, implement, and analyze fitness programs for a diverse population.
- critique and explore various health and fitness job opportunities.
- demonstrate knowledge and skills necessary to pass national certification exams such as NASM, ACSM, and ACE.

Career Information

The fitness certificate program is ideal for anyone desiring an entry-level position as a personal trainer, fitness center or health club employee, group exercise instructor, or strength and conditioning coach.

Senior Fitness Specialist Certificate

The Senior Fitness Specialist program prepares students for employment as a fitness leader in settings where people ages 50+ exercise with other age groups and in settings that cater to older adults. The program provides students with the knowledge and hands on experience necessary to begin a career in this growing field of fitness.

Catalog Date: January 1, 2021

Certificate Requirements

COURSE CODE	COURSE TITLE	UNITS
FITNS 351	Exercise, Balance and Mobility	1
GERON 205	Validation: Theory and Practice	0.5
GERON 230	Motivating Older Adults to Stay Active	0.5
GERON 335	Wellness for Older Adults	3
GERON 378	Body Mechanics and Safety	0.5
GERON 380	Nutrition and Aging	0.5
HEED 310	Community CPR and Adult AED	1
KINES 403	Fitness and Exercise Assessment	2
KINES 405	Effects of Exercise on Special Populations	2
KINES 406	Techniques of Strength Training Instruction	2
KINES 407	Techniques of Group Fitness Instruction	2
A minimum of 1 unit from the following:		1 ¹
WEXP 498	Work Experience in (Subject) (1 - 4)	
Total Units:		16

¹One unit of work experience is required in one of the following environments: recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- recommend beneficial exercises for seniors and individuals with disabilities or medical conditions.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- create an individualized fitness plan to promote functional independence throughout the remainder of life.
- analyze how nutrition plays a part in overall health and aging.

- compare and contrast different self and group motivational techniques for staying active.
- identify and respond to life-threatening conditions (including breathing emergencies, cardiac emergencies, and severe bleeding).
- evaluate physical activities relative to risk factors.
- design and lead a group exercise activity, and provide modifications and variations to exercises when necessary.
- identify basic principles of body mechanics and posture.
- design an individualized exercise prescription program that includes muscular strength and muscular endurance development.
- explain normal aging-related changes and analyze how lifestyle choices influence the aging process.
- demonstrate techniques for validating and encouraging older adults during fitness activities.

Career Information

The Senior Fitness Specialist program is ideal for anyone seeking an entry-level position as a fitness leader in community, recreation, and senior centers, health clubs, retirement and assisted living communities, and other sites that cater to seniors.

Adapted Physical Education (ADAPT) Courses

ADAPT 310 Adapted Lifetime Sports

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course introduces students with physical disabilities to a variety of sports. Modifications and assistive devices are used to enable students to safely participate in a variety of sports, such as archery, badminton, volleyball, tennis, soccer, softball, basketball, and golf.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- create a plan to participate in recreational sports.
- demonstrate skills and knowledge of rules while playing a sport.
- identify strategies, rules, and etiquette needed to be successful in sport activities.

ADAPT 314 Wheelchair Sports and Games

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for individuals with physical disabilities who use a wheelchair for mobility or who are ambulatory, but more successful in sports when using a wheelchair. Sports include, but are not limited to, basketball, quad rugby, volleyball, badminton, and tennis.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate increased strength, flexibility, and cardiovascular fitness
- apply the rules and strategies for the sports presented
- compile and relate appropriate drills and skills specific to each sport taught
- justify the importance of sports, health, and fitness as a lifelong pursuit

ADAPT 316 Adapted Personal Safety

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for students who are unable to participate in a general personal safety course. It includes the skills, knowledge, and attitude which are important in avoiding or defending a physical attack. Topics include awareness and prevention of dangerous situations. Defensive strategies for protection while in the home, in the community, and on mass transit are also covered.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe a stranger in detail.
- assess different environments for safety.

- predict and plan ways to avoid dangerous situations.
- demonstrate skills needed to defend against an attack.
- revise and justify a personal safety plan.

ADAPT 324 Heart Healthy

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for individuals with disabilities. Individualized and/or group activities are used to increase cardiovascular fitness. Exercise principles are discussed to encourage a continued healthy and active lifestyle. Students must have a physician's statement indicating (a) the disability, (b) specific restrictions, and (c) recommended activities.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- discuss cardiovascular fitness and how it relates to fitness and disability
- demonstrate increased cardiovascular endurance
- demonstrate ability to take resting, exercise, and recovery heart rates

ADAPT 330 Adapted Weight Training and Fitness

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for students who are unable to participate in a general physical education activity course. It includes individualized physical fitness programs including activities to develop muscular strength, flexibility, and cardiovascular endurance.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze his/her own personal fitness level.
- develop and follow a plan to increase and maintain the highest possible level of fitness and efficiency to meet the demands of healthy living.
- analyze his/her own personal physical limitations and recognize a need to live as actively as possible.
- identify and practice skills and safety habits for participation in physical activities needed for work and recreation.

ADAPT 332 Adapted Aquatics

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A physician's statement verifying the disability, contraindications, and recommended activities
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an individualized swimming, water safety, and fitness course designed for individuals with disabilities. It focuses on cardiovascular endurance, range of motion, mobility, muscular strength, and muscular endurance.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze and examine various methods of water exercise and perform them within individual limitations
- apply general fitness concepts and modify them to accomplish individualized aquatics goals
- identify and practice safety strategies to be used near and in a pool

ADAPT 335 Adapted Yoga

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Advisory:	Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for students with a disabilities. It includes group and individual yoga activities that emphasize breathing, stretching, and relaxation techniques. Students must have a physician's statement indicating (a) the disability, (b) specific restrictions, and (c) recommended activities.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- practice safe breathing, stretching, and relaxation techniques.
- identify yoga activities and choose those to fit personal needs.
- explain the differences in resting, exercise, and recovery heart rates and how they relate to relaxation.
- participate in group yoga exercises.
- create and practice an individual yoga exercise plan.

ADAPT 337 Adapted Walk and Wheel

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A statement from a health care professional verifying the disability, contraindications, and recommended activities.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for students who are unable to participate in a general physical education activity course. Individualized walking or wheeling programs are designed to enhance cardiorespiratory endurance. The course also includes specific exercises for muscular strength, muscular endurance, and flexibility. Small group games and activities are included to promote fitness and fun.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply fitness concepts to personal workouts for meeting the demands of healthy living
- evaluate personal physical limitations and devise a plan to live as actively as possible
- analyze and develop coordinated locomotion within personal limits
- identify and practice skills and safety habits for participation in physical activities at work and during recreation

ADAPT 338 Adapted Aerobic Activity

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Enrollment Limitation:	A physician's statement verifying the disability, contraindications and recommended activities.
Advisory:	Eligible for ENGRD 310 or 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC (Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for students with a disability who are unable to participate in a general physical education activity course. It includes group activities as well as individualized activities. Indoor and outdoor workouts are used to enhance cardiovascular endurance and affect body composition. Activities may include walking and jogging, aerobic dance, cardio-kickboxing, step aerobics, chair aerobics, circuit training and cardio equipment workouts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- practice safe stretching in preparation for aerobic activities.
- identify aerobic activities and choose those to fit personal needs.
- explain the differences in resting, exercise, and recovery heart rate and how they relate to the target heart rate.
- participate in a group aerobic exercise.
- create and practice an individualized aerobic exercise plan.

ADAPT 495 Independent Studies in Adapted Physical Education

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

ADAPT 499 Experimental Offering in Adapted Physical Education

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	January 1, 2021

Fitness (FITNS) Courses

FITNS 100 Utility Workforce Wellness

Units:	1
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Hours: 9 hours LEC; 27 hours LAB
Prerequisite: None.
Corequisite: PREAP 122
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

This course covers health and physical fitness related to utility worker occupations. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze components of health and fitness and how they aid in work/life balance.
- develop an effective personalized fitness program that is relevant to occupational work duties to assist in injury prevention and personal health.
- apply proper lifting/movement techniques applicable to utility worker occupations.
- implement a personal fitness plan using proper strength and cardiovascular training.

FITNS 101 Green Technology Workforce Wellness

Units: 1
Hours: 9 hours LEC; 27 hours LAB
Prerequisite: None.
Corequisite: PREAP 141
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

This course covers health and physical fitness related to green technology workforce occupations. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- assess the validity of fitness and health information using the scientific method and the relationship between scientific research and established knowledge as it applies to personal health and wellness.
- demonstrate an effective personalized health program to aid in occupational injury prevention relevant to green technology workforce practices.
- apply proper lifting/movement techniques applicable to green technology workforce occupations.
- identify motivational techniques that can result in lifestyle changes in fitness and health.
- assess behavioral modification procedures to ensure healthier choices and how they aid in work/life balance.

FITNS 102 Infrastructure Workforce Wellness

Units: 1
Hours: 9 hours LEC; 27 hours LAB
Prerequisite: None.
Corequisite: PREAP 111
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

This course covers health and physical fitness related to general construction. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- determine the validity of fitness and health information using the scientific method and the relationship between scientific research and established knowledge.
- describe components of health and fitness.
- develop an effective personalized fitness program.
- use proper lifting techniques.
- implement a personal fitness plan using proper strength and cardiovascular training.
- identify motivational techniques that can result in lifestyle changes in fitness and health.
- assess behavioral modification procedures to ensure healthier choices.

FITNS 302 Latin Aerobics

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course combines a variety of rhythmic Latin-style dance movements into a form of cardiorespiratory training of low to moderate impact. It improves cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate measurable improvement in aerobic fitness.
- discuss the relevance of aerobic fitness as part of a lifelong commitment to fitness.
- apply techniques for using a timed pulse rate, rating of perceived exertion (RPE), and the talk test to establish an overall target heart rate.

- identify the major muscle groups and their potential for moving the body.
- define six different elements of movement that raise the heart rate in any aerobic workout.
- describe and perform steps from several Latin styles of dance.

FITNS 303 Dance Aerobics

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course promotes cardiovascular fitness and endurance through aerobic dance movement. It encourages core strength and flexibility with strength and muscular development exercises. It also covers the importance of basic nutrition, health, and safety.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate measurable improvement in aerobic fitness.
- discuss the significance of changes in pulse rate before, during, and after activity.
- describe the attributes of cardiovascular fitness, muscular endurance, muscular strength, and flexibility.
- analyze the basic relationship between exercise and a healthy lifestyle.
- identify areas of stress in life and list four ways to minimize the negative effects of living under stress.
- list safe and effective exercise techniques that protect the joints and lower back and show modifications for these exercises and movements.

