PHTG 52 Photography Production Lab 1 Unit
PHTG 52X Prerequisite: Photography 1 or 4 (may be taken concurrently).
Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).
(Any combination of Photography 52 and 52X may be taken up to six times for credit.)
Supervised use of photographic studio, darkrooms and/or photographic computer lab space.

PHTG 54 Experimental Photography 3 Units
Prerequisite: Photography 1.
Two hours lecture, three hours laboratory (60 hours total per quarter).
(May be taken up to three times for credit.)
Introduction to experimental and nontraditional photographic processes through the use of analog and digital photography. View both historical and contemporary approaches to camera and darkroom use in the creation of photographic imagery. Make enlarged negatives, create cyanotype and VanDyke brown prints, tone and handcolor images, and use digital imaging to emulate these and other traditional processes. Produce an engaging and expressive collection of images.

PHTG 56B Color Photography II 4 Units
Prerequisite: Photography 56A.
Two hours lecture, six hours laboratory (96 hours total per quarter).
Reversal systems for color photography, color reversal film exposure techniques with handheld light meters, introduction to the 4x5 view camera, basic studio lighting and advanced RA-4 printing techniques.

PHTG 57A Commercial Lighting I 3 Units
Prerequisite: Photography 2 or 5.
Two hours lecture, three hours laboratory (60 hours total per quarter).
(May be taken up to three times for credit.)
Basic lighting skills. Provide an understanding of the use of artificial light sources and associated equipment in a studio environment. Learn controls of lighting ratios, contrast, texture and form, reflection, and exposure. Produce photographic images relevant to the techniques and production methods covered.

PHTG 57B Commercial Lighting II 3 Units
Prerequisite: Photography 57A.
Two hours lecture, three hours laboratory (60 hours total per quarter).
(May be taken up to three times for credit.)
Intermediate/advanced lighting skills. Learn complex lighting for reflective surfaces, commercial portraits, and interior and exterior architectural shooting. Produce photographic images relevant to the techniques and production methods covered.

PHTG 58 Using a Digital Camera 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture-laboratory (48 hours total per quarter).
An online introduction to the use of digital cameras; basic camera types, controls, storage, image size, and display will be covered. Technical and compositional exercises will enhance the understanding of digital cameras and techniques covered.

PHTG 58A Beginning Digital Imaging 3 Units
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent.
Two hours lecture, three hours laboratory (60 hours total per quarter).
Introduction to digital imaging using the application Photoshop. Overview of Macintosh operating system. Basic understanding of image capture, input, storage, and output. Use of specifically photographic methods and controls to create and manage imagery in an all digital environment. The development of critical thinking skills to analyze diverse cultural, intellectual, philosophical, ethical and aesthetic concerns of the photographic medium as a part of new technologies.

PHTG 58B Intermediate/Advanced Digital Imaging 3 Units
Prerequisite: Photography 58A.
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263; Mathematics 210 or equivalent.
Two hours lecture, three hours laboratory (60 hours total per quarter).
Refinement of digital imaging skills using the application Photoshop. Learn channel mixing, advanced layering, and masking techniques. Understanding of color management, optimization of the toolbox and an introduction to large format printing. Use of specifically photographic methods and controls to create and manage imagery in an all digital environment. Development of critical thinking skills to analyze diverse cultural, intellectual, philosophical, ethical and aesthetic concerns of the digital photograph.

PHTG 77 Special Projects in Photography 2 Units
(Formerly Photography 59.)
Prerequisite: Consent of instructor and division dean.
Six hours laboratory (72 hours total per quarter).
(May be taken two times for credit as long as the projects are different each time.)
Individual projects in creative, technical, or applied photography by written arrangement with the instructor. A specific area is explored in depth and quality.

PHTG 78X Special Topics in Photographic Studies 1 Unit
PHTG 78Y 2 Units
PHTG 78Z 3 Units
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
One hour lecture for each unit of credit (12 hours total for each unit of credit per quarter).
(Any combination of Photography 78X, 78Y and 78Z may be taken up to six times, not to exceed 18 units, as long as the topics are different each time.)
In depth study of influential photographer, genre, movement, photographic method, technical, and historical period. Topics are specialized and different for each section of the course for example: visiting artist/graphographer, study of women in photography, cultural diversity within the medium, documentary work, portraiture, landscape genres, modern, postmodern movements, new directions, new equipment and/or software, business practices, or special techniques (see course note in the quarterly schedule of classes).

Physical Education
P E 1A Softball 1/2 Unit
P E 1AX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter); three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 1A and 1AX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of softball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and beginning skills and strategy as related to playing the game. Fundamental skills and rules pertaining to softball. Analysis of basic strategy in a game situation and the different outcomes resulting from specific player actions will be covered. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be included.

P E 1H Team Sport - Basketball 1/2 Unit
P E 1HX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter); three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 1H and 1HX may be taken up to six times for credit.)
An introduction to, the discipline of Physical Education through team sport basketball. Activities include individual and team strategies and techniques required for competitive games. A brief historical examination of significant national and international contributions to the development of styles of play will be presented. The impact of culture and gender on amateur and professional levels of competition will also be analyzed. Skills emphasized will enable students to participate in formal and informal basketball activities. Students will recognize basketball needs associated with physiology, nutrition, flexibility, and strength concepts in order to improve level of skill. Instructors will motivate and encourage students to practice and adapt skills to physical ability, age, strength, and gender. Major emphasis on tournament format participation.

P E 1L Lacrosse 1/2 Unit
P E 1LX 1 Unit
(Formerly Physical Education 99L and 99LX respectively.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter); three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 1L and 1LX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of lacrosse. Emphasis is placed upon the rules of the game, the skills and strategies of the sport. Includes a global and historical examination of lacrosse, its equipment, facilities, etiquette and contributions of both male and female experts and players. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to lacrosse will be discussed.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 2A  Beginning Karate  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of physical education through the discipline of karate. Includes, a global and historical examination of the sport, rules, equipment, and etiquette. Students will analyze and demonstrate the application of traditional Japanese Shotokan karate techniques including blocking, punching, kicking, striking and stances. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility and strength concepts in an effort to improve their physical condition. Considerations for the variables that occur due to age, gender and physical conditions will be covered.

P E 2B  Intermediate Karate  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2A or 2AX, or approval of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2A, 2AX, 2B and 2BX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of physical education through the discipline of karate. Includes, a global and historical examination of the sport, rules, equipment, and etiquette. Intermediate karate skills and techniques of Japanese karate will be covered. Blocking, punching, kicking, stances and individual evasive movement, and group interaction. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts in an effort to improve their physical condition in order to train at a more advanced level, with consideration for the variables that occur due to age, gender and physical conditions.

P E 2K  Aikido  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2K, 2KK, 2L and 2LX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of physical education through the study of Martial Arts in the form of Aikido. Includes a global and historical examination, key philosophical concepts of the Aikido tradition and the evolution of Aikido to its present form. Students will practice simple Aikido techniques for the mind, body and spirit that can easily be incorporated into daily life. Rotation movements, mindfulness, breath awareness, and relaxation techniques will be covered. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Aikido and health.

P E 2L  Intermediate Aikido  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2K, 2KK, or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2K, 2KK, 2L and 2LX may be taken up to six times for credit for the family of courses.)
Further examination of discipline of physical education through the study of Martial Arts in the form of Aikido. Students will practice Intermediate Aikido techniques for the mind, body and spirit that can easily be incorporated into daily life. Rotation movements, mindfulness, breath awareness, and relaxation techniques will be covered. The course will incorporate exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Aikido and health.

P E 2P  Pilates Mat Exercise  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2P and 2PX may be taken up to six times for credit.)
An introduction to physical education through the study of Pilates. Includes a global and historical perspective, and key philosophical concepts of the Pilates method. Students will practice mat techniques and the use of equipment to improve the mind, and body. Includes basic exercise physiology concepts, nutrition, strength development, flexibility, and the six principles of Pilates.

