### PHYSICAL EDUCATION

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<th>SUBJECT &amp; NO.</th>
<th>COURSE</th>
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<td>ANATOMY 1  Introduction to Human Anatomy</td>
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<td>BIOLOGY 20 Human Anatomy and Physiology</td>
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<td>HEALTH 2, 7, 8, or 11</td>
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<td>PHYS ED or Four different activity courses</td>
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<td>DANCETQ include: aquatics, dance, individual</td>
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<td>team sports</td>
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<td>PSYCH 1 General Psychology I</td>
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<td>SOC 1 Introduction to Sociology</td>
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**Subtotal** .............................................. 21

### ELECTIVE COURSES:

At least 9 units from the following list:

**HEALTH 12 Safety Education and First Aid** .......................... .3
**MATH 227 Statistics** ........................................... .4
**P. E. 701 Advanced Lifesaving** ...................................... .2
**P. E. 702 Water Safety Instruction** .................................. .3
**P. E. 708 Care and Prevention of Athletic Injuries** ............ .3
**P. E. 710 Officiating Competitive Sport I** ......................... .3
**P. E. 711 Officiating Competitive Sport II** ......................... .3
**P. E. 712 Introduction to Physical Education** ....................... .3
**P. E. 713 Introduction to Coaching Athletics** ...................... .3
**PHYSICS 11 Introductory Physics** .................................. .4

### GENERAL EDUCATION REQUIREMENTS (PLAN A) 30

**Total** .................................................. 60

### TRANSFER CURRICULUM

Transfer requirements are subject to change. Students should check with a counselor for current transfer information.

Majors in physical education must study various physical activity courses in depth. Methods of teaching and coaching, rules, procedures, and officiating of sports must also be undertaken. An introduction to the prevention and care of sports injuries as well as a study of the human body and its reaction to the stresses of vigorous activity are emphasized. It is necessary, of course, for the physical education major to be in excellent physical condition. In addition to the general education requirements and lower division preparation in physical education activities, the major must take Anatomy 1 and Physiology 1 (or Biology 20) and their prerequisites. Physical Education majors also study the history and principals of their profession and its relation to education in general.

**CALIFORNIA STATE UNIVERSITY, LOS ANGELES**

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<td><strong>MATH 245 College Algebra</strong></td>
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<td><strong>MATH 227 Statistics</strong></td>
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### CSU GENERAL EDUCATION REQUIREMENTS 39

### COURSE DESCRIPTIONS

**DANCE STUDIES (DANCEST)**

**452 Introduction to Choreography (1) UC:CSU RPT3**

Laboratory, 2 hours.

This course introduces students to choreography with an emphasis on basic steps and combinations, creating dances, terminology, music, and appreciation of dance as a performing art form.

**458 Latin American Dance Cultures (3) UC:CSU**

Note: Credit given for only one of Chicano Studies 58 or Dance Studies 458.

Lecture, 3 hours.

This class focuses on Latin American folk dance appreciation, studying dance as culture, and how each region manifests its traditions, history, and lifestyle as expressed through movement. Students explore and analyze folk dances and how they are reflected by the worldview of people who practice them. They also analyze symbolic movements from selected dances to recognize the quality of movement and the relationship between religious and secular dances.

**814 Dance Production I (1) UC:CSU RPT2**

Laboratory, 3 hours.

This course develops knowledge and skill in organizing and handling a dance production. In addition to increasing dance technique, an opportunity to perform in a dance production is provided.

**820 Dance Production II (4) UC:CSU**

Lecture, 2 hours; Laboratory, 4 hours.

This course provides instruction and laboratory experience in production practices and techniques involved in producing a dance concert: including rehearsal management, scheduling, choreographic applications, lighting, costuming, publicity, audition and performance skills, dance critique and assessment.

**822 Dance Rehearsal and Performance (1) UC:CSU RPT3**

Laboratory, 2 hours.

This course provides students structured rehearsal time which culminates in a performance. Students participate as dancers and production personnel and may perform on campus and/or on tour.

**826 Dance Performance Company (1) UC:CSU RPT3**

Laboratory, 3 hours.

This course develops knowledge and techniques to perform in a professional dance company. In addition to exploring various dance techniques, it offers an opportunity to choreograph and perform with the East Los Angeles College Dance Company, as well as touring opportunities to local schools.
DANCE TECHNIQUES (DANCETQ)

225 Yoga Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course identifies movements, body positions and techniques of dance to use as therapy--to reduce stress. The course assists with the development of flexibility and strength in the skeletal, muscular, and nervous systems. The course improves circulation and increases energy levels. Through the use of dance movements, yoga positions, and breathing exercises, students practice concentration and relaxation.

325 Body Sculpting for Dance (1) UC:CSU RPT3
Laboratory, 2 hours.
This course utilizes a combination of weight-bearing devices and activities within several series of exercises put to music. Stamina, agility, balance, and coordination (all necessary skills in dance) increase through the repetitious execution of floor work, stationary standing, and locomotive exercises all developed to deliver low weight to major muscle groups and full range of motion of joints. Over time, muscular endurance increases, thereby creating a firm and toned physique.

335 Pilates Skills for Dance (1) UC:CSU RPT3
Laboratory, 2 hours.
This course focuses on the functional muscle mechanics that enable an individual to move with balance, coordination, posture, and alignment of the body. Using movements on the floor and creating kinesthetic awareness, students position their complex muscle system to achieve strength and flexibility.

400 Stress Management Techniques Through Dance and Movement (1) CSU RPT3
Laboratory, 2 hours.
This course helps identify stressor and introduce techniques of dance and dance therapy. Movement meditations, therapeutic movement studies, breathing exercises, yoga, physical therapy and relaxation exercises are introduced. Multicultural rhythms and dance forms are used to enhance group experience.

