PHYSICAL EDUCATION/ HEALTH EDUCATION/DANCE/ ATHLETICS

Physical Education, Health Education, Dance, and Athletics provide equitable opportunities for students to gain knowledge and practices relevant to physical fitness, sports skills, healthful living, stress management, self-expression, team dynamics, leadership, and self-discipline. Through academic study and experiential learning, students develop the vital skills necessary to improve their physical literacy. Students practice effective goal setting techniques, time management, and personal responsibility strategies, and sound decision-making skills leading to academic and personal success. The Physical Education, Health Education, Dance, and Athletics programs deliver high quality, research-based instruction in a fun, collaborative, and respectful environment that empowers and educates students to progress towards their fullest health, wellness, and athletic potential in safe and inclusive classrooms.

The profession is based on the philosophy that physical education is an academic discipline, an essential portion of the General Education process. Further, the physical education curriculum is centered on the concept that movement skills, intellectual development, physical fitness, and healthful living practices are elements of life that must be taught and reinforced. Specific knowledge, skills, and practice techniques that best benefit the student do not just happen. Instruction, analysis, and evaluation by a credentialed professional is essential for implementing this philosophy.

Programs of Study

Associate Degree for Transfer

- Kinesiology, Associate in Arts for Transfer (AA-T) (https://catalog.sbcc.edu/academic-departments/physical-education-health-education-dance-athletics/kinesiology-aat/)

Associate Degrees

- Dance, Associate of Arts (AA) (https://catalog.sbcc.edu/academic-departments/physical-education-health-education-dance-athletics/dance-aa/)
- Physical Education, Associate of Arts (AA) (https://catalog.sbcc.edu/academic-departments/physical-education-health-education-dance-athletics/physical-education-aa/)
- Physical Education, Associate of Arts (AA): Athletic/Personal Fitness Training Emphasis (https://catalog.sbcc.edu/academic-departments/physical-education-health-education-dance-athletics/physical-education-aa-athletic-personal-fitness-training-emphasis/)

Credit Courses

Health Education (HE)

HE 101 Personal Health Awareness (3 Units)
Hours: 54 (54 lecture)
Course designed to identify and find ways in which to deal with a variety of health issues, including mental and emotional health, value systems, drugs and alcohol, fitness and nutrition, sexuality and relationships, death and dying, cardiovascular disease and cancer.
SBCC General Education: SBCCGE Area E3 PE
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

HE 102 Personal Health for Women (3 Units)
Hours: 54 (54 lecture)
Lecture course designed for both men and women which deals with a variety of health issues, with special emphasis and focus on health factors unique to women. Topics include mental and emotional health, date rape, partner and child abuse, drugs and alcohol, fitness and nutrition, and sexuality and relationships.
SBCC General Education: SBCCGE Area E3 PE
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

HE 103 Responding to Medical Emergencies (3 Units)
Hours: 54 (54 lecture)
Recommended for all students who have an interest in learning to recognize, assess and provide care for injuries or sudden illness until professional medical help arrives. Emphasizes the importance of a safe, healthy lifestyle and the prevention of injuries. American Red Cross Responding to Emergency and Adult CPR certification possible.
Transfer Information: CSU Transferable, UC Transferable

HE 104 Introduction to Athletic Injuries (3 Units)
Course Advisories: BIOL 100 or BMS 100.
Hours: 54 (54 lecture)
Teaches students interested in allied health professions, coaching or personal enhancement the methods of prevention, recognition and care of sports-related injuries through lecture and hands-on experience. Comprehension of injury-causing mechanisms, the resulting pathology, protective taping/wrapping and an awareness of the duties of the athletic trainer are emphasized.
Transfer Information: CSU Transferable, UC Transferable

HE 108 Advanced Assessment And Treatment Of Athletic Injuries (3 Units)
Prerequisites: HE 104.
Course Advisories: BMS 107.
Hours: 54 (54 lecture)
Teaches students interested in paramedical professions (pre-med, physical therapy, athletic training) and coaching. Covers proper methods of systematic evaluation and rehabilitative principles/techniques of athletic injuries through lecture and "hands on" laboratory. Comprehension of evaluation skills in scenarios, theory/utilization of modalities, and implementation of rehabilitative techniques for sport injuries is stressed.
Transfer Information: CSU Transferable, UC Transferable

HE 110 Sports Nutrition (3 Units)
Hours: 54 (54 lecture)
Examines nutrients and their effects on physical performance. Topics include basic nutrition principles, pre- and post-exercise nutrition, eating for weight control/gain, proper hydration and eating disorders. Also examines the pharmacological, hormonal, physiological and nutritional agents that have purported ergogenic properties.
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

HE 201 Introduction to Healthy Aging (3 Units)
Hours: 54 (54 lecture)
Introductory course of Healthy Aging Resources and Programs Skills Competency Award. Designed to identify and examine the biological, psychological, and social issues associated with the aging process, and reviews aspects of healthy aging among adults.
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

HE 213 Concepts in Health and Physical Fitness (3 Units)
Hours: 54 (54 lecture)
This course examines current health and physical fitness concepts which prevent disease and enhance the quality of life. Emphasis is placed on applying theory to everyday living. Topics covered include personal health profiles, heart disease and risk factor identification, exercise prescription, muscular and cardiovascular fitness, weight management, stress management, posture evaluation and nutritional analysis.
SBCC General Education: SBCCGE Area E3 PE
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

HE 220 Fundamentals Of Exercise Testing And Fitness Instruction (3 Units)
Hours: 54 (54 lecture)
Designed to teach physical fitness assessment skills and evaluation, exercise program design with appropriate modification for special populations. Students will learn how to teach individual and group exercise sessions.
Transfer Information: CSU Transferable

HE 290 Work Experience in Healthy Aging (1-4 Units)
Hours: 240 (240 lab)
Provides students opportunities to work in Evidenced-Based Health Promotion Programs and programs specifically for health promotion for older adults. Work/Internship opportunities for students enrolled in the Healthy Aging programs. Course restricted to 3 repetitions
Transfer Information: CSU Transferable

Physical Education (PE)

