PHYSICAL FITNESS

Physical Fitness (PFIT)

PFIT 2 - Core Fitness Training (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is designed to provide strengthening and stretching exercises that improve spine stabilization and core conditioning. It is beneficial for improved athletic performance, activities of daily living, and injury prevention. 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: MPC 7.1 Wellness

PFIT 6 - Cross-Training (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is designed to develop aerobic fitness by concurrently training in two or more endurance activities (walking, running, biking, elliptical) combined with muscular endurance exercises. Emphasis is placed on the use of multiple aerobic activities plus muscular endurance exercises. 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: MPC 7.1 Wellness

PFIT 7 - Distance Training (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is designed to develop aerobic endurance through various types of distance training and interval training activities. 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: MPC 7.1 Wellness

PFIT 8 - Aerobic Conditioning (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course focuses on the physiological principles of aerobic conditioning. Instruction is provided in physical adaptations to exercise, program design, and application and evaluation through testing and behavior modification. Activities are designed to accommodate individual students and their goals. 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: MPC 7.1 Wellness

PFIT 9 - Personal Fitness (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course provides activities and information designed to increase individual fitness level of students. It includes cardiovascular training, resistance training, flexibility exercises, nutrition, and individualized fitness programs. 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: MPC 7.1 Wellness

PFIT 10A - Beginning Weight Training (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5-51 hours lab
This course offers beginning weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. 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: MPC 7.1 Wellness

PFIT 10B - Intermediate Weight Training (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5-51 hours lab
This course is a continuation of PFIT 10A. It offers intermediate weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 10A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 10C - Advanced Weight Training (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5-51 hours lab
This course is a continuation of PFIT 10B. It offers advanced weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 10B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 14 - Exercise for Health and Fitness (0.5 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 25.5 hours lab
Students are introduced to exercise programs designed to increase their fitness levels. The programs may include aerobic conditioning, strength training, and flexibility activities. The activities required are suitable for varying levels of fitness. 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: MPC 7.1 Wellness

PFIT 15A - Core Matwork I (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course offers an introduction to beginning body conditioning based on the method of Joseph Pilates. Designed for beginning fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction and unity of body and mind. 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: MPC 7.1 Wellness

PFIT 15B - Core Matwork II (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 15A. It continues the study of body conditioning based on the method of Joseph Pilates at an intermediate level. Designed for varying fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 15A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 15C - Core Matwork III (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 15B. It continues the study of body conditioning based on the method of Joseph Pilates at an intermediate/advanced level. Designed for varying fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 15B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 15D - Core Matwork IV (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 15C. It continues the study of body conditioning based on the method of Joseph Pilates at an advanced level. Designed for varying fitness levels and abilities, Pilates is a system of strengthening and stretching exercises that tone muscles, provide flexibility and balance, improve posture, and promote stress reduction. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 15C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 16A - Tai Chi I (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course offers a series of slow, gentle movements at a beginning level to promote a deeper relationship to the body that increases health, strength, and flexibility if practiced regularly. Class includes beginning exercises for relaxation, deep breathing, and centering. 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: MPC 7.1 Wellness

PFIT 16B - Tai Chi II (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 16A. It includes a series of slow, gentle movements done at an intermediate level to promote a deeper relationship to the body that increases health, strength, and flexibility if practiced regularly. Class includes exercises at an intermediate level for relaxation, deep breathing, and centering. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 16A (or MASD 16A)
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 16C - Tai Chi III (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 16B. It includes a series of slow, gentle movements done at an intermediate/advanced level that promote a deeper relationship to the body and increase health, strength, and flexibility if practiced regularly. Class includes intermediate/advanced exercises for relaxation, deep breathing and centering. A focus on hand movements is included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 16B (or MASD 16B)
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 16D - Tai Chi IV (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This is a continuation of PFIT 16C. It includes a series of slow, gentle movements done at an advanced level to promote a deeper relationship to the body that increases health, strength, and flexibility if practiced regularly. Class includes exercises at an advanced level for relaxation, deep breathing and centering. All 21 Tai Chi forms are used. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 16C (or MASD 16C)
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 17A - Yoga I (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course offers an introduction to the principles and practice of yoga for a variety of fitness levels and abilities. Through the practice of beginning level poses and breathing techniques, students relieve stress, promote relaxation, and increase flexibility and strength. 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: MPC 7.1 Wellness