419 Mexican Folklorico Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course teaches skills and dance from six or more of Mexico’s dance regions. Emphasis is placed on the historical and cultural context of the development of these dances. Students learn to execute dance steps and patterns with the style appropriate to each region. Discussion of costumes and crafts pertinent to the dances is included.

431 Modern Dance (1) UC:CSU RPT3
Laboratory, 2 hours.
This is an introductory course to modern dance designed to acquaint the student with basic techniques and styles of modern dance. Emphasis is placed on individual expression of integration and creativity. Some dance history is emphasized.

434 Ballet (1) UC:CSU RPT3
Laboratory, 2 hours.
This course emphasizes and introduces students to ballet through basic steps and combinations, terminology, music, and appreciation of dance as a performing art form.

437 Jazz Dance (1) UC:CSU RPT3
Laboratory, 2 hours.
This course introduces students to the basic performance-based dance technique of jazz. Standardized basic steps are utilized to create an understanding of musical phrasing and rhythms by combining these steps, as well as other creative variations, into small dances. Brief historical conversations of movement ethnology are discussed.

440 Social Dance (1) UC:CSU
Laboratory, 2 hours.
This course is an introduction to the basic forms of social dance, with emphasis on Salsa and Latin forms. The history, music, basic rhythms, and cultural influences of the dances are covered.

446 Tap Dance (1) UC:CSU RPT3
Laboratory, 2 hours.
This course introduces students to tap dance with an emphasis on basic steps and combinations, terminology, music, and appreciation of dance as a performing art form.

460 Ballet Techniques (1) UC:CSU RPT3
Laboratory, 3 hours.
This course introduces students to classical ballet through basic step sequences and combinations, terminology, music, and appreciation of dance as a performing art form.

462 Modern Dance (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is an introduction to modern dance. Instruction includes basic techniques, skill performance, theory, various styles, and exposure to history and development of modern dance forms as we know them today. Emphasis is placed on individual expression and integration of creativity.

463 Modern Jazz (1) UC:CSU RPT3
Laboratory, 3 hours.
This course introduces students to the basic performance-based dance technique of jazz. Standardized basic steps are utilized to create an understanding of musical phrasing and rhythms by combining these steps, as well as other creative variations, into small dances. Brief historical conversations of movement ethnology are discussed.

464 Tap Dance Technique (1) UC:CSU RPT3
Laboratory, 3 hours.
This course provides students the opportunity to learn and develop tap dance skills. Besides learning the basic elements of this dance style, emphasis is placed in developing skills to moderate performance level. In addition, students learn step terminology and music appreciation for this dance as an art form.

468 Jazz Dance Combination (1) UC:CSU RPT3
Laboratory, 2 hours.
This course introduces students to an intermediate approach to the performance-based dance technique of Jazz. Standard, compound and complex basic and intermediate steps are utilized to create an understanding of musical phrasing and rhythms by combining these steps, as well as other creative variations, into small dances. Throughout the course, these small dances are combined periodically and systematically until a complete dance or choreographic work has been produced. Brief historical conversations of movement ethnology will arise.
This course utilizes a combination of movement skills and activities within several series of exercises put to music. The five components of physical fitness are developed by incorporating continuous dance exercises. The motor skills of stamina, agility, balance, and coordination increase through the repetitious execution of floor work, stationary standing, and locomotive exercises all developed to deliver low weight to major muscle groups and full range of motion about the joints. Over time, muscular and cardiovascular endurance increase, thereby creating a firm and toned physique, as well as a healthy and efficient cardio-respiratory system.

This course develops knowledge and skill in organizing and handling a dance production. In addition to improving dance technique, an opportunity to choreograph and perform in a dance production is provided, as well as touring opportunities to local schools.

This course introduces to the basic social dances of waltz, fox trot, rumba, samba, cha cha, polka, salsa, country western, swing, disco, tango, novelty, and fad dances. The dance history and the cultural background of each dance are presented. Music selection, basic rhythms and cultural influences on dance and music are also covered.

This course presents the dance techniques and styling unique to the state of Jalisco, Mexico. It includes male and female movement roles as well as interpretation of this vigorous footwork and skirt movement. It also emphasizes the aesthetic values necessary to perform to mariachi music.

This course improves dance performance skills in a variety of Mexican dance styles. The student learns to interpret mestizo dances, define male/female roles, footwork styles, and body movements. It covers the application of artistic values inherent in each dance studied. Also included is historical and cultural context of the dances’ development and discussions of costumes pertinent to each dance.

This course is an exploration into the basic technique of Hip Hop and Funk dance. Musicality, rhythms, and various styles of both Hip Hop and Funk are covered.

Banda aerobics represents steps and movements of prancing and trotting of horses. It is commonly known as Banda or Quebradita. Using this form of dance aerobically, students are able to increase elasticity of muscles and improve the cardiovascular system.

This course studies the vernacular dance dramas of Mexico. Students learn to appreciate, demonstrate, and preserve the values of ritual dance and to understand the dance syncretism. Students analyze how these “danzas” play a religious and cultural role in the lives of the performers.

Banda Ranchera was developed in California among the Latino community. This social dance, representing steps and movements of the prancing and trotting of horses, is commonly known as banda or Quebradita. The dance improves the cardiovascular system and strengthens muscles.

This course provides opportunities to explore the functions of the body in relationship to music, to develop and condition the body for Hip-Hop dancing, and acquire and study the technique of this type of movement.

This course presents the dance techniques and styling unique to the state of Jalisco, Mexico. It includes male and female movement roles as well as interpretation of vigorous footwork and skirt movement. It also emphasizes the aesthetic value necessary to perform to mariachi music.

