

## PHYSICAL EDUCATION

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

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

#### Information for Physical Education Majors

Physical Education is the academic discipline concerned with the art and science of human movement. Physical Education may also be listed as Kinesiology or Human Performance at some campuses. Bachelors and graduate degrees with emphasis in adaptives, athletic training, dance, movement sciences, sports management, teaching and coaching offer numerous career opportunities in public and private sectors.

#### MODEL PROGRAM FOR PHYSICAL EDUCATION

The following model program fulfills requirements for the A.A. Degree in Physical Education at Cabrillo College. Specific lower division major preparation at four-year public institutions in California can be found at [www.assisst.org](http://www.assisst.org). Please see a counselor for advisement for transfer to any four-year institution.

Core Courses	Units
BIO 4 Human Anatomy . . . . .	4
BIO 5 Human Physiology . . . . .	4
PE 9 Introduction to Physical Education . . . . .	3
PE Activity Classes . . . . .	4

#### Approved Electives

PE 3 Introduction to College and Intercollegiate Athletics . . . . .	3
PE 7 Human Performance and Sports Nutrition . . . . .	2
PE 8 Weight Management . . . . .	2
PE 10 Introduction to Athletic Training . . . . .	3
PE 11 Introduction to Disabilities and Adaptive Physical Education . . . . .	3
PE 12A First Aid: Responding To Emergencies . . . . .	3
PE 12B Community Cardio Pulmonary Resuscitation . . . . .	5
PE 14 Advanced First Aid: Emergency Response . . . . .	4
PE 46 Core Performance-Be Your Own Trainer . . . . .	1½
PE 55G Yoga-Gyrokinesis® . . . . .	1½

#### Recommended from Related Disciplines

CHEM 30A Inorganic Chemistry for Health Occupation . . . . .	4
MATH Any Area CSU B4 or IGETC Area 2 course . . . . .	3-4
PSYCH 1 General Psychology . . . . .	3
CAHM 20 Nutrition . . . . .	3

#### Associate in Arts Degree in Physical Education

General Education . . . . .	30
Physical Education Core . . . . .	15
Approved Electives . . . . .	6
Related Disciplines . . . . .	9
Total for A.A. Degree in Physical Education	60

## Physical Education Courses

### PE 3

#### Introduction to College and Intercollegiate Athletics

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Introduces college requirements, college services, community college eligibility requirements, and NCAA/NAIA transfer regulations for intercollegiate student athletes. Study skills instruction and academic planning included.

*Transfer Credit:* Transfers to CSU.

## PE 7

### Human Performance and Sports Nutrition

2 units; 2 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times.

Explores the science of sports nutrition and how to apply nutrition principles to benefit athletic performance. Diet, hydration, and supplementation needs before, during, and after exercise are evaluated for their effect on optimal performance. This course is designed for both the recreational and competitive athlete.

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

## PE 8

### Weight Management

2 units; 1 hour Lecture, 2 hours Activity.

Recommended Preparation: Eligibility for ENGL 100 AND READ 100.

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

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

## PE 9

### Introduction to Physical Education

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Presents an overview of physical education as a discipline for students interested in careers in PE or related fields. Topics include career options, professional responsibilities, transfer, current issues, aims, and objectives of physical education.

*Transfer Credit:* Transfers to CSU. Transfers to UC. CAN KINE/PE2.

## PE 10

### Introduction to Athletic Training

3 units; 3 hours Lecture

Recommended Preparation: BIO 4; Eligibility for ENGL 100 and READ 100.

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries.

*Transfer Credit:* Transfers to CSU. Transfers to UC. CAN KINE/PE4.

## PE 11

### Introduction to Disabilities and Adaptive Physical Education

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides practical experience and formal training for students who are interested in pursuing a career in physical education, adaptive physical education, therapeutic recreation, or other areas that involve working with the physically limited. Includes teaching techniques, factors limiting motor performance and information regarding various disabilities.

*Transfer Credit:* Transfers to CSU.

## PE 11L

### Introduction to Disabilities & Adaptive PE: Field Work

1 - 2 units; 2 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Apply skills and knowledge after completion of or concurrent enrollment in PE 11 to continue practice as therapeutic aide.

*Transfer Credit:* Transfers to CSU.

## PE 12A

### First Aid: Responding to Emergencies

3 units; 3 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Provides certification in American Red Cross "Responding to Emergencies and Community CPR" for students who want training in accident prevention and treatment of the injured.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: PE 12A & B combined-- maximum credit, 1 course. CAN KINE/PE8.

## PE 12B

### Community Cardio Pulmonary Resuscitation

½ units; ½ hour Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Provides certification in American Red Cross Community CPR. Provides training care for the adult, child, and infant victim.

*Transfer Credit:* Transfers to CSU. Transfers to UC with limits: PE 12A & B--maximum credit--1 course.

## PE 14

### Advanced First Aid: Emergency Response

4 units; 4 hours Lecture

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Provides American Red Cross certification in Emergency Response and CPR for the Professional Rescuer. Provides the knowledge and skills in emergency care needed by peace officers, firefighters, emergency medical technicians, and other special interest groups. Meets the CPR prerequisite for admission to the EMT program through Emergency Medical Services. Includes mandated airway management skills module.

