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.

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: June 1, 2020

Degree Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
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</thead>
<tbody>
<tr>
<td>BIOL 430</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 431</td>
<td>Anatomy and Physiology</td>
<td>5</td>
</tr>
<tr>
<td>KINES 300</td>
<td>Introduction to Kinesiology</td>
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<tr>
<td>BIOL 310</td>
<td>General Biology (4)</td>
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<tr>
<td>CHEM 305</td>
<td>Introduction to Chemistry (5)</td>
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<tr>
<td>or CHEM 400</td>
<td>General Chemistry I (5)</td>
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</tr>
<tr>
<td>or CHEM 309</td>
<td>Integrated General, Organic, and Biological Chemistry (5)</td>
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</tr>
<tr>
<td>PHYS 410</td>
<td>Mechanics of Solids and Fluids (5)</td>
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<td>or PHYS 350</td>
<td>General Physics (4)</td>
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<tr>
<td>STAT 300</td>
<td>Introduction to Probability and Statistics (4)</td>
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<tr>
<td>DANCE 340</td>
<td>Ballroom Dance (1)</td>
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<tr>
<td>DANCE 341</td>
<td>Ballroom Dance II (1)</td>
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<td>DANCE 342</td>
<td>Ballroom Dance III: Club Dancing (1)</td>
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<td>DANCE 343</td>
<td>Ballroom Dance IV: Latin (1)</td>
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<tr>
<td>DANCE 344</td>
<td>Ballroom Dance V: Swing (1)</td>
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<td>DANCE 345</td>
<td>Ballroom Dance VI: Tango (1)</td>
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<td>DANCE 348</td>
<td>Ballroom Challenge: Competition and Performance (1)</td>
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<td>Fitness:</td>
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<tr>
<td>FITNS 303</td>
<td>Dance Aerobics (1)</td>
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<tr>
<td>FITNS 306</td>
<td>Aerobics: Cardio-Kickboxing (1)</td>
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<td>FITNS 307</td>
<td>Aerobic Mix (1)</td>
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<td>FITNS 308</td>
<td>Step Aerobics (1)</td>
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<td>FITNS 321</td>
<td>Core Conditioning (1)</td>
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<td>FITNS 325</td>
<td>Pilates (1)</td>
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<td>FITNS 380</td>
<td>Circuit Weight Training (1)</td>
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<tr>
<td>FITNS 381</td>
<td>Weight Training (1)</td>
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<tr>
<td>FITNS 392</td>
<td>Yoga (1)</td>
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<tr>
<td>FITNS 400</td>
<td>Body Fitness (Walking or Jogging) (1)</td>
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<tr>
<td>Aquatics:</td>
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<td>FITNS 310</td>
<td>Aquatic Fitness I (1)</td>
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<td>FITNS 316</td>
<td>Lap Swimming (1)</td>
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<td>FITNS 440</td>
<td>Swimming I (1)</td>
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<tr>
<td>FITNS 441</td>
<td>Swimming II (1)</td>
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</table>
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.

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: June 1, 2020

Degree Requirements

If 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: June 1, 2020

Degree Requirements

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<thead>
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<td>General Chemistry I (5)</td>
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<tr>
<td>NUTRI 300</td>
<td>Nutrition</td>
<td>3</td>
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<tr>
<td>KINES 330</td>
<td>Care and Prevention of Athletic Injuries</td>
<td>3</td>
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<tr>
<td>KINES 334</td>
<td>Practical Applications in Athletic Training/Sports Medicine</td>
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<td>PSYC 300</td>
<td>General Principles</td>
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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: June 1, 2020

Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
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<th>UNITS</th>
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<tbody>
<tr>
<td>KINES 400</td>
<td>Applied Physiology of Exercise</td>
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<tr>
<td>KINES 401</td>
<td>Applied Kinesiology</td>
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</tr>
<tr>
<td>KINES 402</td>
<td>Nutrition for Fitness (2)</td>
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<td>or NUTRI 307</td>
<td>Nutrition for Fitness (2)</td>
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<tr>
<td>KINES 403</td>
<td>Fitness and Exercise Assessment</td>
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<tr>
<td>KINES 404</td>
<td>Identification and Management of Fitness Injuries</td>
<td>2</td>
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<tr>
<td>KINES 405</td>
<td>Effects of Exercise on Special Populations</td>
<td>2</td>
</tr>
<tr>
<td>KINES 406</td>
<td>Techniques of Strength Training Instruction</td>
<td>2</td>
</tr>
<tr>
<td>KINES 407</td>
<td>Techniques of Group Fitness Instruction</td>
<td>2</td>
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A minimum of 2 units from the following: 2
Adapted Physical Education (ADAPT) Courses