This course covers an intensified dance technique to develop skills in Salsa dance style. It begins with basic steps and learning how to use the floor patterns to develop poise and character to perform elegant, sophisticated, and attractive steps.

This course covers theory and dance technique to develop skills in Salsa dance style. It begins with basic steps and learning how to use the floor patterns to develop appeal to perform attractive steps.

This course focuses on techniques, performance qualities, and routines for the Dance Team. Students are required to perform at selected dance department events and/or Dance Team competitions as part of this course requirement. This course is required for the East Los Angeles College Dance Team.

This course develops knowledge and provides skills to condition the body for dance. In addition to exploring various conditioning programs, it offers an opportunity to enhance dance techniques.
600 Pilates for Dance (1) UC:CSU RPT3  
Laboratory, 3 hours.

This course focuses on the functional musculoskeletal alignment that facilitates muscular force and flexibility at the joint level. The Pilates method stimulates circulation through movements that enable an individual to move with balance, coordination, posture, and poise. Using movements on the floor, students create kinesthetic awareness and precise coordination.

668 Body Dynamics (1) UC:CSU RPT3  
Laboratory, 3 hours.

This course utilizes a combination of movement skills and activities within several series of exercises put to music. The components of physical fitness are developed by incorporating continuous dance exercises. The motor skills of stamina, agility, balance, and coordination increase through the repetition of execution of floor work, stationary standing, and locomotive exercises all developed of deliver low weight to major muscle groups and full range of motion about the joints. Over time, muscular and cardiovascular endurance increase, thereby creating a firm and toe physique, as well as a healthy and efficient cardio-respiratory system.

696 Yoga (1) UC:CSU RPT3  
Laboratory, 3 hours.

This introductory yoga course provides conditioning, flexibility, and endurance to supplement dance techniques. This class focuses on the development of the body/mind through the use of specific yoga postures, breathing techniques, stretches, mental exercises and relaxation exercises to obtain greater concentration, self-discipline and improved physical, mental and emotional health.

HEALTH (HEALTH)  
Note: One Health course selected from Health 2, 7, 8, or 11 is required of all students seeking an Associate in Arts Degree.  
(UC limit Health 2, 7, 8, 11 combined maximum credit, one course.)

2 Health and Fitness (3) UC:CSU  
Lecture, 2 hours; Laboratory: 2 hours.

This course promotes healthy physical and psychological lifestyles, with emphasis on disease prevention, including violence/abuse, nutrition, sexuality, reproduction, drugs, alcohol, tobacco, aging, stress management, and weight control. The physical fitness segment emphasizes individual improvement utilizing aerobic, flexibility, and strengthening activities.

4 Contemporary Major Diseases and Illnesses (3) CSU  
Lecture, 3 hours.

This course surveys a variety of contemporary diseases and illnesses that afflict the majority of people in America. Health issues associated with obesity are also discussed. Emphasis is placed on the prevention, origin, treatment and a healthy lifestyle as it relates to the various diseases. Physiological, anatomical, psychological, community resources and social implications are considered.

7 Physical Fitness and Nutrition (3) UC:CSU  
Lecture, 3 hours.

This course considers the nature and importance of physical fitness and good nutrition in one’s personal and social development. Various types of physical activities will be analyzed and evaluated. Appropriate selection of nutritive foods for weight control and ergogenics will be covered. Fad diets and food supplements will be analyzed.

8 Women’s Personal Health (3) UC:CSU  
Lecture, 3 hours.

This course comprehensively reviews important issues related to women of all diverse backgrounds. This course designs practical approaches to understanding the health of women in relationship to physiological and psychological aspects of nutrition, mental health, exercise, hygiene, cardiovascular disease, cancer, sexuality, reproduction, drugs, and other diseases common to women.

9 Health for the Mature Individual (3) CSU  
Lecture, 3 hours.

This course considers the needs and interests of mature adults. Emphasis is on the promotion and maintenance of physical and psychological health by surveying common problems. The changing nature of family and personal relationships, including grief and loss issues, are included. Use of the healthcare system and of community resources is explored.

11 Principles of Healthful Living (3) UC:CSU  
Lecture, 3 hours.

This course develops health knowledge and values with the goal of promoting a high quality of life for each individual. Areas of focus include nutrition, physical fitness, communicable diseases and other major health problems, consumer and environmental health, human sexuality and family life, mental and emotional health, tobacco, alcohol and drugs, aging, death and dying.

12 Safety Education and First Aid (3) UC:CSU  
Lecture, 3 hours.

This course deals with the causes, care, and management of injuries sustained in the home, auto accidents, and selected cases of civilian emergencies. Special attention is given to the development of an attitude of safety consciousness. Upon successful completion of this course, students are eligible to receive American Red Cross Community and Safety First Aid, and Community CPR Certification.

15 Stress Management Strategy (3) CSU  
Lecture, 3 hour.

This course examines and identifies the effects of stress on our society and in particular on the individual. Several systems are explored to achieve an optimal level of health. Students learn to cope with stress as well as change potential stressors that will enrich their lives. This course covers the seven dimensions of health: mental, emotional, social, physical, occupational, spiritual, and environmental as well as examines ways to identify and control stress.

27 Focus on Health: Prenatal Care (2) CSU  
Lecture, 2 hour.

This Focus on Health course designed for pregnant women, including teens, focuses on proper nutrition education and prenatal care. Diet, consequences of nutritional deficiencies, substance abuse, lactation, benefits of exercise and building healthy lifestyles for mothers and newborns are also covered.
28 Focus on Health: Arthritis (1) CSU
Lecture, 1 hour.
This Focus on Health course covers osteoarthritis and rheumatoid arthritis with an emphasis on positive self-care choices. Topics presented include selected aspects of anatomy, physiology, exercise, medication, diet, and pain management. Problem-solving of daily living challenges with arthritis is included, as well as analysis of unproven remedies.

