

PHYSICAL EDUCATION

Physical Education (PHED)

PHED 2A - Golf I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
Students develop skill and knowledge of the basic swing, equipment, and rules and etiquette of golf at a beginning level. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 2B - Golf II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This is a continuation of PHED 2A. Students develop intermediate level golf skills and learn course play including sand shots. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 2A

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

PHED 2C - Golf III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 2B. It is designed for intermediate/advanced golfers. Topics covered include swing technique for various types of golf shots, course etiquette, and course management at an intermediate/advanced level. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 2B

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

PHED 2D - Golf IV (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 2C. This course is designed for advanced golfers. Topics covered include swing technique for various types of golf shots, course etiquette, and course management at an advanced level. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 2C

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

PHED 5A - Tennis I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
Students are introduced to the development of beginning techniques and skills of tennis strokes used in playing singles, doubles, and mixed doubles. The course includes knowledge, philosophy, and strategy used in playing tennis singles, doubles, and mixed doubles. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 5B - Tennis II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This is a continuation of PHED 5A. Students develop intermediate competency in the forehand and backhand strokes and are introduced to the lob, overhead smash, and volley. Intermediate singles, doubles, and mixed doubles strategies are included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 5A

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

PHED 5D - Tennis III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 5B. Students refine intermediate tennis skills and learn intermediate/advanced techniques and strategies in singles and doubles. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 5B

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

PHED 5E - Tennis IV (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 5D. It includes physical conditioning for competitive play, continued advanced development of power and control in all ground strokes and serves, advanced offensive and defensive tactics, mental preparation for greater success, and performance under pressure. Students engage in competitive singles and doubles play. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 5D

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

PHED 6A - Soccer I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
Students are led to develop beginning level skills in the various offensive and defensive techniques of soccer. Included in this course are rules, team strategy, and team play. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 6B - Soccer II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 6A. Students develop intermediate level skills in offensive and defensive soccer techniques. Intermediate level soccer strategies for team play are introduced. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 6A (or PHED 6)
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

PHED 6C - Soccer III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PHED 6B. Students learn advanced offensive and defensive soccer skills and strategy, including advanced concepts for team play. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 6B
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

PHED 7A - Swimming I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is designed for non-swimmers to develop Red Cross beginning swimming skills - physical and mental adjustment to the water, buoyancy and water position, and front and back stroke. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 7B - Swimming II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PHED 7A. Students develop Red Cross intermediate swimming skills including treading water, front and back crawls, and breaststroke. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 7A
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

PHED 9A - Pickleball I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students are introduced to the development of beginning techniques and skills for playing pickleball. The course will include rules and strategies for singles and doubles play. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 9B - Pickleball II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This class is a continuation of PHED 9A. Students develop intermediate competency in the forehand and backhand strokes and are introduced to the lob, overhead smash, volley, and dinks. Intermediate singles, doubles, and mixed doubles strategies are included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 9A
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

PHED 9C - Pickleball III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This class is a continuation of PHED 9B. Students develop intermediate/advanced competency in forehand and backhand strokes, lob, overhead smash, volley, dinks, and third shot drops. Intermediate/advanced singles, doubles and mixed doubles strategies are included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 9B
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

PHED 9D - Pickleball IV (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This class is a continuation of Pickleball III. Students develop advance competency in forehand and backhand strokes, lob, overhead smash, volley, dinks, third shot drops and around the post. Advanced singles, doubles and mixed doubles strategies are included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 9C
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

PHED 10A - Flag Football I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is designed to give the student an opportunity to review and practice the basic fundamental skills relative to the game of flag football. The students will also improve areas for fitness needed to successfully complete these skills. Competitive games will be played. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 10B - Flag Football II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of Flag Football I. This course is designed to give the student an opportunity to review and practice the fundamental skills relative to the game of flag football at a beginning/intermediate level. The students will also improve areas for fitness needed to successfully complete these skills. Competitive games will be played. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 10A
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

PHED 12B - Competitive Swimming I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students learn physical conditioning, skill development and knowledge of racing and training strategy of competitive swimming. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 12C - Competitive Swimming II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students develop swimming skills and physical conditioning appropriate for competitive swimming at the intermediate level. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 12B
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

