

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~112 Adapted Swimming</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> A physician's medical release form is required. This course is not open to students with previous credit for Physical Education 181A. This course is designed for students with disabilities to learn how to swim through modified swimming strokes based on their abilities. Emphasis is placed on practice in the fundamental swimming strokes, including water safety skills. Stroke analysis, conditioning and endurance is stressed in the progression of the class. When this course is offered for three hours a week, the additional time is utilized for enhanced musculo-skeletal and cardio-vascular fitness development.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 181A)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Curriculum Instructional Council
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~114A Aquatic Fitness I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 106. Aquatic Fitness I This course is an introduction to cardiovascular fitness through aquatic activities. Topics include aquatic fitness testing, timed swims, proper warm-up and cool-down, principles of swimming propulsion, and introductory safety. This course is intended for those starting at an entry level of cardiovascular fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and increased cardiovascular conditioning.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 106)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 114B Aquatic Fitness II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 114A with a grade of "C" or better, or equivalent. This course is the second in a series of aquatic fitness courses. This course provides instruction and conditioning for various beginning level aquatic activities. Topics include beginning personal aquatic workout design and implementation, aquatic interval training, heart rate monitoring, using a pace clock, and safety concerns and techniques. This course is intended for those starting at a beginning level of cardiovascular fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and increased cardiovascular conditioning.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 114C Aquatic Fitness III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 114B with a grade of "C" or better, or equivalent. This course is the third in a series of aquatic fitness courses. This course provides instruction and conditioning for various intermediate level aquatic activities. Topics include analysis of personal health and lifestyle, intermediate level workout design, goal setting and motivation, body specific training for an aquatic environment, individual aquatic activities, and intermediate training types and safety concerns. This course is intended for those starting at an intermediate level of cardiovascular fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and increased cardiovascular conditioning.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 114D Aquatic Fitness IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 114C with a grade of "C" or better, or better or equivalent. This course is the fourth in a series of aquatic fitness courses. This course provides instruction and conditioning for various advanced aquatic activities. Topics include components of aquatic fitness, advanced workout design, aquatic training for specific races, strokes and events, aquatic training with advanced equipment, advanced aquatic conditioning terminology and nutrition and hydration principles. This course is intended for those starting at an advanced level of cardiovascular fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and increased cardiovascular conditioning.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~115A Water Exercise I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 156. This course provides students with introductory level knowledge and practice in the fundamental elements of fitness through the application of water resistance and buoyancy. Emphasis is placed on fundamental techniques of water exercise for cardiorespiratory fitness, muscular strength, endurance and flexibility. This course is the first in a series of four water exercise courses. It is intended for students seeking to develop introductory physical fitness habits or low impact/rehabilitative physical fitness exercise techniques.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 156)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 115B Water Exercise II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 115A with a grade of "C" or better, or equivalent. This course provides introductory level students with beginning level knowledge and practice in the fundamental elements of fitness through the application of water resistance and buoyancy. Emphasis is placed on a variety of water exercises for cardiorespiratory fitness, muscular strength, endurance and flexibility. This course is the second in a series of four water exercise courses. It is intended for students seeking to develop beginning physical fitness habits or low impact/rehabilitative physical fitness exercise techniques.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at City and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 115C Water Exercise III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 115B with a grade of "C" or better, or equivalent. This course provides beginning level students with intermediate level knowledge and practice in the fundamental elements of fitness through the application of water resistance and buoyancy. Emphasis is placed on flexibility. Also included is a variety of water exercises for cardiorespiratory fitness, muscular strength, and endurance. This course is the third in a series of four water exercise courses. It is intended for students seeking to develop intermediate physical fitness habits or low impact/rehabilitative physical fitness exercise techniques.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at City and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 115D Water Exercise IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 115C with a grade of "C" or better, or equivalent. This course provides intermediate level students with advanced level knowledge and practice in the fundamental elements of fitness through the application of water resistance and buoyancy. Emphasis is placed on muscular strength/endurance. Also included is a variety of water exercises for cardiorespiratory fitness and flexibility. This course is the fourth in a series of four water exercise courses. It is intended for students seeking to develop advanced physical fitness habits or low impact/rehabilitative physical fitness exercise techniques.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>This course is being proposed at City and Miramar for:</p> <ul style="list-style-type: none">• District Other Graduation Requirement <p>To be reviewed at the Nov 14th CIC meeting.</p> <p>This course is being proposed at City and Miramar for UC Transfer Course List</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~118 Lifeguard Training</p> <p style="text-align: right;">40 - 45 hours lecture, 24 - 27 hours lab, 3 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 139. This course is of interest to students who wish to earn the American Red Cross certifications necessary for employment as a lifeguard. This course gives the most current instruction in the American Red Cross lifeguard training techniques and first aid and cardiopulmonary resuscitation/automated external defibrillation (CPR/AED) skills required to gain eligibility for a lifeguarding position. Upon successful completion, students earn certifications for American Red Cross Lifeguard Training and CPR/AED for the Professional Rescuer. Adequate swimming skills are necessary.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 139)</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~119 Water Safety Instructor</p> <p style="text-align: right;">40 - 45 hours lecture, 24 - 27 hours lab, 3 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 164. This course is of interest to students who wish to earn the American Red Cross certifications necessary for employment as a swimming instructor. This course gives the most current instruction in the American Red Cross (ARC) Water Safety Instructor (WSI) course. Upon successful completion, students earn WSI certification, which enables them to teach the Learn to Swim programs of the American Red Cross. Adequate swimming skills are necessary at the Learn to Swim Level 4.