*Transfer Credit:* Transfers to CSU.

## PE 20

### Swimming

½ - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Emphasizes development of aquatic skills and conditioning appropriate for the non-swimmer, beginning swimmer, or intermediate swimmer. Instruction will include water adaptation, basic strokes, watermanship skills, deep water skills, competitive strokes and techniques, and conditioning activities.

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

## PE 21

### Swim Fitness

½ - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Improves physical fitness using competitive swim strokes. Stroke technique, competitive methods, aerobic and anaerobic swim sets are included. Workouts vary to accommodate different ability levels.

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

## PE 21AR

### Water Aerobics

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides cardiovascular conditioning, muscle strengthening, and flexibility through non-swimming water exercise emphasizing low impact on joints. Can be used for rehabilitation and as a cross-training activity for athletes.

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

## PE 23

### Water Polo

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction on the individual offensive and defensive skills and team strategies of water polo.

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

## PE 24

### Lifeguard Training

2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick; Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 2 times. Thereafter, may be audited.

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Provides information and training for lifeguards in pool safety and pool management.

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

## PE 31

### Golf

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in the development of basic golf swing techniques including chipping, bunker shots, uneven lie positions, swing correction techniques, putting, elements of golf course management, rules, and golf etiquette.

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

## PE 32B

### Golf Course Play

½ - 2 units; 1 hour Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Develops advanced golf skills through instruction at the range and practice on local golf courses.

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

## PE 33

### Gymnastics

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in men's and women's artistic gymnastics including exercises on the balance beam, parallel bars, vault, floor, rings, horizontal bar, and pommel horse.

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

## PE 36

### Tennis

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play.

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

## PE 37

### Hiking

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Introduces concepts of safe hiking using the Santa Cruz county parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Hikes will be fun and challenging, averaging 5-8 miles on moderate to steep terrain and require a 20-minute per mile pace.

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

## PE 39

### Beginning Self-Defense for Women

2 units; 1 hour Lecture, 2 hours Laboratory

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Provides basic self defense skills and psychological techniques for confronting threatening situations. Includes information about the nature and incidence of assaults.

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

## PE 40

### Baseball

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in individual offensive and defensive skills and team strategies of baseball.

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

## PE 41

### Basketball

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in offensive and defensive skills and team strategies of basketball.

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

## PE 42

### Football

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in the individual offensive and defensive skills and team strategies of football.

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

## PE 43

### Soccer

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in individual and team soccer skills and strategies.

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

## PE 43F

### Indoor Soccer–Futsal

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in individual and team indoor soccer/futsal skills and strategies.

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

## PE 44

### Softball

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in offensive and defensive skills and team strategies of softball.

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

## PE 45

### Volleyball

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction on the individual and team skills and strategies of volleyball.

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

## PE 46

### Core Performance–Be Your Own Trainer

1 - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times.

Provides education and instruction in an approach to fitness using functional and core training.

*Transfer Credit:* Transfers to CSU.

## PE 47

### Sports Conditioning

½ - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes.

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

## PE 48

### Total Fitness

½ - 1½ units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides cardiovascular conditioning, strength training, flexibility exercises, and instruction in concepts relative to physical fitness.

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

## PE 49

### Ultimate Frisbee

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction in throwing, catching, and passing skills of ultimate frisbee and their application to team play. Class covers offensive and defensive patterns and team strategies.

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

## PE 51A

### Aerobic Fitness—Jogging/Walking

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction and opportunities for cardiovascular conditioning, flexibility, and muscular endurance to improve fitness level.

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

## PE 51C

### Aerobic Fitness—Low Impact

½ - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides cardiovascular conditioning, flexibility, strength, and endurance training performed to music. Special attention given to proper motion, placement of feet, lower back positions. Low impact with step option available, but not required for participation.

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

## PE 53

### Weight Training

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction on the biomechanics of strength training, muscle trainability, and training principles using both machines and free weights.

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

## PE 54

### Power Training

½ - 3 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100; PE 53 or equivalent experience.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction on the biomechanics of power training and neuromuscular adaptation.

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

## PE 55

### Hatha Yoga

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment of the body to develop strength, endurance, flexibility, balance, and to reduce stress. Develops awareness and consciousness in the physical body to establish the mind/body connection.

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

## PE 55G

### Yoga—Gyrokinesis®

½ - 2 units; 1 hour Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Repeatability: May be taken 4 times. Thereafter, may be audited.

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise.

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

## PE 79A-Z

### Special Topics in Physical Education

½ - 3 units; ½ hour Lecture, 1½ hours Activity.

Recommended Preparation: Eligibility for ENGL 100 and READ 100.

Provides instruction in selected physical education topics and areas of special interest including but not limited to such topics as Women's Self Defense-Weapons, Yoga, Sports Officiating, and current trends in fitness.

*Transfer Credit:* Transfers to CSU. Transfers to UC with conditions: Students must retain a copy of the course outline, the course syllabus and work completed for this course. Credit for this course is contingent upon a review of the course outline and other materials by the UC transfer campus.