P E 2Q  Tai Chi  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2Q, 2QX, 2R and 2RX may be taken up to six times for credit for the family of courses.)
An introduction to the discipline of Physical Education through Tai Chi exercises including well-known short forms consisting of 24 postures. Principles of unity, centering, balance, alignment, breath and movement, “yin and yang” relationships and the development of Chi. Benefits of Tai Chi exercise relative to age, gender and environmental conditions. Basic exercise physiology, nutrition, fundamentals of strength development, flexibility and meditation concepts as related to Tai Chi and “health and wellness.” A global and historical examination of the Taoist philosophy and the development of various forms of Tai Chi.

P E 2R  Intermediate Tai Chi  1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 3Q or 2QX, or comparable level, or permission of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2Q, 2QX, 2R and 2RX may be taken up to six times for credit for the family of courses.)
Further examination of Physical Education through the ancient exercise of Tai Chi. Includes the well-known short forms consisting of 24 or 36 postures. Complete and polish movements of the 24 Tai Chi set, self-defense applications, “push-hands,” and sparring will be performed. Review and embody principles of unity, centering, balance, alignment, breath and mind intent, “yin and yang” relationships and the development of Tai Chi at an intermediate level. Benefits of Tai Chi exercise relative to age, gender and environmental conditions will be studied. The course will incorporate basic exercise physiology, nutrition, strength development, flexibility and meditation techniques as related to Tai Chi and health.

P E 2S  Cardio Tai-Chi  1/2 Unit
(Formerly Physical Education 92S and 92SX respectively.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2S and 2SX may be taken up to six times for credit.)
An introduction to physical education through the principles of cardio tai-chi. The student will gain cardiovascular fitness and health through this course. Includes an historical and global examination of the sport, orientation to aerobic exercise, tai-chi principles, cardio tai-chi basic movements, cardio tai-chi routines, partner drills and principles of self-defense. Principles of fitness and nutrition as they relate to cardio tai-chi will be discussed.

P E 2Y  Yoga  1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 2Y and 2YX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the study of yoga including a historical examination and key philosophical concepts of the yoga tradition and the evolution of yoga throughout the ages. Students will practice simple yoga poses for the mind, body, mindfulness, breath awareness, and relaxation techniques will be covered.
P E 4X Indoor Cycling 1 Unit
(Formerly Physical Education 50 and 50X respectively.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 3 and 3X may be taken up to six times
for credit.)
An introduction to the discipline of Physical Education through indoor cycling.
Includes an historical examination of indoor cycling/spinning. The cycling program
is an individually paced, non-competitive, group training program designed for all
riders and all fitness levels. Cycling is an exercise performed on a stationary racing
bicycle and is performed to music. Training is fast paced and is open to anyone
who is interested in losing body fat, improving cycling techniques, and wants to
improve cardio-respiration.

P E 3G Self-Defense 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 3G and 3GX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through personal self-
defense. The course includes a historical and global examination of self-defense.
It will provide the student with a sense of awareness and practical applications
that will maximize the student’s strength, endurance, and skill relative to gender,
bodily build and strength. Recognition of potential problems, attack prevention/
avoidance, escape strategies, counterattack, kidnapping, and abduction will be
discussed. Basic exercise physiology, nutrition, fundamentals of strength
development, and flexibility.

P E 4 Strength Development 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 4 and 4X may be taken up to six times
for credit.)
An introduction to the discipline of Physical Education through strength training.
Includes lecture, safety and techniques of strength development, with a brief
historical examination of how strength training has changed due to the influence
of individuals, and their style of lifting. The development of skill and adaptations
based on the physical ability, age and gender of the individual student will be
encouraged. Students will review training methods, measurements, safety, individual program
and the body bar will be used in conjunction with proper breathing, posture, and
muscle awareness.

P E 3 Indoor Cycling 1 Unit
(Formerly Physical Education 5X and 50X respectively.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 3 and 3X may be taken up to six times
for credit.)
An introduction to the discipline of Physical Education through indoor cycling.
Includes an historical examination of indoor cycling/spinning. The cycling program
is an individually paced, non-competitive, group training program designed for all
riders and all fitness levels. Cycling is an exercise performed on a stationary racing
bicycle and is performed to music. Training is fast paced and is open to anyone
who is interested in losing body fat, improving cycling techniques, and wants to
improve cardio-respiration.

P E 6B Cross Training 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 6B and 6BX may be taken up to six times
for credit.)
An introduction to the discipline of Physical Education including an historical
examination of cross training. Cardiovascular fitness will be increased through circuit
and interval training. Agility, speed, strength, and flexibility will be enhanced
through the utilization of a variety of fitness equipment. Strength, cardiovascular,
flexibility and body composition assessments will be included in course activities.
Students will participate indoors as well as outdoors.

P E 6D Body Sculpting 1/2 Unit
(Formerly Physical Education 52 and 52X respectively.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 6D and 6DX may be taken up to six
times for credit.)
The body sculpt course is an introduction to the discipline of Physical Education. It
includes an historical examination of Core strengthening. Body sculpt conditioning
is an integrated approach that focuses on developing the muscles of the entire
body. Through body sculpting the student will achieve ultimate fitness by focusing on
a program of strength, balance, agility and flexibility. Concentration will be on
muscles of the entire body. Resistance training, medicine balls, stability balls, and
the body bar will be used in conjunction with proper breathing, posture, and
muscle awareness.

P E 6F Deep Water Running 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C or 26CX.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 6F and 6FX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through deep water running
including an historical and global examination of deep water running for fitness and
rehabilitation. Students will improve fitness through a program of cardiovascular
endurance, strength development and flexibility using water based exercise routines.

P E 6G Aerobic Swimming 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C, 26CX, or permission of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 6G and 6GX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through aerobic swimming.
Cardiovascular conditioning for the swimmer who is proficient at the intermediate
level. Includes global and historical development of swimming as a fitness activity.
Students will review training methods, measurements, safety, individual program
design, exercise physiology, nutrition appropriate to swimming, intermediate strokes and turns.

P E 6H Aerobic Power Walking 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 6H and 6HX may be taken up to six
times for credit.)
An introduction to the discipline of Physical Education through aerobic power walking.
Includes an historical and global examination of walking for health and fitness.
Students will improve fitness through a progressive program of walking various distances, routes and at variable speeds.
The importance of strength development, and flexibility exercises, adaptations of the exercises to individual
physical abilities and principles of fitness and nutrition will be discussed.

All courses are for unit credit and apply to a
De Anza associate degree unless otherwise noted.
P E 6K  
Cardio Kick  
1/2 Unit

P E 6KX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter).  
(Any combination of Physical Education 6K and 6KX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the activity of cardio kick.  
Dynamic kickboxing techniques are used to provide a level of conditioning for both the aerobic and anaerobic systems.  
The freestyle interval format combines boxing and kicking drills specific to martial arts and kickboxing integrating the element of mind/body, readiness, visualization, and reaction.  
Students will participate in a safe, modifiable, program to improve overall fitness, agility, balance, strength, and endurance.  
An historical examination of kick and kickboxing for fitness and its roots in the sports of kickboxing, boxing, and martial arts will be included.

P E 6Q  
Lo Impact Aerobic Rhythms  
1/2 Unit

P E 6QX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter).  
(Any combination of Physical Education 6Q, 6QX, 6R, 6RX, 6S and 6SX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through aerobic exercise utilizing lo impact techniques.  
Students will learn fundamental patterns and routines to promote music accompaniment.  
A global and historical review of the evolution of aerobic exercise, exercise trends for men, and women will be covered.  
Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise relative to age, gender, or physical limitations.

P E 6R  
Hi-Lo Impact Aerobic Rhythms  
1/2 Unit

P E 6RX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter).  
(Any combination of Physical Education 6R, 6RX, 6R, 6RX, 6S and 6SX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education using hi/lo aerobic exercise to promote cardiorespiratory endurance through a variety of movements.  
Students will learn fundamental patterns and routines with popular music accompaniment.  
Global and historical review of aerobic exercise trends for men, women and athletes will be discussed.  
Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise, strength development and flexibility depending on age, gender, and physical limitations.

P E 6S  
Step Aerobics  
1/2 Unit

P E 6SX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter).  
(Any combination of Physical Education 6E, 6SX, 6R, 6RX, 6S and 6SX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through cardiovascular/ 
aerobic exercise utilizing a step system to promote cardiorespiratory endurance through a variety of movements.  
Students will learn fundamental patterns and routines with popular music accompaniment.  
Global and historical review of the evolution of aerobic exercise, exercise trends for men, women and athletes will be discussed.  
Students will review and apply basic exercise physiology, nutrition and wellness concepts related to cardiovascular exercise, strength development and flexibility relative to age, gender, or physical limitations.