FITNS 304 Cardio Circuit

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses: combined maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed as a cardio circuit form of fitness training. It combines cardio and weight training equipment in a circuit format. Emphasis will be on timed intervals to train major muscle groups and the cardiovascular system. It will include flexibility and core strengthening.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- measure improvements in cardiovascular efficiency, muscular strength and endurance, flexibility, and body composition.
- safely operate cardiovascular and strength training equipment.
- discuss various workout strategies.
- set goals for cardiovascular improvement.
- design a fitness plan that promotes life-long health and fitness.

FITNS 306 Aerobics: Cardio-Kickboxing

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course promotes cardiovascular fitness and endurance through kickboxing. It emphasizes proper alignment, execution, and timing of faster-paced movements from kickboxing, boxing, and aerobic dance.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate measurable improvement in aerobic fitness.
- discuss the relevance of aerobic fitness as part of a lifelong commitment to fitness.
- apply techniques for using a timed pulse rate, rating of perceived exertion (RPE), and the talk test to establish an overall target heart rate.
- identify proper cardio-kickboxing delivery technique.
- identify the major muscle groups and their potential for moving the body.

FITNS 307 Aerobic Mix

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course includes a variety of aerobic activities that provide a new approach to each workout. It emphasizes rotating aerobic forms such as aerobic dance, step, cardio-kickboxing, and aerobic circuit to keep the workouts challenging and interesting. It covers basic heart rate calculations, nutrition, and workout facts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- calculate a resting and a target heart rate
- evaluate and relate a perceived level of exertion
- calculate and use six-second, ten-second, and sixty-second heart rates as interchangeable measurements of exertion
- define six different elements of movement that raise the heart rate in any aerobic workout
- compare and contrast the elements of four different aerobic methods of workout

FITNS 308 Step Aerobics

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to improve cardiovascular fitness and encourage better endurance, flexibility, and strength through the use of step aerobics. It includes rhythmic and choreographed step routines, basic stretch and toning exercises, and provides information related to overall health and fitness.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply proper techniques to establish target heart rate
- demonstrate measurable improvement in fitness level
- discuss the immediate and lifelong benefits of aerobic exercise
- design a program to fulfill personal aerobic fitness goals
- describe the significance of changing heart rates that occur before, during, and after physical activity
- utilize aerobic exercise as a means of managing stress

FITNS 310 Aquatic Fitness I

Units:	1
Hours:	54 hours LAB
Course Family:	Aerobic Water Fitness (http://arc.losrios.edu/course-families#id_100019)
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course focuses on using the resistance of water for low- or non-weight-bearing exercise for improvement in cardiovascular fitness, muscular endurance, flexibility, and strength. It includes exercises in deep and shallow water and provides information related to overall health and fitness. No swimming skills are needed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe and demonstrate knowledge of physical fitness training principles and how they can be applied in a water environment.
- analyze cardiovascular activities and select those activities best suited for individual fitness goals.
- analyze fitness assessments, formulate individual fitness goals, and apply training principles toward acquisition of fitness goals.

FITNS 314 Aquatic Fitness III- Deep Water Jogging

Units:	1
Hours:	54 hours LAB
Course Family:	Aerobic Water Fitness (http://arc.losrios.edu/course-families#id_100019)
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course uses the resistance of water for non-weight-bearing exercises. Emphasis is on cardiovascular fitness, muscular endurance, strength, and flexibility. Progress is monitored through appropriate fitness testing. No swimming skills are needed. An optional flotation belt is provided.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate and discuss fitness components of deep-water jogging.
- identify and utilize training methods for deep-water jogging.
- describe the relationship between resting and training heart rates.
- compute and measure target heart rate and resting heart rate.
- analyze workouts for proper techniques and mechanics.
- perform, measure, and discuss the intensity and duration of two deep-water jogging activities.

FITNS 316 Lap Swimming

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides a fitness based approach to swimming that emphasizes aerobic and anaerobic fitness through lap swimming. It utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic training principles.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate correct biomechanics in at least three different swimming strokes.
- demonstrate fitness training principles for lap swimming.
- evaluate measurable improvements in aerobic fitness levels.
- design individual lap swimming programs.
- utilize swim training equipment.

FITNS 321 Core Conditioning

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, and Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop better posture, body alignment, and balance
- demonstrate proper form and techniques when executing various skills
- increase and balance muscle strength, particularly of the abdominals, lower back, hips, and gluteals
- create a personalized exercise program for lifelong fitness

FITNS 324 Mat Pilates

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses: combined maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course utilizes a systematic method of mindful and precise conditioning exercises designed to develop core strength, flexibility, and body awareness. Through the regular practice of theoretical and applied principles of the Mat Pilates method, students will see improved posture, control, balance, and concentration.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate applied and cognitive understanding of Mat Pilates method theory.
- exhibit increased muscular awareness, core strength, and range of motion.
- perform Pilates matwork sequences with proper physical execution and controlled breathwork.
- design a personalized home exercise practice.

FITNS 325 Pilates

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ("(maximum of 4 units of PE activity courses accepted)")
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course focuses on precision alignment, flexibility, core strength, and building an awareness of the body. It involves a kinesthetic awareness that builds core strength and confidence in movement. Mat and wall stretches, exercises, and relaxations are used to encourage flexibility, balance, and coordination beginning with the deep postural muscles of the body.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate structured breathing techniques and discuss how they improve circulation and enable ease of movement.
- create a chart diagram of continuous focused motion for at least five mat exercises.
- identify and evaluate the six philosophies of Pilates form.
- discuss the history of Pilates.
- define the vocabulary of Pilates as it applies to any given Pilates exercise.
- analyze and compare the differences of each Pilate exercise and its modifications.
- create, diagram, and label a head-to-toe checklist for ten mat exercises.

FITNS 326 Mat Pilates II

Units:	1
Hours:	54 hours LAB
Prerequisite:	FITNS 324 with a grade of "C" or better
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses: combined maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course will include the basic foundation of mat exercises with the addition of intermediate level exercises. Routines will include resistance methods of training with a focus on developing stronger core muscles and flexibility.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate applied and cognitive understanding of anatomical constructs with Mat Pilates method theory.
- understand methods for modifying exercises to adjust intensity levels.
- perform intermediate level Mat Pilates matwork sequences with proper physical execution, controlled breathwork technique, and utilizing resistance equipment.
- design a personalized home exercise practice that includes modifications.

FITNS 331 Boot Camp Fitness

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Advisory:	Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an intense boot camp fitness course conducted on and off campus using indoor and outdoor facilities. It includes aerobic and anaerobic conditioning, strength and endurance training, and individual and team fitness concepts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop and improve overall fitness
- identify and discuss changes in body composition
- design a consistent fitness program and apply this to everyday activities
- compare and contrast the elements of aerobic and anaerobic exercise
- demonstrate proper form when performing strengthening exercises

FITNS 332 Off Season Conditioning

Units:	0.5 - 1
Hours:	27 - 54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course involves sport specific training, conditioning and movement techniques for the intercollegiate off-season athlete. There is a concentration of basic concepts with emphasis on conditioning. This course may be taken three times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate improvement of footwork techniques specific to the sport.
- increase cardiovascular endurance and muscular strength needed in order to be competitive in the sport.
- demonstrate proper form and techniques when executing various drills.

FITNS 339 Multi Sport Training for Fitness

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers multi-sport training, including swimming, biking (stationary and non-stationary), and running. Topics include transitional techniques for duathlons and triathlons. Some class sessions meet off-campus. Students must supply their own road or mountain bike and helmet.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply basic knowledge and skills learned to participate in cross training or triathlons.
- design progressive swimming, biking, and running workouts that will improve his/her cardiovascular fitness.
- evaluate his/her own fitness level and create a training program to prepare for cross training for fitness or triathlons.
- compare a pre- and post-test to assess his/her fitness level.
- understand and apply the safety rules, etiquette rules, and procedures within the sports of swimming, cycling, and running.

FITNS 343 Spin Bike

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course is specifically designed for students to improve their cardiovascular and strength levels with low impact on the joints. It emphasizes basic cycling and fitness drills based on speed work, resistance, and recovery periods.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate increased aerobic capacity.
- assess heart rate.
- demonstrate proper technique while using the spin bike.
- discuss various workout strategies on the spin bike.

FITNS 344 Dynamic Fitness Training I

Units: 1
Hours: 54 hours LAB
Course Family: [Dynamic Fitness \(http://arc.losrios.edu/course-families#id_100047\)](http://arc.losrios.edu/course-families#id_100047)
Prerequisite: None.
Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course introduces constant varied functional movements performed at relatively high intensity. It emphasizes proper mechanics utilizing body weight resistance. The workouts are varied daily and designed to optimize fitness levels.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define fitness as increased work capacity across broad time and modal domains
- develop and improve overall fitness
- perform proper functional non-weight bearing movements
- perform various cardiovascular workouts of varied time increments

FITNS 345 Dynamic Fitness Training II

Units: 1
Hours: 54 hours LAB
Course Family: [Dynamic Fitness \(http://arc.losrios.edu/course-families#id_100047\)](http://arc.losrios.edu/course-families#id_100047)
Prerequisite: None.
Advisory: FITNS 344
Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides dynamic fitness training via Olympic weight lifting and varied cardio-vascular training and conditioning. It is recommended for athletes with some background in weight training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define fitness as increased work capacity across broad time and modal domains
- develop and improve overall fitness
- perform proper functional non-weight bearing movements: heel squats, lunges, dead lift, push press, front squat, back squat
- perform various cardiovascular workouts of varied time increments

FITNS 346 Dynamic Cardio Training

Units: 1
Hours: 54 hours LAB
Course Family: [Dynamic Fitness \(http://arc.losrios.edu/course-families#id_100047\)](http://arc.losrios.edu/course-families#id_100047)
Prerequisite: None.
Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course improves cardiovascular conditioning through constant and varied training. Training consists of walking, running, jumping, spinning, and rowing with body weight strength training. Workouts are scaled to meet the level of each participant to train in the appropriate target heart rate zone.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- take his/her heart rate and understand the proper target heart rate training zone
- demonstrate improved cardiovascular conditioning
- understand the components of a cardiovascular fitness program

FITNS 347 Dynamic Aquatic Fitness Training

Units: 1
Hours: 54 hours LAB
Course Family: [Dynamic Fitness \(http://arc.losrios.edu/course-families#id_100047\)](http://arc.losrios.edu/course-families#id_100047)
Prerequisite: None.
Transferable: CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides a fast moving, challenging aquatic workout, integrating traditional swim training with the addition of weight-bearing exercises in and out of the pool for complete body strength and cardiovascular conditioning.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop and improve overall fitness
- perform proper functional non-weight bearing movements
- perform various cardiovascular workouts of varied time increments
- read and understand a pace clock for interval training
- perform proper stroke drills for freestyle and backstroke
- compose a dryland and water workout utilizing target training zones

FITNS 348 High-Intensity Interval Training

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course is designed to be a physically intense and total body workout. It includes workouts which incorporate running, obstacle courses, and a variety of calisthenics designed to enhance muscular strength and endurance used in high-intensity interval workouts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- evaluate strength and personal fitness levels for high-intensity interval training using standard fitness testing.
- identify and apply exercises related to interval conditioning.
- design and implement a High-Intensity Interval Training (HIIT) program for personal use.
- understand and apply safety techniques, proper biomechanics, and training etiquette to interval training.

