

## ATHLETICS

### Health, Wellness, Physical Education and Athletics Division

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<http://www.cabrillo.edu/programs>

**Note: For physical education courses see PHYSICAL EDUCATION**

### Athletics Courses

UC will accept a total of 4 units of PE activity courses and a total of 8 units of sports theory courses (ATH 16-17-18-19).

To enroll in Athletics 15, a student should be able to demonstrate the advanced level skills necessary for safe participation in the activity. To compete, students must meet state eligibility requirements.

#### ATH 10

##### Athletic Conditioning

½ - 2 units; 1 hour Activity

Recommended Preparation: Eligibility for ENGL 100 and READ 100

Repeatability: May be taken 4 times.

Provides the opportunity for students to cross train and to improve fitness levels for intercollegiate competition. Functional training, core training, plyometrics, and strength training are emphasized to reduce chances of injury and to improve performance levels during the competitive season.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE Activity courses combined: maximum credit=4 units.

#### ATH 11

##### Football Conditioning

½ - 3 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. This course may be audited.

Provides instruction in upper and lower body power training.

*Transfer Credit:* Transfers to CSU. Transfers to UC pending review.

#### ATH 15C

##### Intercollegiate Athletics–Football

2 units; 10 hours Laboratory

ATH 16 or ATH 17. Recommended Preparation: ATH 15CC; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For students interested in intercollegiate competition in football. Open entry/open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

#### ATH 15CC

##### Pre-Season Intercollegiate Football

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to students interested in intercollegiate football in a pre-season setting. Open entry/open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

#### ATH 15D

##### Intercollegiate Athletics–Soccer: Men

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15DD; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For men interested in intercollegiate competition in soccer. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined; maximum credit=4 units.

#### ATH 15DD

##### Pre-Season Intercollegiate Soccer: Men

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate soccer in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

#### ATH 15E

##### Intercollegiate Athletics-Soccer: Women

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15EE; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in soccer. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15EE**

#### **Pre-Season Intercollegiate Soccer: Women**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to women interested in intercollegiate soccer in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15F**

#### **Intercollegiate Athletics–Water Polo: Women**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15FF; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in water polo. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15FF**

#### **Pre-Season Intercollegiate Water Polo: Women**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to women interested in intercollegiate water polo in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15G**

#### **Intercollegiate Athletics–Volleyball: Women**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15GG; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in volleyball. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15GG**

#### **Pre-Season Intercollegiate Volleyball: Women**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to women interested in intercollegiate volleyball in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15H**

#### **Intercollegiate Athletics–Water Polo: Men**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15HH; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For men interested in intercollegiate competition in water polo. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15HH**

#### **Pre-Season Intercollegiate Water Polo: Men**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate water polo in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15I**

#### **Intercollegiate Athletics–Basketball: Men**

1 - 2 units; 10 hours Laboratory

ATH 18 in fall semester. Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For men interested in intercollegiate competition in basketball. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15J**

#### **Intercollegiate Athletics–Basketball: Women**

1 - 2 units; 10 hours Laboratory

ATH 19 in fall semester. Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in basketball. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit=4 units.

### **ATH 15K**

#### **Intercollegiate Athletics–Baseball**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15KK; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For students interested in intercollegiate competition in baseball. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15KK**

#### **Pre-Season Intercollegiate Baseball**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to students interested in intercollegiate baseball in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15L**

#### **Intercollegiate Athletics–Golf**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15LL; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For students interested in intercollegiate competition in golf. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15LL**

#### **Pre-Season Intercollegiate Golf**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to students interested in intercollegiate golf in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15M**

#### **Intercollegiate Athletics–Softball**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15MM; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For students interested in intercollegiate competition in softball. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15MM**

#### **Pre-Season Intercollegiate Softball**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to students interested in intercollegiate softball in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15N**

#### **Intercollegiate Athletics–Swimming and Diving: Men**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15NN; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For men interested in intercollegiate competition in swimming and diving. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15NN**

#### **Pre-Season Intercollegiate Swimming/Diving: Men**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate swimming or diving in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

### **ATH 15P**

#### **Intercollegiate Athletics—Swimming and Diving: Women**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15PP; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in swimming and diving. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 15PP**

#### **Pre-Season Intercollegiate Swimming/Diving: Women**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to women interested in intercollegiate swimming or diving in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 15Q**

#### **Intercollegiate Athletics—Tennis: Men**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15QQ; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For men interested in intercollegiate competition in tennis. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 15QQ**

#### **Pre-Season Intercollegiate Tennis: Men**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate tennis in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 15R**

#### **Intercollegiate Athletics—Tennis: Women**

2 units; 10 hours Laboratory

Recommended Preparation: ATH 15RR; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

For women interested in intercollegiate competition in tennis. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 15RR**

#### **Pre-Season Intercollegiate Tennis: Women**

½ - 1½ units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to women interested in intercollegiate tennis in a pre-season setting. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE activity courses combined: maximum credit—4 units.

### **ATH 16**

#### **Football Theory and Practice: Offense**

1 - 2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Presents the theory and practice of football-offense, including explanation, organization, and development of offensive skills and strategies, plus the kicking game. This course may be offered in the summer only for 2 units; in the fall for 1 unit. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE Theory courses combined; maximum credit—8 units.

### **ATH 17**

#### **Football Theory and Practice: Defense**

1 - 2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Presents the theory and practice of football-defense, including explanation, organization, and development of defensive skills and strategies, plus the kicking game. This course may be offered in the summer only for 2 units; in the Fall for 1 unit. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE Theory courses combined; maximum credit—8 units.

### **ATH 18**

#### **Basketball Theory—Men**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Presents the theory and practice of basketball offensive and defensive theories, transitional techniques, fundamentals, and special situations. Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE Theory courses combined; maximum credit—8 units.

**ATH 19**

**Basketball Theory–Women**

1 unit; 1 hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Presents the theory and practice of basketball offensive and defensive theories, transitional techniques, fundamentals, and special situations.

Open entry/Open exit.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: Any or all PE Theory courses combined; maximum credit–8 units.