Photography

Includes a global and historical examination of the sport, rules, equipment, facilities, and etiquette of the sport. Students will analyze and demonstrate the application of traditional and modern photographic and digital techniques 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 58A Photographic Photoshop I 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). (May be repeated three times for a total of 9 units for credit.)
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 Photographic Photoshop II 3 Units
Advisory: Photography 58A; 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). (May be repeated three times for a total of 9 units for credit.)
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 60 Using a Digital Camera 2 Units
(Formerly Photography 58.)
Requisite/Advisory: None.
Four hours lecture-laboratory (48 hours total per quarter).
An online introduction to the fundamentals 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 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 for credit, as long as the projects are different each time.)
In-depth study of influential photographer, genre, movement, photographic method, technique, or historical period. The topic studied is specific, specialized and different for each section of the course for example: visiting artist/photographer, 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, and 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.

P E 2A Beginning Karate 1/2 Unit
P E 2AX 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 2A, 2AX, 2B, 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
P E 2BX 1 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, 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 of the sport. Intermediate karate skills and techniques of Japanese karate will be covered 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 2K Aikido 1/2 Unit
P E 2KX 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 2K, 2KX, 2L and 2LX may be taken up to six times for credit for the family of courses.)
All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
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 Intermediate Aikido techniques for the mind, body and spirit that can easily be incorporated into daily life.Rotation movements, mindfullness, 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
P E 2WX  1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2K, 2OX, 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, 2OX, 2L and 2WX may be taken up to six times for credit for the family of courses.)

Further examination of the 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
P E 2PX  1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: 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 meditation techniques as related to Pilates.

P E 2Q Mother & Child  1/2 Unit
P E 2QX  1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2Q or 2QX, or comparable license, 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.)

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 mind intent, “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
P E 2RX  1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 2Q or 2QX, or comparable license, 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
P E 2SX  1 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 cardiac 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
P E 2YX  1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: 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 3  Indoor Cycling  1/2 Unit
P E 3X  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, noncompetitive, 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 3A  Outdoor Cycling  1 Unit
P E 3AX  1 1/2 Units

(Formerly Physical Education 93A and 93AX 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.

Three hours laboratory for the one unit course (36 hours total per quarter); four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter).
(Any combination of Physical Education 3A and 3AY may be taken up to six times for credit.)

An introduction to physical education through outdoor cycling for fitness. Students will be engaged in Bay Area bike rides utilizing the modern day bicycle as a means of fitness and recreation. Several weekend rides will feature safety, efficiency and local bicycle trails unique to the San Francisco Bay Area. Nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts will be covered.

P E 3G  Self-Defense  1/2 Unit
P E 3GX  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 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 help the student with a sense of awareness and practical applications that will maximize the student’s strength, endurance, and skill relative to gender, body 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.
An introduction to the discipline of Physical Education through strength training. Includes etiquette, 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 and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition.

P E 4 Strength Development 1/2 Unit
P E 4X 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 4 and 4X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through strength training. Includes etiquette, 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 and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition.

P E 4XX High Intensity Strength Development for Athletes
Prerequisite: Enrollment in Intercollegiate athletics.

Three hours laboratory (36 hours total per quarter).

(May be taken up to six times for credit.)

Specific rigorous total body single set high intensity three day per week program. Based on the principles of high intensity lifting. Emphasizing concentric and eccentric failure. Utilizing nautilus and free weight apparatus.

P E 5AX Spin/Swim Fitness
1 Unit
P E 5AY 1/2 Units

(Formerly Physical Education 95A and 95AX 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.

Three hours laboratory for the one unit course (36 hours total per quarter); four and one-half hours laboratory for the one and one-half unit course (54 hours total per quarter).

(Any combination of Physical Education 5AX and 5AY may be taken up to six times for credit.)

An introduction to physical education through a combination of indoor cycling and swimming. A brief historical look at indoor cycling and swimming will be included. The course is a fast paced course for competitive or non-competitive students interested in health and fitness. Emphasis will be placed on cycling techniques, freestyle stroke refinements, nutrition, cardiorespiratory endurance, strength development, gender differences, and age related conditioning workouts.

P E 6B Cross Training
1/2 Unit
P E 6BX 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 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
P E 6DX 1 Unit

(Formerly Physical Education 52 and 52X 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 6D and 6DX may be taken up to six times for credit.)

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
P E 6FX 1 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
P E 6GX 1 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, safety, individual program design, exercise physiology, nutrition appropriate to swimming, intermediate strokes and turns.

P E 6H Aerobic Power Walking
1/2 Unit
P E 6HX 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 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.