FITNS 350 Fitness And Weight Control

Units: 2
Hours: 18 hours LEC; 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course encourages a healthy attitude toward exercise, wellness, and weight management. Topics include assessing and improving fitness levels, as well as nutrition, healthy living, and active lifestyle strategies that are involved in attaining and maintaining appropriate levels of wellness. Field trips may be required.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the need for lifelong fitness
- maintain an exercise log including heart rate and exercise exertion
- explain the importance of physical activity and nutrition in devising an individualized wellness program

- explain the benefits of participating in a regular physical conditioning program
- develop a nutritional eating plan
- prepare nutritionally sound snacks and meals
- demonstrate improvement in the fitness components, such as muscular endurance and strength, flexibility, aerobic conditioning, and body composition

FITNS 351 Exercise, Balance and Mobility

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course meets the needs of students who wish to start an individualized exercise program at a modified level. It focuses on improving flexibility through gentle range of motion exercises. It also focuses on increasing muscular strength through modified strength training exercises. Balance and coordination exercises are used to help reduce risk of falls and increase fitness levels and mobility. Individualized exercises are developed that can be carried out in a fitness center or at home.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze and practice safe and effective stretching utilizing gentle range of motion exercises
- calculate safe, individualized aerobic exercise training levels to construct personalized workout protocol
- practice and perform safe and effective balance exercises
- create an individualized fitness plan to promote functional independence throughout the remainder of life

FITNS 375 Introduction to Meditation

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course emphasizes the mind/body connection through techniques of visualization, affirmation, concentration, and body movements.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- perform assessment of heart rate at the beginning and end of meditation
- analyze effects of diet and music on meditation practice
- evaluate the relationship of energy level and state of mind
- perform safe breathing, relaxation, and meditative body movements

FITNS 380 Circuit Weight Training

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (Any or all PE Activity courses combined: maximum credit, 4 units. *)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course introduces a system of exercise using weights and cardiovascular activities to provide a balanced approach to physical fitness training. It emphasizes increasing muscular strength and endurance, cardiovascular endurance, and flexibility.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- relate the elements of circuit weight training to maintaining lifetime fitness
- demonstrate increased levels of muscular strength
- demonstrate improved cardiovascular fitness
- discuss the relationship between cardiovascular fitness, muscular strength, and body composition
- establish a target/training heart rate

FITNS 381 Weight Training

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides instruction in weight training to promote muscular strength and endurance. Safety, weight training principles, and program design are emphasized to reach personal fitness and strength goals. Components of fitness are addressed, including flexibility and body composition. Workout guidelines for general fitness, sport performance, and/or bodybuilding may be chosen for individual goals.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply correct and safe techniques for weight training.
- improve personal strength and fitness through weight training.
- develop personal goals of fitness/strength and critique progress.
- define principles and strategies for muscle strength, endurance, sculpting, and building.
- evaluate improved muscular strength, endurance, flexibility, and body composition.
- analyze fitness testing results.
- propose a personal workout plan.
- discuss and apply knowledge of proper nutrition for a healthy lifestyle.

FITNS 385 Weight Training for Competition

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is a strength training program for students involved in advanced weight training. It is designed to develop strength, power, and muscle endurance appropriate to specific lifts.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- explain the importance of flexibility and range of motion
- demonstrate common strengthening techniques to improve general muscle strength and power
- identify strengthening techniques to improve muscular endurance
- execute four aspects of strength training for competition

FITNS 392 Yoga

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course in Yoga emphasizes breathing, stretching, and relaxing techniques. Yoga positions and philosophies are examined.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and demonstrate 12 Yoga postures
- classify Yoga methods
- identify the major muscle groups, breathing patterns as well as duration and repetition guidelines associated with Yoga asanas
- evaluate the benefits of Yoga as a tool for stress reduction and improved range of motion
- relate the origins of Yoga to Indian culture, history, and philosophy
- compare and contrast the different types of Yoga

FITNS 393 Yoga II

Units:	1
Hours:	54 hours LAB
Prerequisite:	FITNS 392 with a grade of "C" or better
Transferable:	CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to strengthen and enhance muscle tone through the practice of asanas and pranayama techniques. Yoga practice with elements of meditation are examined to decrease stress, improve concentration, and increase spiritual connection.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- utilize knowledge to design, develop, and implement a progressive personal yoga session.
- identify breath-control practices for calming the mind, balancing emotions, and relaxing the body.
- demonstrate a solid understanding of yoga principles, practices, history, and philosophy.
- evaluate ways to create lifestyle changes in fitness and overall health.

FITNS 395 Stretch

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course emphasizes stretching for better alignment, health, and increased range of motion. It provides an individualized approach to stretching and includes pre- and post-stretching techniques for specific activities such as sports, dance, or repetitive stress work-related movements.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the major muscle groups and demonstrate target area stretches pertaining to those muscles.
- describe the benefits of stretching and the basic components of a thirty-second stretch.
- identify correct alignment for three standing stretches.
- discuss the usefulness of pre- and post-exercise stretching.
- explain the basic mechanics of a muscle stretching.
- evaluate a stretching program with twelve target areas of stretch.

FITNS 400 Body Fitness (Walking or Jogging)

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, produce stress reduction, and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- practice proper biomechanics techniques for walking and jogging for lifelong health and fitness
- calculate resting and training heart rates
- demonstrate measurable improvement in cardiovascular fitness
- identify and utilize safety procedures while walking and jogging
- create a personal fitness program for individual needs

FITNS 412 Taekwondo I

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC ("(maximum of 4 units of PE activity courses accepted)")
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course is an introduction to basic Taekwondo skills which include stances, blocking, striking, kicking, poomsae, and self-defense techniques. Conditioning exercises are used to increase strength, flexibility, aerobic, and anaerobic fitness. Martial arts etiquette and traditions are taught and emphasized. Fields trips may be required.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proficiency in the basic stances, blocking, and kicking techniques.
- demonstrate beginning-level poomsae.
- apply basic self-defense techniques with a partner.
- utilize Taekwondo terminology and numerical counting.
- exhibit increased aerobic capacity.
- demonstrate four-directional footwork.
- exhibit an effective level of technique for beginning-level competition.

FITNS 414 Tai Chi

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Transferable: CSU; UC ("(maximum of 4 units of PE activity courses accepted)")
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course explores the traditional Chinese fitness exercise of Tai Chi. It provides for the development of basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. Various Chinese fitness exercises in relation to health are explored. Principles of Confucianism and Taoism, including a basic review of Tai Chi history and philosophy are discussed. Overall, the physical discipline and structure of Tai Chi movements are emphasized.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate Tai Chi movements and attain proficiency sufficient to continue individual practice and improvement.
- demonstrate and apply basic exercises for maintenance of health and energy.
- demonstrate techniques of rolling forward and backward, change of direction, low bending stances and mental concentration leading to the development of strength, flexibility, and coordination.
- assess and practice martial arts etiquette in a classroom or social group environment.
- employ an improved sense of kinesthetic awareness and balance in everyday movements.
- appraise and explain how Tai Chi exercise promotes a healthy way of daily living and slows the aging process.

FITNS 416 Taekwondo II

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides instruction in intermediate level of Taekwondo. Aerobic, anaerobic, and plyometric training drills are employed to increase students strength, speed, and agility. More complex footwork, one-step sparring, paddle drills, and free sparring combinations are introduced. Intermediate level poomsae is practiced in addition to basic competition training in both sparring and poomsae. Field trips may be required.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate stances, blocking, and kicking techniques.
- demonstrate intermediate level poomsae.
- apply self-defense techniques with a partner.
- exhibit improved aerobic capacity and flexibility.
- demonstrate four-directional footwork with improved balance, agility, timing, and speed.
- exhibit a level of effective sparring that would enable competitiveness at an intermediate level.

FITNS 417 Taekwondo III

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides instruction in advanced level of Taekwondo. A higher level of aerobic, anaerobic, and plyometric training drills are employed to increase student's strength, speed, agility, and competitiveness. It also introduces Kyupka (demonstration of power) and a higher level of poomsae. Sparring strategies, ring management, and other skills associated with being successful at this advanced level are taught. Field trips may be required.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- discuss the visualization of the "imaginary opponent."
- demonstrate appropriate plyometric drills for high-level competition.
- demonstrate the proper use of hand-held training aids.
- develop fluid and dynamic floor drills.
- describe different training methods and strategies to become a high-level competitor.