<table>
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<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
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<tbody>
<tr>
<td>BUS 210</td>
<td>The Business Plan (1)</td>
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<tr>
<td>BUS 212</td>
<td>Marketing for Small Businesses (1)</td>
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<tr>
<td>BUS 214</td>
<td>Financing a Small Business (1)</td>
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<tr>
<td>BUS 216</td>
<td>Management Skills for the Small Business (1)</td>
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<tr>
<td>BUS 220</td>
<td>Retailing and Merchandising for the Small Business (1)</td>
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<tr>
<td>BUS 224</td>
<td>Customer Service (1)</td>
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<tr>
<td>BUS 228</td>
<td>Selling Techniques for the Small Business (1)</td>
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A minimum of 1 unit from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEXP 498</td>
<td>Work Experience in (Subject) (1 - 4)</td>
<td></td>
</tr>
</tbody>
</table>

Total Units: 19

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.

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: June 1, 2020

Certificate Requirements

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
<th>UNITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FITNS 351</td>
<td>Exercise, Balance and Mobility</td>
<td>1</td>
</tr>
<tr>
<td>GERON 205</td>
<td>Validation: Theory and Practice</td>
<td>0.5</td>
</tr>
<tr>
<td>GERON 230</td>
<td>Motivating Older Adults to Stay Active</td>
<td>0.5</td>
</tr>
<tr>
<td>GERON 335</td>
<td>Wellness for Older Adults</td>
<td>3</td>
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<tr>
<td>GERON 378</td>
<td>Body Mechanics and Safety</td>
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<tr>
<td>GERON 380</td>
<td>Nutrition and Aging</td>
<td>0.5</td>
</tr>
<tr>
<td>HEED 310</td>
<td>Community CPR and Adult AED</td>
<td>1</td>
</tr>
<tr>
<td>KINES 403</td>
<td>Fitness and Exercise Assessment</td>
<td>2</td>
</tr>
<tr>
<td>KINES 405</td>
<td>Effects of Exercise on Special Populations</td>
<td>2</td>
</tr>
<tr>
<td>KINES 406</td>
<td>Techniques of Strength Training Instruction</td>
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<tr>
<td>KINES 407</td>
<td>Techniques of Group Fitness Instruction</td>
<td>2</td>
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A minimum of 1 unit from the following:

<table>
<thead>
<tr>
<th>COURSE CODE</th>
<th>COURSE TITLE</th>
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<tbody>
<tr>
<td>WEXP 498</td>
<td>Work Experience in (Subject) (1 - 4)</td>
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</table>

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
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.

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**ADAPT 324 Heart Healthy**

- **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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**ADAPT 332 Adapted Aquatics**

- **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:** June 1, 2020

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.

**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:** June 1, 2020

This course is designed for students with 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.

**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:** June 1, 2020

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.
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.

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 ENSWR 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: June 1, 2020

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.

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: June 1, 2020

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: CSU
- General Education: AA/AS Area III(a)
- Catalog Date: June 1, 2020

Fitness (FITNS) Courses

FITNS 100 Utility Workforce Wellness

- Units: 1
- Hours: 9 hours LEC; 27 hours LAB
- Prerequisite: None
- Corequisite: PREAP 122
- General Education: AA/AS Area III(a)
- Catalog Date: June 1, 2020

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.

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: June 1, 2020

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.

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: June 1, 2020

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.

FITNS 302 Latin Aerobics

- Units: 1
- Hours: 54 hours LAB
- Prerequisite: None
- Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENSWR 300; OR ESLR 340 AND ESLW 340.
- Transferable: CSU; UC
- General Education: AA/AS Area III(a); CSU Area E2
- Catalog Date: June 1, 2020

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.
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: June 1, 2020

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.

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.) (effective Fall 2020)
General Education: AA/AS Area III(a) (effective Summer 2020); CSU Area E2 (effective Fall 2020)
Catalog Date: June 1, 2020

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.

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: June 1, 2020

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.

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: June 1, 2020

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.

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: June 1, 2020

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.

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: June 1, 2020

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.

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: June 1, 2020

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.

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.)
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.

### 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:** June 1, 2020

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.

### 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.) (effective Fall 2020)  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

### 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:** June 1, 2020

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.