P E 6U  
Fit Camp  
1/2 Unit

P E 6UX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter);  
four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination Physical Education 6U, 6UX and 6UY may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through fit camp.  
An historical examination of fit camp for fitness which includes a look at the U.S. Military boot camp regimen.  
The student will strive for ultimate fitness through a program of cardiovascular exercise including circuit and intervals, balance, agility, speed, strength, and flexibility training both indoors and outdoors.  
Strength, cardiovascular fitness, flexibility and body composition assessments will occur throughout the term.

P E 6V  
Core Conditioning  
1/2 Unit

P E 6VX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter).  
(Any combination of Physical Education 6V and 6VX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through core conditioning which is an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body.  
Included is an historical examination of core strengthening.  
Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals.  
Resistance training, medicine balls, stability balls, and the body bar will be used in conjunction with breathing, posture, and muscle awareness.

P E 6W  
Multi-Sport Training  
1/2 Unit

P E 6WX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter);  
four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination of Physical Education 6W and 6WX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through total fitness, including an historical and global examination of Total Fitness and conditioning.  
Students will improve fitness through a program of cardiovascular exercise, agility, speed, flexibility, and resistance training using both indoor and outdoor facilities.  
Fitness assessments will occur throughout the term.

P E 6Y  
Cardiovascular and Strength Training  
1/2 Unit

P E 6YX  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter);  
four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination of Physical Education 6Y, 6YX and 6Y may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through cardiovascular and strength training.  
Includes rules, equipment, facilities, etiquette, safety and technique of cardiovascular and strength training.  
Includes a brief historical examination of how cardiovascular and strength training has changed due to the influence of individuals and their countries.  
Students will review and apply basic exercise physiology, nutrition, and flexibility concepts to improve their physical condition.

P E 10  
Multi-Sport Training  
1/2 Unit

P E 10X  
(See general education pages for the requirement this course meets.)  
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.  
Two hours laboratory for the one-half unit course (24 hours total per quarter);  
three hours laboratory for the one unit course (36 hours total per quarter);  
four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination of Physical Education 10, 10X and 10Y may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Multi-Sport fitness.  
An historical examination of multi-sport training methodology to include triathlon training.  
The student will strive for ultimate fitness through a program of cardiovascular exercise including interval training, strengthening exercises, and flexibility training both indoors and outdoors with an emphasis on aquatic fitness.  
Strength, cardiovascular fitness, and flexibility will be monitored and assessed throughout the term.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 11  Stretching  1/2 Unit

P E 11X  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 11 and 11X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through stretching. Techniques for improving flexibility including passive and active stretches, Pilates exercises, partner stretches, Yoga poses and the use of equipment will be included. Emphasis will be placed upon flexibility, balance, spatial awareness and safety during stretching. Technique modifications to account for physical limitations will be emphasized. A brief examination of the evolution of the various forms of stretching reflecting cultural differences and diversity, exercise physiology, nutrition and wellness concepts related to total fitness, age, gender, disabilities and/or genetics will be covered.

P E 12  Aqua Exercise  1/2 Unit

P E 12X  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 12 and 12X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Aqua Aerobics. This course uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. A variety of aerobic type movements performed in land based programs such as running, jumping and skipping will be performed. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of aqua aerobics for fitness, rehabilitation, and play will be included.

P E 13A  Beginning Badminton  1/2 Unit

P E 13AX  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through Badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, and basic strokes in beginning badminton. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition will be discussed. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.

P E 13B  Intermediate Badminton  1/2 Unit

P E 13BX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 13A or 13AX, or permission of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit for the family of courses.)

An introduction to the discipline of Physical Education through the sport of badminton. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an intermediate level will be included. The course will encourage an understanding of how to adapt game strategies and conventional techniques to one’s needs and abilities based on age, gender and environmental conditions, personal strengths and weaknesses.

P E 13C  Advanced Badminton  1/2 Unit

P E 13CX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 13B or 13BX; or consent of the instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit for the family of courses.)

Further examination of Physical Education through the sport of badminton. Includes an in depth study of the sport at an advanced level, rules, equipment, facilities, etiquette, and advanced skills and strategy as related to competitive play. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level will be covered. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.

P E 13T  Tournament Badminton  1/2 Unit

P E 13TX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 13C or 13CX.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 13A, 13AX, 13B, 13BX, 13C, 13CX, 13T and 13TX may be taken up to six times for credit for the family of courses.)

Further examination of Physical Education through the sport of badminton. Includes an in depth study of advanced skills, the rules, equipment, facilities, etiquette, and strategy as related to tournament play. Basic exercise physiology, nutrition, flexibility and strength concepts to improve physical condition in order to play at a more advanced level will be covered. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to age, gender and physical conditions.

P E 14A  Beginning Fencing  1/2 Unit

P E 14AX  1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 14A or 14AX, or a comparable course.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 14A, 14AX, 14B and 14BX may be taken up to six times for credit for the family of courses.)

Fundamental techniques/skills utilizing the French foil. Students will learn the rules and regulations governing fencing competition. Fundamental exercise physiology, physiological benefits, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and physical condition will be explored. A brief historical examination of the various styles of this international sport, its roots, famous male, female and junior champions of the Olympic, PANAM, and World Championships.

P E 14B  Intermediate Fencing  1/2 Unit

P E 14BX  1 Unit
(See general education pages for the requirement this course meets.)
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 14A or 14AX, or a comparable course.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 14A, 14AX, 14B and 14BX may be taken up to six times for credit for the family of courses.)

Further examination of Physical Education through the sport of fencing with a French foil. Application of more complex combinations of blade and footwork that build upon the skills taught are transferable for use of the epee and sabre. The physiological benefits of fencing, fundamental exercise physiology, nutrition and wellness concepts related to total fitness and individual variations due to age, gender, and genetics will be explored.

P E 15  Beginning Bowling  1/2 Unit

P E 15X  1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 15 and 15X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of bowling. Includes an historical examination, styles of play and strategies of the sport. Students will strive to develop basic skills including approach, types of deliveries, strategy, etiquette, and league play associated with the sport of bowling. Adaptations related to gender, age and physical conditioning will be addressed. Principles associated with exercise physiology, nutrition, flexibility, muscular strength and endurance will be covered.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Units</th>
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<tbody>
<tr>
<td>P E 16A</td>
<td>Beginning Golf</td>
<td>1/2 Unit</td>
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<tr>
<td>P E 16AX</td>
<td>Beginning Golf</td>
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<td>P E 16B</td>
<td>Intermediate Golf</td>
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<td>P E 16BX</td>
<td>Intermediate Golf</td>
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<tr>
<td>P E 19A</td>
<td>Beginning Volleyball</td>
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<td>P E 19AX</td>
<td>Beginning Volleyball</td>
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<td>P E 19B</td>
<td>Intermediate Volleyball</td>
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<td>P E 19BX</td>
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<td>P E 19C</td>
<td>Advanced Volleyball</td>
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<td>P E 19CX</td>
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<td>P E 19T</td>
<td>Tournament Volleyball</td>
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<td>P E 20A</td>
<td>Beginning Archery</td>
<td>1/2 Unit</td>
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<td>P E 20B</td>
<td>Intermediate Archery</td>
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<td>P E 20X</td>
<td>Intermediate Archery</td>
<td>1 Unit</td>
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<tr>
<td>P E 21A</td>
<td>Beginning Tennis</td>
<td>1/2 Unit</td>
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<td>P E 21AX</td>
<td>Beginning Tennis</td>
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<td>P E 21B</td>
<td>Advanced Beginning Tennis</td>
<td>1/2 Unit</td>
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<tr>
<td>P E 21BX</td>
<td>Advanced Beginning Tennis</td>
<td>1 Unit</td>
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**General Notes:**
- Three hours laboratory for the one unit course (36 hours total per quarter).
- Two hours laboratory for the one-half unit course (24 hours total per quarter).
- English as a Second Language 272 and 273.
- Prerequisite: Physical Education 19A or 19AX; or consent of instructor.
- Physical Education 19A or 19AX; or consent of instructor.
- Physical Education 19B or 19BX; or consent of instructor.
- Physical Education 21A or 21AX; or consent of instructor.
- Physical Education 21A or 21AX; or consent of instructor.
- Physical Education 19A or 19AX; or consent of instructor.
- Physical Education 19B or 19BX; or consent of instructor.