FITNS 440 Swimming I

Units:	1
Hours:	54 hours LAB
Course Family:	Swimming (http://arc.losrios.edu/course-families#id_100018)
Prerequisite:	None.
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is offered as beginning, intermediate, or advanced swimming. Beginning swimming covers basic water acclimation, water safety, and introductory skills in freestyle and backstroke. Intermediate swimming covers refined freestyle and backstroke, and introduces breaststroke and butterfly. Advanced swimming further refines freestyle, backstroke, breaststroke and butterfly and also introduces individual medley, touch turns, flip turns, and starts. In addition, various aerobic and anaerobic training methods are taught. Endurance and stroke efficiency are emphasized.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Beginning - demonstrate the ability to kick in streamline
- Beginning - demonstrate the freestyle for 25 yards
- Beginning - demonstrate proper bi-lateral breathing technique for freestyle for 25 yards
- Beginning - demonstrate backstroke for 25 yards
- Beginning - develop improved cardiovascular fitness during timed swims in class
- Intermediate - refine the stroke of freestyle with improved stroke efficiency to swim 200 yards
- Intermediate - refine the stroke of backstroke with improved stroke efficiency to swim 100 yards
- Intermediate - develop improved cardiovascular fitness during timed swims in class

- Intermediate - acquire fundamental skills in breaststroke for 50 yards
- Intermediate - acquire fundamental skills in butterfly for 50 yards
- Advanced - refine the 4 strokes of the Individual Medley
- Advanced - refine flip turns for speed and underwater efficiency
- Advanced - develop race diving techniques for platform starts and backstroke starts

FITNS 441 Swimming II

Units:	1
Hours:	54 hours LAB
Course Family:	Swimming (http://arc.losrios.edu/course-families#id_100018)
Prerequisite:	None.
Advisory:	Student must demonstrate comfort and confidence in the water and in their ability to demonstrate submersion, front float, and back float. This course is taught in deep water.
Transferable:	CSU; UC (a maximum of 4 units of PE activity courses allowed.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for beginning swimmers with limited skills. Topics include mastery of basic water adjustment skills, floats, glides, streamline, freestyle, and backstroke techniques. This course is appropriate for those who are uncomfortable in deep water or those who need to refine their ability to swim 25 yards without stopping.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate mastery of proper posture, and streamline position.
- explain and demonstrate the fundamental techniques of freestyle and backstroke.
- demonstrate proper stroke mechanics and progression in freestyle and backstroke, kicking and sculling.
- demonstrate proper water safety techniques associated with maintaining personal water safety.
- differentiate, and demonstrate the proper use of the swimming equipment.
- develop and improve personal comfort level in and around shallow and deep water.

FITNS 442 Swimming III

Units:	1
Hours:	54 hours LAB
Course Family:	Swimming (http://arc.losrios.edu/course-families#id_100018)
Prerequisite:	None.
Advisory:	FITNS 441
Transferable:	CSU; UC (A maximum of 4 units of PE activity allowed for transfer)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers skills for intermediate swimmers; water safety, and basic swimming skills, swim training protocols and technique, further refinement of stroke development, proper starts and turns technique, and development of cardiovascular capacity. It includes stroke technique in freestyle, backstroke, and breaststroke, as well as turns for freestyle, backstroke and breaststroke.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and demonstrate proper form and technique in freestyle, backstroke, and breaststroke.
- demonstrate proper form and technique of sculling and treading water.
- demonstrate proper form and technique of freestyle, backstroke, and breaststroke turns and breakouts.
- demonstrate proper diving technique and practice progressions.
- analyze the stroke technique of others.
- design swim training programs.

FITNS 443 Swimming IV

Units:	1
Hours:	54 hours LAB
Course Family:	Swimming (http://arc.losrios.edu/course-families#id_100018)
Prerequisite:	None.
Advisory:	FITNS 442
Transferable:	CSU; UC (a maximum of 4 units of PE activity allowed for transfer to UC.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course for advanced swimmers (those who have mastered intermediate swimming skills) covers proper technique specific to the four competitive strokes, proper training protocols, and training design. It emphasizes proper stroke technique of freestyle, backstroke, breaststroke, and butterfly, as well as underwater efficiency in diving, turns, and breakouts for all competitive strokes. It also introduces more advanced swim training protocols, drills, and workout designs.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify and demonstrate proper form and technique in freestyle, backstroke, breaststroke, and butterfly.
- demonstrate proper form and technique of turns and breakouts in freestyle, backstroke, breaststroke, and butterfly.
- display technique of drilling, sculling, and treading water.
- create fitness-level appropriate swim workouts.
- demonstrate proper diving safety, technique, and practice progressions.
- analyze, critique, and give feedback to training partners on their stroke technique.

FITNS 450 Personal Safety

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides information and develops skills for an individual's personal safety in a variety of situations. Topics include awareness and prevention of dangerous situations along with physical and non-physical defensive strategies. Community resources for victims of assault are discussed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- integrate the principles of avoidance and awareness in one's daily life.
- analyze the potential for danger and determine the appropriate response.
- apply appropriate self-defense techniques (physical and non-physical).

FITNS 495 Independent Studies in Fitness

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

FITNS 499 Experimental Offering in Fitness

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	January 1, 2021

Kinesiology (KINES) Courses

KINES 300 Introduction to Kinesiology

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitations: All KINES courses combined: maximum credit, 8 units.)
General Education:	AA/AS Area III(b)
C-ID:	C-ID KIN 100
Catalog Date:	January 1, 2021

This course provides an introduction to the interdisciplinary approach to the study of human movement. It provides an orientation to various educational pathways, requirements, and career opportunities in kinesiology in the areas of teaching, coaching, allied health, and fitness professions. Basic concepts of the kinesiology discipline and the importance of the sub-disciplines are discussed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the basic concepts of kinesiology.
- relate the history of kinesiology.
- identify the fundamental concepts of basic movement.
- evaluate the philosophical foundations of kinesiology.
- describe the allied fields of health, dance, and recreation.
- identify the sub-disciplines of kinesiology.
- identify the pathways and requirements for career opportunities in kinesiology.

KINES 307 Mental Skills for Sport Performance

Units:	3
Hours:	54 hours LEC
Prerequisite:	None.
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU
Catalog Date:	January 1, 2021

This course provides a concentrated study of competition and motivation for sports. It also includes the study of the brain's impact on muscular activity in athletic performance. Stress management, goal setting, peak performance, adaptability, sport imagery training, and effective practice are covered. This course is formerly known as PET 307.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop motivational techniques
- discuss the psychological effects of stress as a result of negative self-talk
- compare and contrast goal-setting techniques and tools
- design an imagery and relaxation sequence
- formulate daily goal-setting strategies for reducing stress
- revise daily practice strategies into effective communication appropriate to the goals set for the day

KINES 330 Care and Prevention of Athletic Injuries

Units: 3
Hours: 54 hours LEC
Prerequisite: None.
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable: CSU; UC
Catalog Date: January 1, 2021

This course is an introduction to injury prevention, injury care, and rehabilitation of athletic injuries. It includes basic information regarding sports injuries, their causes, and treatments. This course is formerly known as PET 330.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify potentially dangerous situations on/around athletic fields/courts and practice/game situations
- identify basic medical terminology
- synthesize indication and contraindications for basic therapeutic modalities
- evaluate elementary athletic injuries and apply proper treatment
- demonstrate basic taping and wrapping skills of commonly injured joints
- apply basic first aid skills
- assess degrees of injury

KINES 334 Practical Applications in Athletic Training/Sports Medicine

Units: 3
Hours: 36 hours LEC; 54 hours LAB
Prerequisite: None.
Corequisite: KINES 330
Transferable: CSU; UC
Catalog Date: January 1, 2021

This course is designed to provide an overall experience of the sports medicine/athletic training profession. Topics include common evaluation and rehabilitative techniques, modality usage, and advanced taping and wrapping methods. This course is formerly known as PET 334.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze the role of an athletic trainer
- demonstrate athletic taping, wrapping, and padding skills
- demonstrate evaluation of the ankle, knee, and shoulder
- apply therapeutic modalities to common athletic injuries
- utilize effective writing skills for injury evaluations and rehabilitation documentation

KINES 340 Theory of Baseball

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
Advisory: High school or college level baseball playing experience; ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable: CSU; UC (UC credit limitation: All KINES courses combined: maximum credit, 8 units.)
Catalog Date: January 1, 2021

This course develops a thorough understanding of baseball. The emphasis is on learning and understanding basic concepts of training, individual techniques, strategies, and systems of defense, offense, pitching, base running, and field maintenance. Philosophies and drills are included.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze, and demonstrate the skills necessary for playing/coaching defense, offense, pitching, base running, teamwork.
- relate the importance of participation and teamwork in baseball.
- compare and contrast strategies, drills, and game philosophies.
- identify, discuss, and execute basic concepts of field maintenance.

KINES 350 Theory of Football

Units: 1
Hours: 18 hours LEC
Prerequisite: None.
Transferable: CSU; UC (UC credit limitations: All KINES courses combined: maximum credit, 8 units.)
Catalog Date: January 1, 2021

This course covers applications of different strategies when football teams face various schemes. This course is formerly known as PET 350.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze basic offensive, defensive, and kicking game concepts
- compare and contrast various football theories
- describe the physical and psychological characteristics needed to be a successful participant in football

KINES 400 Applied Physiology of Exercise

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

This course examines how the body functions under conditions of exercise stress. It covers the practical applications of muscle function, cardiovascular and respiratory functions, training techniques, and the effect of environmental conditions on exercise. This course is formerly known as PET 400.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify the basic components of a muscle cell.
- describe the principles and components of an exercise program.
- explain how to calculate an individual's maximal oxygen uptake (VO₂max).
- describe the positive effects exercise has on the body.
- formulate an individualized exercise training prescription.
- explain the positive effects of exercise on reducing obesity.

KINES 401 Applied Kinesiology

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

This course addresses movement as it relates to exercise. It includes analysis of movement in sport skills, stressing the contributions made by the muscular and skeletal systems.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe the structure and composition of bones and muscles.
- define the different types of muscular contractions.
- explain the body's physical structures in both normal and injury conditions.
- differentiate between the various types of joint movement and their respective planes of movement.
- formulate an individual exercise program for an individual with special needs.

KINES 402 Nutrition for Fitness

Same As: NUTRI 307
Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

This course covers the basic principles of nutrition and the interactions between nutrition and fitness training. Topics include dietary practices and nutrient intake modifications that affect physical performance, including intake of energy nutrients, vitamins, water, electrolytes, and dietary supplements. It also covers the study of body weight and body composition, as well as factors that affect body weight and the effect of body composition on physical performance. This course is not open to students who have completed NUTRI 307.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe the basic principles of nutrition, including classification of essential nutrients and identification of key nutrients of various foods.
- explain the role of nutrients for achieving optimal fuel and energy utilization for physical performance.
- critique dietary programs for weight control.
- evaluate the effectiveness and recognize the safety concerns of various nutritional supplements.
- explain how nutrient intake relates to health status and the development of chronic disease.

- incorporate current dietary recommendations into planning healthy diets for physically active persons.
- describe the importance of proper water and electrolyte regulation in terms of safety, health, and exercise performance.
- explain the causes and symptoms of nutrient deficiency and toxicity.