PE 101A Beginning Badminton (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to provide the student with basic fundamentals, history, strategies, rules and etiquette of the game. These activities are based on two levels of instruction: beginning and intermediate.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 101B Intermediate Badminton (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to provide the student with basic fundamentals, history, strategies, rules and etiquette of the game. These activities are based on two levels of instruction: beginning and intermediate.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 103A Beginning Golf (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For students who wish to learn a new activity or who possess insufficient skills in golf. Introductory instruction that explains the activities, history, rules, etiquette, strategy, equipment and elementary skills of golf.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 103B Intermediate Golf (1.5 Unit)
Skills Advisories: Eligibility for ENG 098 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For students who already possess the rudimentary skills and abilities of golf and wish to improve those skills. This level will provide for a greater opportunity for student competition and performance. An increased emphasis is placed on the execution of skills and proficiencies.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 103C Advanced Golf (1.5 Unit)
Skills Advisories: Eligibility for ENG 098 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For the skilled performer who seeks to improve to the best of his/her ability. This level prepares the student for highly intensive performance levels. Instruction accentuates competition and advanced strategies. A higher level of accomplishment is stressed.
Transfer Information: CSU Transferable, UC Transferable

PE 106A Beginning Spinning For Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Indoor cycling class geared towards improving one's cardiovascular fitness and muscular endurance. Designed for individuals of all fitness levels, the program covers proper technique and training at various intensities.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 106B Intermediate Spinning For Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Indoor cycling class geared towards improving one's cardiovascular fitness and muscular endurance. Designed for individuals looking to improve their basic level of fitness, the course covers intermediate skills and techniques while training at various intensities.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 109A Beginning Tennis (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Tennis is a part of the sports program of the Physical Education Department. Class provides instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategy, mental toughness and match play.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 109B Intermediate Tennis (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction and opportunities for students to develop and improve their skills in tennis and knowledge of stroke production, terminology, rules, etiquette, strategies and match play.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 109C Advanced Tennis (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction at the advanced level for students to develop and improve their skills in tennis, stroke production, terminology, rules, etiquette, strategy, mental toughness and match play. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 110 Advanced Baseball Techniques and Conditioning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed for potential intercollegiate baseball participants. Includes aerobic and anaerobic conditioning, plyometrics, sport-specific strength training, and flexibility. (UC transfer limit: PE activity courses limited to 4 units of UC credit) Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 112A Body Conditioning Boot Camp: Beginning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction and opportunities for beginning-level students to develop optimum muscular strength, cardiovascular endurance and flexibility. Emphasis placed on safe and proper technique and body mechanics.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 112B Body Conditioning Boot Camp: Intermediate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to enhance core strength at an intermediate level. Cardiovascular development will also be emphasized, along with unique and dynamic training methods. Significant instruction on strength development techniques such as Pre-activation, Kettle Bells, Swiss Balls, Dumb bells and Stable Surface (ground) exercises. Specifically designed for the conditioned student.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 120A Beginning Baseball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides opportunities for men to receive beginning-level instruction and training in skills, techniques, and strategies of baseball. Provides instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors, and companions.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 120B Intermediate Baseball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides opportunities for men to receive intermediate-level instruction and training in skills, techniques, and strategies of baseball. Provides instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors, and companions.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 120C Advanced Baseball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provide opportunities for men to receive advanced-level instruction and training in skills, techniques, and strategies of baseball. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with classmates, instructors and companions. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 121A Beginning Basketball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in the fundamentals of basketball technique as well as team strategy. Individual skills such as catching, dribbling, passing, shooting, rebounding, offensive and defensive strategies are utilized.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 121B Intermediate Basketball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in the fundamentals of basketball technique as well as team strategy. Individual skills such as catching, dribbling, passing, shooting, rebounding, offensive and defensive strategies are utilized.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 121C Advanced Basketball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction and practice in the fundamentals of basketball technique as well as team strategy. Individual skills such as catching, dribbling, passing, shooting, rebounding, offensive and defensive strategies will be utilized. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 122A Beginning Flag Football (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction and practice in the fundamentals, strategies, and rules of the game of flag football. These activities are based on a beginning level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 122B Intermediate Flag Football (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction and practice in the fundamentals, strategies, and rules of the game of flag football. These activities are based on an intermediate level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 122C Advanced Flag Football (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction and practice in the fundamentals, strategies, and rules of the game of flag football. These activities are based on an advanced level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 123A Beginning Track And Field (1.5 Unit)
Same as: PE 123B, and PE 123C
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Track and field provides instruction and practice in the fundamentals, skills and techniques of all track and field events. It provides a conditioning program involving event-specific running and event-specific techniques and drills.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 123B Intermediate Track And Field (1.5 Unit)
Same as: PE 123A, and PE 123C
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Track and field provides instruction and practice of intermediate skills and techniques of all track and field events. It provides a conditioning program involving event-specific running and event-specific techniques and drills.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 123C Advanced Track And Field (1.5 Unit)
Same as: PE 123A, and PE 123B
Skills Advisories: Eligibility for English 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Track and field provides instruction and practice in the advanced skills and techniques of all track and field events. It provides a conditioning program involving event-specific running and event-specific techniques and drills. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 124A Beginning Soccer (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Beginning soccer skills. History, rules and terminology will be taught along with team offense and defense.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 124B Intermediate Soccer (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For students who wish to learn intermediate soccer skills. Rules and terminology will be taught along with team offense and defense.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 124C Advanced Soccer (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For students who wish to learn advanced soccer skills. History, rules and terminology will be taught along with team offense and defense.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 125A Beginning Softball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Beginning play in fastpitch softball. Emphasis will be on rules, strategy, and motor skill development for the beginning player to prepare him/her for competitive play.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 125B Intermediate Softball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Intermediate play in fastpitch softball. Emphasis will be on rules, strategy, and motor skill development for the intermediate player to prepare him/her for competitive play.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 125C Advanced Softball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Advanced play in fastpitch softball. Emphasis will be on rules, strategy, and motor skill development for the advanced player to prepare the athlete for competitive play. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 126A Beginning Beach Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental beach volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies, are utilized depending upon level of course.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 126B Intermediate Beach Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental beach volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies, are utilized depending upon level of course.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 126C Advanced Beach Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental beach volleyball techniques. Individual skills, such as passing, setting, hitting, blocking and serving, as well as team offensive and defensive strategies, are utilized depending upon level of course.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 127A Beginning Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental volleyball techniques. Individual skills such as passing, setting, hitting, blocking and serving as well as team offensive and defensive strategies will be taught at the beginning level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 127B Intermediate Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental volleyball techniques. Individual skills such as passing, setting, hitting, blocking and serving as well as team offensive and defensive strategies will be taught at the intermediate level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 127C Advanced Volleyball (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational team sport activity which provides instruction and practice in fundamental volleyball techniques. Individual skills such as passing, setting, hitting, blocking and serving as well as team offensive and defensive strategies will be taught at the advanced level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 128 Advanced Football Techniques (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Advanced skills and techniques of football are presented. Emphasizes rules, theory, advanced strategy and teamwork, and philosophy of intercollegiate football. Practical application of various physical training methods. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 132A Novice Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed for the first-time water experience. Basic stroke techniques and selected water skills are covered.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 132B Beginning Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Equips individuals with basic water safety skills and knowledge to make them reasonably safe in an aquatic environment. Introduces the freestyle (crawl) stroke, including breathing techniques, backstroke, breaststroke, butterfly, elementary backstroke and sidestroke.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 132C Intermediate Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides individuals with the opportunity to learn and perfect the competitive swimming strokes—backstroke, breaststroke, butterfly, and freestyle. Provides a workout environment for developing swimming endurance and speed, with instruction in starts, turns, relays and safety/survival skills.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 132D Advanced Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides individuals with the opportunity to learn and perfect the competitive swimming strokes—backstroke, breaststroke, butterfly, and free style. Provides a workout environment for developing swimming endurance and speed, as well as instruction in starts, turns and relays.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 133 Ocean Kayaking (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction and practice in the fundamentals of ocean kayaking: stroke technique, steering, launching, beaching, righting, water safety, and cardiovascular fitness. Swim test administered.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 134A Swimming For Conditioning: Beginning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54.2 (12.8 lecture, 41.4 lab)