29 Focus on Health: Breast Care (1) CSU
Lecture, 1 hour.
This course focuses on breast care with an emphasis on positive self-care choices and cancer prevention strategies. Current cancer treatments are covered, as well as benign conditions. An analysis of unproven remedies and problem solving for cancer survivors are included.

30 Focus on Health: Menopause and Aging: Growing Older (1) CSU
Lecture, 1 hour.
This course considers female menopause and aging with an emphasis on positive self-care choices. Presented topics include anatomy, physiology, exercise, medication, sex, diet, and symptom management. Prevention strategies for common women’s health problems are included together with an analysis of unproven remedies.

31 Focus on Health: Diabetes (1) CSU
Lecture, 1 hour.
This Focus on Health course covers diabetes mellitus, with an emphasis on positive self-care choices. Aspects of current diabetes management are covered including: blood glucose testing, oral hypoglycemics, insulin, exercise, and pregnancy. Prevention and recognition of diabetes complications affecting the eyes, kidneys, nerves, feet, heart/blood vessels, hypoglycemia and hyperglycemia are also covered.

32 Focus on Health: Heart and Circulation (1) CSU
Lecture, 1 hour.
This Focus on Health course presents aspects of heart and circulatory health with an emphasis on positive self-care choices. Management of common heart and blood vessel disorders is covered, plus determination of personal cardiac risk. Topics included are: exercise, diet and control of risk factors, such as stress, high blood pressure, high cholesterol, and diabetes.

PHYSICAL EDUCATION (PHYS ED)
UC limits any or all Physical Education activity courses combined; maximum credit 4 units.

96 Combined Activities (1) UC:CSU RPT3
Laboratory, 2 hours.
This course consists of a combination of two or more physical education activity courses, each taught for one half (or less) of the scheduled time. The combination course are specified in the schedule of classes.

98 Scientific Physical Fitness Laboratory (1) CSU RPT3
Laboratory, 2 hours.
This course combines instruction in the conditioning aspects of strength, flexibility, endurance and muscle tone. An understanding of cardiovascular fitness and nutritional information related to exercise is emphasized. A periodic evaluation of fitness levels is included.

PHYSICAL EDUCATION ACTIVITY SKILLS
Activity skills instruction includes progressive skills attainment in each particular sport or activity with emphasis on technique, strategy, etiquette, and rules, as well as physical health emphasis and importance of life-long physical well-being. Physical Education and dance classes present integrated information about physiological, social and psychological understanding of the self through movement. These activities may be repeated three times to achieve maximum educational objectives. Activity courses include levels of Beginning, Intermediate, and Advanced.

NOTE: Course Descriptions start on page 248.

WATER ACTIVITIES (1) UC:CSU RPT3
Note: For co-ed water safety instruction, refer to P.E. 702.

Activity, 2 hours.
102 Swimming Skills
105 Diving Skills
122 Aqua Exercise

Activity, 3 hours.
131 Aqua Aerobics
671 Diving Skills and Theory
694 Water Polo
695 Swimming Skills Activity

INDIVIDUAL AND DUAL ACTIVITIES (1) UC:CSU RPT3

Activity, 2 hours.
96 Combined Activities
98 Scientific Physical Fitness Laboratory
203 Badminton Skills
212 Tennis Skills
222 Racquetball Skills
228 Body Conditioning
229 Body Dynamics
230 Weight Training Skills
238 Self-Defense Skills
259 Golf Skills
262 Track and Field Skills
283 Aerobic Conditioning
284 Bicycle Spinning Class
296 Stress Management Techniques (CSU only)
325 Body Sculpting
326 Chinese Martial Arts
332 Cardiokickboxing Fitness
333 Pilates Skills
341 Seniorcise
342 Tai Chi Do
350 Chinese Martial Arts
375 Tai Chi
470 Step Aerobics Activity

Activity, 3 hours.
331 Body Toning
343 Advanced Badminton
465 Aerobics for Dance
627 Backpacking
628 Swim and Run For Fitness
629 Bicycle Spinning Activity
630 Aerobic Super Circuit Laboratory
631 Stress Management Skills (CSU only)
640 Beginning Lifelong Fitness Laboratory
662 Badminton
668 Body Dynamics Activity
672 Step Aerobics and Weight Training
673 Step Aerobics
676 Self Defense
679 Golf Skills Activity
681 Table Tennis
682 Tennis
690 Weight Training
691 Marathon Training Course for Run/Walk (4.5 hours, 1.5 units)
696 Yoga
697 Track and Field Skills Activity
698 Fitness through Cross Country Conditioning
742 Cardiokickboxing

ADAPTED PHYSICAL EDUCATION (1) UC:CSU RPT3
Activity, 3 hours.
642 Adapted Fitness
643 Adapted Strength Training
644 Adapted Swimming and Hydroexercise
645 Adapted Aerobics
646 Adapted Cardiovascular Fitness

TEAM SPORTS (1) UC:CSU RPT3
Activity, 2 hours.
304 Basketball Skills
310 Flag/Touch Football Skills
313 Soccer Skills
322 Volleyball Skills
Activity, 3 hours.
663 Baseball Skills Activity
665 Basketball
667 Flag Football Skills Activity
677 Soccer
678 Softball
684 Volleyball

DANCE TECHNIQUES (1) UC:CSU RPT3
Activity, 2 hours.
225 Yoga Skills
333 Pilates Skills for Dance
400 Stress Management Techniques Through Dance and Movement (CSU ONLY)
419 Mexican Folkloric Skills
431 Modern Dance
434 Ballet
437 Jazz Dance
440 Social Dance
446 Tap Dance
452 Introduction to Choreography
468 Jazz Dance Combination
469 Conditioning for Dance
471 Dance Company (CSU ONLY)
485 Ritual Dances of Mexico
486 Banda Ranchera Technique
487 Hip-Hop Techniques
488 Jalisco Dance Style
490 Mangrove Salsa
822 Dance Rehearsals and Performance

