
Physical Education (PE)

PE 003 Badminton **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Badminton

PE 003 is designed to provide students an opportunity to learn basic skills and knowledge of badminton.

PE 006 Body Conditioning **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Body Conditioning

PE 006 will expose the students to stretching, jump rope, lifting, running and various other skills while working toward optimum physical conditioning.

PE 011 Golf **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Golf

PE 011 is designed to provide instruction and practice of the fundamentals of golf, including the swing, use of the club, strategy and etiquette.

PE 016 Jogging and Power Walking **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Jogging and Power Walking

PE 016 involves planning, instruction and participation in a progressive program of jogging and power walking as applied to enjoyment, health and fitness.

PE 019 Adaptive Physical Education **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Adaptive Physical Education

PE 019 is designed for assessment of students' fitness and ability levels. With this assessment, an individualized exercise program is designed to meet the students' fitness needs. The fitness components to be emphasized will include an increase in muscular strength and endurance, flexibility and cardiovascular endurance.

PE 020 Tennis **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Tennis

PE 020 is designed to provide instruction and practice in the fundamentals of tennis, including strokes, rules, and court etiquette. The course also includes instruction in basic strokes and skills necessary for the student to participate in recreational tennis.

PE 021A Introductory Fitness Lab **(1)**

Class Hours: 54 Laboratory

Transfers to: UC/CSU

Introductory Fitness Lab

PE 021A is the first in a series of four courses designed to emphasize proper techniques of stretching and warm-up prior to exercise, proper use of all lifting and cardiovascular endurance stations, and skills that develop overall fitness. This course is an introduction into body composition, metabolism, and heart rate in a lab setting.