Beginning-level course designed to improve the student's physical condition. Emphasis is on endurance, strength, and improving stroke mechanics. Students learn principles of conditioning to improve cardiovascular endurance, muscular strength, and flexibility.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 134B Swimming for Conditioning: Intermediate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Intermediate- to advanced-level course designed to improve stroke mechanics and physical conditioning. Emphasis on refining the four competitive strokes, and applying advanced principles of conditioning.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 134C Swimming for Conditioning: Advanced (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Advanced-level course to improve stroke mechanics and physical conditioning. Emphasis is on perfecting stroke mechanics in the four competitive strokes, and applying advanced principles of conditioning.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 137 Beginning Surfing (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to teach the fundamentals of board surfing, and provide beginning surfers the opportunity to safely develop the skills to ride waves. Paddling technique, wave selection, ocean safety, oceanography, equipment, tides, and surf etiquette are explained. Students must swim comfortably 100m non-stop in order to continue in course.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 138A Beginning Cardio Boxing (1.5 Unit)
Skills Advisories: Eligibility for English 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Using kickboxing fundamentals, provides skills for the development of physical and general health. Program works every major muscle group in the upper and lower body through basic leg movements, such as shuffle, slip, and weave, as well as arm combinations including the jab, uppercut, hook and cross.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 138B Intermediate Cardio Boxing (1.5 Unit)
Skills Advisories: Eligibility for English 98 and English 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Series of boxing, kickboxing, and stretching exercises arranged to music, gradually increasing in tempo. A non-stop 25- to 45-minute program, with 10 to 20 minutes of abdominal work and stretching. Training equipment includes focus mitts, bags, and uppercut shields for basic punching and leverage punches. (UC transfer limit: PE activity courses limited to 4 units of UC credit)
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 138C Advanced Cardio Boxing (1.5 Unit)
Skills Advisories: Eligibility for English 98 and English 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Series of boxing, kickboxing, and stretching exercises arranged to music, gradually increasing in tempo. A non-stop 25- to 45-minute program, with 10 to 20 minutes of abdominal work and stretching. Training equipment includes focus mitts, bags, and uppercut shields for basic punching and leverage punches.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 139 Pilates Mat Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-educational instruction and practice in the fundamentals of Pilates mat work. Designed to condition and connect body and mind, correct muscle imbalances, strengthen core muscles, improve posture and increase flexibility to restore optimal functioning of the body.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 143A Integrated Training: Beginning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Integrated training incorporates cardiorespiratory endurance, flexibility, balance, core, and resistance training into a progressive system to reduce muscular imbalances, improve posture and overall fitness. Instruction will focus on applications for the development of core stabilization, balance, and correction of muscular imbalances. Training progressions will be based on individual assessment of muscular capabilities.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 143B Integrated Training: Intermediate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Integrated training incorporates cardiorespiratory endurance, flexibility, balance, core, and resistance training into a progressive system to reduce muscular imbalances, improve posture and overall fitness. Instruction will focus on applications for the development of muscular hypertrophy and strength. Training progressions will be based on individual assessment of muscular capabilities.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 144A Weight Training: Beginning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focuses on applications for the development of basic muscular strength and endurance for students new to weight training. Fundamentals of weight training program design, proper body mechanics, equipment selection, and safe use of weight/resistance training equipment. Training programs will be individualized based on fitness level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 144B Weight Training: Intermediate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focuses on applications for the development of muscular strength and endurance for students with basic weight training experience. Students will learn weight training program design, proper body mechanics, equipment selection, and safe use of weight/resistance training equipment for intermediate performance. Training programs will be individualized based on fitness level and training goals.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 144C Weight Training: Advanced (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focuses on applications for the development of muscular strength and endurance for students with intermediate weight training experience. Students will learn weight training program design, proper body mechanics, equipment selection, and safe use of weight/resistance training equipment for advanced performance. Training programs will be individualized based on fitness levels and training goals.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 145A Dance Fitness: Beginning (1.5 Unit)
Same as: PE 145B
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Dance-based fitness class utilizing a variety of music and dance rhythms to promote cardiorespiratory fitness. Incorporates cardiovascular exercise, muscular endurance, balance and flexibility. Students engage in continuous dance to improve cardiovascular fitness while learning basic steps from merengue, salsa, cha-cha-cha, mambo, cumbia, reggaeton, hip-hop and others. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 145B Dance Fitness: Intermediate (1.5 Unit)
Same as: PE 145A
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Incorporates cardiovascular exercise, muscular endurance, balance and flexibility. Students will review beginning movements and learn intermediate movements from a variety of music and dance rhythms including, but not limited to, merengue, salsa, cha-cha-cha, mambo, cumbia, reggaeton, hip-hop and others. Class format will involve continuous dancing and interval training for cardiovascular health. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 146 Stretching and Relaxation (1.5 Unit)
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to enhance overall wellness related to body flexibility, injury prevention, and stress reduction for all adults, including athletes and non-athletes. Stretching techniques and their applications to active lifestyles, sports and stress management will be emphasized.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 147A Conditioning for Intercollegiate Athletes (0.5 Units)
Same as: PE 147B, PE 147C, and PE 147D
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 16 (6 lecture, 10 lab)
Designed to prepare potential athletes for intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 147B Conditioning for Intercollegiate Athletes (1 Unit)
Same as: PE 147A, PE 147C, and PE 147D
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 32 (12 lecture, 20 lab)
Designed to prepare potential athletes for intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 147C Conditioning for Intercollegiate Athletes (1.5 Unit)
Same as: PE 147A, PE 147B, and PE 147D
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 48 (18 lecture, 30 lab)
Designed to prepare potential athletes for intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 147D Conditioning for Intercollegiate Athletes (2 Units)
Same as: PE 147A, PE 147B, and PE 147C
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 64 (24 lecture, 40 lab)
Designed to prepare potential athletes for intercollegiate competition. Presents a combination of aerobic conditioning, weight training, cross-training and skill activities to prepare the athlete both mentally and physically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 148A Beginning Walking/Jogging for Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Coeducational course which provides instruction to develop cardiovascular fitness and flexibility through an individualized walking/jogging program. Emphasizes safe and effective techniques for all fitness levels.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 148B Intermediate Walking/Jogging for Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Coeducational course providing instruction for developing cardiovascular fitness and flexibility through an individualized walking/jogging program. Emphasizes safe and effective techniques for all fitness levels.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 149 Life Fitness (1 Unit)
Hours: 36 (9 lecture, 27 lab)
An open-entry/open-exit course designed to increase cardiovascular endurance, strength and flexibility, utilizing state-of-the-art equipment. Provides knowledge of basic fitness concepts and skills to develop an individualized workout based upon the student's goals. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 150A Beginning Ballet (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Dance course focusing on the fundamentals of classical and contemporary ballet. Through active participation, the student will experience ballet technique and vocabulary, along with developing a higher understanding of the important historical contribution ballet has made to western theatrical dance. No dance experience required.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 150B Intermediate Ballet (1.5 Unit)
Course Advisories: PE 150A.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focuses on fundamentals for the intermediate student in both classical and contemporary ballet. Through active participation, students will experience ballet technique and vocabulary, along with developing a higher understanding about important historical contributions ballet has made to western theatrical dance. Successful completion of Beginning Ballet required.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 150C Advanced Ballet (1.5 Unit)
Course Advisories: PE 150B.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Explores the basic fundamentals of advanced ballet dance concepts and movement, fundamental theory, and practice of ballet techniques. Emphasis on placement, correct body alignment, muscular control, and a development of ballet positions and steps. Successful completion of Intermediate Ballet required.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 151A Beginning Jazz Dance (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focuses on fundamentals of jazz dance including: theatrical, film/video and contemporary dance styles. Through active participation, the student will experience a universal jazz dance vocabulary that emphasizes rhythmical movement patterns, coordination and presentation skills. No dance experience required.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 151B Intermediate Jazz Dance (1.5 Unit)
Course Advisories: PE 150A or 151A or 152A.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Continued exploration of jazz dance fundamentals including theatrical, film/video and contemporary dance styles. Through active participation, students will experience a universal jazz dance vocabulary that will emphasize rhythmical movement patterns, coordination, and presentation skills. Beginning Jazz, Ballet or Modern recommended. Successful completion of Beginning Jazz required.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 151C Advanced Jazz Dance (1.5 Unit)
Course Advisories: PE 151B.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Offers a continued exploration on the fundamentals of jazz dance including theatrical and contemporary dance styles. Through active participation, students will experience a universal jazz dance vocabulary that will emphasize rhythmical movement patterns, coordination, and presentation skills. Successful completion of Beginning Jazz required. Prior dance experience recommended.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 152A Beginning Modern Dance Technique (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Course will focus on the fundamentals of modern dance technique. Through active participation, students will experience diverse historical and contemporary modern dance styles, develop kinesthetic awareness, and integrate development of technique with creative self-expression. No dance experience necessary for beginning course only.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 152B Intermediate Modern Dance Technique (1.5 Unit)
Course Advisories: PE 152A.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction in intermediate contemporary modern dance skills. Through active participation, students continue in their acquisition of intermediate modern dance skills, expand upon the development of their kinesthetic awareness, and integrate development of technique with creative self-expression. Dance 152A is recommended. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 152C Advanced Modern Dance Technique (1.5 Unit)
Course Advisories: PE 152B.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides instruction in fundamental, intermediate, and advanced dance skills. Poise and movement in time, space, rhythm design, and art forms. Provides opportunity for students to develop kinesthetic awareness and creativity through dance movement. Dance 152B is recommended. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 153 Dance Concert (2.5 Units)
Limitations on Enrollment: Audition for course.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 109 (12.6 lecture, 96.4 lab)
Faculty directed and supervised dance concert(s). Students experience artistic and educational public performances at traditional and non-traditional performance sites. Students involvement in production process includes costuming, fund-raising, public relations and research. Students must be enrolled and regularly attend a SBCC dance technique course and audition to be selected to participate in this course. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 154A Dance Ensemble (3 Units)
Skills Advisories: Eligibility for ENG 098 and 103.
Hours: 162 (162 lab)
For intermediate dancers who are serious about performing. Students learn a varied and challenging repertoire that stretches them technically and artistically. They participate in the creation of new work, resetting of work by faculty and guest choreographers and performing in and around the Santa Barbara area. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 154B Dance Ensemble Advance (3 Units)
Skills Advisories: Eligibility for ENG 098 and 103.
Hours: 162 (162 lab)
The dance ensemble is for advance dancers who are serious about performing. Students learn, perform and choreograph a varied and challenging repertoire that stretches them technically and artistically. They participate in the creation of new work, resetting of work by faculty and guest choreographers and performing in and around the Santa Barbara area. Course restricted to 3 repetitions
Transfer Information: CSU Transferable