KINES 403 Fitness and Exercise Assessment

Units: 2
 Hours: 36 hours LEC
 Prerequisite: None.
 Transferable: CSU
 Catalog Date: January 1, 2021

This course covers the assessment of cardiorespiratory endurance, body composition, muscular strength and endurance, flexibility, blood pressure, and evaluation of exercise test results. Additional topics include the factors influencing exercise programs, development of individual exercise programs, and the risk factors associated with exercise programs and fitness testing.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define the health components of fitness.
- administer physical fitness tests and health assessments.
- formulate an individual exercise program.
- evaluate physical activities relative to their risk factors.
- measure body composition and interpret results.
- list the safety factors related to exercise testing and prescription.
- utilize the results of graded exercise tests for the purpose of exercise program design.

KINES 404 Identification and Management of Fitness Injuries

Units: 2
 Hours: 36 hours LEC
 Prerequisite: None.
 Transferable: CSU
 Catalog Date: January 1, 2021

This course addresses elementary human anatomy and the injuries that can occur to the musculoskeletal system as it relates to physical activity. The treatment and rehabilitation of these injuries and the use of protective equipment are presented.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- employ the use of basic medical terminology
- illustrate methods for preventing fitness related injuries
- recognize the causes of common fitness related injuries
- apply proper treatment techniques to common fitness related injuries
- provide emergency first aid for fitness related injuries
- demonstrate correct applications of common braces and protective devices used in the fitness industry

KINES 405 Effects of Exercise on Special Populations

Units: 2
 Hours: 36 hours LEC
 Prerequisite: None.
 Transferable: CSU
 Catalog Date: January 1, 2021

This course covers the effects of exercise on special populations and provides information to modify exercise based on age, disability, and medical conditions. It includes discussions of special groups including seniors, children with disabilities, adults with disabilities or chronic conditions, and individuals requiring exercise modifications due to physical impairments.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- differentiate the physiological and anatomical differences in healthy older adults and older adults with chronic medical conditions.
- analyze the physiological and anatomical characteristics of individuals with specific disabilities.
- recommend beneficial exercises for seniors and individuals with disabilities or medical conditions.
- detect contraindicated exercises for seniors and individuals with disabilities or medical conditions.
- describe warning signs of medical conditions.

KINES 406 Techniques of Strength Training Instruction

Units: 2
 Hours: 36 hours LEC
 Prerequisite: None.
 Transferable: CSU
 Catalog Date: January 1, 2021

This course covers how to teach a variety of strength training techniques and activities to individuals. It studies strength training sequences, strength training equipment, safety factors, and anatomy and physiology as it applies to strength training. It includes the development of strength training exercises and routines. Field trips may be required. This course is formerly known as PET 406.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- cite the historical evolution of strength training.
- describe the physiological changes which occur with strength training.
- analyze the components of flexibility.
- compare and contrast different training programs.
- integrate the principles of strength training into an individualized training regimen.
- integrate appropriate flexibility protocol.
- design an individualized exercise prescription program that includes muscular strength and muscular endurance development.

KINES 407 Techniques of Group Fitness Instruction

Units: 2
Hours: 36 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

This course covers how to teach a variety of fitness activities to groups of individuals. Emphasis is on how to design a physiologically safe and effective group fitness exercise class. This course is formerly known as PET 407.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- discuss the evolution of fitness and group exercise.
- integrate the health-related fitness components into group exercise class design.
- identify and compare various types of exercise/fitness activities relevant to a group setting.
- design and lead a group exercise activity.
- participate in community based group exercise settings.
- provide modifications and variations to exercises when necessary.
- identify factors that may increase group exercise adherence.

KINES 494 Topics in Physical Education Theory

Units: 0.5 - 4
Hours: 18 hours LEC
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

This umbrella course provides concentrated study of a variety of current fitness issues. Topics reflect contemporary concerns for physical fitness, performance in competitive sport, and wellness. This course is formerly known as PET 494.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze techniques applied during physical activity and physical education
- discuss the effects of physical activity on the human body
- compare and contrast physical fitness goal-setting techniques
- formulate a life-long plan to remain physically active
- identify basic kinesiology and physical education terminology

KINES 495 Independent Studies in Physical Education Theory

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Transferable: CSU
Catalog Date: January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

KINES 498 Work Experience in Physical Education

Units: 1 - 4
Hours: 60 - 300 hours LAB
Prerequisite: None.
Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to physical education with a cooperating site supervisor. Students are advised to consult with the Physical Education Department faculty to review specific certificate and degree work experience requirements.
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable: CSU
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of physical education. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies.

During the semester, the student is required to complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate application of industry knowledge and theoretical concepts in the field of physical education related to a transfer degree level career as written in the minimum three (3) learning objectives created by the student and his/her employer or work site supervisor at the start of the course
- make effective decisions, use workforce information, and manage his/her personal career plans.
- behave professionally, ethically, and legally at work, consistent with applicable laws, regulations, and organizational norms.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- apply effective leadership styles at work, with consideration to group dynamics, team and individual decision making, and workforce diversity.
- communicate in oral, written, and other formats, as needed, in a variety of contexts at work.
- locate, organize, evaluate, and reference information at work.
- demonstrate originality and inventiveness at work by combining ideas or information in new ways, making connections between seemingly unrelated ideas, and reshaping goals in ways that reveal new possibilities using critical and creative thinking skills such as logical reasoning, analytical thinking, and problem-solving.

KINES 499 Experimental Offering in Kinesiology

Units: 0.5 - 4
Prerequisite: None.
Catalog Date: January 1, 2021

Personal Activity (PACT) Courses

PACT 300 Archery I

Units: 1
Hours: 54 hours LAB
Course Family: [Archery \(http://arc.losrios.edu/course-families#id_100020\)](http://arc.losrios.edu/course-families#id_100020)
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

The course emphasizes safety, knowledge, and basic skill development in recurve archery. No compound or crossbows are allowed. It also covers basic techniques with an emphasis on knowledge and use of the bow and related equipment.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate ability to select correct bow poundage and string a recurve bow safely.
- identify eye dominance for sighting a target.
- demonstrate improved upper body strength by increasing repetitions of ends on the practice range.
- demonstrate correct scoring using a beginning scoring criteria.

PACT 310 Badminton I

Units: 1
Hours: 54 hours LAB
Course Family: [Badminton \(http://arc.losrios.edu/course-families#id_100021\)](http://arc.losrios.edu/course-families#id_100021)
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides instruction in basic fundamentals, techniques, and rules of badminton. The emphasis is on skill and technique development, as well as strategies for singles and doubles.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze the benefits of badminton as a lifetime fitness activity.
- execute effectively all shots used in badminton.
- analyze and apply fundamental rules and strategies of the game.
- evaluate the importance of sportsmanship in competitive situations.

PACT 311 Badminton II

Units: 1

Hours: 54 hours LAB
Course Family: [Badminton \(http://arc.losrios.edu/course-families#id_100021\)](http://arc.losrios.edu/course-families#id_100021)
Prerequisite: None.
Enrollment Limitation: PACT 310 with a grade of "C" or better OR the ability to demonstrate skills beyond that of a beginning player - serve, smash, high clear, drop shot.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides instruction in intermediate skills, techniques, and rules of badminton. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- describe the benefits of badminton as a lifetime fitness activity.
- effectively execute serves, drop shots, smashes, and backhand shots consistent with an intermediate-level badminton player.
- describe rules and intermediate-level strategies of the game.
- evaluate the importance of sportsmanship in competitive situations.
- execute intermediate-level playing strategies by playing to personal strengths, while taking advantage of an opponent's weaknesses.

PACT 350 Golf I

Units: 1
Hours: 54 hours LAB
Course Family: [Golf \(http://arc.losrios.edu/course-families#id_100026\)](http://arc.losrios.edu/course-families#id_100026)
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This beginning golf course introduces the basic skills and knowledge necessary to play the game of golf. It focuses on the fundamental skills necessary to strike and putt the ball. It introduces the rules and etiquette necessary to play the game. Some sections of this course may be held on regulation golf courses to which students must bring their own golf clubs and pay for range and/or greens fees.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- perform the golf swing correctly.
- identify the various clubs and define their uses.
- demonstrate a level of skill that will allow continuation of the game as a means of life-time physical activity.
- demonstrate the basic skills and etiquette to play golf on a course.
- Use appropriate golf terms.

PACT 351 Golf II

Units: 1
Hours: 54 hours LAB
Course Family: [Golf \(http://arc.losrios.edu/course-families#id_100026\)](http://arc.losrios.edu/course-families#id_100026)
Prerequisite: None.
Enrollment Limitation: PACT 350 with a grade of "C" or better; or the ability to perform a golf swing correctly and demonstrate the basic skills and etiquette needed to play golf on a course.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers the intermediate skills and knowledge necessary to play the game of golf. It focuses on swing evaluation necessary to improve ball striking, the rules and etiquette necessary to play on a public course, and course management strategies in order to negotiate a golf course. Some sections of this course may be held on area regulation golf courses in which students must bring their own golf clubs and pay range costs and/or greens fees.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate approach shots for particular circumstances.
- analyze and diagnose the full golf swing.
- organize a practice session for the driving range, bunker practice, short game - pitching and chipping, putting.
- develop a course management plan based on course conditions.
- describe the variety of golf equipment currently on the market and the advantages of various types of clubs.
- analyze the putting stroke with regard to distance control and direction control.

PACT 352 Golf III

Units: 1
Hours: 54 hours LAB
Course Family: [Golf \(http://arc.losrios.edu/course-families#id_100026\)](http://arc.losrios.edu/course-families#id_100026)
Prerequisite: None.
Enrollment Limitation: PACT 351 (Golf II) or experience playing on a golf course.
Transferable: CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers advanced skills and knowledge necessary to excel at the game of golf. It focuses on improving the swing, special shot-making techniques, course management strategies for the advanced golfer, and clarification of rules and etiquette necessary to play the game at an advanced level. Different tournament formats are explored. This course is held on area regulation golf courses in which students must bring their own golf clubs, pay greens fees, and/or range costs.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- diagnose swing faults and make proper corrections.
- explain the essential elements of golf equipment.
- analyze the golf swing with regard to proper swing plane and faults which occur with improper swing plane.
- adapt personal game and playing style to various types of competition.

PACT 390 Tennis I

Units:	1
Hours:	54 hours LAB
Course Family:	Tennis (http://arc.losrios.edu/course-families#id_100022)
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: Any or all PE Activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of tennis.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- execute the basic tennis strokes including forehand, backhand, serve, volley, overhead, and serve return.
- apply the rules and etiquette of tennis.
- apply a basic strategy to competitive match-play situations.

