

ATHLETICS (ATHL)

ATHL 18 - Fundamentals of Football (0 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lab

This course is designed to improve the physical conditioning and athletic skills of individuals interested in intercollegiate football competitions. Students develop individual and team skills and current football strategies. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

GE Credit: MPC E1 Wellness

ATHL 20.1 - Skill Development for Baseball (2 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 102 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate baseball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.10 - Skill Development for Volleyball (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab

Students learn individual and team skills appropriate for intercollegiate volleyball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.11 - Skill Development for Soccer - Men (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate soccer. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.12 - Skill Development for Soccer - Women (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate soccer. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.2 - Skill Development for Basketball - Men (0-1 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-68 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate basketball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.3 - Skill Development for Basketball - Women (0-1 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-68 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate basketball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.4 - Skill Development for Football (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab

Students learn physical conditioning and basic skills appropriate for intercollegiate football. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.5 - Skill Development for Golf (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students develop advanced skills appropriate for intercollegiate golf competition. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.6 - Skill Development for Softball (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 76.5 hours lab
Students learn physical conditioning and basic skills appropriate for intercollegiate fastpitch softball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.8 - Skill Development for Tennis (0 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lab
Students learn tournament play, advanced techniques, singles and doubles tactics and strategies appropriate for intercollegiate tennis. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 20.9 - Skill Development for Track and Field (2 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 102 hours lab
Students learn physical conditioning and development of skills appropriate for intercollegiate track and field. May be taken four times for credit. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 21 - Competitive Golf (0 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lab
This course is designed to build the skills and techniques required for playing competitive golf. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

GE Credit: CSU E Lifelong Learning and Self-Development; MPC E1 Wellness

ATHL 29 - Varsity Athletic Conditioning (0 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lab
This course is designed to improve the cardiovascular endurance, muscular strength, flexibility, and athletic skills of individuals interested in intercollegiate competition. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

GE Credit: MPC E1 Wellness

ATHL 30.1 - Intercollegiate Basketball: Women (1 unit)

Letter Grade (LG) Only • Total hours: 85 hours lab
This course provides practice and competition in intercollegiate basketball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 30.2 - Intercollegiate Softball: Women (3 units)

Letter Grade (LG) Only • Total hours: 170 hours lab
This course provides practice and competition in intercollegiate softball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 30.3 - Intercollegiate Volleyball: Women (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate volleyball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 30.4 - Intercollegiate Tennis: Women (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate tennis. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 30.6 - Intercollegiate Soccer: Women (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate soccer. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 30.7 - Intercollegiate Beach Volleyball: Women (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate beach volleyball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 31.1 - Intercollegiate Football: Men (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice, instruction, and competition in intercollegiate football. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 31.2 - Intercollegiate Basketball: Men (1 unit)*Letter Grade (LG) Only • Total hours: 86 hours lab*

This course provides practice and competition in intercollegiate basketball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 31.3 - Intercollegiate Baseball: Men (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate baseball. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 31.4 - Intercollegiate Golf: Men (3 units)*Letter Grade (LG) Only • Total hours: 170 hours lab*

This course provides practice and competition in intercollegiate golf. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 31.5 - Intercollegiate Soccer: Men (3 units)

Letter Grade (LG) Only • Total hours: 170 hours lab

This course provides practice and competition in intercollegiate soccer. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 32.1 - Intercollegiate Track and Field: Women and Men (3 units)

Letter Grade (LG) Only • Total hours: 170 hours lab

This course provides practice and competition in Intercollegiate track and field. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 32.4 - Intercollegiate Cross Country: Women and Men (3 units)

Letter Grade (LG) Only • Total hours: 170 hours lab

This course provides practice and competition in intercollegiate cross country for both men and women. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 61A - Elements of Football I (0 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34 hours lab

This course provides physical conditioning and applies it to offensive and defensive techniques required for intercollegiate football. The course includes the video review of past performance to focus on aspects of training that will improve individual performance in competition. Portions of instruction may be offered online; may also be offered fully online.

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Repeatable: Repetition, up to four semesters, is necessary for participation in intercollegiate athletics

Credit transferable: Transfers to CSU & UC

UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units

ATHL 90 - Independent Study (0-4 units)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5-204 hours lab

Independent study in athletics. This course provides a framework for this academic discipline, which is designed to enrich the student's experience beyond current curriculum offerings. When the student has identified an instructor to supervise his/her program of study, the agreement is recorded on a form available in the Admissions and Records Office. Portions of instruction may be offered online; may also be offered fully online.

Advisory: Completion of or concurrent enrollment in ENGL 1A or ENGL 1AE

Enrollment limitation(s): Initial tryout required to determine possession of appropriate skill level for safe participation.

Credit transferable: Transfers to CSU