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 164)</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~123 Adapted Physical Fitness</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Limitation on Enrollment:</i> A physician's medical release form is required. This course is not open to students with previous credit for Physical Education 184. This course is designed for students with disabilities to provide opportunities for exercise and activities to improve cardiorespiratory endurance, flexibility, muscular endurance, strength, stress management and coordination. Activities can include walking, dance, rhythm activities, wheelchair pushing, jogging, relaxation training and exercises for joint mobility.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 184)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Texts</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~127A Cardio Kickboxing I - Fundamentals</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 133. This is the first of four levels of classes relating to cardio kickboxing. This course is an introduction to cardiorespiratory fitness combined with basic non-contact kickboxing techniques, practices and principles. Instruction includes basic upper body punching functions, basic kick techniques and basic combination series of both upper body and lower body kickboxing routines. This class is designed for those who want to increase cardiovascular fitness using cardio kickboxing and who are interested in understanding the importance of the fitness aspect of their life.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 133)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Outline of Topics</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>TOP Code</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 127B Cardio Kickboxing II - Beginning Level</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 127A with a grade of "C" or better, or equivalent. This is the second of four levels of classes relating to cardio kickboxing. This course covers cardiorespiratory fitness combined with basic non-contact kickboxing techniques, practices and principles. Instruction includes cardio kickboxing techniques, basic terminology, nutrition and routine guidelines. This class is designed for those who want to increase cardiovascular fitness and who are interested in understanding the importance of the fitness aspect of their life.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 127C Cardio Kickboxing III - Intermediate Level</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 127B with a grade of "C" or better, or equivalent. This is the third of four levels of classes relating to cardio kickboxing. This course covers cardiorespiratory fitness combined with intermediate non-contact kickboxing techniques, practices and principles. Instruction includes intermediate cardio kickboxing techniques, basic terminology, nutrition and routine guidelines. This class is designed for those who want to increase cardiovascular fitness and who are interested in understanding the importance of the fitness aspect of their life and learn how to create a nutrition and intermediate fitness routine.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 127D Cardio Kickboxing IV - Advanced Level</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 127C with a grade of "C" or better, or equivalent. This is the fourth of four levels of classes relating to cardio kickboxing. This course covers cardiorespiratory fitness combined with advanced kickboxing techniques, practices and principles. Instruction includes advanced non-contact cardio kickboxing techniques, terminology, nutrition and routine guidelines. This class is designed for those who want to increase cardiovascular fitness and who are interested in understanding the importance of the fitness aspect of their life and learn how to create a nutrition and fitness routine.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• District Other Graduation Requirement <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~128 Fitness Applications</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory: Completion of or concurrent enrollment in Exercise Science 124A with a grade of "C" or better, or equivalent.</i> <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 157. This course is designed for students interested in increasing their fitness levels using a longer and more demanding aerobic circuit. Each student is assessed in the areas of cardiovascular efficiency, flexibility, muscular endurance and body composition. An individualized fitness program is prescribed utilizing goals established jointly by the student and instructor. When this course is offered for 3 hours per week, the additional time is utilizing on individual analysis of performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 157)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~129A Step Aerobics I-Fundamentals</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 104. This is the first of four levels of classes relating to the fundamentals of step aerobics. Step aerobics is a rigorous exercise course designed to increase both the fitness levels of participating students and their understanding of what constitutes a safe and effective exercise program. Instruction includes a balanced exercise program of basic step aerobics, toning, stretching, and relaxation along with discussion of related health topics. This class is designed for those who want to increase cardiovascular fitness and who are interested in understanding the importance of the fitness aspect of their life.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 104)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Hours</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>TOP Code</i> <i>Hours Change</i> <i>Units</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 129B Step Aerobics II - Beginning Level</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 129A with a grade of "C" or better, or equivalent. This is the second of four levels of classes relating to basic step aerobics. Step aerobics is a rigorous exercise course designed to increase both the fitness levels of participating students and their understanding of what constitutes a safe and effective exercise program. Instruction includes a balanced exercise program of basic step routines, toning, stretching, and relaxation along with discussion of related health topics. This class is designed for those who want to increase cardiovascular fitness by using stepping action and for those who are interested in creating their own basic fitness programs.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 129C Step Aerobics III - Intermediate Level</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 129B with a grade of "C" or better, or equivalent Basic Step Aerobics. This is the third of four levels of classes relating to intermediate step aerobics. Step aerobics is a rigorous exercise course designed to increase both the fitness levels of participating students and their understanding of what constitutes a safe and effective exercise program. Instruction includes a balanced exercise program of intermediate step aerobics, toning, stretching, and relaxation along with discussion of related health topics. This class will teach the students how to design their own fitness program. This class is designed for those who want to increase cardiovascular fitness and who are interested in understanding the importance of the fitness aspect of their life.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 129D Step Aerobics IV - Advanced Level</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 129C with a grade of "C" or better, or equivalent Intermediate Step Aerobics. This is the fourth of four levels of classes relating to advanced step aerobics. Step aerobics is a rigorous exercise course designed to increase both the fitness levels of participating students and their understanding of what constitutes a safe and effective exercise program. Instruction includes a balanced exercise program of advanced step aerobics, toning, stretching, and relaxation along with discussion of related health topics. This class is designed for those who want to increase cardiovascular fitness and who are interested in creating fitness and choreographed routines.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• District Other Graduation Requirement <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~134 Adapted Weight Training</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> A physician's medical release form is required. This course is not open to students with previous credit for Physical Education 182. This course is designed for students with disabilities as an introduction to progressive resistance training. Emphasis is placed on developing cardiorespiratory and muscle endurance, muscle strength and flexibility and a healthy body composition through individualized safe and beneficial exercise programming. The course includes exercises that focus on relaxation, joint mobility, body maintenance, and activities for daily living. A physicians medical release is required.