PACT 391 Tennis II

Units:	1
Hours:	54 hours LAB
Course Family:	Tennis (http://arc.losrios.edu/course-families#id_100022)
Prerequisite:	None.
Advisory:	PACT 390
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course reviews basic fundamentals, techniques, rules, and social courtesies of tennis. It is intended for intermediate-level tennis players.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify, implement, and demonstrate competency in tennis techniques and tactics at an intermediate level.
- attain an intermediate level of tennis fitness with a variety of conditioning drills designed to improve the specific physical skills needed for intermediate tennis players.
- understand and apply mental strategies to effectively compete at an intermediate ability level.
- understand and be aware of the etiquette and expectations of sportsmanship while competing in competitive tennis matches.

PACT 393 Tennis III

Units:	1
Hours:	54 hours LAB
Course Family:	Tennis (http://arc.losrios.edu/course-families#id_100022)
Prerequisite:	None.
Advisory:	PACT 391
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course focuses on improving and refining the physical and mental skills and techniques of tennis. Particular attention is given to strategic development of the player, while refining the racket skills that set up and finish points. Developing patterns, serving placement, and tactical court positioning are introduced and developed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify, implement, and demonstrate competency in tennis techniques and tactics as they best apply to the respective skill level of the student.
- attain an elite level of tennis fitness with a variety of conditioning drills designed to improve the specific physical skills needed for advanced tennis players.
- apply mental strategies to effectively compete at an advanced tennis level.
- demonstrate proper etiquette and expectations of sportsmanship while competing in competitive tennis matches.

PACT 430 Pickleball I

Units:	1
Hours:	54 hours LAB
Course Family:	Pickleball (http://arc.losrios.edu/course-families#id_100066)
Prerequisite:	None.

Transferable: CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of pickleball.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- execute the basic pickleball strokes including forehand, backhand, serve, volley, dink, lob, overhead, and serve return.
- apply the rules and etiquette of pickleball.
- apply a basic strategy to competitive match-play situations.

PACT 431 Pickleball II

Units: 1
Hours: 54 hours LAB
Course Family: [Pickleball \(http://arc.losrios.edu/course-families#id_100066\)](http://arc.losrios.edu/course-families#id_100066)
Prerequisite: None.
Transferable: CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course reviews basic fundamentals, techniques, rules, and social courtesies of pickleball. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify, implement, and demonstrate competency in pickleball techniques and tactics at an intermediate level.
- attain an intermediate level of pickleball fitness with a variety of conditioning drills designed to improve the specific physical skills needed for intermediate players.
- demonstrate and apply mental strategies to effectively compete at an intermediate ability level.
- demonstrate proper etiquette and expectations of sportsmanship while competing in competitive matches.

PACT 432 Pickleball III

Units: 1
Hours: 54 hours LAB
Course Family: [Pickleball \(http://arc.losrios.edu/course-families#id_100066\)](http://arc.losrios.edu/course-families#id_100066)
Prerequisite: None.
Transferable: CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course focuses on improving and refining the physical and mental skills and techniques of pickleball. Particular attention is given to strategic development of the player, while refining the paddle skills that set up and finish points. Developing patterns, dink placement, and tactical court positioning are introduced and developed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- identify, implement, and demonstrate competency in pickleball techniques and tactics as they best apply to the respective skill level of the student.
- attain an advanced level of pickleball fitness with a variety of conditioning drills designed to improve the specific physical skills needed for advanced player.
- apply mental strategies to effectively compete at an advanced level.
- demonstrate proper etiquette and expectations of sportsmanship while competing in competitive matches.

PACT 495 Independent Studies in Personal Activity

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

PACT 499 Experimental Offering in Personal Activity

Units: 0.5 - 4
Prerequisite: None.
Transferable: CSU
General Education: AA/AS Area III(a)
Catalog Date: January 1, 2021

Sports (SPORT) Courses

SPORT 300 Baseball, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	At least one year of high school varsity baseball or equivalent
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides opportunity for intercollegiate competition in men's baseball. It provides baseball related skills, fundamentals, and team strategy. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- analyze one's personal level of fitness
- develop skills appropriate to intercollegiate level athletic competition
- apply proper etiquette and sportsmanship during the athletic experience
- synthesize the knowledge necessary to assess various contest situations and apply appropriate solutions

SPORT 301 Off Season Conditioning for Baseball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing sport-specific drills for baseball.
- execute proper warm-up and cool-down procedures for injury prevention.
- demonstrate proper form in executing strength-training techniques, plyometrics, agility drills, and functional sport-specific drills.

SPORT 303 Pre-Season Conditioning for Baseball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
Catalog Date:	January 1, 2021

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- interpret sign systems for offense and defense.
- demonstrate several defensive positions at a level to be competitive in intercollegiate baseball.
- hit the baseball at a level to be competitive in intercollegiate baseball.

SPORT 311 Basketball, Intercollegiate-Men, Fall

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness.
- develop and apply skills at the intercollegiate level of athletic competition.
- demonstrate proper etiquette and sportsmanship during the athletic experience.
- assess various contest situations and apply appropriate solutions.

SPORT 312 Basketball, Intercollegiate-Men, Spring

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness.
- develop and apply skills at the intercollegiate level of athletic competition.
- demonstrate proper etiquette and sportsmanship during the athletic experience.
- assess various contest situations and apply appropriate solutions.

SPORT 313 Off Season Conditioning for Basketball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to optimize sports performance and reduce the risk of injury for the off-season intercollegiate athlete in the sport of basketball. Topics include college-level basketball-specific skill development, sport-specific strength training, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing various drills for basketball.
- apply appropriate warmup and cooldown procedures for injury prevention.
- demonstrate proper form in strength training techniques.
- demonstrate proper form in plyometrics.
- demonstrate proper form in agility skills.
- demonstrate proper form in functional sports-specific drills.

SPORT 314 Pre-Season Conditioning for Basketball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to increase sport performance and overall understanding of intercollegiate basketball concepts and strategic philosophies. Topics include collegiate-level basketball-specific skill development, collegiate-level offensive and defensive concepts, team-specific basketball fundamentals, team-specific drills for individual improvement and sport-specific agility drills, plyometrics, and speed training. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- assess various practice situations and apply appropriate solutions
- demonstrate and apply intercollegiate basketball offensive and defensive philosophies
- demonstrate proper technique in basketball fundamentals
- demonstrate an improved level of agility and speed training

SPORT 316 Basketball, Intercollegiate-Women, Fall

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Demonstrate an improved level of physical fitness.
- Develop and apply skills at the intercollegiate level of athletic competition.
- Demonstrate proper etiquette and sportsmanship during the athletic experience.
- Assess various contest situations and apply appropriate solutions.

SPORT 317 Basketball, Intercollegiate-Women, Spring

Units:	1.5
Hours:	87 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Advisory:	ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- Demonstrate an improved level of physical fitness.
- Develop and apply skills at the intercollegiate level of athletic competition.
- Demonstrate proper etiquette and sportsmanship during the athletic experience.
- Assess various contest situations and apply appropriate solutions.

SPORT 320 Cross Country, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, and individual and team strategies appropriate to intercollegiate athletic competition in men's cross country. It provides opportunities for student-athletes to compete at the intercollegiate level. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced cross country skills/tactics appropriate for intercollegiate level competition.
- apply proper track and field rules, etiquette, and sportsmanship during the athletic experience.
- achieve higher levels of fitness.
- assess various contest situations and apply appropriate solutions.
- demonstrate a sense of the importance of teamwork in cross country.
- improve in individual techniques for practice and competition.

SPORT 325 Cross Country, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an advanced team activity for female students providing specialized training for competition. It covers fundamental and advanced techniques needed for specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced cross country skills, techniques, and tactics that are appropriate for intercollegiate-level competition.
- identify rules and display sportsmanship during the athletic experience.
- increase levels of fitness, along with improvements in techniques and performances in practice and competition settings.
- demonstrate an appreciation for teamwork.

SPORT 330 Football, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course is an intercollegiate sport providing opportunity for competition in men's football. It provides football fundamentals, skills, rules, and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop the basic core and advanced fundamentals utilized for intercollegiate football student-athletes.
- apply the development of basic core and advanced fundamentals into a competitive environment versus opposition.
- demonstrate proper safety, etiquette, and sportsmanship in all phases of the football program.
- describe and illustrate an understanding of the concepts for the offensive, defensive, and special teams playbook.
- demonstrate physical improvement through a strength and conditioning program to compete on the practice field and in games.

SPORT 331 Off Season Conditioning for Football

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course involves training and technical skill development specific to the sport of football for off-season student-athletes. Topics include skill development, strength training, speed development, agility training, plyometric drills, cardiovascular conditioning, and increased flexibility. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate basic core and advanced fundamentals in football that are specific to preparing for the season.
- exhibit an increase in speed, agility, and quickness as used in football.
- validate increased cardiovascular endurance, muscular strength, and anaerobic power needed to be competitive in football through testing during the term.
- demonstrate proper form executing the drills and exercises in strength training, cardiovascular training, anaerobic training, and flexibility.
- apply appropriate warmup and cooldown procedures for injury prevention.
- display the conceptual understanding of offensive, defensive, and special teams playbooks.
- demonstrate efficient practice routines used to prepare for the football season.

SPORT 332 Pre-Season Conditioning for Football

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed. Strength and conditioning drills are included to enhance football skills. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define the benefits of a lifetime fitness program as it relates to football.
- demonstrate the skills necessary to participate in game situations while playing various positions.
- evaluate team play concept in practice and game situations.
- interact with classmates as teammates in a collaborative and competitive environment.
- compare and contrast pre-season, in-season, and off-season training.

SPORT 340 Golf, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides opportunity for competition in men's golf. It covers golf fundamentals and skills. It also includes rules and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness
- apply skills appropriate to intercollegiate level golf competition
- demonstrate proper etiquette and sportsmanship during golf matches
- assess various golf situations and apply appropriate solutions

SPORT 341 Off Season Conditioning for Golf

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course involves a combination of fundamental skills and strategy with an emphasis on a fitness component for the sport of golf. It offers a mental training component for peak performance. This course is designed to prepare students for intercollegiate golf competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate the ability to walk the golf course carrying or pulling golf bag.
- choose the appropriate club for specific shots and distances.
- analyze personal swing and make appropriate corrections.
- develop strength, endurance and flexibility.
- apply good course management skills when playing golf.

