

# PHYSICAL EDUCATION (PE)

## PE C101 1 Unit (18 lecture hours)

### Personal Fitness and Wellness

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

This course covers the principles of fitness, the benefits of physical activity, and the skills to develop an individualized program of exercise, fitness, stress control, and body weight management for maintaining a healthy lifestyle. This course is identical to KIN C101. Graded or Pass/No Pass option.

## PE C102 0.5-1 Units (2-20.34 lecture hours; 6-60.84 lab hours)

### Lifetime Fitness

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

Individualized program for adults to achieve and maintain physical fitness. Graded or Pass/No Pass option.

## PE C115 0.5-1 Units (4.5-9 lecture hours; 13.5-27 lab hours)

### Tai Chi Beginning

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

A Chinese art of gentle movement that teaches coordination of mind, emotions, and body harmonized in a unity through physical action. A focus on movement, balance, and concentration for greater health and well-being. Graded or Pass/No Pass option.

## PE C116 0.5-1 Units (4.5-9 lecture hours; 13.5-27 lab hours)

### Tai Chi Intermediate

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC: Credit Limitation: Any or all of these PE Activity courses combined: maximum credit, 4 units.

A Chinese art of movement that teaches coordination of mind, emotions, and body harmonized in a unity through physical action. An intermediate level of Tai Chi skills including movement, balance, and concentration. Graded or Pass/No Pass option.

## PE C118A 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Introduction to Yoga 1

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

An overview course in yoga, the integrated study of health and movement. It includes breathing techniques, yoga postures, meditation and relaxation. Emphasis is on practicing the principles of breathing and deep relaxation to reduce stress as well as practicing the postures to improve flexibility, balance, and strength. The first segment of a two-part course. Graded or Pass/No Pass option.

## PE C118B 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Introduction to Yoga 2

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

An overview of yoga, which is an integrated study of health. It includes breathing techniques, yoga postures, meditation, and relaxation. Emphasis is on practicing the principles of breathing and deep relaxation to reduce stress as well as practicing the postures to improve flexibility, balance, and strength. The second segment of a two-part course. Graded or Pass/No Pass option.

## PE C119A 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Hatha Yoga 1

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Designed to teach a variety of yoga postures. Breathing, concentration/meditation and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. The first segment of a two-part course. Graded or Pass/No Pass option.

## PE C119B 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Hatha Yoga 2

**Advisory:** PE C119A.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Designed to teach a variety of yoga postures. Breathing, concentration/meditation and relaxation techniques will be presented as a method of personal development encompassing body, mind, and spirit. The second segment of a two-part course. Graded or Pass/No Pass option.

## PE C121A 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Power Yoga 1

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Power Yoga is an ancient Eastern practice, connecting movement using mind, body and breathing practice. The course focuses on dynamic movement to keep the body strong, flexible and relaxed. The first segment of a two-part course. Graded or Pass/No Pass option.

## PE C121B 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)

### Power Yoga 2

**Advisory:** PE C121A.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU; UC.

Power Yoga is an ancient Eastern practice, connecting movement using mind, body, and breathing practice. The course focuses on dynamic movement to keep the body strong, flexible, and relaxed. The second segment of a two-part course. Graded or Pass/No Pass option.

**PE C126A 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**

**Relaxation Movements 1**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

The students will participate in a variety of techniques from various Eastern healing traditions which can include Hatha Yoga, Qigong, Taiji (Tai Chi) that are designed to improve quality of life on all levels-physical, emotional and spiritual. Techniques in breathing, concentration/meditation, self-massage, gentle flowing movement, strength poses, and relaxation will be presented. The first segment of a two-part course. Graded or Pass/No Pass option.

**PE C126B 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**

**Relaxation Movements 2**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

The students will participate in a variety of techniques from various Eastern healing traditions which can include Hatha Yoga, Qigong, Taiji (Tai Chi) that are designed to improve quality of life on all levels-physical, emotional and spiritual. Techniques on breathing, concentration/meditation, self-massage, gentle flowing movement, strength poses, and relaxation will be presented. The second segment of a two-part course. Graded or Pass/No Pass option.

**PE C169A 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**

**Self Defense Arts**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

The student will participate in and study the traditions of martial arts. Techniques from a variety of Martial Arts, which can include Aikido, Judo, Karate, and Hawaiian Lua, will be covered. This course applies the traditions of Martial Arts and the Laws of Self-Defense awareness to a program of physical conditioning and well-being. Graded or Pass/No Pass option.

**PE C169B 0.5-1.5 Units (4.5-13.5 lecture hours; 13.5-40.5 lab hours)**

**Self Defense Arts 2**

**Advisory:** PE C169A.

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

The student will participate in and study practical techniques from various Martial Arts, which can include Aikido, Judo, Jujitsu, Karate, and Hawaiian Lua. This course applies the Laws of Self Defense and is designed to increase self-awareness, confidence, and assertiveness when faced with a physical confrontation. PE 169A Self Defense and PE 169B Self Defense 2 are separate courses and may be taken in any order. Graded or Pass/No Pass option.

**PE C201 3 Units (54 lecture hours)**

**Fitness for Life**

**Grading Mode:** Standard Letter, Pass/No Pass

**Transfer Credit:** CSU.

Application of principles of human anatomy, physiology, nutrition, and behavior change to the development of exercise programs for health and fitness. This course is identical to KIN C201. Graded or Pass/No Pass option.