PE 156 Beginning Social Ballroom Dance (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Introduces students to the fundamentals of ballroom dance, with detailed descriptions of the basic steps which, in turn, systematically build to attractive dance combinations. Also covers American and Latin American dances, including styling, dance position holds, leading and following techniques.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 157 Advanced Football Conditioning And Techniques (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed for athletes to become physically prepared for intercollegiate football competition. Utilizes a combination of anaerobic conditioning, speed development, strength training, plyometrics training, and sport-specific skill development. Emphasizes rules, theory, advanced strategy and teamwork, philosophy and practical application of physical training methods. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 162A Beginning Karate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Critical analysis of the mental and physical principles of karate as a martial art. Training will include both "hard" and "soft" techniques with emphasis on physical movements which synthesize the elements of speed, concentration, balance and timing.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 162B Intermediate Karate (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Critical analysis of the mental and physical principles of karate as a martial art. Training includes both "hard" and "soft" techniques, with emphasis on physical movements which synthesize the elements of speed, concentration, balance and timing.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 163 Beginning Self-Defense (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Presentation and critical analysis of the basic movements used in personal defense that can be learned by anyone of average physical ability. Designed to allow students an opportunity to develop and practice personal self-defense skills, without directly engaging in the martial arts.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 164 Self-Defense for Women (1 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 36 (9 lecture, 27 lab)
Designed for men and women who are interested in gaining knowledge in simple but effective self-defense techniques. Also examines rape, wife and child abuse, and other cultural influences that require the necessity for this course.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 166 Life Fitness - Strength Training (1 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 36 (9 lecture, 27 lab)
This course designed to increase muscular strength and endurance, utilizing plate-loaded apparatus, free weights, selectorized weight machines, and weighted cables. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 167A Exploration of Dance (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Explores the fundamentals of dance and movement. Students experience the disciplines of ballet, modern, jazz, improvisation, stretch, relaxation, Pilates and Yoga. Emphasis on body alignment, strength/flexibility, wellness and the importance of cross-training for dancers. Students create quality movement and artistry in dance.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSUGE Area E, CSU Transferable, UC Transferable