PFIT 17B - Yoga II (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
A continuation of PFIT 17A, this course offers students of varying fitness levels and abilities the principles and practices of yoga at an intermediate level. Through the practice of poses or asanas and breathing techniques, students increase flexibility and strength, promote mindfulness and relaxation, and reduce stress. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 17A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 17C - Yoga III (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
A continuation of PFIT 17B, this course offers students the principles and practices of yoga at an intermediate/advanced level. Through the practice of poses or asanas and breathing techniques, students increase flexibility and strength, promote mindfulness and relaxation, and reduce stress. Appropriate for varying fitness levels and abilities. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 17B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 17D - Yoga IV (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
A continuation of PFIT 17C, this course offers students the principles and practices of yoga at an advanced level. Through the practice of poses or asanas and breathing techniques, students increase flexibility and strength, promote mindfulness and relaxation, and reduce stress. Increases flexibility and strength, promotes mindfulness and relaxation, and reduces stress. Appropriate for varying fitness levels and abilities. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 17C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 18A - Aerobic Fitness I (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course offers beginning aerobic exercises and dance routines to music. It is designed for varying fitness levels and abilities to strengthen and tone the body, assist in weight loss, and increase endurance for students of varying abilities. 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: MPC 7.1 Wellness

PFIT 18B - Aerobic Fitness II (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 18A. It offers intermediate-level aerobic exercises and dance routines to music designed for varying fitness levels and abilities. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 18A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 18C - Aerobic Fitness III (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 18B. It covers intermediate/advanced aerobic exercises and dance routines to music applicable for varying fitness levels and abilities. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 18B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 18D - Aerobic Fitness IV (0.5-1 units)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 34-51 hours lab
This course is a continuation of PFIT 18C. It offers advanced aerobic exercises and dance routines to music appropriate for varying fitness levels and abilities. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 18C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 19A - Body Sculpting I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is designed for varying fitness levels and abilities. Students are introduced to beginning muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. 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: MPC 7.1 Wellness

PFIT 19B - Body Sculpting II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 19A. Students are introduced to intermediate muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 19A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 19C - Body Sculpting III (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 19B. Students are introduced to intermediate/advanced muscle resistance exercises and flexibility activities with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. This course is appropriate for varying fitness abilities and levels. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 19B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 19D - Body Sculpting IV (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 19C. Students are introduced to advanced-level muscle resistance exercises and flexibility activities, with an emphasis on proper technique and alignment. Students improve muscle endurance, core strength, and functional movement. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 19C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 20 - Circuit Training (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course provides resistance training for muscular strength and endurance, alternating with cardiovascular/aerobic training for a total body workout. 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: MPC 7.1 Wellness

PFIT 21A - Flexibility and Relaxation Techniques I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
In this course, students learn movement principles related to flexibility and stretching exercises at the beginning level. The course includes discussion of psychological and physiological causes of tension and stress as well as stress-reduction and relaxation exercises. 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: MPC 7.1 Wellness

PFIT 21B - Flexibility and Relaxation Techniques II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 21A. It includes an intermediate stretching and flexibility program for the development of joint flexibility and muscle suppleness. The course combines an intermediate level of core strengthening, flexibility, balance, and relaxation exercises. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 21A (or PFIT 21)
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 21C - Flexibility and Relaxation Techniques III (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 21B. It includes an advanced stretching and flexibility program for the development of joint flexibility and muscle suppleness. The course combines an advanced level of core strengthening, flexibility, balance, and relaxation exercises. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 21B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 22A - Fitness Through Swimming I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is designed to improve the level of physical fitness of beginning students by guiding them individually through a progressive conditioning program in swimming. Portions of instruction may be offered online; may also be offered fully online.