</p> <p>FIELD TRIP REQUIREMENTS: Not required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List. CSU General Education.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 182)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at Miramar for:</i></p> <ul style="list-style-type: none"> • <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~136A Off-Season Conditioning for Sport I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 191 or Physical Education 165. This course will enhance the physical and mental skills needed to participate in competitive sports activities. Emphasis is placed on weight training, running, skill development games, and individual development for sport. When this course is offered for one unit the additional time is utilized in the practice and perfection of individual sport-specific skills. This course is intended for students seeking to develop the physical and mental skills needed to participate in competitive sports activities.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review Advisory (Change) Course Description Course Renumbering (was 191) General Education Equivalency (New) Grade Option Limitation on Enrollment (New) Methods of Evaluation Methods of Instruction Outline of Topics Outside Assignments Reading Assignments Subject Indicator (was PHYE) Student Learning Objectives Supplies Texts Title Change Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p><i>This course is being proposed at City and Miramar for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~136B Off-Season Conditioning for Sport II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 136A with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 165 or Physical Education 191. This course provides individually programmed coaching in the fundamental skills of sports specific training and aerobic conditioning. Through progressive inquiry and practice, students demonstrate more advanced levels of athletic performance. When this course is offered for one unit the additional time is utilized in the development and implementation of sport-specific exercise programs. This course is intended for students seeking to improve athletic performance through comprehensive sport-specific strength and conditioning.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 165)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>TOP Code</i> Approved</p> <p>Proposed for College(s): City, Mesa Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~142 Hiking for Fitness I- Fundamentals</p> <p style="text-align: right;">24 - 108 hours lab, 0.5-2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 188. This course provides instruction in the fundamental skills required for hiking. Emphasis is placed on proper warm-up and warm down, walking form and injury prevention and treatment. This course is intended for all students interested in fundamental hiking and personal fitness. When this course is offered for one or two units, the additional time is utilized for skill development in the group hiking leadership.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 188)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i></p> <p>Approved</p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at Miramar for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~143A Outdoor Cycling Level I</p> <p align="right">24 - 108 hours lab, 0.5-2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 187. This course provides instruction in the skills required for outdoor cycling. Emphasis is placed on proper warm-up and warm down, cycling form on flat terrain, and changing flat tires. Students design a personal fitness plan around outdoor cycling. This course is intended for all students interested in cycling and personal fitness.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 187)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>General Education</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCCCO submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 143B Outdoor Cycling Level II</p> <p style="text-align: right;">48 - 108 hours lab, 1-2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 143B with a grade of "C" or better, or equivalent. This course provides instruction in the skills required for outdoor cycling. Emphasis is placed on proper warm-up and warm down, cycling form, building endurance, ascending and descending hills, and bicycle maintenance. Students design a personal fitness plan around outdoor cycling. This course is intended for all students interested in cycling and personal fitness.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Dist. Ed Proposed For College(s): City</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~144A Fitness Walking Level I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 154. Fitness Walking is an introductory course that covers the principles of aerobic and cardiovascular health through various walking techniques. Comprehensive instruction in fitness principles, stress reduction, weight management and heart health are covered. This course is intended for Kinesiology majors and all students interested in a healthy lifestyle. When this course is offered for three hours a week the additional time is utilized for skill development and enhanced cardio-vascular fitness.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Integration (May Include Activation) Six Year Review <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 154)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Texts</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~145A Yoga I-Fundamentals of Yoga</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 168. This is the first of four levels of classes relating to yoga. This course is an introduction to fundamental yoga practices and principles. Instruction includes learning the fundamentals of yoga postures. The students will also gain a fundamental understanding of the practices of relaxation techniques and breathing practices. This course is designed for students who want to increase health, longevity and who are interested in understanding the importance of the fitness aspect of their life.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. CSU General Education. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 168)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at Miramar for:</i></p> <ul style="list-style-type: none"> • <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>* ~145B Yoga II-Beginning Yoga</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 145A with a grade of "C" or better, or equivalent. This is the second of four levels of classes relating to yoga. This course is an introduction to fundamentals of basic yoga practices and principles. Instruction includes basic yoga postures, guided relaxations, and breathing practices, as well as some basic stress reduction techniques. This course is designed for students interested in utilizing basic yoga and stress reduction techniques to help increase their health and longevity.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i>• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 145C Yoga III-Intermediate</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 145B with a grade of "C" or better, or equivalent. This is the third of four levels of classes relating to yoga. This course will cover intermediate yoga practices and principles including some intermediate inversions. Instruction includes intermediate yoga postures, guided relaxations, basic inversions, breathing practices, and basic partner yoga as well as stress reduction techniques and nutritional analysis. This course is designed for students interested in learning about both fitness and nutrition. The students will utilize intermediate yoga to help increase their health and longevity.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i>• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 145D Yoga IV - Advanced Level</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 145C with a grade of "C" or better, or equivalent. This is the fourth of four levels of classes relating to yoga. This course will cover advanced yoga practices and principles. Instruction includes advanced yoga postures, guided relaxations, inversions, breathing practices, and partner yoga as well as stress reduction techniques and nutritional analysis. This course is designed for students interested in developing their own workout regime utilizing advanced yoga to help increase their health and longevity.