Kinesiology – Physical Education

See repeatability statement listed at the beginning of the Kinesiology (KINE) course listings for more information on limitations on the repetition of courses.

P.E. 105 THE STUDENT-ATHLETE EXPERIENCE
Examines the historical, sociological, health and compliance issues related to student athletes at the community college and university level. Includes topics such as gender issues, racism, and performance-enhancing drug use in sports. Students will be able to cite community college eligibility requirements and matriculation requirements upon completion of this course. Note: This course is not activity based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 2
Hours/semester: 32-36 Lecture; 64-72 Homework
AA/AS Degree Requirements: Area 9E1
Transfer Credit: CSU (CSU GE Area E1), UC

P.E. 152 THEORY OF SPORT & FITNESS MANAGEMENT
Emphasizes basic management principles as they relate to the business of sport. Examines such topics as sport governance, facilities management, sports law, the economics of sport, and sports marketing. Will provide an overview of the many careers available in the sports management industry. Note: This course is not activity based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Recommended: Eligibility for ENGL 846 or ESOL 400, or equivalent.
Transfer Credit: CSU

P.E. 211 PREVENTION AND CARE OF ATHLETIC INJURIES
Introduction to basic principles of prevention, assessment, treatment and rehabilitation of athletic injuries. This course applies basic principles of anatomy, physiology, pathology and biomechanics to athletic injuries. Note: This class is not activity-based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 32-36 Lecture; 48-54 Lab; 64-72 Homework
Transfer Credit: CSU, UC

P.E. 301 INTRODUCTION TO PERSONAL TRAINING
Prepares students to take the National Council of Strength and Fitness Certified Personal Trainer exam. The study of basic human anatomy, exercise physiology, health screening and assessment, nutrition, aerobic and anaerobic conditioning. Note: This course is not activity-based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU

P.E. 302 INTRODUCTION TO SPORT NUTRITION
The study of the function of nutrients on human performance. The role of macronutrients (proteins, carbs, and fats), micronutrients (vitamins, minerals, and trace elements) and water in growth, development and body processes. Prepares students to take the National Council of Strength and Fitness Sport Nutrition exam. Note: This course is not activity-based and is not applicable to the specific area requirement in Physical Education for the Associate Degree. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU, UC