Activity, 3 hours
325 Body Sculpting for Dance
460 Ballet Techniques
462 Modern Dance
463 Modern Jazz
464 Tap Dance Technique
472 Social Dance Activity
481 Jalisco Dance Technique
482 Border to Border: Mexican Dance
483 Hip-Hop Dance Skills
484 Banda Aerobics
489 Salsa Casino
570 Conditioning for Dance
600 Pilates for Dance
668 Body Dynamics
696 Yoga
814 Dance Production

INTERCOLLEGIATE SPORTS
Activity, 10 hours
Intercollegiate Sports - Men, Women, and Coed (2) UC:CSU RPT2
Activity, 10 hours in the sport in season.
Note: Passing grade in 12 units is required for eligibility.
Note: Passing grade in 24 units is required for second-year competition eligibility.

Courses listed below provide the opportunity to participate in intercollegiate athletics, involving varsity competition in a recognized intercollegiate conference and in state competition when appropriate. Participation in intercollegiate sports requires concurrent enrollment in not less than 12 units of college work and a minimum of a 2.0 GPA.

502 Badminton
503 Baseball
504 Basketball
506 Cross Country
508 Football
511 Soccer
512 Softball
515 Track and Field
516 Volleyball
518 Wrestling
551 Drill Team
RELATED ACTIVITIES

Activity, 6 hours.
534 Cheerleading Techniques (2) UC:CSU
535 Dance Team Techniques (2) UC:CSU

Activity, 3 hours.
552 Athletics Pre-Season Conditioning (1) UC:CSU RPT3
553 Strength and Fitness Training for Football (1) UC:CSU RPT3
554 Strength and Fitness Training for Track and Field (1) UC:CSU RPT3
555 Strength and Fitness Training for Cross Country (1) UC:CSU RPT3
556 Strength and Fitness Training for Basketball (1) UC:CSU RPT3
557 Strength and Fitness Training for Baseball (1) UC:CSU RPT3
558 Strength and Fitness Training for Soccer (1) UC:CSU RPT3
559 Strength and Fitness Training for Tennis (1) UC:CSU RPT3
560 Strength and Fitness Training for Competitive Swimming (1) CSU RPT3
561 Strength and Fitness Training for Water Polo (1) UC:CSU RPT3
562 Strength and Fitness Training for Wrestling (1) UC:CSU RPT3
563 Strength and Fitness Training for Volleyball (1) UC:CSU RPT3
564 Strength and Fitness Training for Softball (1) UC:CSU RPT3
565 Intercollegiate Sports - Strength and Fitness Training for Badminton (1) UC:CSU RPT3
571 Conditioning for Cheerleading (1) UC:CSU RPT3

COURSE DESCRIPTIONS

102 Swimming Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
Introduction to the fundamentals of swimming and water safety. Development of basic swimming skills and endurance. Students will be assessed and grouped according to ability level. Level 1: water exploration, adjustment Level 2: primary skills, beginning stroke development Level 3: stroke readiness Level 4: stroke development Level 5: stroke refinement Level 6: skill proficiency Level 7: advanced skills.

105 Diving Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
A course in beginning to intermediate springboard diving, using fundamentals of diving and advances to more complicated maneuvers.

122 Aqua Exercise (1) UC:CSU RPT3
Laboratory, 2 hours.
This course is designed to develop physical fitness by utilizing the water as resistance to firm and tone the various parts of the body, and to make each student water safe.

131 Aqua Aerobics (1) UC:CSU RPT3
Laboratory, 5 hours.
This fitness conditioning class is held in the shallow end of the pool and consists of a series of exercises and aerobic dance steps in conjunction with stretching and body dynamics to help promote cardiovascular and muscular fitness.

203 Badminton Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course develops the fundamental skills of Badminton including basic strokes, rules of the game, and singles and doubles patterns of play and strategy. Badminton is an anaerobic/aerobic activity which as a result increases endurance and physical fitness.

212 Tennis Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course is designed to provide theory and instruction in the fundamental skills of tennis. Instruction and practice play is arranged to all levels of play. Fundamentals and related knowledge of all aspects of the game are presented through lecture, demonstration, group and individual drills, analysis, singles and doubles situations as well as competitive single and double matches. Emphasis is also placed on nutrition and physical fitness.

222 Racquet Ball Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
Instruction in racquet ball includes (1) rules, (2) techniques, (3) terminology and (4) basic skills for enjoyment of leisure time and achievement of stress management.

228 Body Conditioning (1) UC:CSU RPT3
Laboratory, 2 hours.
This course offers low impact “aerobics” and stretch exercises for the entire body. A fitness test is given with emphasis placed on individual improvement. Other components of conditioning such as weight training, nutrition, weight control, and methods of relaxation are included.

229 Body Dynamics (1) UC:CSU RPT3
Laboratory, 2 hours.
The course instructs the student to develop his/her own physical fitness program at any time in life based upon principles of physiology of exercise and nutrition.

230 Weight Training Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course covers the principles of weight training for men and women. It develops a general program of progressive resistance exercises with adaptation and implications for the individual student. Attention is given to terminology, use of equipment, safety precautions, nutrition and weight control, and basic factors of anatomy and physiology.

238 Self-Defense Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This basic course in self defense is designed to help students become aware of danger and prepare themselves to live comfortably and securely in our society.