PE 167B Intermediate Exploration of Dance (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Explores dance and movement at an intermediate level. Students experience the disciplines of contemporary, modern and jazz dance. Emphasis on body alignment, strength/flexibility and creative movement.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 168 Women's Fitness And Weight Training (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
For women who wish to learn a new activity or who possess insufficient health or conditioning. Instruction develops applications of basic cardiovascular fitness conditioning and establishes the rudiments of muscle strength, endurance and flexibility.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 169 Life Fitness - Weight Training for Power (1 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 36 (9 lecture, 27 lab)
Open-entry/open-exit course designed to increase muscular strength, endurance and power utilizing free weights and Olympic lifting techniques. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 176A Beginning Fitness Yoga (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction and practice in the fundamentals of yoga-based poses designed to enhance strength, flexibility, balance and focus. Emphasis on safety, proper body alignment, improved posture, and developing breathing techniques that encourage the mind-body connection and relaxation response.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 176B Intermediate Fitness Yoga (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Continued instruction and practice in intermediate-based yoga poses designed to enhance strength, flexibility, balance and focus. Emphasis on safety, proper body alignment, improved posture, and developing breathing techniques that encourage mind-body integration and relaxation response.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 177 Life Fitness - Weight Management (1 Unit)
Hours: 36 (9 lecture, 27 lab)
Teach weight management concepts, using a combination of dietary planning and exercise in the Life Fitness Center. Students must attend a one-hour weekly meeting to meet the requirements of the nutritional program. Required orientation includes course objectives and requirements, rules and regulations, and safety procedures.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 179 Life Fitness - Super Circuit Training (0.5 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 18 (4.5 lecture, 13.5 lab)
Instruction in the development of cardiovascular endurance, muscular endurance and flexibility using selectorized weight equipment in combination with stationary bicycles. Required orientation includes course objectives and requirements, rules, regulations, and safety procedures.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 180A Intercollegiate Baseball - Men (3 Units)
Same as: PE 180B, and PE 180C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 100 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 180B Intercollegiate Baseball - Men (2 Units)
Same as: PE 180A, and PE 180C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide instruction and practice in the fundamentals, skills and techniques for baseball. It is designed for the highly skilled athlete who will compete interscholastically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 180C Intercollegiate Baseball - Men (1 Unit)
Same as: PE 180A, and PE 180B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 100 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide instruction and practice in the fundamentals, skills and techniques for baseball. It is designed for the highly skilled athlete who will compete interscholastically. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 181A Intercollegiate Basketball - Women (3 Units)
Same as: PE 181B, and PE 181C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 181B Intercollegiate Basketball - Women (2 Units)
Same as: PE 181A, and PE 181C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 100 and 103.
Hours: 108 (108 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 181C Intercollegiate Basketball - Women (1 Unit)
Same as: PE 181A, and PE 181B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 182A Intercollegiate Basketball - Men (3 Units)
Same as: PE 182B, and PE 182C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques, and strategies that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 182B Intercollegiate Basketball - Men (2 Units)
Same as: PE 182A, and PE 182C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 182C Intercollegiate Basketball - Men (1 Unit)
Same as: PE 182A, and PE 182B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 183A Intercollegiate Cross Country for Women and Men (3 Units)
Same as: PE 183B, and PE 183C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. The class provides instruction and practice in the fundamentals, skills and techniques of cross country. It provides a conditioning program, running various distances over different terrains. It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 183B Intercollegiate Cross Country for Women and Men (2 Units)
Same as: PE 183A, and PE 183C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. The class provides instruction and practice in the fundamentals, skills and techniques of cross country. It provides a conditioning program, running various distances over different terrains. It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 183C Intercollegiate Cross Country for Women and Men (1 Unit)
Same as: PE 183A, and PE 183B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. The class provides instruction and practice in the fundamentals, skills and techniques of cross country. It provides a conditioning program, running various distances over different terrains. It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 184A Intercollegiate Football - Men (3 Units)
Same as: PE 184B, and PE 184C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for students to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 184B Intercollegiate Football - Men (2 Units)
Same as: PE 184A, and PE 184C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for men and women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 184C Intercollegiate Football - Men (1 Unit)
Same as: PE 184A, and PE 184B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for men and women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 185A Intercollegiate Golf (3 Units)
Same as: PE 185B, and PE 185C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for men and women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as participate in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 185B Intercollegiate Golf (2 Units)
Same as: PE 185A, and PE 185C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for men and women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as intercollegiate competition experience. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 185C Intercollegiate Golf (1 Unit)
Same as: PE 185A, and PE 185B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for men and women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as intercollegiate athletic competition experience. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 186A Intercollegiate Tennis - Women (3 Units)
Same as: PE 186B, and PE 186C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 186B Intercollegiate Tennis - Women (2 Units)
Same as: PE 186A, and PE 186C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 186C Intercollegiate Tennis - Women (1 Unit)
Same as: PE 186A, and PE 186B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 187A Intercollegiate Tennis - Men (3 Units)
Same as: PE 187C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 160 (160 lab)
Student must have a physical prior to participation in class. Provides opportunities for men to receive advanced-level instruction and training in skills, techniques and strategies that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 187C Intercollegiate Tennis - Men (1 Unit)
Same as: PE 187A
Limitations on Enrollment: Try-out for intercollegiate team Selection to enroll by permission of instructor.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques, strategies, that will enable them to compete at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 188A Intercollegiate Track And Field - Women (3 Units)
Same as: PE 188B, and PE 188C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Track and Field provides instruction for women in the fundamental skills and techniques of the variety of events involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 188B Intercollegiate Track And Field - Women (2 Units)
Same as: PE 188A, and PE 188C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Track and Field provides instruction for women in the fundamental skills and techniques of the variety of events involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 188C Intercollegiate Track And Field - Women (1 Unit)
Same as: PE 188A, and PE 188B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Track and Field provides instruction for women in the fundamental skills and techniques of the variety of events involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 189A Intercollegiate Track And Field - Men (3 Units)
Same as: PE 189B, and PE 189C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 098 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Track and Field provides instruction for men in the fundamental skills and techniques of the variety of events involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 189B Intercollegiate Track And Field - Men (2 Units)
Same as: PE 189A, and PE 189C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Track and Field provides instruction for men in the fundamental skills and techniques involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 189C Intercollegiate Track And Field - Men (1 Unit)
Same as: PE 189A, and PE 189B
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Track and Field provides instruction for men in the fundamental skills and techniques involved in the sport: Jumps (long and triple jump, pole vault), throws (shot-put, discus, javelin, hammer), and running events (sprints, middle distance, long distance, hurdles, relays). It provides an opportunity to hone those skills in intercollegiate competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 190A Intercollegiate Volleyball - Women (3 Units)
Same as: PE 190B, and PE 190C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 190B Intercollegiate Volleyball - Women (2 Units)
Same as: PE 190A, and PE 190C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 190C Intercollegiate Volleyball - Women (1 Unit)
Same as: PE 190A, and PE 190B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 191A Intercollegiate Volleyball - Men (3 Units)
Same as: PE 191B, and PE 191C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 098 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 191B Intercollegiate Volleyball - Men (2 Units)
Same as: PE 191A, and PE 191C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 191C Intercollegiate Volleyball - Men (1 Unit)
Same as: PE 191A, and PE 191B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 192A Intercollegiate Soccer - Women (3 Units)
Same as: PE 192B, and PE 192C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 192B Intercollegiate Soccer - Women (2 Units)
Same as: PE 192A, and PE 192C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 098 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 192C Intercollegiate Soccer - Women (1 Unit)
Same as: PE 192A, and PE 192B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 193A Intercollegiate Soccer - Men (3 Units)
Same as: PE 193B, and PE 193C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 193B Intercollegiate Soccer - Men (2 Units)
Same as: PE 193A, and PE 193C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 193C Intercollegiate Soccer - Men (1 Unit)
Same as: PE 193A, and PE 193B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Provide opportunities for men to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 194A Intercollegiate Softball - Women (3 Units)
Same as: PE 194B, and PE 194C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. This course is designed to instruct the individual on the advanced mechanics of fastpitch softball. This includes advanced skill instruction, knowledge of NCAA rules, offensive and defensive strategies. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 194B Intercollegiate Softball - Women (2 Units)
Same as: PE 194A, and PE 194C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 194C Intercollegiate Softball - Women (1 Unit)
Same as: PE 194A, and PE 194B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 51 (51 lab)
Student must have a physical prior to participation in class. Provide opportunities for women to receive advanced level instruction and training in skills, techniques and strategies, and leadership, as well as.... 1. Provide instruction and opportunities for students to develop desirable human relationships and social expression through interaction with opponents, teammates, instructors, officials and companions. 2. Provide an educationally sound environment for wholesome competition. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 195 Life Fitness - Functional Fitness Training (0.5 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 18 (4.5 lecture, 13.5 lab)
Instruction in exercise techniques aimed at enhancing functional performance in daily activities, general exercise and athletics. Emphasizes the development of joint stabilizer strength, balance, core (abdominal) strength, and efficiency of movement, using a variety of strength and balance training equipment.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 196 Myofascial Release Techniques in Exercise (0.5 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 18 (4.5 lecture, 13.5 lab)
Introduction to the incorporation of self-myofascial release (self-massage) techniques in exercise. Learning to utilize various equipment to manipulate soft tissue for injury prevention, rehabilitation, pain reduction and sport performance.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable

PE 197A Intercollegiate Swimming for Women (3 Units)
Limitations on Enrollment: Try-out for intercollegiate team.
Hours: 175 (175 lab)
Provides opportunities for women to receive advanced-level instruction and training in the sport of swimming. In addition to competition, students will be guided to positive peer relationships, and creating a healthy team dynamic. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 198A Intercollegiate Water Polo - Women (3 Units)
Limitations on Enrollment: Try-out for intercollegiate team.
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 175 (175 lab)
Provides opportunities for women to receive advanced-level instruction and training in the sport of water polo. In addition to competition, students will be guided to positive peer relationships, and creating a healthy team dynamic. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 199A Intercollegiate Cheer/Dance (3 Units)
Same as: PE 199B, and PE 199C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 175 (175 lab)
Student must have a physical prior to participation in class. Designed for intercollegiate cheer and dance team members. Focuses on the skills required for a successful intercollegiate cheer and dance team. Emphasizes the fundamentals of tumbling, stunts, dance, leadership and performance skills, and techniques. Performance at school athletic events and campus functions, as well as participation in community-involved projects. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 199B Intercollegiate Cheer/Dance (2 Units)
Same as: PE 199A, and PE 199C
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 106 (106 lab)
Student must have a physical prior to participation in class. Designed for intercollegiate cheer and dance team members. Focuses on the skills required for a successful intercollegiate cheer and dance team. Emphasizes the fundamentals of tumbling, stunts, dance, leadership and performance skills, and techniques. Performance at school athletic events and campus functions, as well as participation in community-involved projects. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 199C Intercollegiate Cheer/Dance Team (1 Unit)
Same as: PE 199A, and PE 199B
Limitations on Enrollment: Selection to enroll by permission of instructor.
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lab)
Student must have a physical prior to participation in class. Designed for intercollegiate cheer and dance team members. Focuses on the skills required for a successful intercollegiate cheer and dance team. Emphasizes the fundamentals of tumbling, stunts, dance, leadership and performance skills, and techniques. Performance at school athletic events and campus functions, as well as participation in community-involved projects. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 200 Introduction to Kinesiology (3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lecture)
Introductory course to the field of physical education/kinesiology (study of human movement). Trends and sub-disciplines will be examined. Career opportunities in the fields of teaching, coaching and fitness professions.
Transfer Information: CSU Transferable, UC Transferable