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i>• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~147A Kickboxing I-Fundamental</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 233. This course is a study and practice of Muay Thai kickboxing at the fundamental level. Emphasis is placed on fundamental kickboxing terminology, safety, physical fitness, controlled sparring, and line combinations. This course is intended for all students interested in the fundamentals of kickboxing with respect to the Muay Thai discipline.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 233)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 147B Kickboxing II-Beginning</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 147A with a grade of "C" or better, or equivalent. This course is a study and practice of Muay Thai kickboxing at the beginning level. Emphasis is placed on beginning kickboxing terminology, safety, physical fitness, controlled sparring, and line combinations. This course is intended for all students interested in beginning level kickboxing with respect to the Muay Thai discipline.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 147C Kickboxing III-Intermediate</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 147B with a grade of "C" or better, or equivalent. This course is a study and practice of Muay Thai kickboxing at the intermediate level. Emphasis is placed on intermediate kickboxing terminology, safety, physical fitness, controlled sparring, and line combinations. This course is intended for all students interested in intermediate level kickboxing with respect to the Muay Thai discipline.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 147D Kickboxing IV-Advanced</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 147C with a grade of "C" or better, or equivalent. This course is a study and practice of Muay Thai kickboxing at the advanced level. Emphasis is placed on advanced kickboxing terminology, safety, physical fitness, controlled sparring, and line combinations. This course is intended for all students interested in advanced level kickboxing with respect to the Muay Thai discipline.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~148A Martial Arts I-Fundamental</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 232. This course is a study and practice of martial arts at the fundamental level. Emphasis is placed on fundamental martial arts terminology, safety, self-defense, etiquette, punches, blocks, strikes, kicks, stances, pressure points, and Kata/forms. This course is intended for all students interested in the fundamentals of martial arts with respect to the International Okinawan Goju-Ryu Karate-Do Federation (IOGKF).</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 232)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 148B Martial Arts II-Beginning</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 148A with a grade of "C" or better, or equivalent. This course is a study and practice of martial arts at the beginning level. Emphasis is placed on beginning level martial arts terminology, safety, self-defense, etiquette, punches, blocks, strikes, kicks, stances, pressure points, and Kata/forms. This course is intended for all students interested in the fundamentals of martial arts with respect to the International Okinawan Goju-Ryu Karate-Do Federation (IOGKF).</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 148C Martial Arts III-Intermediate</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 145D with a grade of "C" or better, or equivalent. This course is a study and practice of martial arts at the intermediate level. Emphasis is placed on intermediate level martial arts terminology, safety, self-defense, etiquette, punches, blocks, strikes, kicks, stances, pressure points, and Kata/forms. This course is intended for all students interested in the fundamentals of martial arts with respect to the International Okinawan Goju-Ryu Karate-Do Federation (IOGKF).</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 148D Martial Arts IV-Advanced</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 148C with a grade of "C" or better, or equivalent. This course is a study and practice of martial arts at the advanced level. Emphasis is placed on advanced level martial arts terminology, safety, self-defense, etiquette, punches, blocks, strikes, kicks, stances, pressure points, and Kata/forms. This course is intended for all students interested in the fundamentals of martial arts with respect to the International Okinawan Goju-Ryu Karate-Do Federation (IOGKF).</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~154A Badminton I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 108. This course provides instruction and on-court experience in the skills, strategies, rules and behaviors necessary to play badminton at the introductory level. Instruction includes the basic strokes, skills, strategies, rules, and etiquette necessary to play badminton at the beginning level. This course is intended for novice level badminton players. When this course is offered for three hours per week, the additional time is utilized for stroke development drills and application of strategies in playing situations.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 108)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 154B Badminton II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 154A with a grade of "C" or better or equivalent. This course provides instruction and on-court experience in the skills, strategies, rules and behaviors necessary to play badminton at the beginning level. Instruction includes the strokes, skills, strategies, rules, and etiquette necessary to play badminton at the intermediate level. This course is intended for intermediate level badminton players. When this course is offered for three hours per week, the additional time is utilized for stroke development drills and application of strategies in playing situations.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 154C Badminton III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 154B with a grade of "C" or better or equivalent. This course provides instruction and on-court experience in the skills, strategies, rules and behaviors necessary to play badminton at the intermediate level. Instruction includes the strokes, skills, strategies, rules, and etiquette necessary to play badminton at the advanced-intermediate level. This course is intended for advanced-intermediate level badminton players. When this course is offered for three hours per week, the additional time is utilized for stroke development drills and application of strategies in playing situations.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 154D Badminton IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 154C with a grade of "C" or better or equivalent. This course provides instruction and on-court experience in the skills, strategies, rules and behaviors necessary to play badminton at the advanced level. Instruction includes the strokes, skills, strategies, rules, and etiquette necessary to play badminton at the advanced level. This course is intended for advanced level badminton players. When this course is offered for three hours per week, the additional time is utilized for stroke development drills and application of strategies in playing situations.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~156A Baseball I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 111. This course is intended for introductory level baseball players. This course is designed to introduce the student to the game of baseball at the college level. Emphasis is placed on fielding ground balls, base running, outfield play, and the techniques and practice of bunting, including the sacrifice bunt, drag bunt, and push bunt. Topics also include the history of baseball, rules, terminology, safety procedures, values, and etiquette. This course is intended for novice level baseball players. When this course is offered three hours per week, the additional time is utilized for basic baseball fundamental drills. development and strategies involved in competitive game situations.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 111)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 156B Baseball II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 156A with a grade of "C" or better, or equivalent. This beginning level course in baseball is designed to continue the skill development in baseball and to introduce students to the concepts of wellness and a healthy lifestyle through baseball activities. Emphasis is placed on the batting stance and batters swing techniques, including balance, base, front side direction, contact position, and vision. Topics include ball flight, pitch selection, location recognition, count management, body weight transition, and contact point. Baseball fitness is included and encompasses cardio conditioning, plyometrics, and stretching as they pertain to the sport. This course is intended for intermediate level baseball players. When this course is offered three hours per week, the additional time is utilized for hitting development drills.