259 Golf Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course provides instruction in the theory, technique, etiquette, and practice of golf.
This course offers instruction in the intermediate and intercollegiate competition consistent with advanced team or tournament play. This course focuses on knowledge and skill development for basic track and field skills.

323 Cardiokickboxing Fitness (1) UC:CSU RPT3
Laboratory, 2 hours.
This course is designed to provide cardiovascular fitness, muscular strength and endurance, and flexibility by using kickboxing and a variety of strength training and stretching techniques. Basic blocks, kicks, and punches are utilized to obtain cardiovascular efficiency and strength. Basic anatomy and physiology along with nutrition and fitness are discussed. No prior experience is necessary. All fitness levels welcomed.

333 Pilates Skills (1) UC:CSU RPT3
Laboratory, 2 hours.
This course focuses on alignment, articulation and range of movement through a series of floor exercises, optimizing a postural alignment and muscular balance to enable maximum range of movement for body strength and flexibility. Appropriate modifications for specific fitness levels are considered. This class is easy to follow and includes instruction and understanding of pilates methods and exercises utilizing safe (and popular) pilates exercises.

341 Seniorcise (1) UC:CSU RPT3
Laboratory, 2 hours.
This course provides a combination of fitness activities especially tailored to address the needs and interests of seniors. Aerobics, weight training, stretching, walking, and other activities are included in this course.

342 Tai Chi Do (1) UC:CSU RPT3
Laboratory, 2 hours.
This course is based on traditional Tai Chi movements. It combines fitness, performance, and practical self defense. Deep meditation, deep breathing exercises and philosophy are covered. Other aspects of Chinese Martial Arts are also included.

343 Advanced Badminton (1) UC:CSU RPT3
Laboratory, 3 hours.
This course consists of advanced skills, drills, and strategies of the game of badminton consistent with advanced team or tournament play.

470 Step Aerobics Activity (1) UC:CSU RPT3
Laboratory, 2 hours.
This course deals with low impact exercises using steps. Such exercises help improve cardiovascular fitness, muscular strength and endurance without the bouncing stress of high impact aerobics. Proper nutrition, diet, heart rate measurements, and conditioning exercises are included.

500 Basketball Theory (3) UC:CSU RPT1
Lecture, 2 hours; Laboratory, 2 hours.
The course will help the advanced basketball student to acquire more depth and breadth of the various offensive and defensive theories in the sport of basketball. Analysis of strategies and outcomes are emphasized.

INTERCOLLEGIATE SPORTS

502 Badminton (3) UC:CSU RPT2
Laboratory, 10 hours.
This course offers instruction in the intermediate and advanced techniques of badminton. The opportunity to learn strategies and the finer points of doubles and singles play is provided. Rigorous physical conditioning skills, practice and intercollegiate competition is part of the course activities.
This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for basketball.

518 Wrestling (3) UC:CSU RPT2
Laboratory, 10 hours.
This course offers instruction in the intermediate and advanced techniques of wrestling. The opportunity to learn strategies and the finer points of wrestling is provided. Rigorous physical conditioning skills, practice and intercollegiate competition is a part of the course activities.

534 Cheerleading Techniques (2) UC:CSU RPT3
Laboratory, 6 hours.
This course focuses on cheerleading motion techniques, cheers, chants, jumps, stunt techniques, and performance routines. Students are required to attend/perform at athletic events as part of the course requirement. This is the official class of the East Los Angeles College Cheerleading squad.

551 Drill Team (2) UC:CSU RPT3
Laboratory, 6 hours.
This course develops techniques and provides practice in drill patterns, drill team dance patterns, and drill team routines. Students are required to perform at selected athletic events and/or drill team competitions as part of the course requirement.

552 Athletics Pre-Season Conditioning (1) UC:CSU RPT2
Laboratory, 3 hours.
This course is designed for the student athlete to cover the following areas: (1) The analysis and training of athletic skills; (2) Analysis of offensive and defensive systems; (3) Physical conditioning, strength training and aerobic conditioning.

553 Strength and Fitness Training for Football (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for football.

554 Strength and Fitness for Track and Field (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to provide focused strength and conditioning exercises, with an emphasis on safety and injury prevention, and new rules and field event techniques.

555 Strength and Fitness Training for Cross Country (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises, with an emphasis on safety, injury prevention, and new rules and distance running techniques for Cross Country.

556 Strength and Fitness Training for Basketball (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for basketball.
This course is designed to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for baseball.

**558 Strength and Fitness Training for Soccer (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed for the student athlete and is intended to provide focused strength and conditioning exercises with an emphasis on safety, injury prevention, and new rules and game plays for soccer.

**560 Strength and Fitness Training for Competitive Swimming (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed to provide focused strength and conditioning exercises, with an emphasis on safety and injury prevention, and new rules and stroke techniques for competitive swimming.

**561 Strength and Fitness Training for Water Polo (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed to provide focused strength and conditioning exercises, with an emphasis safety and injury prevention, and new rules and game plays for water polo.

**562 Strength and Fitness Training for Wrestling (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed to provide focused strength and conditioning exercises, with an emphasis on safety and injury prevention, and new rules and movement for wrestling.

**563 Strength and Fitness Training for Volleyball (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed to provide focused strength and conditioning exercises, with an emphasis on safety and injury prevention, and new rules and movement for volleyball.

**564 Intercollegiate Sports-Strength and Fitness Training for Softball (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course provides an advanced strength and conditioning program specific to softball, emphasizing injury prevention and safety. The student also learns intense strategic plays necessary for competition at advanced levels.

**565 Intercollegiate Sports - Strength and Fitness Training for Badminton (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course provides an advanced strength and conditioning program specific to badminton, emphasizing injury prevention and safety. The student also learns intense strategic plays necessary for completion at advanced levels.