### 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.) (effective Fall 2020)  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

### FITNS 331 Boot Camp Fitness

**Units:** 1  
**Hours:** 54 hours LAB  
**Prerequisite:** Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.  
**Advisory:** CSU; UC (maximum of 4 units of PE activity courses accepted)  
**General Education:** AA/AS Area III(a); CSU Area E2  
**Catalog Date:** June 1, 2020

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.

### 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:** June 1, 2020

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.

### 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:** June 1, 2020

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.

### FITNS 343 Spin Bike

**Units:** 1
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.

**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: | June 1, 2020 |

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.

**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: | June 1, 2020 |

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.

**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. |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

**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. |
| General Education: | AA/AS Area III(a); CSU Area E2 |
| Catalog Date: | June 1, 2020 |

This course provides a fast moving, challenging swim 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.

**FITNS 348 High-Intensity Interval Training**

| Units: | 1 |
| Hours: | 54 hours LAB |
| Prerequisite: | None. |
| General Education: | AA/AS Area III(a) (effective Summer 2020); CSU Area E2 (effective Fall 2020) |
| Catalog Date: | June 1, 2020 |

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.

**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: | June 1, 2020 |

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.

**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: | June 1, 2020 |

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.

**FITNS 375 Introduction to Meditation**

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<th>Units:</th>
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<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
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<tr>
<td>Prerequisite:</td>
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</table>

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

**FITNS 380 Circuit Weight Training**

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<tr>
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</table>

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.

**FITNS 381 Weight Training**

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</table>

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.

**FITNS 385 Weight Training for Competition**

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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.

**FITNS 392 Yoga**

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</table>

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

**FITNS 393 Yoga II**

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<th>Units:</th>
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<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
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<tr>
<td>Prerequisite:</td>
<td>FITNS 392 with a grade of &quot;C&quot; or better</td>
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<tr>
<td>Transferable:</td>
<td>CSU, UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.) (effective Fall 2020)</td>
</tr>
<tr>
<td>General Education:</td>
<td>AA/AS Area III(a) (effective Summer 2020); CSU Area E2 (effective Fall 2020)</td>
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<tr>
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</table>

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.

**FITNS 395 Stretch**

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</table>

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.

**FITNS 400 Body Fitness (Walking or Jogging)**

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</tbody>
</table>
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.

FITNS 412 Taekwondo I

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<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
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<tr>
<td>Prerequisite:</td>
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<td>CSU; UC (&quot;maximum of 4 units of PE activity courses accepted&quot;)</td>
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</table>

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. Field trips may be required.

FITNS 414 Tai Chi

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<tr>
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<td>54 hours LAB</td>
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</table>

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.

FITNS 416 Taekwondo II

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<th>Units:</th>
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<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
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<tr>
<td>Transferable:</td>
<td>CSU; UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.) (effective Fall 2020)</td>
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<tr>
<td>General Education:</td>
<td>AA/AS Area III(a); CSU Area E2</td>
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<tr>
<td>Catalog Date:</td>
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</tbody>
</table>

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.

FITNS 417 Taekwondo III

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<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
</tr>
<tr>
<td>Prerequisite:</td>
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</table>

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.

FITNS 440 Swimming I

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<tr>
<th>Units:</th>
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<tbody>
<tr>
<td>Hours:</td>
<td>54 hours LAB</td>
</tr>
<tr>
<td>Course Family:</td>
<td>Swimming [<a href="http://arc.losrios.edu/course-families#id_100018">http://arc.losrios.edu/course-families#id_100018</a>]</td>
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<tr>
<td>Prerequisite:</td>
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</tr>
<tr>
<td>Advisory:</td>
<td>ENGWIR 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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC (maximum of 4 units of PE activity courses accepted)</td>
</tr>
<tr>
<td>General Education:</td>
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</table>

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.

FITNS 441 Swimming II

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<tr>
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<td>Course Family:</td>
<td>Swimming [<a href="http://arc.losrios.edu/course-families#id_100018">http://arc.losrios.edu/course-families#id_100018</a>]</td>
</tr>
<tr>
<td>Prerequisite:</td>
<td>None.</td>
</tr>
<tr>
<td>Advisory:</td>
<td>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.</td>
</tr>
<tr>
<td>Transferable:</td>
<td>CSU; UC (a maximum of 4 units of PE activity courses allowed.)</td>
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<tr>
<td>General Education:</td>
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</table>

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.

FITNS 442 Swimming III

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<tr>
<th>Units:</th>
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<tr>
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<tr>
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<td>Transferable:</td>
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<tr>
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<td>June 1, 2020</td>
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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.
FITNS 443 Swimming IV

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.