P E 6K Cardio Kick
1/2 Unit
P E 6KX 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 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 cardio kick 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 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 6Q, 6QX, 6RX, 6SX and 65X may be taken up to six times for credit.)

An introduction to the discipline of Physical Education through aerobic exercise utilizing lo impact techniques. Students will learn fundamental patterns and routines to popular 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.
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 relative to age, gender, and physical limitations.

**P E 6S**  
Step Aerobics  
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 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 cardiovascular/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 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 relative to age, gender, and physical limitations.

**P E 6RX**  
Cardiovascular and Strength  
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); four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination of Physical Education 9, 9X and 9Y 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 6SX**  
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); 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.

**P E 6UX**  
Fit Camp  
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); four and one-half hours for the one and one-half unit course (54 hours total per quarter).  
(Any combination of 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 6UX**  
Core Conditioning  
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 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 6V**  
Total Fitness  
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 8 and 8X may be taken up to six times for credit.)

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.
An introduction to the discipline of Physical Education through badminton. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. Includes a global and historical examination of the sport, rules, equipment, facilities, and gamesmanship. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics.

P E 14B Intermediate Fencing 1/2 Unit
Prerequisite: Physical Education 14A or 14AX, or 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 for transferable use of the epee and saber. The skills of the fencing fundamental techniques include a study of professional fencing, 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
Prerequisite: Physical Education 13B or 13BX; or instructor permission.
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.

P E 16A Beginning Golf 1/2 Unit
Prerequisite: Physical Education 16A or 16AX; or instructor permission.
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 16A, 16AX, 16B and 16BX 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 golf. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and basic fundamentals of beginning golf. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics. Includes a global and historical examination of the sport, rules, equipment, facilities, and gamesmanship. Students will develop skills in putting, chipping, pitching, and full swing fundamentals utilizing basic theories of physics.

P E 16AX Intermediate Golf 1/2 Unit
Prerequisite: Physical Education 16B or 16BX; or instructor permission.
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 16A, 16AX, 16B and 16BX 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 golf. Includes an historical examination, styles of play and strategies of the sport for men’s and women’s golf. Students will strive to develop intermediate skills in putting, chip, pitch, unusual lies and full swing fundamentals utilizing theories of physics. Variations in concepts due to age, gender, and physical conditions will be noted. Exercise physiology, nutrition, flexibility and strength concepts will be developed.

P E 16B Beginning Volleyball 1/2 Unit
Prerequisite: Physical Education 16A or 16AX; or instructor permission.
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 19A, 19AX, 19B, 19BX, 19C, 19CX and 19TX 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 volleyball.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
Includes: rules, equipment, facilities, safety, etiquette, basic fundamentals in beginning level volleyball with strategies for team offense and defense, and a brief historical examination of global contributions by the men and women who changed the game of volleyball. Students will develop passing, hitting, blocking, and serving techniques utilizing fundamental 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 understand and apply basic exercise physiology, nutrition, flexibility, and strength concepts to improve their physical condition in order to play at a more advanced level.

P E 20B Intermediate Volleyball
1/2 Unit
Prerequisite: Physical Education 19A or 19AX; consent 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 20A, 20AX, 20B and 20BX 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 volleyball. Includes: rules, equipment, facilities, safety, and fundamentals of volleyball. Students will develop their volleyball 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 19C Advanced Volleyball
1/2 Unit
Prerequisite: Physical Education 19B or 19BX; consent 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 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T 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 volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball. Students will develop their volleyball skills and improve upon team play strategies. Students will apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their overall playing level.

P E 20A Beginning Archery
1/2 Unit
Prerequisite: Physical Education 19C or 19CX; or consent 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 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T 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 archery. Includes: rules, equipment, facilities, safety, and fundamentals of archery will be covered from Olympic level to the demands of intercollegiate archery.

P E 21A Beginning Tennis
1/2 Unit
Prerequisite: Physical Education 21A or 21AX; 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 and 21DX 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 tennis. Basic ground-strokes, serve and footwork as well as basic singles' and doubles' strategies will be covered. Includes a brief historical examination of the sport, rules, equipment, facilities and etiquette. Students will strive to understand and apply basic exercise physiology, nutrition, flexibility and strength concepts to improve their physical condition in order to play at a more advanced level and to adapt the game to their individual physical ability, age, and gender.

P E 19T Tournament Volleyball
1 Unit
Prerequisite: Physical Education 19C or 19CX; or consent of instructor.
Advisory: English Writing 211 and Reading 211 (or Language Arts 211), or English as a Second Language 272 and 273.