**571 Conditioning for Cheerleading (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course develops knowledge and provides skills to condition the body for dance. In addition to exploring various conditioning programs, it offers an opportunity to enhance cheerleading techniques.

**600 Pilates (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course focuses on alignment, articulation and range of movement through a series of floor exercises, thus optimizing postural alignment and muscular balance to enable maximum range of movement for body strength and flexibility. Appropriate modifications for specific fitness levels are considered.

**627 Backpacking (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course introduces the student to the fundamental techniques of backpacking. Conditioning, a survey of equipment, orienteering, hiking safety, first aid and campsite preparation will be covered. Field trips will be planned.

**628 Swim and Run for Fitness (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course develops cardiovascular conditioning and fitness through running and swimming laps. It enables students to gain awareness of the importance of proper running techniques/postural alignment, including progressive resistance training and conditioning for the purpose of training for a triathlon. Nutrition and concepts of fitness are also covered.

**629 Bicycle Spinning Activity (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course will develop and improve both cardiovascular endurance and leg strength. Intensity of workouts will vary. Heart rate monitors will be used.

**630 Aerobic Super Circuit Laboratory (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

Using fundamentals of exercise physiology, each student assesses his/her level of fitness, develops a fitness profile, and designs and implements a personalized exercise program.

**631 Stress Management Techniques (1)**
**CSU RPT3**
Laboratory, 3 hours.

This course examines and identifies the effects of stress on our society and in particular on the individual. Several different systems of knowledge such as: yoga, breathing techniques, visual imagery and tension-relieving exercises are taught to help the student manage stress in her/his daily life.

**640 Beginning Lifelong Fitness Laboratory (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This physical fitness laboratory course assesses the areas of cardiovascular efficiency, body composition, muscular strength, endurance and flexibility.

**642 Adapted Fitness (1)**
**UC:CSU RPT3**
Laboratory, 3 hours.

This course is designed to meet the needs of students with disabilities who require restricted or modified activities. Individualized exercise programs will be performed by students with instruction emphasizing the basic elements of physical fitness and training principles.
643 Adapted Strength Training (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to meet the needs of students with disabilities who require restricted or modified activities. Individualized exercise programs will be performed by students with instructional emphasis placed on strength training principles and techniques.

644 Adapted Swimming and Hydroexercise (1)
UC:CSU RPT3
Laboratory, 3 hours.
This course meets the needs of students with disabilities requiring restricted or modified activities. Individualized exercise programs focus on basic swimming and water safety skills. Hydroexercise programs emphasize physical fitness, buoyancy, and hydrodynamic resistance principles.

645 Adapted Aerobics (1) UC:CSU RPT3
Laboratory, 3 hours.
This course enables students with disabilities requiring restricted or modified activities to participate in individualized aerobic exercise programs.

646 Adapted Cardiovascular Fitness (1) UC:CSU RPT3
Laboratory, 3 hours.
This course meets the needs of students with disabilities who can benefit from individualized cardiovascular endurance training. Development of cardiovascular endurance through the use of bicycle ergometers is the major focus of the course.

662 Badminton (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is an introduction to the basic skills of the indoor racket sport badminton. Rules, etiquette, basic strokes and strategies are covered for singles and doubles. Badminton is an anaerobic/aerobic activity which as a result increases endurance and physical fitness.

663 Baseball Skills Activity (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to provide instruction in skills and techniques of baseball. Rules and offensive and defensive team play are taught by drills and game play.

665 Basketball (1) UC:CSU RPT3
Laboratory, 3 hours.
This course acquaints the student with the rules, skills, and strategy of basketball. Both offensive and defensive basketball are emphasized. Drills and games make up the class activity.

667 Flag Football Skills Activity (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to provide weekly participation in vigorous physical activity involving group work in Flag Football techniques, terminology, rules, and regulations.

668 Body Dynamics Activity (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to provide challenging fitness activity, by combining strength exercises with endurance steps (rhythmical movements). Emphasis is placed on aerobics to significantly increase the efficiency with which oxygen is processed and delivered throughout the body.

671 Diving Skills and Theory (1) UC:CSU RPT3
Laboratory, 3 hours.
This course introduces the theory and practice of diving drills necessary to use the One- and Three-meter diving boards. Emphasis is placed on analysis and performance of basic dives.

672 Step Aerobics and Weight Training (1) UC:CSU RPT3
Laboratory, 3 hours.
This course consists of a combination of strength training, the use of weight training machines, step aerobics, and low impact aerobics. These activities are utilized to gain fitness, emphasizing stretch, strength, and endurance.

673 Step Aerobics (1) UC:CSU RPT3
Laboratory, 3 hours.
This is a low impact aerobic course designed to protect the body from the overstress of bouncing impact during exercise. Instruction is designed to improve cardiovascular fitness, and also strengthen select muscle groups.

675 Karate (1) UC:CSU RPT3
Laboratory, 3 hours.
This course presents basic concepts needed in the performance of karate. Defensive and offensive movements of blocks, kicks, punches and stances are covered emphasizing proper form and etiquette.

676 Self Defense (1) UC:CSU RPT3
Laboratory, 3 hours.
This is a basic course in self-defense. It is designed to assist students in becoming more aware of personal dangers and to better equip themselves to live more comfortably and securely within society.

677 Soccer (1) UC:CSU RPT3
Laboratory, 3 hours.
This soccer course emphasizes patterns of team play rules and regulations, plus game strategy. Basic ball handling skills along with vigorous physical conditioning are developed by individual and group drills and by playing the game of soccer.

678 Softball (1) UC:CSU RPT3
Laboratory, 3 hours.
This course provides instruction in softball techniques, rules and skills.

679 Golf Skills Activity (1) UC:CSU RPT3
Laboratory, 3 hours.
This course provides instruction in the theory, technique, etiquette and practice of golf.