PE 201 Coaching Youth Football (1.3 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 36 (18 lecture, 18 lab)
Designed to aid youth football coaches. Fundamentals of offense, defense and kicking game are covered, as well as the psychological and philosophical aspects of coordinating a safe youth program.
Transfer Information: CSU Transferable

PE 203 Introduction to Sports Management (3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lecture)
Introduces students to the scope and career opportunities of sports management. Emphasis is placed on current events in the world of sports management.
Transfer Information: CSU Transferable

PE 205 Intercollegiate Beach Volleyball: Women (3 Units)
Limitations on Enrollment: Try-out for intercollegiate team.
Hours: 162 (162 lab)
Intended to prepare students for participation in Intercollegiate Beach Volleyball for Women. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 216 Competition, Motivation And The Athlete (1 Unit)
Hours: 18 (18 lecture)
Introduction to the psychological, motivational, competitive and physical dimensions of sport. Survey of the athlete and coach to facilitate optimal performance.
Transfer Information: CSU Transferable

PE 217 Movement Education In The Elementary School (3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lecture)
Designed for students who desire an elementary school teaching credential or those who are Physical Education majors. Introduction to psychomotor development skills and teaching methodologies necessary to develop and teach elementary school physical education. Cultural and historical perspectives, as well as self-image and personal development skills, included.
Transfer Information: CSU Transferable

PE 218 Introduction To Coaching/Teaching (3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lecture)
Introductory course in the field of coaching/teaching. History, present status and future trends of coaching. Career options in the profession of coaching are explored.
Transfer Information: CSU Transferable, UC Transferable

PE 219A Beginning Water Polo (1.5 Unit)
Skills Advisories: Eligibility for English 98, English 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-ed class that provides the student with knowledge and skill in water polo techniques, drills, tactics and rules. Swimming skills and techniques are emphasized to enable swimming, passing and shooting. Students acquire basic skills that enable them to understand and participate in water polo competition. All students required to pass swimming test administered first week.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 219B Intermediate / Advanced Water Polo (1.5 Unit)
Skills Advisories: Eligibility for English 98, English 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Co-ed class that provides students with further knowledge and skill in water polo techniques, drills, tactics and rules. Water polo skills and techniques are emphasized to develop skills used at intermediate and advanced levels of the sport. Acquisition of advanced skills that enable them to participate in intermediate and advanced levels of water polo competition.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 220A Ocean Swimming: Beginning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Further knowledge in swimming techniques, principles, and water safety practices as they apply to marine environment. Skills to swim effortlessly and efficiently are emphasized. Major emphasis on freestyle stroke, with elements of other strokes incorporated. Students become comfortable and confident swimming long distances in various types of weather and water conditions.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 220B Intermediate Ocean Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides students with knowledge and skill in swimming techniques to explore diverse open-water swimming opportunities. Experience in various marine conditions with water safety at the forefront. Interval and distance training in preparation for long distance events. Simulation of competition in large groups.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 221 Advanced Soccer Techniques - Women (1.5 Unit)
Skills Advisories: Eligibility for English 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides opportunities for women to receive advanced soccer instruction and training in skills, techniques, strategies and leadership. Develops desirable human relationships and social expression through interaction with teammates, instructors and officials. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 222 Advanced Soccer Techniques - Men (1.5 Unit)
Skills Advisories: Eligibility for English 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Provides opportunities for men to receive advanced soccer instruction and training in skills, techniques, strategies and leadership. Develops desirable human relationships and social expression through interaction with teammates, instructors and officials. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 223 Coaching Youth Soccer (1.3 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 36 (18 lecture, 18 lab)
Lecture and lab course on practical skill development to aid youth soccer coach. Theory, psychological and philosophical aspects, safety and prevention of injuries are covered. National Soccer Coaches of America Association Advanced Regional Diploma awarded upon successful completion.
Transfer Information: CSU Transferable

PE 224 Triathlon (1.5 Unit)
Skills Advisories: Eligibility for English 98, English 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Introduction to fundamental skills, techniques and training for a triathlon. Includes training for all three disciplines of the triathlon: swim, bike and run. Training focuses on sprint and Olympic-length triathlons, with the primary concentration being the sprint triathlon to prepare students for participation in a sprint triathlon.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 226 Running for Conditioning (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 or ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed for beginning, intermediate and advanced-level individuals who seek more specific and advanced training techniques. Covers training theory in distance running, specific strength training for runners, nutrition for endurance training, and bio-mechanical analysis for running efficiency. Training volume and intensity depend on individual's current fitness level.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 227 Hiking for Fitness (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to teach basic fundamentals of hiking for fitness. Provides students with the opportunity to participate, while developing overall strength and cardiovascular fitness. Wilderness first aid and survival skills are also studied. Daily hikes are scheduled.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 228 Sport Video Technology (3 Units)
Skills Advisories: ENG 098 or ENG 103.
Hours: 54 (54 lecture)
Introduction to sport video and digital technology. Students learn how new technology is applied to sports (basketball, baseball, football, soccer, volleyball). Hands-on training with sport software and technology.
Transfer Information: CSU Transferable

PE 229 Adapted Physical Education (1.5 Unit)
Same as: PE 229A
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 58.5 (13.5 lecture, 45 lab)
Exercise program for students with disabilities. Activities are adapted or modified to meet the individual needs and abilities of a student. Students with temporary and permanent disabilities are served, as well as those with major health problems or chronic conditions. Students must have a physician's statement indicating disability, specific restrictions and recommended activities.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 229A Beginning Adapted Strength Training (1.5 Unit)
Same as: PE 229
Hours: 58.5 (13.5 lecture, 45 lab)
This course is designed for students with a disability or a chronic health condition who want to develop a strength training routine with modifications as needed to meet abilities. Basic strength training principles and benefits from resistance exercises will be discussed. Major muscle groups will be identified with an understanding of their function and application to specific activities.
Transfer Information: CSU Transferable

PE 230 Outdoor Education (2.3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (36 lecture, 18 lab)
Basic fundamentals of outdoor education and recreation. Students study plants and animals, history, geography and environmental issues of the local area. Specific attention given to the Channel Islands. Various field trips include different outdoor activities and educational opportunities.
Transfer Information: CSU Transferable

PE 231 Adapted Sport & Recreational Physical Activity (1.5 Unit)
Hours: 58.5 (13.5 lecture, 45 lab)
Designed to support students with a disability or a chronic health condition develop skills and enjoyment in a variety of sport and recreational activities such as soccer, softball, tennis, yoga and other miscellaneous games. Students learn to modify activities to meet individual abilities.
Transfer Information: CSU Transferable