**Prerequisites:**
- Physical Education 16A, 16AX, 16B, and 16BX may be taken up to six times for credit for the family of courses.
- Physical Education 16A, 16AX, 16B, and 16BX may be taken up to six times for credit for the family of courses.
- Physical Education 19A, 19AX, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.
- Physical Education 19A, 19AX, 19BX, 19C, 19CX and 19T may be taken up to six times for credit for the family of courses.
- Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX may be taken up to six times for credit for the family of courses.
- Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, and 21DX may be taken up to six times for credit for the family of courses.

**Course Descriptions:**
- An introduction to the discipline of Physical Education through the sport of golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamental skills of beginning golf. Students will develop skills in putting, chipping, pitching, and chipping, hitting, and full swing fundamentals utilizing basic theories of physics. The skills portion of the course will encourage an understanding of how to adapt the game and conventional techniques to an individual's physical abilities. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.
- An introduction to the discipline of Physical Education through the sport of golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamental skills of beginning golf. Students will develop their golf skills and improve upon basic team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.
P E 21C Intermediate Tennis 1/2 Unit

Prerequisite: Physical Education 21B or 21X; or equivalent skills. 
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter); three hours laboratory for the one unit course (36 hours total per quarter). (Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, 21DX may be taken up to six times for credit for the family of courses.)

P E 21D Advanced Tennis 1 Unit

Prerequisite: Physical Education 21B or 21X; or equivalent skills based on instructors evaluation. 
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Two hours laboratory for the one-half unit course (24 hours total per quarter); three hours laboratory for the one unit course (36 hours total per quarter). (Any combination of Physical Education 21A, 21AX, 21B, 21BX, 21C, 21CX, 21D, 21DX may be taken up to six times for credit for the family of courses.)

P E 21E Competitive Tennis 2 1/2 Units

Prerequisite: Experience in tournament or interscholastic competition or appropriate skill level with consent of instructor. 
Eight hours laboratory (96 hours total per quarter). (May be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the study of Tennis. Includes a brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Development of consistency, accuracy and control for forehand, backhand ground strokes, serve, volley, lob and overhead skills utilizing fundamental theories of physics. Introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; basic singles and doubles strategies. A brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Students will review and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play tennis at a more advanced level.

P E 22 Body Awareness and Conditioning for Dancers 1 Unit

Prerequisite: Experience in tournament or interscholastic competition or appropriate skill level with consent of instructor. 
Eight hours laboratory (96 hours total per quarter). (May be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the study of Ballet. Includes a brief historical examination of how the game of ballet has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Development of consistency, accuracy and ground strokes, serve, volley, footwork, lob and overhead skills within a competitive situation will be emphasized. Introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; advanced singles and doubles strategies. Students will review and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play tennis at a competitive level.

P E 22L Theory and Technique of Ballet II 2 Units

Prerequisite: Experience in tournament or interscholastic competition or appropriate skill level with consent of instructor. 
Eight hours laboratory (96 hours total per quarter). (May be taken up to six times for credit.)

An introduction to the discipline and creative art of classical ballet, including the development of elementary movement techniques, a working ballet vocabulary, exposure to great works and artists from a global perspective, theory and practice of barre and center floor exercises.

P E 23A Theory and Technique of Contemporary 1 Unit

(Also listed as Dance 23L. Students may enroll in either department, but not both, for credit.)

Two hours lecture-laboratory (48 hours total per quarter). (Any combination of Dance 22K and 22L, and Physical Education 22K and 22L may be taken up to six times for credit for the family of courses.)

Introduction to the discipline and creative art of contemporary dance. Students will be exposed to a basic movement theory, technique and repertoire from global artists.

P E 23B Theory and Technique of Contemporary 2 Units

(Also listed as Dance 23B. Students may enroll in either department, but not both, for credit.)

Four hours lecture-laboratory (48 hours total per quarter). (Any combination of Dance 23A and 23B, and Physical Education 23A and 23B may be taken up to six times for credit for the family of courses.)

The discipline and creative art of contemporary dance focusing on practice, theory, technique, and movement explorations in time and space, developing a working intermediate contemporary dance vocabulary.

P E 23H Dance Composition 2 Units

(Also listed as Dance 23H. Students may enroll in either department, but not both, for credit.)

Four hours lecture-laboratory (48 hours total per quarter). (Any combination of Dance 23H and Physical Education 23H may be taken twice for credit, for a total of four units.)

Introduction to the fundamental elements and techniques of individual and group dance composition.

P E 23L Theory and Technique of Hip-Hop I 1 Unit

(Also listed as Dance 23L. Students may enroll in either department, but not both, for credit.)

Two hours lecture-laboratory (48 hours total per quarter). (Any combination of Dance 23L and 23M, and Physical Education 23L and 23M may be taken up to six times for credit for the family of courses.)

Introduction to the discipline of contemporary cultural dance through hip-hop with an integrated fitness approach that focuses on developing the stabilization muscles of the center of the body. Concentration will be on muscles of the torso, back, hips, inner and outer thighs, chest and abdominals will be used in conjunction with breathing, posture, and muscle awareness. Exposure to great works and artists of the field. Development of a working hip-hop dance vocabulary. Theory and practice of basic techniques.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 23M Theory and Technique of Hip-Hop II 2 Units
(Popular American Dance II)
(See general education pages for the requirement this course meets.)
Prerequisite: Dance 23L or Physical Education 23L.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
(Also listed as Dance 23M. Students may enroll in either department, but
not both, for credit.)
Four hours lecture-laboratory (48 hours total per quarter).
(Any combination of Dance 23L and 23M and Physical Education 23L and 23M
may be taken up to six times for credit for the family of courses.)
Exploration of the discipline and creative art of dance including
hip-hop dance intermediate/advanced level technique, with an integrated fitness
approach that focuses on developing the stabilization muscles of the
hip-hops and practice of hip-hop dance including choreography.
Intermediate level technique, with an integrated fitness
approach that focuses on developing the stabilization muscles of the
body. Concentration will be on movements of the torso, back, hips, inner and outer
thighs, chest, and arms. This class will be used in conjunction with
breathing, posture, and muscle awareness. Exposure to great works and
multicultural artists of the field. Development of a working hip-hop dance vocabulary and performance skills.

P E 24A Theory and Technique of Social Dance I 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or
English as a Second Language 261, 262 and 263.
(Also listed as Dance 24A. Students may enroll in either department, but
not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
and 24C may be taken up to six times for credit for the family of courses.)
Introduction to the discipline and creative art of social dance. Exposure to basic
forms of social dance in a ballroom context. Developing a working vocabulary
of traditional social dance movements and an understanding of the cultural
and historical contexts that produced the specific dance styles.

P E 24B Theory and Technique of Social Dance II 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or
English as a Second Language 261, 262 and 263.
(Also listed as Dance 24B. Students may enroll in either department, but
not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
and 24C may be taken up to six times for credit for the family of courses.)
Introduction to the discipline and creative art of social dance, part II. Exposure to
basic forms of social dance in a ballroom context. Developing a working vocabulary
of traditional social dance movements and an understanding of the cultural
and historical contexts that produced the specific dance styles.

P E 24C Theory and Technique of Social Dance III 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or
English as a Second Language 261, 262 and 263.
(Also listed as Dance 24C. Students may enroll in either department, but
not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
and 24C may be taken up to six times for credit for the family of courses.)
The art of social dance at the advanced level. Expanded exposure to basic forms of
social dance in a ballroom context. Developing a working vocabulary of traditional
social dance movements and an understanding of the cultural and
historical contexts that produced the specific dance styles.

P E 25A Theory and Technique of Salsa Dance I 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
(Also listed as Dance 25A. Students may enroll in either department, but
not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
(Any combination of Dance 25A and Physical Education 25A may be taken up to
three times for credit as long as the topics are different each time.)
Introduction to the discipline and creative art of the salsa dance. Exposure to basic
forms of social dance in a salsa dance context. Developing a working vocabulary
of traditional salsa dance movements and an understanding of the cultural and
historical contexts that produced the specific dance styles.