681 Table Tennis (1) UC:CSU RPT3
Laboratory, 3 hours.
This course offers instruction and practice in fundamental table tennis skills, basic techniques, and rules.

682 Tennis (1) UC:CSU RPT3
Laboratory, 3 hours.
This course is designed to introduce the student to the game of tennis. The skills of forehand, backhand, volley, ground strokes, and serving are emphasized. Individual and doubles strategies are taught.
This course develops fitness skills and cardiovascular conditioning through cross country activities. The emphasis on stretching activities, running bio-mechanics, and a variety of pacing skills will enable the student to learn, experience and gain cross country running fitness.

725 Aspects of Substance Abuse in Athletics (2) UC:CSU
(UC credit limit: 8 units from Physical Education 708, 709, 710, 711, 712, 713, 725)
Lecture, 2 hours.
An in-depth analysis of the aspects of substance use, abuse and treatment in our society related to athletes. The course identifies and illustrates how drugs are utilized and abused, their physical and psychological effects, and their addictive potential.

726 Steps to Success (3) CSU
Lecture, 3 hours.
This course introduces the Physical Education major and student athlete to techniques and skills necessary to succeed in the college setting. Emphasis is placed on eligibility rules, career planning, transfer information, and social issues involved in athletics.

742 Cardio Kickboxing (1) UC:CSU RPT3
Laboratory, 3 hours.
A laboratory physical education fitness course designed to improve the areas of cardiovascular efficiency and muscular strength using kickboxing techniques.

185 Directed Study - Physical Education (1) CSU RPT2
Credit Limit: A maximum of 6 units in Directed Study may be taken for credit.

PHYSICAL EDUCATION MAJORS (P.E.)

Classes open to all students as well as physical education majors.

701 Advanced Lifesaving (2) UC:CSU RPT3
Lecture, 1 hour; Laboratory, 2 hours.
This course encompasses the knowledge and skills essential for personal safety in and on the water and includes training to assist or rescue a person in danger of drowning. Students satisfactorily completing this course receive lifeguard training cards from the American National Red Cross. Written and practical exams are given.

702 Water Safety Instruction (3) UC:CSU
(UC credit limit: Maximum credit 8 units.)
Lecture, 2 hours; Laboratory, 2 hours.
This American Red Cross water safety instructor certification course teaches individuals how to instruct students in all levels of swimming and water safety skills. A qualifying swim test is required, and an ARC-WSI certificate is granted upon successful course completion.

707 Sports Medicine Clinic Practicum (2) CSU
Lecture, 1 hour; Laboratory, 3 hours.
This course provides experience in the administration of management, prevention, and treatment of athletic injuries. The content of this course includes dramatizing the procedures for the evaluation of sports-related injuries. This hands-on course enables students to practice and be evaluated on their ability, skill, and knowledge of sports-related injuries.
708 Care and Prevention of Athletic Injuries (3) UC:CSU
(UC credit limit: 8 units from Physical Education 708, 709, 710, 711, 712, 713, 725)
Lecture, 2 hours; Laboratory, 2 hours.
This course teaches the principles, techniques, and ethics used by the athletic trainer in the care and prevention of athletic injuries. The scope of this class includes identification of common athletic injuries, their causes and preventative measures, first aid treatment, and associated follow-up care.

709 Advanced Care and Prevention of Athletic Injuries (3) UC:CSU
Prerequisite: Physical Education 708.
(UC credit limit: 8 units from Physical Education 708, 709, 710, 711, 712, 713, 725)
Lecture, 2 hours; Laboratory, 2 hours.
This course is an advanced coverage of prevention and care of athletic injuries, using the principles of athletic training. Advanced aspects of identifying sports-related injuries are emphasized along with advanced rehabilitation techniques.

710 Officiating Competitive Sports I (2) UC:CSU
(UC credit limit: 8 units from Physical Education 708, 709, 710, 711, 712, 713, 725)
Lecture, 1 hour; Laboratory, 2 hours.
Topics presented in this course include theory, practice and techniques of officiating in various activities in the sports of football, basketball, soccer, cross country, track and field, and other Fall sports.

711 Officiating Competitive Sports II (2) UC:CSU
(UC credit limit: 8 units from Physical Education 708, 709, 710, 711, 712, 713, 725)
Lecture, 1 hour; Laboratory 2 hours.
Topics presented in this course include theory, practice and techniques of officiating various activities in the sports of baseball, softball, swimming, tennis, and other Spring sports.

712 Introduction to Physical Education (3) UC:CSU
(UC credit limit: Maximum credit 8 units.)
Lecture, 3 hours.
This course surveys the significance of Physical Education in school programs, analyzes established standards of professional ethics, and reviews personal interests and qualifications necessary for successful leadership in this field. Emphasis is placed on career opportunities, history, philosophy, current trends, and curriculum development.

713 Introduction to Coaching Athletics (3) UC:CSU
(UC credit limit: Maximum credit 8 units.)
Lecture, 3 hours.
This course presents a comprehensive study of the organization and techniques of coaching athletic activities. Topics include facilities, management, budget, coaching techniques, philosophies and administration.

PHYSICAL FITNESS AND BODY MOVEMENT (PHYSFIT)

350 Chinese Martial Arts (1) UC:CSU RPT3
Laboratory, 2 hours.
This class introduces the principles, training and self-defense techniques of Chinese Martial Arts (more popularly known as “Kung fu”). The social, historical and philosophical aspects of this traditional sport are also covered.

375 Tai Chi (1) UC:CSU RPT3
Laboratory, 2 hours.
Students learn to apply Tai Chi concepts in their daily activities for a harmonious lifestyle. Students are coached according to their abilities and experiences.