FITNS 450 Personal Safety

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.

FITNS 495 Independent Studies in Fitness

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

Kinesiology (KINES) Courses

KINES 300 Introduction to Kinesiology

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.

KINES 307 Mental Skills for Sport Performance

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.

KINES 330 Care and Prevention of Athletic Injuries

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.

KINES 334 Practical Applications in Athletic Training/Sports Medicine

Units: 3
Hours: 36 hours LEC; 54 hours LAB
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.

**KINES 340 Theory of Baseball**

Units: 1  
Hours: 18 hours LEC  
Prerequisite: None.  
Transferable: CSU, UC (UC credit limitation: All KINES courses combined: maximum credit, 8 units.)  
Catalog Date: June 1, 2020

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.

**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: June 1, 2020

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

**KINES 400 Applied Physiology of Exercise**

Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU  
Catalog Date: June 1, 2020

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.

**KINES 401 Applied Kinesiology**

Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU  
Catalog Date: June 1, 2020

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.

**KINES 402 Nutrition for Fitness**

Same As: NUTRI 307  
Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU  
Catalog Date: June 1, 2020

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.

**KINES 403 Fitness and Exercise Assessment**

Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU  
Catalog Date: June 1, 2020

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.

**KINES 404 Identification and Management of Fitness Injuries**

Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU  
Catalog Date: June 1, 2020

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.

**KINES 405 Effects of Exercise on Special Populations**

Units: 2  
Hours: 36 hours LEC  
Prerequisite: None.  
Transferable: CSU
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.

**KINES 406 Techniques of Strength Training Instruction**

- **Units**: 2
- **Hours**: 36 hours LEC
- **Prerequisite**: None.
- **Transferable**: CSU
- **Catalog Date**: June 1, 2020

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.

**KINES 407 Techniques of Group Fitness Instruction**

- **Units**: 2
- **Hours**: 36 hours LEC
- **Prerequisite**: None.
- **Transferable**: CSU
- **Catalog Date**: June 1, 2020

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.

**KINES 494 Topics in Physical Education Theory**

- **Units**: 0.5 - 4
- **Hours**: 18 hours LEC
- **Prerequisite**: None.
- **Transferable**: CSU
- **Catalog Date**: June 1, 2020

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.

**KINES 495 Independent Studies in Physical Education Theory**

- **Units**: 1 - 3
- **Hours**: 54 - 162 hours LAB
- **Prerequisite**: None.
- **Transferable**: CSU
- **Catalog Date**: June 1, 2020

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**: June 1, 2020

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.

**KINES 499 Experimental Offering in Kinesiology**

- **Units**: 0.5 - 4
- **Prerequisite**: None.
- **Catalog Date**: June 1, 2020

**Personal Activity (PACT) Courses**

**PACT 300 Archery I**

- **Units**: 1
- **Hours**: 54 hours LAB
- **Course Family**: Archery [link](http://arc.lsrrios.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**: June 1, 2020

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.
PACT 310 Badminton I

Units: 1
Hours: 54 hours LAB
Course Family: Badminton (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: June 1, 2020

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.

PACT 311 Badminton II

Units: 1
Hours: 54 hours LAB
Course Family: Badminton (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: June 1, 2020

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.

PACT 350 Golf I

Units: 1
Hours: 54 hours LAB
Course Family: Golf (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: June 1, 2020

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 range and/or greens fees.

PACT 351 Golf II

Units: 1
Hours: 54 hours LAB
Course Family: Golf (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: June 1, 2020

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.

PACT 352 Golf III

Units: 1
Hours: 54 hours LAB
Course Family: Golf (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: June 1, 2020

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.

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: June 1, 2020

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

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: June 1, 2020

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

PACT 393 Tennis III
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.

PACT 430 Pickleball I

Units: 1
Hours: 54 hours LAB
Course Family: Pickleball
Prerequisite: None.
Transferable: CSU, UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.) (effective Fall 2020)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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

PACT 431 Pickleball II

Units: 1
Hours: 54 hours LAB
Course Family: Pickleball
Prerequisite: None.
Transferable: CSU, UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.) (effective Fall 2020)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

PACT 432 Pickleball III

Units: 1
Hours: 54 hours LAB
Course Family: Pickleball
Prerequisite: None.
Transferable: CSU, UC (UC transfer credit limitation: Any or all PE activity courses combined: maximum credit 4 units.) (effective Fall 2020)
General Education: AA/AS Area III(a); CSU Area E2
Catalog Date: June 1, 2020

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.