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 156C Baseball III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 156B with a grade of "C" or better, or equivalent. This intermediate-advanced level course in baseball provides instruction and practice in specialty defense such as bunt coverages, cuts and relays, first and third situations, and pick-off plays. Students practice and analyze specialty defensive situations to improve overall defensive awareness on the baseball field and to become a more well-rounded defensive player. Topics include terminology, pre-pitch preparation, foot work, body position before and during game play, and the fundamentals of playing catch. Baseball fitness includes cardio conditioning, plyometrics, and stretching as they pertain to the sport. This course is intended for intermediate-advanced level baseball players. When this course is offered three hours per week, the additional time is utilized for the development in specialty defensive drills.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 156D Baseball IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 156C with a grade of "C" or better, or equivalent. This advanced level course in baseball is designed for students to apply both offensive and defensive baseball skills in competition. Emphasis is placed on instruction and practice in game situations through inner squad games arranged between teams made up of class members. The mental aspect of the game is explored and applied throughout the course. This course is intended for advanced baseball players. When this course is offered for three hours per week, the additional time is utilized for situational drills and study of the mental aspect of the game of baseball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"><i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~158A Basketball I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 112. This course introduces students to the game of basketball. Instruction includes basic individual offensive and defensive fundamental skills, history of the game, terminology, rules, etiquette, proper warm-up and cool down and safety. Emphasis is placed on games using less than full teams and half court situations. This course is designed for anyone who has an interest in playing basketball. When this course is offered for three hours per week, the additional time is utilized on individual development of technique and performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 112)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 158B Basketball II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 158A with a grade of "C" or better, or equivalent. This course provides students the opportunity to improve individual beginning skills and introduces individual offensive moves and team concepts. Topics include transition basketball, team offense and defense as well as theories of basketball conditioning. Emphasis is placed on 5 -5 play and full court situations and strategies of team play. This class is designed for those with a basic knowledge and ability to play basketball. When this course is offered for three hours per week, the additional time is utilized on individual development of technique and performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 158C Basketball III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent or Assessment Skill Level W5/R5; Exercise Science 158B with a grade of "C" or better, or equivalent. This course provides students the opportunity to improve individual intermediate skills through self analysis of strengths and weaknesses and introduces full court pressure play. Students are expected to write programs to improve individual skills. Topics include full court zone and man pressure, full court offense and specialty plays. Emphasis is placed on skill work drills, 5-5 play and full court situations. This class is designed for those that have above an intermediate knowledge and skill level in basketball. When this course is offered for three hours per week, the additional time is utilized on individual analysis of technique and performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 158D Basketball IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 158C with a grade of "C" or better, or equivalent. This course provides students the opportunity to develop technical skills necessary to coach the game of basketball and stresses the development of advanced skills and team play. Topics include analysis of team play, writing a practice plan, how to scout an opponent and evaluation of individual play. Emphasis is placed on skill work drills and full court tournament play. This class is designed for those that have an intermediate knowledge of basketball and possess an advanced skill level. When this course is offered for three hours per week, the additional time is utilized on individual analysis of technique and performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~160A Springboard Diving I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 119. This course is an introduction to springboard diving with progressive skill development in performing dives from five different categories. Standardized skill progressions are used for level one forward, backward, inward, reverse and twisting dives. This course is intended for all students interested in springboard diving.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 119)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Texts</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 160B Springboard Diving II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 160A with a grade of "C" or better, or equivalent. This course is the beginning level of springboard diving with progressive skill development in performing dives from five different categories. Standardized skill progressions are used for level two forward, backward, inward, reverse and twisting dives with a somersault. This course is intended for all students interested in springboard diving.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 160C Springboard Diving III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 160B with a grade of "C" or better, or equivalent. This course is the intermediate level of springboard diving with progressive skill development in performing dives from five different categories. Standardized skill progressions are used for intermediate level three forward, backward, inward, reverse and twisting dives with one and a half somersaults. This course is intended for all students interested in springboard diving. When this course is offered for three hours per week, the additional time is utilized on individual analysis of technique and performance.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 160D Springboard Diving IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 160C with a grade of "C" or better, or equivalent. This course is the advanced level of springboard diving with progressive skill development in performing dives from five different categories. Standardized skill progressions are used for level four forward, backward, inward, reverse and twisting dives with two and a half to three and a half somersaults. This course is intended for all students interested in springboard diving.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"><i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~162A Fencing I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 120. This course provides instruction in the fundamental skills, strategies, rules and etiquette of fencing with French foil. Topics include on guard, advance, retreat, attacks, parries and bouting at the introductory level. Judging and directing of bouts are taught and implemented in the form of tournament matches. This course is intended for students interested in a lifetime sport, rich in tradition and gamesmanship.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 120)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 162B Fencing II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 162A with a grade of "C" or better, or equivalent. This course is the second level of Fencing emphasizing beginning techniques of fencing with French foil. Simple and compound attacks, secondary attacks, counter attacks, circular parries and bouts are stressed in this class. Judging and directing of bouts are taught and implemented in the form of tournament matches. This course is intended for students interested in a lifetime sport, rich in tradition and gamesmanship.