PHED 12D - Competitive Swimming III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students develop swimming skills and physical conditioning appropriate for competitive swimming at an intermediate/advanced level. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 12C
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

PHED 12E - Competitive Swimming IV (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students develop swimming skills and physical conditioning appropriate for competitive swimming at an advanced level. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 12D
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

PHED 15A - Volleyball I (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
Students develop beginning skills in the various offensive and defensive techniques of volleyball. This course also includes review of rules and basic offensive and defensive concepts for team play. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 15B - Volleyball II (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of Volleyball I. Students develop intermediate skills and strategies of volleyball, including coed and two-person competition. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 15A
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

PHED 15D - Volleyball III (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PHED 15B. Students develop intermediate/advanced skills and strategies in volleyball. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 15B
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

PHED 15E - Volleyball IV (1 unit)

Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PHED 15D. Students learn advanced skills and strategies for competitive volleyball. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 15D
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

PHED 22A - Introduction to Basketball (1 unit)

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

This course is an introduction to the development of individual and team skills and knowledge. A special emphasis is placed on fundamentals of offense and defense. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 22B - Intermediate Basketball (1 unit)

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

This course is a continuation of PHED 22A. Students are introduced to the intermediate level of development of individual and team skills and knowledge. A special emphasis is placed on fundamentals of offense and defense. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 22A

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

PHED 22C - Intermediate/Advanced Basketball (1 unit)

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

This course is a continuation of PHED 22B. Students are introduced to the intermediate/advanced level of development of individual and team skills and knowledge. A special emphasis is placed on intermediate/advanced fundamental skill sets of offense and defense. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 22B

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

PHED 22D - Advanced Basketball (1 unit)

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

This course is a continuation of PHED 22C. Students are introduced to the advanced level of development of individual and team skills and knowledge. A special emphasis is placed on advanced fundamentals of offense and defense. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 22C

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

PHED 23A - Martial Arts/Self-Defense I (1 unit)

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

This course introduces the beginning skills, strategies, and tactics of self-defense. It provides students the opportunity to develop beginning skills of martial arts including karate, jiu jitsu, and MMA. Students may have the opportunity for belt ranking. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 23B - Martial Arts/Self-Defense II (1 unit)

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

This course is a continuation of PHED 23A. It introduces the intermediate skills, strategies, and tactics of self-defense. It provides students the opportunity to develop intermediate skills of martial arts including karate, jiu jitsu, and MMA. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 23A

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

PHED 23C - Martial Arts/Self-Defense III (1 unit)

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

This course is a continuation of PHED 23B. It introduces the intermediate-advanced skills, strategies, and tactics of self-defense. It provides students the opportunity to develop intermediate-advanced skills of martial arts including karate, jiu jitsu, and MMA. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 23B

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

PHED 23D - Martial Arts/Self-Defense IV (1 unit)

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

This course is a continuation of PHED 23C. It introduces the advanced skills, strategies, and tactics of self-defense. It provides students the opportunity to develop advanced skills of martial arts including karate, jiu jitsu, and MMA. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 23C

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

PHED 24A - Beach Volleyball I (1 unit)

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

This course provides instruction in the skills and strategies of beach volleyball for the beginning student. Portions of instruction may be offered online; may also be offered fully online.

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

PHED 24B - Beach Volleyball II (1 unit)

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

This course is a continuation of PHED 24A. It provides instruction in the skills and strategies of beach volleyball for the intermediate student.

Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PHED 24A

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

PHED 24C - Beach Volleyball III (1 unit)

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

This course provides instruction in the skills and strategies of beach volleyball for the intermediate/advanced student. Portions of instruction

may be offered online; may also be offered fully online.

Prerequisite(s): PHED 24B

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

PHED 24D - Beach Volleyball IV (1 unit)

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

This course provides instruction in the skills and strategies of beach volleyball for the advanced student. Portions of instruction may be

offered online; may also be offered fully online.

Prerequisite(s): PHED 24C

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

PHED 90 - Independent Study (0.5-4 units)

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

This course provides a framework for this academic discipline, which is designed to enrich the student's experience beyond current curriculum offerings. The program of study, research, reading, or activity is tailored to student needs and interests. When the student has identified an instructor to supervise their 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

Credit transferable: Transfers to CSU