Three hours laboratory (36 hours total per quarter).
(Any combination of Physical Education 19A, 19AX, 19B, 19BX, 19C, 19CX and 19T 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 volleyball. Includes a global and historical examination of the sport, rules, equipment, facilities, etiquette, safety, and fundamentals of advanced volleyball through tournament play. Students will improve upon team play strategies. The primary purpose of this course is to promote individual and organized competitive playing opportunities for males and females. Students will apply exercise physiology, nutrition, flexibility and strength concepts for an advanced level of play.

P E 21B Intermediate Tennis
1/2 Unit
Prerequisite: Physical Education 21B or 21BX; 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 and 21DX may be taken up to six times for credit for the family of courses.)

Development of consistency, accuracy and control for forehand, backhand ground-strokes, serves, volley, lob and overhead with further development of the forehand, backhand, serve. Instructors will emphasize conventional skill development, but also encourage adaptations based on physical ability, age, strength, gender and/or genetics. 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 21C Intermediate Archery
1 Unit
Prerequisite: Physical Education 21C or 21CX, 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 and 21DX may be taken up to six times for credit for the family of courses.)

Further examination of Physical Education through tennis. Basic exercise physiology, nutrition, fundamentals of strength development and flexibility relative to playing at an advanced 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 26A Novice Swimming 1/2 Unit
P E 26AX 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 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 techniques for the non-swimmer will be covered. 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
P E 26BX 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 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 techniques for the non-swimmer will be covered. 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 26C Intermediate Swimming 1/2 Unit
P E 26CX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26B 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 techniques for the beginning swimmer. Global and historical development of swimming as a fitness activity 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 26D Advanced Swimming 1/2 Unit
P E 26DX 1 Unit

(See general education pages for the requirement this course meets.)
Prerequisite: 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 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, spring board diving, turns, and water safety will be covered. The student will be 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 28A 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 and Automated 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.

P E 28G Water Safety Instructor 4 Units

(See general education pages for the requirement this course meets.)
Prerequisite: Physical Education 26C, 26CX 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 32B Women's Badminton Techniques 2 Units

(Formerly Physical Education 92B.)

(See general education pages for the requirement this course meets.)
Prerequisite: Competitive badminton experience at the high school, club or collegiate levels and consent 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.)

An introduction 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 an in-depth overview of past, present, and future foundations, principles, and philosophies for students seeking major areas of study. Course will also focus on career options with an understanding of intercultural and gender (Title IX) relating to the profession.

P E 32F Defensive Baseball Techniques 2 Units

(See general education pages for the requirement this course meets.)
Prerequisite: Competitive baseball experience at the high school, club or collegiate levels and consent 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.)

An introduction to the discipline of physical education through defensive baseball techniques. Includes a global and historical examination of the skills and techniques of defensive baseball, team interaction, and baseball theory. Through the study of film and use of playbooks the student will learn the various segments of defensive 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 32G Offensive Baseball Techniques 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive baseball experience at the high school, club or collegiate levels and consent 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.)
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. Includes analysis of movement, team interaction, and baseball theory. Through the study of film the student will learn the various segments of offensive play. Exercise physiology, nutrition, flexibility and strength concepts for conditioning will be covered.

P E 32H Offensive Football Techniques 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive football experience at the high school, club or collegiate levels and consent 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.)
An introduction to the discipline of Physical Education through offensive football techniques. Includes a global and historical examination of the skills and techniques of advanced offensive football and the changes that have influenced the modern game. Through the study of film 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.)
Prerequisite: Competitive football experience at the high school, club or collegiate levels and consent 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.)
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 and use of playbooks 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.)
Prerequisite: Competitive water polo experience at the high school, club or collegiate levels and consent 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.)
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. Through the intercollegiate competitive experience students will apply basic exercise physiology, nutrition, flexibility and strength concepts to conditioning. Competitive water polo experience preferred at the high school, club or collegiate levels.

P E 32L Volleyball Techniques 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive volleyball experience at the high school, club or collegiate levels and consent 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 volleyball. A deeper look into the sport at an advanced level, rules, equipment, facilities, etiquette, safety, and fundamentals 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, team interaction, and volleyball theory.

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 and consent 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. Includes rules, equipment, facilities, etiquette and preparation for a competitive level of play. This course is designed to enhance skills and strategies of intermediate level players. 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.)
Prerequisite: Competitive track and field experience at the high school, club or collegiate levels and consent 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 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.

P E 32O Techniques of Competitive Swimming 2 Units
(See general education pages for the requirement this course meets.)
Prerequisite: Competitive swimming experience at the high school, club or collegiate levels and consent 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.)
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. 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 32P 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 or collegiate levels and consent 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 techniques relative to soccer will be discussed.
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 Soccer
2 Units

(See general education pages for the requirement this course meets.)
Prequisite: Competitive soccer experience at the high school, club or collegiate levels and consent 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.)
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 Soccer
1/2 Unit

P E 33AX Soccer
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 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 the world’s most popular game.