PACT 495 Independent Studies in Personal Activity

Units: 1 - 3
Hours: 54 - 162 hours LAB
Prerequisite: CSU
Transferable: CSU Area III(a)
General Education: AA/AS Area III(a)
Catalog Date: June 1, 2020

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: June 1, 2020

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: June 1, 2020

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.

SPORT 301 Off Season Conditioning for Baseball

Units: 0.5 - 3
Hours: 27 - 162 hours LAB
Prerequisite: None.
This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of basketball. 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.

**SPORT 303 Pre-Season Conditioning for Baseball**

Units: 0.5 - 3  
Hours: 27 - 162 hours LAB  
Prerequisite: None.  
Transferable: CSU; UC  
Catalog Date: June 1, 2020

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.

**SPORT 311 Basketball, Intercollegiate-Men, 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: June 1, 2020

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

**SPORT 312 Basketball, Intercollegiate-Men, 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: June 1, 2020

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

**SPORT 313 Off Season Conditioning for Basketball**

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: June 1, 2020

This course is designed to optimize sports performance and reduce 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.

**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: June 1, 2020

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 4 times for credit.

**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: June 1, 2020

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

**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: June 1, 2020

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

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**SPORT 332 Pre-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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.
SPORT 345 Golf, Intercollegiate-Women

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.

SPORT 350 Soccer, Intercollegiate-Men

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.

SPORT 351 Off-Season Conditioning for Men's Soccer

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.

SPORT 355 Soccer, Intercollegiate-Women

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.

SPORT 356 Off Season Conditioning for Softball

This physical education course covers 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.

SPORT 358 Pre-Season Conditioning for Men's Soccer

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.

SPORT 365 Softball, Intercollegiate-Women

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.

SPORT 366 Off Season Conditioning for Softball
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.

SPORT 368 Pre-Season Conditioning for Softball

| Units: | 0.5 |
| Hours: | 27 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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

SPORT 376 Off Season Swim & Dive

| 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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

SPORT 377 Pre-Season Conditioning Swim & Dive

| 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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

SPORT 380 Tennis, Intercollegiate-Men

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None |
| Enrollment Limitation: | Tryout |
| Advisory: | ENGRD 116 with a grade of “C” or better. OR 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 IIIa; CSU Area E2 |
| Catalog Date: | June 1, 2020 |

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.

SPORT 385 Tennis, Intercollegiate-Women

| Units: | 3 |
| Hours: | 175 hours LAB |
| Prerequisite: | None |
| Enrollment Limitation: | Tryout |
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.

**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:** June 1, 2020

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.

**SPORT 405 Volleyball, 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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**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:** June 1, 2020

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.
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.

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 ENSWR 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: June 1, 2020

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.

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: June 1, 2020

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.

SPORT 416 Off Season Water Polo

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: June 1, 2020

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.

SPORT 417 Pre-Season Conditioning for Water Polo

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: June 1, 2020

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.

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: June 1, 2020

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: June 1, 2020

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)
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: June 1, 2020

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.
TMACT 301 Indoor Soccer II

Units: 1
Hours: 54 hours LAB
Course Family: Soccer (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: June 1, 2020

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.

TMACT 302 Soccer - Outdoor

Units: 1
Hours: 54 hours LAB
Course Family: Soccer (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: June 1, 2020

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.

TMACT 303 Outdoor Soccer II

Units: 1
Hours: 54 hours LAB
Course Family: Soccer (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: June 1, 2020

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.

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: June 1, 2020

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.

TMACT 310 Baseball

Units: 1
Hours: 54 hours LAB
Course Family: Baseball (http://arc.losrios.edu/course-families#id_100024)
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: June 1, 2020

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

TMACT 320 Basketball

Units: 1
Hours: 54 hours LAB
Course Family: Basketball (http://arc.losrios.edu/course-families#id_100024)
Prerequisite: Participation on a high school basketball team.
Advisory: 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: June 1, 2020

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.

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: June 1, 2020

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

TMACT 331 Volleyball II

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

**TMACT 333 Volleyball III**

**Units:** 1  
**Hours:** 54 hours LAB  
**Course Family:** Volleyball (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:** June 1, 2020

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.

**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:** June 1, 2020

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.

**TMACT 352 Softball, Slow Pitch**

**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:** June 1, 2020

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.

**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:** June 1, 2020

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

**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:** June 1, 2020

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:** June 1, 2020