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 162C Fencing III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 162B with a grade of "C" or better, or equivalent. This course presents the intermediate techniques of fencing with French foil. Techniques such as inverse retreats and attacks and beats and disengage, and rules are covered. Judging and directing of bouts are taught and implemented in the form of tournament matches. Fencing etiquette and proper technique are stressed. This course is intended for students interested in a lifetime sport, rich in tradition and gamesmanship.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 162D Fencing IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 162C with a grade of "C" or better, or equivalent. This course provides advanced technical and tactical instruction with the epee fencing blade. Footwork, advanced skill techniques and epee tournaments are covered. Tactical strategies for foil vs. epee fencing are analyzed and implemented into daily practice. This course is intended for students interested in a lifetime sport, rich in tradition and gamesmanship.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~164A Football I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 125. This first level of football explores the fundamental skills and techniques for team play including blocking, tackling, passing, catching, running, and offensive and defensive positioning at the college introductory level. Team skills as well as game strategies are covered. This course is intended for all students interested in playing the game of football.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 125)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 164B Football II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 164A with a grade of "C" or better, or equivalent. This second level of football explores the beginning skills and techniques for team play including blocking, tackling, passing, catching, running, and offensive and defensive positioning at the intermediate level. Team skills as well as game strategies are covered. This course is intended for all students interested in playing the game of football.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>* ~164C Football III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 164B with a grade of "C" or better, or equivalent. This third level of football explores the intermediate skills and techniques for team play including blocking, tackling, passing, catching, running, and offensive and defensive positioning at the intermediate-level. Team skills as well as game strategies are covered. This course is intended for all students interested in playing the game of football.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 164D Football IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 164C with a grade of "C" or better, or equivalent. This fourth level of football explores the advanced skills and techniques for team play including blocking, tackling, passing, catching, running, and offensive and defensive positioning at the advanced level. Team skills as well as game strategies are covered. This course is intended for all students interested in playing the game of football.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~166A Golf I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 126. This course provides golf instruction and practice. Emphasis is placed on the fundamentals of the grip, stance, alignment, and the techniques and practice of the short game strokes of pitching, chipping and putting. Topics include the rules, terminology, safety procedures, values, etiquette, equipment, and history of golf. This course is designed for all students interested in playing golf as part of a fitness lifestyle.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 126)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 166B Golf II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 166A with a grade of "C" or better, or equivalent. This course provides golf instruction and practice. Emphasis is placed on techniques of the full swing with irons, hybrids, fairway metals and drivers. Topics include golf fitness, stretching and the principles of warm-up as well as golf club selection and use. This course is designed for all students interested in playing golf as part of a fitness lifestyle.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 166C Golf III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 166B with a grade of "C" or better, or equivalent. This course provides golf instruction and practice. Emphasis is placed on specialty shots, such as sand, side hill and up and down hill lies. The fundamental errors in golf are analyzed to correct individual errors focusing on swing techniques and the mental approach to the game. Topics include the laws of ball flight, the swing plane, and wise use of practice time. This course is designed for all students interested in playing golf as part of a fitness lifestyle.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 166D Golf IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 166C with a grade of "C" or better, or equivalent. This course provides golf instruction and practice. Emphasis is placed on playing strategies, analysis of golf rounds for strengths and weaknesses, student analysis of several different golf swings, and the handicap system. Stroke and Match plays are arranged between class members to develop playing strategies in competition. This course is designed for all students interested in playing golf as part of a fitness lifestyle and for competition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City and Mesa for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City and Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~168A Men's Gymnastics I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 171. This course is an introduction to men's gymnastics with progressive skill development in performing routines for floor exercise, parallel bars, horizontal bar, vaulting, still rings and pommel horse. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in men's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review Advisory (New) Course Description Course Renumbering (was 171) Equivalency (New) Grade Option Limitation on Enrollment (New) Subject Indicator (was PHYE) Title Change</i></p> <p>Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 168B Men's Gymnastics II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 168A with a grade of "C" or better, or equivalent. This course is the second, beginning level of men's gymnastics with progressive skill development in performing routines for floor exercise, parallel bars, horizontal bar, vaulting, still rings and pommel horse. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in men's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 168C Men's Gymnastics III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 168B with a grade of "C" or better, or equivalent. This course is the third, intermediate level of men's gymnastics with progressive skill development in performing routines for floor exercise, parallel bars, horizontal bar, vaulting, still rings and pommel horse. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in men's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 168D Men's Gymnastics IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 168C with a grade of "C" or better, or equivalent. This course is the forth, advanced-level of men's gymnastics with progressive skill development in performing routines for floor exercise, parallel bars, horizontal bar, vaulting, still rings and pommel horse. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in men's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~170A Women's Gymnastics I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 172. This course is an introduction to women's gymnastics with progressive skill development in performing routines for floor exercise, uneven parallel bars, balance beam, and vault. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in women's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 172)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 170B Women's Gymnastics II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 170A with a grade of "C" or better, or equivalent. This course is the second, beginning level of women's gymnastics with progressive skill development in performing routines for floor exercise, uneven parallel bars, balance beam, and vault. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in women's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 170C Women's Gymnastics III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 170B with a grade of "C" or better, or equivalent. This course is an intermediate level of women's gymnastics with progressive skill development in performing routines for floor exercise, uneven parallel bars, balance beam, and vault. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in women's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 170D Women's Gymnastics IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 170C with a grade of "C" or better, or equivalent. This course is an advanced level of women's gymnastics with progressive skill development in performing routines for floor exercise, uneven parallel bars, balance beam, and vault. Emphasis is placed on gymnastics vocabulary, safety, injury prevention, balance and body alignment. This course is intended for all students interested in women's gymnastics.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at Mesa for:</i></p> <ul style="list-style-type: none"> • <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~172 Racquetball</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 142. This course offers instruction and practice in racquetball at the beginning, intermediate and advanced recreational levels. Emphasis is placed on the skills of grip, strokes, footwork, court coverage and rules of the game. Singles and doubles strategies, offensive and defensive positioning and tournament play are incorporated at the intermediate and advanced levels. This course is intended for novices and students currently playing at any of these levels. When this course is offered for three hours per week, the additional time is utilized for skill development and court strategy.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 142)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~176A Softball I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 151. This course provides instruction to develop the fundamental skills of throwing, catching, running, hitting, and rules of play of softball as well as individual and team skill development and strategies involved in competitive game situations. This course is intended for all students interested in softball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 151)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 176B Softball II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 176A with a grade of "C" or better, or equivalent. This course provides instruction to continue the development of the beginning skills of throwing, catching, running, hitting, and rules of play of softball as well as individual and team skill development and strategies involved in competitive game situations. This course is intended for all students interested in softball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 176C Softball III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 176B with a grade of "C" or better, or equivalent. This course provides instruction to develop the intermediate skills of throwing, catching, running, hitting, and rules of play of softball, as well as, individual and team skill development and strategies involved in competitive game situations. This course is intended for all students interested in softball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 176D Softball IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 176C with a grade of "C" or better, or equivalent. This course provides instruction to develop the advanced skills of throwing, catching, running, hitting and rules of play of softball, as well as, advanced individual and team skill development and strategies involved in competitive game situations. This course is intended for all students interested in softball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~180 Track and Field</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 160. This course is designed as an introduction to track and field from the fundamentals through advanced skills. Emphasis is placed on safety, form and techniques related to throwing, jumping and running events. This course is intended for anyone interested in track and field or Kinesiology Majors. When this course is offered for three hours per week, additional time is utilized on extended practice in jumping, throwing and sprinting.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Renumbering (was 160)</i> <i>Equivalency (New)</i> <i>Subject Indicator (was PHYE)</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~182A Volleyball I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> Course not open to students with previous credit for Physical Education 161. This first level of volleyball provides instruction and on-court experience in fundamental skills, offensive and defensive strategies, rules and etiquette necessary to play volleyball. The basic fundamentals are demonstrated through game situations as well as skills testing. This course is intended for all students interested in playing volleyball and general physical fitness.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 161)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Outside Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 182B Volleyball II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 182A with a grade of "C" or better, or equivalent. This course provides instruction and on-court experience in beginning skills, offensive and defensive strategies, rules and etiquette necessary to play volleyball. This course covers beginning skills utilized in game situations. When this course is offered for three hours per week, the additional time is utilized for skill development and court strategy.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 182C Volleyball III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 182B with a grade of "C" or better, or equivalent. This third level of volleyball provides instruction and on-court experience in intermediate level skills, offensive and defensive strategies, rules and etiquette necessary to play volleyball. The course covers intermediate skills utilized in game situations. This course is intended for all students interested in playing volleyball and general physical fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and court strategy.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 182D Volleyball IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 182C with a grade of "C" or better, or equivalent. This fourth level of volleyball provides instruction and on-court experience in advanced skills, offensive and defensive strategies, rules and etiquette necessary to play volleyball. The course covers advanced skills utilized in game situations. This course is intended for all students interested in playing volleyball and general physical fitness. When this course is offered for three hours per week, the additional time is utilized for skill development and court strategy.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~184A Water Polo I</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 163. This course is an introduction to water polo. Emphasis is placed on fundamental water polo techniques and introductory level skills, including picking up a ball in the water, passing, receiving, shooting, dribbling, and playing in a game. Other topics include introductory level offensive and defensive positioning and movements; team strategies; and rules of play. This course is the first in a series of four water polo courses. It is intended for students interested in the sport of water polo.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 163)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Subject Indicator (was PHYE)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 184B Water Polo II</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 184A with a grade of "C" or better, or equivalent. This course provides introductory level students with beginning level knowledge and practice in the sport of water polo. Emphasis is placed on beginning level water polo techniques and skills, including picking up a ball in the water, passing, receiving, shooting, dribbling, and playing in a game. Other topics include beginning level offensive and defensive positioning and movements; team strategies; and rules of play. This course is the second in a series of four water polo courses. It is intended for students interested in the sport of water polo.