P E 26A Novice Swimming 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D
and 26DX may be taken up to six times for credit for the family of courses.)
An introduction to Physical Education through novice swimming. Skills and
activities will be offered. Global and historical development of
swimming as a fitness activity, novice stroke skills, survival methods, overcoming
fear of water, and safety will be included. American Red Cross stroke standards
will be followed but adaptations will be allowed based on physical ability, age,
strength and gender. Students will review basic exercise physiology and nutrition
appropriate to swimming.

P E 26B Beginning Swimming 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26A or 26AX, or pass swimming placement test
which consists of swimming 25 yards in deep water.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D
and 26DX may be taken up to six times for credit for the family of courses.)
An introduction to Physical Education through the development of skills and
activities for the beginning swimmer. Global and historical development of
swimming as a fitness and competitive activity will be discussed. Beginning
stroke skills, survival methods, diving, from the side of the pool, and deep water
swimming will be covered. American Red Cross stroke standards will be followed
but adaptations will be allowed based on physical ability, age, strength and gender.
Students will review basic exercise physiology and nutrition appropriate to swimming.

P E 26C Intermediate Swimming 1/2 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B or 26BX, or equivalent swimming skills.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D
and 26DX may be taken up to six times for credit for the family of courses.)
An introduction into Physical Education through skills and techniques for the
intermediate swimmer. Global and historical development of swimming as a fitness
and competitive activity will be discussed. Intermediate stroke skills, springboard
diving, turns, and water safety will be covered. The student is expected to swim
greater lengths with increased motor skills. American Red Cross stroke standards
will be followed but adaptations will be allowed based on physical ability, age,
strength and gender. Students will review basic exercise physiology and nutrition
appropriate to swimming.

P E 26D Advanced Swimming 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: Physical Education 26C or 26CX, or equivalent swimming skills.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 26A, 26AX, 26B, 26BX, 26C, 26CX, 26D
and 26DX may be taken up to six times for credit for the family of courses.)
An introduction to Physical Education through skills and techniques for the
advanced swimmer. Global and historical development of swimming as a fitness
and competitive activity will be discussed. Advanced stroke skills, endurance
swimming, racing turns and starts, and spring board diving will be covered.
The student will perform skills at a greater speed and distance at an advanced motor
skill level. American Red Cross stroke standards will be followed but adaptations
will be allowed based on physical ability, age, strength and gender. Students will
review basic exercise physiology and nutrition appropriate to swimming.

P E 26A Lifeguard Training 4 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B or 26BX; and pass the Red Cross
screening test.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Two and one-half hours lecture, four and one-half hours laboratory (84 hours
total per quarter).
(May be taken up to six times for credit.)
An introduction to Physical Education through a course designed for lifeguard
training and certification. It includes techniques and skills for rescue and personal
safety. The instructor will encourage skills adaptations based on physical ability,
age, strength, gender and/or genetics. The following certificates are available upon
completion: American Red Cross Lifeguard Training, First Aid; Cardiopulmonary
Resuscitation (CPR) and External Defibrillation for the Professional Rescuer;
Waterfront Lifeguard; Basic Water Rescue; Shallow Water Attendant; Blood-borne
Pathogens: Preventing Disease Transmission; Administering Emergency Oxygen;
and Epinephrine Auto-Injector.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 28G  Water Safety Instructor  4 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C or ability to swim basic strokes at Red Cross Level 4.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
A course for Red Cross certification of swimming and diving instructors. Emphasis on the biomechanics of strokes, teaching progressions, and feedback techniques.
Includes the American Red Cross Fundamentals of Instructor Training Certification.

P E 30  Introduction to Physical Education/ Kinesiology  4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Four hours lecture (48 hours total per quarter).
A course designed to introduce the student to the discipline of physical education/kinesiology. The student will study career options, career choice, required preparation and training for occupations in teaching, coaching, physical therapy, sports medicine and other professions stemming from a degree in physical education/kinesiology. Course will include a discussion of the foundational and historical examination of the discipline. This course will also focus on career options with an understanding of intercultural and gender (Title IX) relations to the profession.

P E 32B  Women's Badminton Techniques  2 Units
(Formerly Physical Education 92B.)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through the sport of badminton. Emphasis is on developing the mental, physical, and tactical aspects of badminton play necessary to compete at the tournament level. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Basic physiology, nutrition, flexibility, strength and endurance concepts relative to badminton will be discussed.

P E 32F  Defensive Baseball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through offensive baseball techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball, team interaction, and baseball theory. Through the study of film and use of playbooks the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32G  Offensive Baseball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through offensive baseball techniques. Includes a global and historical examination of the skills and techniques of advanced offensive baseball and the changes that have influenced the modern game. Through the study of film and use of playbooks the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32I  Defensive Football Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through defensive football techniques. Includes a global and historical examination of the skills and techniques of advanced defensive football and the changes that have influenced the modern game. Through the study of film, use of playbooks and team work the student will learn the various segments of defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32J  Water Polo Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual water polo skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, and kinesiological concepts. Competitive water polo experience preferred at the high school, club or collegiate levels.

P E 32K  Basketball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquettes of advanced basketball play. Includes analysis of basketball movement, team interaction and basketball theory. Students will gain an understanding of exercise physiology, nutrition, development of muscular strength and endurance and flexibility will be enhanced.

P E 32L  Volleyball Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of Volleyball. A deeper look into the sport at an advanced level, rules, equipment, facilities, and etiquette of advanced volleyball through intercollegiate play. Students will improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level. Skills and techniques of advanced volleyball play; analysis of movement, strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 32M  Soccer Techniques  2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive soccer experience at the high school, club or collegiate levels, or approval of the instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of soccer. Includes rules, equipment, facilities, etiquette and preparation for a competitive level of play. This course is designed to enhance skills and strategies of individuals, create a safety awareness and fundamentals of advanced play. Strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 32N  Track and Field Techniques  2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or
English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Students will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and body awareness.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 32P Techniques of Competitive Swimming 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive swimming skills.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the competitive class experience students will improve their individual swimming skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

P E 32S Women’s Soccer Techniques 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive soccer experience at the high school, club, collegiate, intermediate and advanced levels or approval of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
Further examination of the discipline of Physical Education through the sport of soccer. This course is designed to enhance skills and strategies of intermediate to advanced soccer players. Includes rules, equipment, facilities, etiquette and preparation for performance on a competitive level. Strategies and tactics of the game will be discussed and performed. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance, and techniques relative to soccer will be discussed.

P E 32T Tennis Techniques 2 Units
(Formerly Physical Education 92T)
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of physical education through the study of tennis. Includes a brief historical examination of how the game of tennis has changed due to the influence of individual men, women, and children, of various countries, and their styles of play or strategies. Development of consistency, accuracy and ground strokes, serve, volley, footwork, lob and overhead skills within a competitive situation will be emphasized. Introducing elements of changing the dynamics of the game with spins and drop shots or by approaching the net; advanced singles and doubles strategies. Students will review and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play tennis at a competitive level.

P E 32W Softball Techniques 2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Six hours laboratory (72 hours total per quarter).
(May be taken up to six times for credit.)
An introduction to the discipline of Physical Education through softball techniques. Includes a global and historical examination of the skills and techniques of advanced softball and the changes that have influenced the modern game. Includes analysis of movement, team interaction, and softball theory. Through team practice and scrimmages the student will learn the various segments of offensive and defensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 33A 1/2 Unit

P E 33AX 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 33A, 33AX, 33I and 33IX may be taken up to six times for credit for the family of courses.)
An introductory course to enhance skills used in the game of soccer, including a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be placed upon the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully in match play. Strategies and tactics of the game will also be discussed and performed. There will be an introductory to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand the world’s most popular game.