P E 33I Indoor Soccer
1/2 Unit

P E 33IX Indoor Soccer
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 introduction to Physical Education through the sport of indoor soccer. Includes a global perspective and the contributions of both female 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 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

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 prevention 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.

All courses are for unit credit and apply to a De Anza associate degree unless otherwise noted.
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 intercollegiate football. 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 football will be discussed.

PE 41X

Intercollegiate Water Polo 1 1/2 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.

PE 42WX

Intercollegiate Women’s Volleyball 1 1/2 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.

PE 43X

Intercollegiate Cross Country 1 1/2 Units

(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, all the development of endurance, strength development and body awareness.
Intercollegiate Track and Field (Men and Women) 1 1/2 Units

Intercollegiate Baseball 1 1/2 Units

Intercollegiate Softball 1 1/2 Units

Intercollegiate Men's Tennis 1 1/2 Units

Intercollegiate Women's Tennis 1 1/2 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 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.

Intercollegiate Baseball 1 1/2 Units

Intercollegiate Softball 1 1/2 Units

Intercollegiate Men's Tennis 1 1/2 Units

Intercollegiate Women's Tennis 1 1/2 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 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.

P E 46X Intercollegiate Track and Field (Men and Women) 1 1/2 Units

P E 46

(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 tennis. 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 matches. Through the intercollegiate competitive experience students 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 48X Intercollegiate Women's Tennis 1 1/2 Units

P E 48W

(Physical Education 48X was formerly Physical Education 98Q.)

(See general education pages for the requirement this course meets.)

Prerequisite: Competitive experience in women's 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. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, concepts underlying the development of force, power and accuracy.

P E 48W Intercollegiate Women's Tennis 1 1/2 Units

P E 48WX

(Physical Education 48WX was formerly Physical Education 98N.)

(See general education pages for the requirement this course meets.)

Prerequisite: Competitive experience in women's 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. Emphasis placed on the four major pillars of the game: mental, physical, tactical and technical aspects necessary to successfully compete in games. Through the intercollegiate competitive experience students will improve their individual tennis skills, increase their ability to employ advanced strategies and increase their knowledge of exercise physiology, exercise nutrition, concepts underlying the development of force, power and accuracy.

P E 51 Health and Fitness 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.

(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 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.

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 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.

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 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 3 Units

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  3 Units
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 and 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  4 Units
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  3 Units
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  4 Units
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  3 Units
Prerequisite: Physical Education 54D and 54E; 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.
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  1 Unit
Prerequisite: Physical Education 54 or technical proficiency suitable to the course level.
Three hours laboratory for each unit of credit (36 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.)
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 70A  Orientation to Lifetime Fitness  2 Units
(See general education pages for the requirement this course meets.)
Co-requisite: Physical Education 70A students must also enroll in Physical Education 71.
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  1 Unit
Center Laboratory
(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 program 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 in 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 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).
Based on current theories of physical activity including 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 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 play. 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 extracurricular 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.

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

PEA 2  Adapted Strength Development  1/2 Unit
PEA 2X  1 Unit
PEA 2Y  1 1/2 Units
PEA 2Z  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.

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, this course 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 a brief historical examination of how strength training has changed due to 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.

PEA 4  Adapted Cardiovascular Training  1/2 Unit
PEA 4X  1 Unit
PEA 4Y  1 1/2 Units
PEA 4Z  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.

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, this course 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 trends for men, women, and athletes as they correspond to the evolution of the discipline of Physical Education. 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.

PEA 5  Adapted Aquatic Exercise  1/2 Unit
PEA 5X  1 Unit
PEA 5Y  1 1/2 Units
PEA 5Z  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.

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, this course 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, jumping, 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 aqua exercise for fitness, rehabilitation, and play will be included.

PEA 6X  Adapted Outdoor Education  1 Unit
PEA 6Y  1 1/2 Units

(Formerly Adapted Physical Education 60 and 60X 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.

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, investigate flora and fauna, experience greater joy and personal fulfillment being in an outdoor environment. Mental and physical strength will be tested. Students with disabilities will learn new personal skills.

PEA 56  Care and Prevention of Back Disoders  1/2 Unit

(Formerly Adapted Physical Education 56 and 56X respectively.)
Advisory: English Writing 211 and Reading 211 (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

PSME 95  Introduction to Peer Tutoring in Math and Science  2 Units

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.