Advisory: PHED 7B or intermediate swimming skills
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 22B - Fitness Through Swimming II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PFIT 22A. It is designed for students to develop and maintain an intermediate level of fitness through swimming. Emphasis is on the refinement of freestyle, backstroke, and sidestroke through instruction and practice. Butterfly and breaststroke skills, as well as flip turns, are introduced. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 22A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 22C - Fitness Through Swimming III (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PFIT 22B. It is designed for students to develop and maintain an intermediate/advanced level of fitness through swimming. Emphasis is on the further refinement of basic strokes through instruction and practice. Further development of butterfly and breaststroke skills and flip turns is included. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 22B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 22D - Fitness Through Swimming IV (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PFIT 22C. It is designed for students to develop and maintain an advanced level of fitness through swimming. Emphasis is on the refinement of previously learned swimming skills through instruction and practice. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 22C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 23A - Functional Fitness I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course provides students the opportunity to gain muscular strength, flexibility, balance, coordination, speed, power, and agility by performing conditioning drills using a variety of equipment. These movement patterns are intended to prepare students to be functionally fit for active lifestyles. 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: MPC 7.1 Wellness

PFIT 23B - Functional Fitness II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 23A, which provides intermediate-level students the opportunity to gain muscular strength, flexibility, balance, coordination, speed, power, and agility by performing intermediate-level conditioning drills using a variety of equipment. These movement patterns are intended to prepare all students to be functionally fit for active lifestyles. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 23A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 23C - Functional Fitness III (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 23B. This course provides intermediate/advanced-level students the opportunity to gain muscular strength, flexibility, balance, coordination, speed, power, and agility by performing intermediate/advanced-level conditioning drills using a variety of equipment. These movement patterns are intended to prepare students to be functionally fit for active lifestyles. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 23B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 23D - Functional Fitness IV (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course is a continuation of PFIT 23C. This course provides advanced students the opportunity to gain muscular strength, flexibility, balance, coordination, speed, power, and agility by performing advanced conditioning drills using a variety of equipment. These movement patterns are intended to prepare students to be functionally fit for active lifestyles. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 23C
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 24A - Aqua Aerobics I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course provides students with the opportunity to improve cardiovascular capacity, muscular strength, and endurance through water exercise. This course includes flexibility exercises and is low impact. All exercises are performed in a pool using the water as resistance along with small floatation devices. 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: MPC 7.1 Wellness

PFIT 24B - Aqua Aerobics II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This is a continuation of Aqua Aerobics I. This course provides students with the opportunity to improve cardiovascular capacity, muscular strength, and endurance through water exercise at a beginning/ intermediate level. This course includes flexibility exercises and is low impact. All exercises are performed in a pool using the water as resistance along with small floatation devices. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 24A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 30A - Triathlon Training I (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
In this course, students learn to design and implement personal training programs for triathlon events at the beginning level. Students develop skills in open-water swimming, cycling, and running. Emphasis is on combining these skills for effective triathlon competition. 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: MPC 7.1 Wellness

PFIT 30B - Triathlon Training II (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PFIT 30A. Students learn to design intermediate-level personal training programs for triathlon events, further developing skills in open water swimming, cycling and running. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 30A
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 30C - Triathlon Training III (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 68 hours lab
This course is a continuation of PFIT 30B. Students learn to design advanced-level personal training programs for triathlon events. Additional skills are developed in open-water swimming, cycling, and running. Portions of instruction may be offered online; may also be offered fully online.

Prerequisite(s): PFIT 30B
Credit transferable: Transfers to CSU & UC
UC Transfer Limits: Any or all PE activity courses combined: maximum credit, 4 units
GE Credit: MPC 7.1 Wellness

PFIT 50 - Independent Fitness and Testing Program (1 unit)
Letter Grade (LG) or Pass/No Pass (P/NP) • Total hours: 51 hours lab
This course offers an independent personal fitness program planned and implemented in conjunction with student goals and a physical fitness assessment profile. Based on testing results, an individualized exercise program is developed through personal counseling. This course is appropriate for individuals with special fitness needs. 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: MPC 7.1 Wellness

PFIT 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 related to physical fitness and 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 C1000
Credit transferable: Transfers to CSU