P E 33I Indoor Soccer 1/2 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours laboratory for the one-half unit course (24 hours total per quarter);
three hours laboratory for the one unit course (36 hours total per quarter).
(Any combination of Physical Education 33A, 33AX, 33I and 33IX may be taken up to six times for credit for the family of courses.)
An introduction to Physical Education through the sport of indoor soccer. Includes a global perspective and the contributions of both male and female soccer experts and players. Emphasis will be placed upon the four major pillars of the game, strategies and tactics of the game will also be discussed and performed. There will be an introduction to the laws of the game, equipment, fair play, flexibility, nutrition, and the nuances of the game. Use of the Internet and other media sources will be encouraged to further understand indoor soccer.

P E 35 Care and Prevention of Athletic Injuries 4 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Physical Education 54 or 85M (or Biology 40A and 40B).
Three hours lecture, three hours laboratory (72 hours total per quarter).
Treatment and preventative procedures in sports medicine. Emphasis on anatomical basis for recognition and evaluation of sports related injuries. Treatment focuses on immediate first aid, preventative techniques, and injury stress test and rehabilitation.

P E 37A Theory and Technique of Jazz Dance I 1 Unit
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 37A. Students may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
(Any combination of Dance 37A and 37B, and Physical Education 37A and 37B may be taken up to six times for credit.)
Introduction to the discipline and creative art of jazz dance. Body conditioning, exposure to the history of major international influences, artists, and works. The development of a working vocabulary; and practice of basic techniques.

P E 37B Theory and Technique of Jazz Dance II 2 Units
(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 37B. Students may enroll in either department, but not both, for credit.)
Four hours lecture-laboratory (48 hours total per quarter).
(Any combination of Dance 37A and 37B, and Physical Education 37A and 37B may be taken up to six times for credit.)
Exploring elements of time, space, shape and motion as related to jazz dance. Body conditioning, exposure to major international influences, artists, and works. The development of a working vocabulary in significant jazz dance styles; and practice of intermediate level techniques.

P E 38WX Intercollegiate Women’s Badminton 1 1/2 Unit
P E 38W 3 Units
(Physical Education 38WX was formerly Physical Education 98A. Physical Education 38W was formerly Physical Education 90.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in badminton, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 38W and 38WX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of badminton. Includes a global examination of the sport, rules, equipment, facilities and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in matches. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to badminton will be discussed.
requirements per the CCCAA (California Community College Athletics completion of eligibility forms; all second year athletes must fulfill academic
Prerequisite: Competitive experience in water polo, physician’s clearance and (Physical Education 41X was formerly Physical Education 98E.)
muscular strength and endurance techniques relative to football will be discussed.

P E 39MX Intercollegiate Men’s Soccer 1 1/2 Unit
P E 39M 3 Units
(Physical Education 39M was formerly Physical Education 98B and Physical Education 39M was formerly Physical Education 39.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 39M and 39MX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of strategic information from scouting reports with application to game preparation and management. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 39WX Intercollegiate Women’s Soccer 1 1/2 Unit
P E 39W 3 Units
(Physical Education 39WX was formerly Physical Education 98C.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in soccer, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 39W and 39WX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of soccer. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in match play. Discussion of the laws of the game, equipment technology, and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to soccer will be discussed.

P E 40X Intercollegiate Football 1 1/2 Unit
P E 40 3 Units
(Physical Education 40X was formerly Physical Education 98X.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in football, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 40 and 40X may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of football. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed upon the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to football will be discussed.

P E 41X Intercollegiate Water Polo 1 1/2 Unit
P E 41 3 Units
(Physical Education 41X was formerly Physical Education 98E.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in water polo, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 41 and 41X may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through water polo. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to water polo will be discussed.

P E 42WX Intercollegiate Women’s Volleyball 1 1/2 Unit
P E 42W 3 Units
(Physical Education 42WX was formerly Physical Education 98F.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in volleyball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 42W and 42WX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to volleyball will be discussed.

P E 43X Intercollegiate Cross Country 1 1/2 Unit
P E 43 (Men and Women)
(Physical Education 43X was formerly Physical Education 98G.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in cross country, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 43 and 43X may be taken up to six times for credit.)
An introduction to the discipline of physical education through the sport of cross country. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience students will improve their individual running skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of endurance, strength development and body awareness.

P E 44MX Intercollegiate Men’s Basketball 1 1/2 Unit
P E 44M 3 Units
(Physical Education 44MX was formerly Physical Education 98H.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 44M and 44MX may be taken up to six times for credit.)
An introduction to the discipline of Physical Education through the sport of basketball. Includes a global and historical examination of the sport, rules, equipment, facilities and etiquette. Emphasis is placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Discussion of the rules of the game, equipment technology and fair play will be incorporated into the course. Basic exercise physiology, nutrition, flexibility, muscular strength and endurance techniques relative to basketball will be discussed.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 44WX Intercollegiate Women's Basketball 1 1/2 Unit

P E 44W 3 Units
(PHysical Education 44WX was formerly Physical Education 98J.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in basketball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 44W and 44WX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through intercollegiate basketball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 47WX Intercollegiate Baseball 1 1/2 Unit

P E 47W 3 Units
(PHysical Education 47WX was formerly Physical Education 98N.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in baseball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 47W and 47WX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through intercollegiate baseball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 45X Intercollegiate Swimming and Diving 1 1/2 Unit (Men and Women)

P E 45 3 Units
(PHysical Education 45X was formerly Physical Education 98K.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in swimming and diving, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 45 and 45X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through swimming and diving. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience student/athletes will improve their individual swimming and diving skills, increase their ability to employ advanced training and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and biomechanics.

P E 48WX Intercollegiate Women’s Tennis 1 1/2 Unit

P E 48W 3 Units
(PHysical Education 48WX was formerly Physical Education 98P.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 48W and 48WX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience student/athletes will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and accuracy.

P E 46X Intercollegiate Track and Field (Men and Women)

P E 46 3 Units
(PHysical Education 46X was formerly Physical Education 98L.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in track and field, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 46 and 46X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through the sport of track and field. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience student/athletes will improve their individual track and field skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and body awareness.

P E 47W Intercollegiate Softball 1 1/2 Unit

P E 47M 3 Units
(PHysical Education 47WX was formerly Physical Education 98Q.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in softball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 47W and 47WX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through intercollegiate softball. Includes a global and historical examination of the skills of competitive softball and the changes that have influenced the modern game. Analysis of movement, team interaction, and softball theory will be discussed. Through game preparation and repetition throughout the season the student will learn the various segments of intercollegiate play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 48M Intercollegiate Men’s Tennis 1 1/2 Unit

P E 48M 3 Units
(PHysical Education 48M was formerly Physical Education 98M.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in tennis, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 48W and 48MX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through tennis. Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette. Through the intercollegiate competitive experience student/athletes will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, kinesiological concepts underlying the development of force, power and accuracy.

P E 47MX Intercollegiate Men’s Tennis 1 1/2 Unit

P E 47M 3 Units
(PHysical Education 47MX was formerly Physical Education 98L.)
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive experience in baseball, physician’s clearance and completion of eligibility forms; all second year athletes must fulfill academic requirements per the CCCAA (California Community College Athletics Association).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter); nine hours laboratory for the three unit course (108 hours total per quarter).
(Any combination of Physical Education 47M and 47MX may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through intercollegiate baseball. Includes a global and historical examination of the skills of competitive baseball and the changes that have influenced the modern game. Includes analysis of offensive and defensive play, team interaction, and baseball theory. Through the intercollegiate competitive experience, student/athletes will improve their individual skills, increase their ability to employ advanced strategies and increase their knowledge of team play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
P E 49A  Topics in Theory and Technique of World Dance
(Formerly Physical Education 50A)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 49A. Students may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory (24 hours total per quarter).
(Any combination of Dance 49A and Physical Education 49A may be taken up to six times as long as the topics in specific dances and cultures are different each time.)
Introduction to the art of world dance. Course will provide exposure to forms of dance from an international perspective. Students will learn to perform the basic skills of classical, traditional, and folk dances from various world cultures, while developing a working vocabulary of traditional dance movements. Students will attempt to gain an understanding and appreciation of the cultural and historical contexts that produced the specific dance forms.