PE 247 Intercollegiate Sports Development (0.3 Units)
Skills Advisories: Eligibility for ENG 98 and Eligibility for ENG 103.
Hours: 12 (5 lecture, 7 lab)
Designed to prepare potential athletes in aspects of physical and cognitive sports development. Two facets include (A) dissemination of information regarding drugs, alcohol, tobacco and sexual assault, concussion and brain injury, CCCAA & NCAA eligibility, Physical and FMS screening, and (B) presentation of general sports fitness, sports specific training, tactical and fundamental skill activities. Course restricted to 3 repetitions
Transfer Information: CSU Transferable

PE 250 Survey and Appreciation of Dance History (3 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (54 lecture)
Introduction to the history and appreciation of dance. Survey of dance history, from the beginning of time to the present, with an emphasis upon development as an art form cross-culturally. Emphasis on sociological, cultural, historical context within different societies. Development of contemporary art forms of dance, within the 20th and 21st centuries is explored.
SBCC General Education: SBCCGE Area C
Transfer Information: CSUGE Area C1, IGETC Area 3A, CSU Transferable, UC Transferable

PE 252A Fundamentals of Choreography (2 Units)
Course Advisories: PE 152A.
Hours: 54 (27 lecture, 27 lab)
Introduction to the choreographic process. Movement studies to acquire experiences and knowledge of compositional techniques. Individual and group creativity stressed, along with the ability to articulate aesthetic distinctions. Special emphasis on movement experimentation, invention and development.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 260 Dance Improvisation (1.5 Unit)
Course Advisories: PE 152A.
Skills Advisories: Eligibility for ENG 98 or ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Introduction to creative exploration in movement through guided exercises and experiences that enrich one's personal movement vocabulary. Students learn to access and develop their active imagination and enhance their focus and concentration abilities. Students develop kinesthetic awareness, individual/group sensitivities, and discover the process used in creating and inventing movement.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 269 Strength and Conditioning for Athletes (1 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to teach the fundamentals of general and sport-specific conditioning to increase muscular strength, endurance, and power utilizing weights and Olympic lifting techniques. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 270 Coaching the Young Athlete (0.5 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 9 (9 lecture)
An introductory course specifically designed to aid current or future coaches of young athletes. Students are introduced to the challenges of age and gender specific considerations in training of young athletes. Topics include training guidelines for young athletes, stages of athletic development, long-term training plans, specific strategies of motivation related to age groups, and providing an environment that promotes lifelong fitness, learning and fun.
Transfer Information: CSU Transferable, UC Transferable

PE 271 Leadership for Students Athletes (1 Unit)
Hours: 18 (18 lecture)
Designed specifically for student athletes participating in intercollegiate athletics who want to develop leadership skills in order to work effectively with their teams.
Transfer Information: CSU Transferable, UC Transferable

PE 277A Beginning Fitness for ESL Students (1 Unit)
Hours: 36 (9 lecture, 27 lab)
The first course in a series of classes designed to introduce ESL students to the fundamentals of physical fitness training, nutrition, and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open lab format in the Life Fitness Center. Proper use of equipment and basic fitness concepts are emphasized.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 277B Intermediate Fitness for ESL Students (1 Unit)
Hours: 36 (9 lecture, 27 lab)
Second course in a series of classes designed to introduce ESL students to the fundamentals of physical fitness training, nutrition, and health education. A one-hour weekly meeting is required. Exercise sessions are performed in an open-lab format in the Life Fitness Center. Low back care, muscular strength, and endurance are emphasized.
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 281 Pre-Season Intercollegiate Basketball - Women (1.5 Unit)
Skills Advisories: Eligibility for Eng 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to enhance the skills, techniques and strategies of intercollegiate-level women's basketball players. Emphasis is placed on the mental, physical, and tactical aspects of the game in order to compete successfully at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 282 Pre-Season Intercollegiate Basketball - Men (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to enhance the skills, techniques and strategies of intercollegiate-level men's basketball players. Emphasis is placed on the mental, physical, and tactical aspects of the game in order to compete successfully at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 284 Pre-Season Intercollegiate Football (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Focus on skills and technique development. Offensive and Defensive schemes will be taught and developed. Strength conditioning is also emphasized, with a concentration on core strength, speed, and explosive movements. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 288 Pre-Season Intercollegiate Track and Field (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Track and field provides instruction and practice in the fundamentals, skills and techniques of all track and field events. Provides a conditioning program involving event-specific running and event-specific techniques and drills. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 290 Work Experience in Physical Education/Health Education (1-4 Units)
Skills Advisories: Eligibility for ENG 98 and ENG 103.
Hours: 300 (300 lab)
Work/learning experience which provides the student an opportunity to evaluate various career opportunities within the physical education/recreation field and to apply classroom learning to field experience. Students receive credit for paid and/or volunteer work. Individual learning objectives implemented each semester. Course restricted to 3 repetitions
Transfer Information: CSU Transferable

PE 293 Pre-Season Intercollegiate Volleyball - Men (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to enhance the skills, techniques and strategies of intercollegiate-level men's volleyball players. Emphasis is placed on the mental, physical, and tactical aspects of the game in order to compete successfully at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 294 Pre-Season Intercollegiate Softball-Women (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Designed to instruct individuals on the skills, techniques and principles of women's intercollegiate-level softball players. Emphasis is placed on mental, physical, and tactical aspects of the game in order to compete successfully at the collegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 295 Internship in Physical Education/Health Education (2-4 Units)
Limitations on Enrollment: Completion of two courses in the Physical Education department at SBCC prior to enrolling in an internship course.
Skills Advisories: Eligibility for ENG 110 or ENG 110H.
Hours: 273 (273 lab)
Structured internship program in which students gain experience with community organizations and/or college programs related to the discipline. Course restricted to 3 repetitions
Transfer Information: CSU Transferable

PE 297 Pre-Season Intercollegiate Women's Swimming (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Conditioning and swimming technique for women's swimming. Specifically designed for the highly skilled swimmer who is seeking competition in the sport of swimming. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable

PE 298 Pre-season Intercollegiate Water Polo:Women (1.5 Unit)
Skills Advisories: Eligibility for ENG 98 and 103.
Hours: 54 (12.6 lecture, 41.4 lab)
Instruction, skills technique, and strategies for Women's Water Polo. Emphasis is placed on conditioning, tactics, and skill fundamentals to compete at the intercollegiate level. Course restricted to 3 repetitions
SBCC General Education: SBCCGE Area E3
Transfer Information: CSU Transferable, UC Transferable