SPORT 345 Golf, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is an intercollegiate sport providing opportunities for competition in women's golf. It covers fundamentals and skills, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness
- develop and apply skills appropriate to intercollegiate level competitive golf
- demonstrate proper etiquette and sportsmanship during the athletic experience
- assess various contest situations and apply appropriate solutions

SPORT 350 Soccer, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course provides opportunity for intercollegiate competition in men's soccer. Soccer fundamentals and skills are covered. It also includes rules, and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness
- apply skills appropriate to intercollegiate level athletic competition
- describe proper etiquette and sportsmanship during the athletic experience
- assess various soccer contest situations and apply appropriate solutions

SPORT 351 Off-Season Conditioning for Men's Soccer

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout.

Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- demonstrate improved endurance and strength.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 355 Soccer, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course is an intercollegiate sport providing opportunity for competition in women's soccer. It provides soccer fundamentals and skills, including rules as well as individual and team strategy appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness
- apply skills appropriate to intercollegiate-level soccer competition
- demonstrate proper etiquette and sportsmanship during the athletic experience
- assess various contest situations and apply appropriate solutions

SPORT 356 Off Season Conditioning for Women's Soccer

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This physical education course covers training and conditioning skills and techniques specific for intercollegiate soccer. It focuses on basic concepts and skills with emphasis on conditioning. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- show endurance and strength needed in order to be competitive in soccer.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm up and cool down procedures for injury prevention.
- demonstrate proper technique in agility training.

SPORT 358 Pre-Season Conditioning for Men's Soccer

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: CSU Area E2
Catalog Date: January 1, 2021

This course increases sport performance and the overall understanding of intercollegiate soccer concepts and strategic philosophies. Topics include collegiate-level soccer-specific skill development, collegiate-level offensive and defensive concepts, team-specific soccer fundamentals, team-specific drills for individual improvement and sport specific agility work, plyometrics, and speed training.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to soccer.
- show endurance and strength needed in order to be competitive in soccer.
- demonstrate proper form and techniques when executing various drills for soccer.
- apply appropriate warm-up and cool-down procedures for injury prevention.

- demonstrate proper technique in agility training.

SPORT 365 Softball, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an advanced softball activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and softball skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced softball tactics/skills appropriate to intercollegiate level athletic competition
- exhibit proper etiquette and sportsmanship during the athletic experience
- exhibit the knowledge necessary to assess game situations and utilize appropriate solutions
- demonstrate team work

SPORT 366 Off Season Conditioning for Softball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers basic fundamental skills and strategy tactics with an emphasis on a fitness component for intercollegiate athletics in the sport of softball. It offers a mental training component for peak performance. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper footwork techniques specific to softball
- demonstrate proper weight lifting techniques needed to improve muscular strength and power for softball
- demonstrate proper form and technique executing various defensive drills for softball
- demonstrate proper form and technique executing offensive drills, such as hitting, bunting, and slapping for softball
- demonstrate proper form and technique executing various drills for the pitching position
- demonstrate proper form and technique executing various drills for the catching position

SPORT 368 Pre-Season Conditioning for Softball

Units:	0.5
Hours:	27 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed to optimize sports performance and reduce the risk of injury for the pre-season intercollegiate athlete in the sport of softball. Course content includes softball fundamental skills development, strength training, cardiovascular conditioning, agility, plyometric, speed training, and flexibility exercises. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate the proper basic fundamentals of offense, including baserunning, lead-offs, bunts, and proper hitting machines
- demonstrate the proper basic fundamentals of defense, including catching, throwing, and fielding
- understand and properly execute offensive situational play and strategies, including hit and run, bunt and run, steals, delay steals, tagging up, sacrifice bunt, squeeze play, and applying signs from the coach
- understand and properly execute defensive situational play and strategies including 1st and 3rd, bunt coverage, slap coverage, and runners on base

SPORT 370 Swimming and Diving, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an advanced swimming and diving activity course that provides competition with other community college teams. It provides swimmers and divers with fundamentals, rules, team strategies, and aquatic skills. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced aquatic skills appropriate for intercollegiate level athletic competition
- exhibit proper etiquette and sportsmanship during athletic experience
- demonstrate the knowledge necessary to assess various training and competing situations and utilize appropriate solutions to swim and dive
- demonstrate the concept of teamwork
- show an improved individual level of fitness

SPORT 375 Swimming and Diving, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an advanced swimming and diving activity course that provides competition with other community college teams. Fundamentals, rules, team strategy, and aquatic skills appropriate to intercollegiate athletic competition are expected of competitors. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced aquatic skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during the athletic experience.
- demonstrate the knowledge necessary to assess various content situations and apply appropriate solutions specific to swim and dive.
- demonstrate team work.
- show an improved individual level of fitness.

SPORT 376 Off Season Swim & Dive

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Try out. This course is designed for athletes on the swim and dive team.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper strength and endurance specific to the sport of swimming and diving.
- perform weight lifting and/or body lifting techniques.
- perform the basic fundamentals of freestyle, backstroke, breaststroke and butterfly, including corresponding turns, flip turns and touch turns.
- apply and demonstrate speed, agility, and endurance training to the sport of swim and dive.
- properly execute dives in each of the 6 categories of diving, front, back, reverse, tuck, inward, and open.

SPORT 377 Pre-Season Conditioning Swim & Dive

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Try out
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. It may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate improved cardiovascular endurance specific to the sport of swimming and diving.
- demonstrate proper strength and endurance specific to the sport of swimming and diving.
- perform weight lifting and/or body lifting techniques.
- perform the basic fundamentals of freestyle, backstroke, breaststroke, and butterfly, including corresponding turns, flip turns, and touch turns.
- apply and demonstrate speed, agility, and endurance training to the sport of swim and dive.
- properly execute dives in each of the 6 categories of diving: front, back, reverse, tuck, inward, and open.

SPORT 380 Tennis, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- show an improved individual level of fitness
- apply skills appropriate to intercollegiate level athletic competition
- learn proper etiquette and sportsmanship during the athletic experience
- demonstrate the knowledge necessary to assess various contest situations and apply appropriate solutions

SPORT 385 Tennis, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Advisory:	ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved individual level of fitness
- apply skills appropriate to intercollegiate level athletic competition
- learn proper etiquette and sportsmanship during the athletic experience
- assess various contest situations and apply appropriate solutions

SPORT 386 Off Season Conditioning for Tennis

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Two years of varsity high school experience or equivalent. Tryout required.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course prepares the intercollegiate tennis player for the competitive season and reduces risk of injury. Course content includes collegiate level tennis-specific skill development, a solid aerobic conditioning plan, sport-specific strength training, agility work, plyometrics, speed training, flexibility exercises and other activities designed to prepare the athlete both physically and mentally. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- assess fitness level for competition by applying the following fitness tests: body fat analysis, abdominal test, flexibility, and strength tests.
- demonstrate increased cardiovascular endurance, flexibility, and strength.
- perform and execute various baseline shots directed to specific targets on the court.
- explain and demonstrate tactics and strategies as they relate to both singles and doubles play.
- employ goal-setting techniques toward establishing a fitness program specific for tennis athletes.
- apply safety techniques and training/tennis etiquette to workouts.

SPORT 390 Track and Field, Intercollegiate-Men

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This intercollegiate track and field course provides specialized training for competition with other community college teams. It covers the fundamental and advanced techniques needed for specific events, along with the rules, strategies, sportsmanship, and teamwork appropriate for intercollegiate competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an athlete's level of physical fitness and track and field event-specific skills
- apply skills appropriate to intercollegiate level track and field athletic competition
- apply proper track and field rules, etiquette, and sportsmanship during the athletic experience
- assess various track and field contest situations and apply appropriate solutions

SPORT 395 Track and Field, Intercollegiate-Women

Units:	3
Hours:	175 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Tryout
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This is an advanced track and field team activity for female students providing specialized training for competition. It covers the fundamental and advanced techniques needed for specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced track and field skills, techniques, and tactics that are appropriate for the intercollegiate-level athletic competition.
- identify rules and display sportsmanship during the athletic experience.
- increase levels of fitness, along with improvements in techniques and performances in practice and competition settings.
- demonstrate an appreciation for teamwork.

SPORT 396 Off Season Conditioning for Track and Field

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Try out required.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course includes sport-specific training, conditioning, and technical skill development specific to the sport of track and field for the off-season student athlete. Course content includes sport-specific skill development, event-specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate skill-specific techniques that are characteristic to the event areas in track and field.
- develop an increase in cardiovascular endurance, muscular strength, and anaerobic power needed for competitive performances.
- analyze proper form executing the drills and exercises in strength training, cardiovascular training, anaerobic training, and flexibility work.
- choose appropriate warm-up and cool-down procedures for injury prevention.

SPORT 403 Pre-Season Conditioning for Volleyball

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of volleyball. It offers a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition. It may be taken up to 4 times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate improved anaerobic training in fitness tests and drills.
- execute speed, agility, and quickness drills correctly.
- demonstrate improvement in strength training exercises.
- implement appropriate offensive and defensive strategies in game-like situations.
- execute offensive and defensive skills correctly.

SPORT 405 Volleyball, Intercollegiate-Women

Units:	3
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Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides an opportunity for competition in intercollegiate women's volleyball. It provides volleyball fundamentals and skills. It also includes rules and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an improved level of physical fitness
- apply skills appropriate to intercollegiate-level athletic competition
- demonstrate proper etiquette and sportsmanship during athletic competition
- assess various contest situations and apply appropriate solutions

SPORT 406 Off Season Conditioning for Volleyball

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course provides training and technical skill development specific to the sport of volleyball for off-season student-athletes. Topics include skill development, strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate proper form and techniques when executing various drills for volleyball
- apply appropriate warm up and cool down procedures for injury prevention
- demonstrate proper form in strength training techniques
- demonstrate proper form in plyometric exercises
- demonstrate proper form in functional sport-specific drills
- demonstrate proper technique in agility training

SPORT 410 Water Polo, Intercollegiate-Men

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This advanced water polo team activity provides opportunities for competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced water polo tactics/skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during athletic practice and competition.
- assess various water polo situations and apply appropriate solutions.
- demonstrate team work.
- show an improved individual level of fitness.

SPORT 415 Water Polo, Intercollegiate-Women

Units: 3
Hours: 175 hours LAB
Prerequisite: None.
Enrollment Limitation: Tryout
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This is an advanced water polo team activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate advanced water polo tactics/skills appropriate to intercollegiate level athletic competition.
- exhibit proper etiquette and sportsmanship during athletic practice and competition.
- assess various water polo situations and apply appropriate solutions.
- demonstrate team work.
- show an improved individual level of fitness.