P E 51  Health and Fitness
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Health 51. Students may enroll in either department, but not both, for credit.)
Four hours lecture (48 hours total per quarter).
Introduction to the disciplines of Physical Education and Health through fitness, wellness and lifestyle management. Concepts of wellness from an interdisciplinary and multicultural perspective. Practices and beliefs that contribute to fitness and healthful living. Exploration of past and current theories of health and fitness with emphasis on the roles of genetics, gender, and age. Students will assess their own cardiovascular capacity, muscular strength and endurance, flexibility, body composition, in and out of class.

P E 53  Physical Stress Management
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture (24 hours total per quarter).
An introduction to Physical Education through the natural techniques that effectively relieve stress related physical problems. Each student will develop and implement a personal stress reduction program. Students will be exposed to information on how lifestyle, gender, age, personality and occupation effects stress and the ability to successfully cope with it.

P E 54  Introduction to Massage
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory (72 hours total per quarter).
Introduction to the discipline of Physical Education through the field of massage therapy. Includes theory, practical experience, methods, procedures, and contraindications. Students will be exposed to the rich international history of massage therapy and to a variety of techniques from around the world including the contributions of men and women to the field.

P E 54A  Intermediate Massage
Prerequisite: Physical Education 54 or technical proficiency suitable to the course level or admission by instructor approval.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture, three hours laboratory (60 hours total per quarter).
Further study and practice utilizing the principles of massage therapy.

P E 54B  Sports Massage
Prerequisite: Physical Education 54 or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture, three hours laboratory (60 hours total per quarter).
Massage techniques and evaluation procedures for creating a massage specific to the athlete's condition and sport. Study of the muscles and movements involved in sports activities, with an understanding of common types and areas of injuries related to specific sports.

P E 54C  Advanced Massage Skills
Prerequisite: Physical Education 54B (may be taken concurrently); or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory (72 hours total per quarter).
Methods and procedures of advanced soft tissue therapy and related topics including: clinical syndromes and pathologies, lymphatic system massage, various pain patterns, Travell trigger point release, deep tissue massage, bio-mechanical relationships, appropriate primary care referral, and the physiological aspects of tissue damage and repair.

P E 54D  Clinical Practicum in Massage Therapy
Prerequisite: Physical Education 54C or technical proficiency suitable to course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
One hour lecture, six hours laboratory (84 hours total per quarter).
Clinical practice in massage therapy including: methods and procedures for office management, appointment scheduling, business development and financial record keeping; professional ethics training, client interviews, treatment design, massage clinical treatments and SOAP note charting experience.

P E 54E  Table Shiatsu
Prerequisite: Physical Education 54, 54A, 54B and 54C; or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Three hours lecture, three hours laboratory (72 hours total per quarter).
Theory, methods, procedures and practice of Shiatsu, a Japanese method of hands-on healing traditionally practiced on the floor, but adapted in this class to be performed on massage tables.

P E 54F  Introduction to Chair Massage
Prerequisite: Physical Education 54D and 54E; or technical proficiency suitable to the course level.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture, three hours laboratory (60 hours total per quarter).
An introduction to the practice of chair massage. Includes a global and historical examination of chair massage, with an exploration of a variety of techniques and modalities used throughout the world. The theory behind chair massage will be covered. Students will be given practical experiences, and critiques will be used to correct posture, body mechanics, stroke application and stroke sequence.

P E 54T  Internship in Massage Therapy
(See general education pages for the requirement this course meets.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Dance 65B. Students may enroll in either department, but not both, for credit.)
Four hours lecture-laboratory (48 hours total per quarter).
Internships provide opportunities for massage therapy students to reinforce the massage training gained in the classroom setting. With instructor approval students shall either assume the role of Teacher's Assistant or gain additional hands-on experience in the field under the supervision of an instructor, athletic trainer, or coach.

P E 54U  Internship in Massage Therapy
Prerequisite: Physical Education 54A or technical proficiency suitable to the course level.
Three hours laboratory for each unit of credit (56 hours total for each unit of credit per quarter).
(Any combination of Physical Education 54T, 54U and 54V may be taken up to six times for credit.)

P E 54V  Internship in Massage Therapy
Prerequisite: Physical Education 54A or technical proficiency suitable to the course level or admission by instructor approval.
Three hours laboratory for each unit of credit (56 hours total for each unit of credit per quarter).
(Any combination of Physical Education 54T, 54U and 54V may be taken up to six times for credit.)

P E 56B  Theory and Technique of Salsa Dance II
Prerequisite: Dance 25A or Physical Education 25A.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
(Also listed as Dance 65B. Students may enroll in either department, but not both, for credit.)
Four hours lecture-laboratory (48 hours total per quarter).
(Any combination of Dance 65B or Physical Education 65B may be taken up to six times for credit.)
An intermediate/advance discipline and creative art of salsa dance. Exposure to intermediate/advanced forms of social dance in a salsa dance context. Developing a working vocabulary of traditional salsa dance movements and an understanding of the cultural and historical contexts that produced the specific dance styles.

P E 70A  Orientation to Lifetime Fitness
(See general education pages for the requirement this course meets.)
Co-requisite: Physical Education 70A students must also enroll in Physical Education 71, Physical Education-Adapted 1, 1X, 2, 2X, 3, 3X, 4, 4X, 5, or 5X.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture (24 hours total per quarter).
Introduction to fitness, wellness and lifestyle management. Students will examine current theories of health and fitness with emphasis on how wellness and personal fitness are affected by genetics, gender, and age. Each student will perform pre-assessment and post-assessment tests of their own cardiovascular capacity, muscular strength and endurance, flexibility, and body composition. Lifestyle changes will be emphasized and behavior change tools that promote healthy choices will be discussed. Instruction on proper exercise techniques will be demonstrated.
P E 71 Lifetime Wellness and Fitness Center 1 Unit
(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 51 or 70A, or Health 51 (courses may be taken concurrently).
Three hours laboratory (36 hours total per quarter).
(May be taken up to six times for credit.)
A laboratory designed to improve student’s cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition. Strength and muscular endurance will be developed using Magnum weight equipment. Cardio-respiratory programs will be run on treadmills, cycles, stair steppers, and elliptical trainers.

P E 77 Special Projects in Physical Education 1/2 Unit

P E 77X 1 Unit

P E 77Y 1 1/2 Units
(Formerly Physical Education 29, 29X and 29Y respectively.)
Prerequisite: Consent of instructor and division dean.
Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).
(Any combination of Physical Education 77, 77X and 77Y may be taken up to six times for credit as long as the projects are different each time.)
Individual research in Physical Education. Specific projects determined on consultation with the instructor. Outside reading and written report required. These projects are undertakings that are not in the regular physical education curriculum and require the approval of the division dean.

P E 78L Special Topics in Dance 1/2 Unit

P E 78M 1 Unit

P E 78N 2 Units

P E 78P 3 Units

P E 78Q 4 Units
Prerequisite: Enrollment by audition.
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263.
(Also listed as Dance 78L-Q. Students may enroll in either department, but not both, for credit.)
Two hours lecture-laboratory for each unit of credit (24 hours total for each unit of credit per quarter).
(Any combination of Dance 78L-Q and Physical Education 78L-Q may be taken up to three times for credit, not to exceed 12 units, as long as the topics are different each time.)
Special topics that incorporate theory and practice within the discipline of dance.

P E 85 Exercise Science 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Biology 10 or 11 or equivalent.
Two hours lecture (24 hours total per quarter).
Basic concepts of physiology, nutrition, and exercise physiology for students planning on majoring in Physical Education and/or completing a certificate program in personal trainer, massage therapy, or coaching.

P E 85A Personal Fitness Trainer 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; completion of/or concurrent enrollment in Physical Education 85.
One and one-half hours lecture, two hours laboratory (42 hours total per quarter).
Concepts needed for instruction of individualized strength, flexibility, cardiovascular and functional fitness programs.

P E 85S Fitness Assessment for Personal Trainers 3 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273; Mathematics 210 or equivalent; and Physical Education 85.
Two and one-half hours lecture; one and one-half hours laboratory (48 hours total per quarter).
Basic concepts of fitness assessment for personal trainers. Includes measurement of cardiovascular fitness and use of the American College of Sports Medicine metabolic equations. The student will understand body composition using calipers and skinfold equations. Measurements of muscular strength, muscular endurance, and flexibility will be covered. Test results will be analyzed and used for exercise prescription.