SPORT 416 Off Season Water Polo

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Try out.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition. This course may be taken up to four times for credit.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- increase proper strength and endurance specific to the sport of water polo.
- perform weight lifting and/or body lifting techniques specific to water polo training.
- demonstrate the basic fundamentals of offense formation and set up.
- demonstrate the basic fundamentals of defensive formation and set up.
- combine the basic water polo skills and distinguish which skills are most appropriate for specific game situations.
- develop ways to support, lead, and communicate amongst teammates.

SPORT 417 Pre-Season Conditioning for Water Polo

Units:	0.5 - 3
Hours:	27 - 162 hours LAB
Prerequisite:	None.
Enrollment Limitation:	Try out.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units.)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course is designed for student athletes involved in or trying out for the collegiate water polo team. It combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate strength and endurance needed in the sport of water polo.
- demonstrate the basic fundamentals of offense formation and set up.
- demonstrate the basic fundamentals of defensive formation and set up.
- combine the basic water polo skills and distinguish which skills are most appropriate for specific game situations.
- support, lead, and communicate with teammates.
- perform weight lifting and/or body lifting techniques specific to water polo training.

SPORT 495 Independent Studies in Sport

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

SPORT 499 Experimental Offering in Sport

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	January 1, 2021

Team Activity (TMACT) Courses

TMACT 300 Soccer, Indoor

Units: 1
Hours: 54 hours LAB
Course Family: [Soccer \(http://arc.losrios.edu/course-families#id_100023\)](http://arc.losrios.edu/course-families#id_100023)
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers the the beginning-level knowledge and skills needed to play indoor soccer. It also covers the differences between indoor and outdoor soccer as well as the history, techniques, rules, and strategies of the game with an emphasis on improvement of their physical fitness and skills.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate formations, tactics, and terminology associated with indoor soccer.
- explain and employ indoor soccer rules.
- execute basic soccer skills.
- demonstrate proper sequence of dynamic stretching.

TMACT 301 Indoor Soccer II

Units: 1
Hours: 54 hours LAB
Course Family: [Soccer \(http://arc.losrios.edu/course-families#id_100023\)](http://arc.losrios.edu/course-families#id_100023)
Prerequisite: TMACT 300 with a grade of "C" or better
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers the intermediate-level player knowledge and skills needed to play indoor soccer, with an emphasis in defending, attacking, and technical ability. It also covers the skills, strategy, and rules that govern the play of indoor soccer.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- evaluate personal technical skills in soccer.
- apply intermediate technical and tactical game strategies for indoor soccer.
- employ offensive as well as defensive systems and formations for indoor soccer.
- explain and employ indoor soccer rules.

TMACT 302 Soccer - Outdoor

Units: 1
Hours: 54 hours LAB
Course Family: [Soccer \(http://arc.losrios.edu/course-families#id_100023\)](http://arc.losrios.edu/course-families#id_100023)
Prerequisite: None.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers the beginning-level knowledge and skills needed to play outdoor soccer, emphasizing defense, offense, passing, ball control, heading, and shooting. It also covers the skills, strategy, and rules that govern the play of outdoor soccer.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate beginning-level skills of passing, dribbling, trapping, and striking a soccer ball.
- execute basic goalkeeping skills and offensive and defensive tactics.
- execute a basic game plan in match competition.
- demonstrate improved endurance and strength.

TMACT 303 Outdoor Soccer II

Units: 1
Hours: 54 hours LAB
Course Family: [Soccer \(http://arc.losrios.edu/course-families#id_100023\)](http://arc.losrios.edu/course-families#id_100023)
Prerequisite: TMACT 302 with a grade of "C" or better
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers the intermediate-level player environment to challenge and improve the player's knowledge and skills needed to play outdoor soccer, emphasizing defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of outdoor soccer. This class is not designed for beginning soccer players.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate an intermediate level of skills and knowledge in playing soccer.

- demonstrate intermediate technical skills such as dribbling and passing skills.
- explain and demonstrate systematic and organized offensive patterns.
- demonstrate knowledge of formations and systems such as 1-4-4-2, 1-4-2-3-1, 1-4-3-3, and 1-3-5-2.
- demonstrate and show the physical fitness to play intermediate soccer.
- explain the the laws of the game.

TMACT 304 Outdoor Soccer III

Units:	1
Hours:	54 hours LAB
Course Family:	Soccer (http://arc.losrios.edu/course-families#id_100023)
Prerequisite:	TMACT 303 with a grade of "C" or better
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers an advanced level knowledge and skills needed to play outdoor soccer, emphasizing technical and conditioning drills, game preparations, match analysis, and tactical knowledge, as well as defensive and offensive drills of advanced level play. It also introduces basic coaching techniques.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply advanced and intermediate technical skills in game situations.
- demonstrate advanced tactical game awareness, strategies, and conditioning.
- prepare for games including mental factors, food, and nutrition in soccer.
- identify factors to analyze games in matches.
- demonstrate soccer coaching ability, method, and knowledge of soccer.

TMACT 310 Baseball

Units:	1
Hours:	54 hours LAB
Prerequisite:	Have completed at least one year of varsity high school baseball or equivalent.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course emphasizes defense, offense, pitching, base running, team strategy, and conditioning for college level, advanced baseball.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate the skills necessary to participate in game situations at various playing positions
- evaluate team play concepts in practice and game situations
- define the benefits of a lifetime fitness program as it relates to baseball
- compare and contrast strategies for fielding and base running
- interact with classmates as teammates in a collaborative and competitive environment

TMACT 320 Basketball

Units:	1
Hours:	54 hours LAB
Course Family:	Basketball (http://arc.losrios.edu/course-families#id_100024)
Prerequisite:	None.
Advisory:	Participation on a high school basketball team
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course features tournament scrimmage play to improve offensive, defensive, and team skills for basketball. It also covers individual fundamental skills including shooting, passing, ball handling, individual defense, and rebounding.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- evaluate and execute offensive and defensive skills through participation in game situations.
- demonstrate the importance of team play in game situations.
- explain the elements of basketball that may be applied to maintaining lifetime fitness.
- demonstrate basketball-related skills including shooting, passing, ball handling, rebounding, and defensive techniques.

TMACT 330 Volleyball

Units:	1
Hours:	54 hours LAB
Course Family:	Volleyball (http://arc.losrios.edu/course-families#id_100025)
Prerequisite:	None.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)

General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This beginning volleyball course covers the basic techniques of passing, setting, serving, and attacking, as well as rules and simple strategies of play.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply the rules and etiquette of volleyball
- apply sport-specific terminology in a game-like setting
- demonstrate proper defensive positions and serve receive
- demonstrate basic skills of passing, setting, attacking, and serving
- demonstrate improved endurance and strength
- apply sport-specific terminology in drills and games

TMACT 331 Volleyball II

Units: 1
Hours: 54 hours LAB
Course Family: [Volleyball \(http://arc.losrios.edu/course-families#id_100025\)](http://arc.losrios.edu/course-families#id_100025)
Prerequisite: TMACT 330 with a grade of "C" or better
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This intermediate course focuses on refining basic skills of serving, passing, and setting as well as further developing skills in serve-serve, defense, spiking, blocking, and digging. It also covers challenging techniques and strategies that follow NCAA collegiate rules and etiquette.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- demonstrate intermediate-level skills of passing, setting, attacking, serving, and blocking
- execute offensive and defensive systems
- execute a basic game plan in match competition
- demonstrate improved endurance and strength

TMACT 333 Volleyball III

Units: 1
Hours: 54 hours LAB
Course Family: [Volleyball \(http://arc.losrios.edu/course-families#id_100025\)](http://arc.losrios.edu/course-families#id_100025)
Prerequisite: TMACT 331 with a grade of "C" or better
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This advanced volleyball class focuses on more complicated skills and techniques of the sport. Competitive play takes a higher priority. Topics include a variety of offensive and defensive systems, and how to apply them in a game-like setting.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- apply intermediate and advanced level knowledge and learned skills for the sport of volleyball in drills, games and tournament situations.
- demonstrate knowledge of offensive systems including but not limited to 5'1 and 6'2 serve receive.
- demonstrate knowledge of defensive systems including but not limited to perimeter defense and rotation defense.
- demonstrate advanced understanding of volleyball teamwork in game-like setting.
- execute all of the skills in volleyball including serving, passing, setting, spiking, blocking and digging.

TMACT 340 Football

Units: 1
Hours: 54 hours LAB
Prerequisite: None.
Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Transferable: CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: January 1, 2021

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- define the benefits of a lifetime fitness program as it relates to football.
- demonstrate the skills necessary to participate in game situations while playing various positions.
- evaluate team play concept in practice and game situations.
- interact with classmates as teammates in a collaborative and competitive environment.

TMACT 352 Softball, Slow Pitch

Units:	1
Hours:	54 hours LAB
Prerequisite:	None.
Transferable:	CSU; UC ((maximum of 4 units of PE activity courses accepted))
General Education:	AA/AS Area III(a); CSU Area E2
Catalog Date:	January 1, 2021

This course covers the basic softball skills of throwing, catching, pitching, and hitting. Rules and strategies are also covered, including position play and base running.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- develop and improve basic softball skills including catching, throwing, fielding, pitching, hitting, and base running
- describe the rules of the game for participation in games and tournaments
- demonstrate the basic offensive and defensive strategies of softball

TMACT 370 Water Polo

Units:	1
Hours:	54 hours LAB
Prerequisite:	Participants must be able to swim 300 yards freestyle without stopping and have sufficient egg beater and breast-stroke kicks to tread water for 5 minutes.
Transferable:	CSU; UC (UC credit limitation: Any or all PE activity courses combined: maximum credit, 4 units)
General Education:	CSU Area E2
Catalog Date:	January 1, 2021

This course features tournament-style scrimmage play to improve offensive, defensive, and team skills in water polo.

Student Learning Outcomes

Upon completion of this course, the student will be able to:

- evaluate and execute offensive and defensive skills through participation in game situations
- demonstrate the importance of team play in game situations
- explain the elements of water polo that may be applied to lifetime fitness

TMACT 495 Independent Studies in Team Activity

Units:	1 - 3
Hours:	54 - 162 hours LAB
Prerequisite:	None.
Transferable:	CSU
General Education:	AA/AS Area III(a)
Catalog Date:	January 1, 2021

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

TMACT 499 Experimental Offering in Team Activity

Units:	0.5 - 4
Prerequisite:	None.
Transferable:	CSU
Catalog Date:	January 1, 2021

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