P E 88A Coaching I: The Foundations of Coaching 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture (24 hours total per quarter).
Introduction and continuing education into the theories, techniques, strategies, and qualifications related to sport and athletic coaching. An in-depth analysis of coaching responsibilities and practical applications associated with youth (Little League, Pop Warner, American Youth Soccer Organization, and YMCA), middle school, high school, community college, and four-year university levels of competition and coaching. The students will study the issues and requirements associated with possible duties and job responsibilities in relationship to administrative, medical, legal, and practical experiences.

P E 88B Coaching II: The Fundamentals of Fundraising and Budgeting 2 Units
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
Two hours lecture (24 hours total per quarter).
Introduction and study of the fundamental strategies and techniques relating to alternative funding, i.e. fund raising, for school athletic programs or extra curricular activities. An in-depth analysis of successful fund raising endeavors with an emphasis on Education Code, District Policy, Legal and Ethical Standards of Operation, conduct, and accounting. Students will take a comprehensive look at the roles and responsibilities of coaches fund raising at all levels of sport competition and organization; youth, elementary and secondary schools, community colleges, college, university, and professional. Emphasis on role of money on programs. An overview of legal and business issues associated with possible coaching income derived from outside sources and fund raising activities. A mandatory review on non profit organizational structure and accountability.

P E 99 Orientation to Athletics 1 Unit
Prerequisite: Competitive athletics experience at a high school or club level; medical examination; enrollment in 12 or more units (second year athletes must fulfill academic requirements as per the CCCAA).
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.
One hour lecture (12 hours total per quarter).
Pass-No Pass (P- NP) course.
An introduction to De Anza College Intercollegiate Athletics. An orientation to the De Anza College Physical Education and Athletics Division programs, policies, services, requirements, transfer, etc. Topics discussed will be eligibility, decorum, team rules, college rules, NCAA rules, CCCAA rules, medical information, insurance, nutrition, alcohol awareness, drug education, sexual responsibility, team work, leadership, time management and study skills. Academic and Athletic success will be the focus.

Physical Education/Adapted

Physical Education classes for individuals with special needs.

PEA 1 Adapted Total Fitness 1/2 Unit

PEA 1X 1 Unit

PEA 1Y 1 1/2 Units

PEA 1Z 2 Units
(See general education pages for the requirement this course meets.)

PEA 2 Adapted Physical Education 1, 1X, 1Y and 1Z may be taken up to six times for credit.)
Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 1 is an introduction to the discipline of Physical Education through cardiovascular, strength, and flexibility training in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to fitness training. Includes a brief historical examination of how fitness training has changed due to the influences of individuals, cultures, and medical research. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular, strength, and flexibility fitness levels.
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<tbody>
<tr>
<td>PEA 2</td>
<td>Adapted Strength Development</td>
<td>1/2</td>
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<tr>
<td>PEA 2X</td>
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<td>PEA 2Y</td>
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<tr>
<td>PEA 2Z</td>
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(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263. Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).

(Any combination of Adapted Physical Education 2, 2X, 2Y and 2Z may be taken up to six times for credit.)

Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 2 is an introduction to the discipline of Physical Education through strength development in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to strength training. Includes the brief history of how they got started and the influences of individuals, cultures, and medical research. Students will review and apply basic exercise physiology and strength development concepts in the context of their own abilities and limitations to develop and/or maintain their muscular strength.

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<tr>
<td>PEA 4</td>
<td>Adapted Cardiovascular Training</td>
<td>1/2</td>
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<td>PEA 4X</td>
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<td>PEA 4Y</td>
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<td>PEA 4Z</td>
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(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263. Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).

(Any combination of Adapted Physical Education 4, 4X, 4Y and 4Z may be taken up to six times for credit.)

Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 4 is an introduction to the discipline of Physical Education through cardiovascular training in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Includes rules, equipment, etiquette, safety, nutrition, and techniques related to cardiovascular fitness training. Global and historical review of the evolution of aerobic exercise, exercise tests, and how they got started. Includes the brief history of how they got started and the influences of individuals, cultures, and medical research. Students will review and apply basic exercise physiology and fitness concepts in the context of their own abilities and limitations to develop and/or maintain their cardiovascular fitness levels.

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<tr>
<td>PEA 5</td>
<td>Adapted Aquatic Exercise</td>
<td>1/2</td>
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<tr>
<td>PEA 5X</td>
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<td>PEA 5Y</td>
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<td>PEA 5Z</td>
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(See general education pages for the requirement this course meets.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263. Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).

(Any combination of Adapted Physical Education 5, 5X, 5Y and 5Z may be taken up to six times for credit.)

Adapted to provide reasonable accommodations for students with verified physical disabilities. Adapted Physical Education 5 is an introduction to the discipline of Physical Education through water exercise in the context of an individual's physical, intellectual, and/or affective abilities and limitations. Aquatic exercise uses dynamic aerobic exercise techniques to provide a level of conditioning for both the aerobic and anaerobic energy systems. The freestyle interval format combines jogging, swimming, walking, punching, kicking, and a variety of aerobic type movements performed in land-based programs. Students will strive for ultimate fitness through a complete program of cardiovascular exercise, strength development, and flexibility. An historical examination of Aquatic Exercise for fitness, rehabilitation, and play will be included.

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<tr>
<td>PEA 6X</td>
<td>Adapted Outdoor Education</td>
<td>1</td>
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<tr>
<td>PEA 6Y</td>
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<td>1 1/2</td>
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(Formerly Adapted Physical Education 60 and 60X respectively.)
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).

(Any combination of Adapted Physical Education 6X and 6Y may be taken up to six times for credit.)

A multifaceted course for students with disabilities seeking outdoor experiential education. Includes diverse experiences involving accessible activities including hiking, kayaking, white water rafting, camping, sailing, etc. Using adapted methodologies and wilderness safety, disabled students will experience survival techniques, investigations of flora and fauna, an introduction to personal fulfillment being in an outdoor environment. Mental and physical strength will be tested. Students with disabilities will learn new personal skills.

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<tr>
<td>PEA 56</td>
<td>Care and Prevention of Back Disorders</td>
<td>1</td>
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<td>PEA 56X</td>
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(Formerly Adapted Physical Education 26 and 26X respectively.)
Advisory: English Writing 200 and Reading 200 (or Language Arts 200), or English as a Second Language 261, 262 and 263. Three hours laboratory for each unit of credit (36 hours total for each unit of credit per quarter).

(Any combination of Adapted Physical Education 56 and 56X may be taken up to six times for credit.)

Proper fitness training in the prevention and care of chronic back disorders for students with verified physical limitations.

### Physical Sciences, Math, and Engineering

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<th>Course Code</th>
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<tr>
<td>PSME 41</td>
<td>Class Practices in Middle School Science and Math</td>
<td>2</td>
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(Formerly Physical Sciences, Mathematics, and Engineering 61.)
Prerequisite: Qualifying score on the Math Placement Test within the last calendar year; or Mathematics 114 and a college level science course, both with a grade of C or better; current TB test, fingerprinting, and background check.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273. (Also listed as Education 41. Students may enroll in either department, but not both, for credit.)

One hour lecture, three hours laboratory (48 hours total per quarter).
Pass-No Pass (P-NP) course.
Introduction to the teaching and learning of science and mathematics in middle school classrooms for prospective science and mathematics teachers. Pairs of students are placed in local middle school classrooms to observe, participate and assist a Mentor Teacher in science and mathematics instruction. Students also participate in a weekly seminar on campus and discuss the best means to teach appropriate science and mathematics concepts at the middle school level.

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<tr>
<td>PSME 95</td>
<td>Introduction to Peer Tutoring in Math and Science</td>
<td>2</td>
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Prerequisite: Must be selected to work as a De Anza tutor.
(Also listed as Learning Assistance 95. Students may enroll in either department, but not both, for credit.)
Two hours lecture (24 hours total per quarter).
Pass-No Pass (P-NP) course.
Content-specific strategies and communication skills to help peer tutors of math and science conduct productive, effective, and fun tutoring sessions. Experience applying instructional and learning theory and tutoring techniques to math and science content. Strategies for working with students from diverse backgrounds and with various learning styles. Self-reflection and peer feedback on actual tutoring sessions. Required of all De Anza group and individual math and science tutors during their first quarter of tutoring.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.