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 184C Water Polo III</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 184B with a grade of "C" or better, or equivalent. This course provides beginning level students with intermediate level knowledge and practice in the sport of water polo. Emphasis is placed on intermediate level water polo techniques and skills, including picking up a ball in the water, passing, receiving, shooting, dribbling, and playing in a game. Other topics include intermediate level offensive and defensive positioning and movements; team strategies; and rules of play. This course is the third in a series of four water polo courses. It is intended for students who have been playing water polo for more than 6 months.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course <i>Approved</i></p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none">• <i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 184D Water Polo IV</p> <p style="text-align: right;">32 - 54 hours lab, 0.5-1 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 184C with a grade of "C" or better, or equivalent. This course provides intermediate level students with advanced level knowledge and practice in the sport of water polo. Emphasis is placed on advanced level water polo techniques and skills, including passing, receiving, shooting, dribbling, and playing in a game. Other topics include advanced level offensive and defensive positioning and movements; team strategies; and rules of play. This course is the fourth in a series of four water polo courses. It is intended for students who have been playing water polo for more than 12 months.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p><i>This course is being proposed at Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><i>District Other Graduation Requirement</i> <p><i>To be reviewed at the Nov 14th CIC meeting.</i></p> <p><i>This course is being proposed at Mesa and Miramar for UC Transfer Course List</i></p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~200 Intercollegiate Badminton I</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 154A with a grade of "C" or better, or equivalent, or previous competitive badminton experience. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 200. This is a course for students competing in their first intercollegiate badminton season. The course is offered in the spring semester and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~201 Intercollegiate Badminton II</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 200 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 201. This is a course for students competing in their second intercollegiate badminton season. The course is offered in the spring semester and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~202 Intercollegiate Baseball I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 230A with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 202. This course is intended for the first season of intercollegiate competition. Baseball skills and game strategies are at a more advanced level of participation than those of an introductory course in baseball. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Integration (May Include Activation) Six Year Review <i>Advisory (New)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCCCO submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~203 Intercollegiate Baseball II</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 230B with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 203. This course is intended for the second season of intercollegiate competition. Baseball skills and game strategies are at the advanced levels of participation. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Integration (May Include Activation) Six Year Review <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~204 Intercollegiate Basketball I</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 204. This course is intended for the first season of intercollegiate competition. Basketball skills and game strategies are at a more advanced level of participation than those of an introductory course in basketball. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCCCO submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~205 Intercollegiate Basketball II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 205. This course is intended for the second season of intercollegiate competition. Basketball skills and game strategies are at the advanced levels of participation. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~206 Intercollegiate Cross-Country I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 206. This course is for students participating in their first season of intercollegiate varsity cross-country competition. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Hours Change</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~207 Intercollegiate Cross Country II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 206 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 207. This course is for students participating in their second season of intercollegiate varsity cross-country competition. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~210 Intercollegiate Football I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory:</i> Completion of or concurrent enrollment in Exercise Science 233B with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 210. This course is designed for students in their first season of intercollegiate football. Topics include fundamental skills of play for offense/defense and special teams. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Top Code</i> <i>Units Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~211 Intercollegiate Football II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory:</i> Completion of or concurrent enrollment in Exercise Science 233B with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 211. This course is designed for students in their second season of intercollegiate football. Topics include fundamental skills of play for offense/defense and special teams. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Top Code</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~214 Intercollegiate Soccer I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 214. This is a course in which students competing in their first intercollegiate soccer season learn and practice the techniques and strategies necessary for successful participation. The topics covered are fundamental through advanced skills as well as offensive and defensive strategies. This course is offered separately for men and women in the fall semester. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~215 Intercollegiate Soccer II</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory:</i> Concurrent enrollment in Exercise Science 234B with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 215. This is a course in which students competing in their second intercollegiate soccer season of competition learn and practice the techniques and strategies necessary for successful participation. Those topics covered are fundamental through advanced soccer skills and both offensive and defensive strategies. This course is offered separately for both men and women in the Fall semester. This course may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Texts</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~216 Intercollegiate Softball I</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 216. This course is designed for students competing in their first intercollegiate softball season. Students will learn and practice the techniques and strategies necessary for successful participation. Those topics covered are fundamental through advanced softball skills and offensive and defensive strategies. Students must demonstrate increased softball skill proficiency and skill attainment with each repetition. This course is offered in the spring semester and may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Field Trip</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~217 Intercollegiate Softball II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 217. This course is designed for students competing in their second intercollegiate softball season. Students will learn and practice the techniques and strategies necessary for successful participation. Those topics covered are fundamental through advanced softball skills and offensive and defensive strategies. Students must demonstrate increased softball skill proficiency and skill attainment with each repetition. This course is offered in the spring semester and may be taken two times for credit.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Supplies</i> <i>Texts</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~218 Intercollegiate Swimming I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 218. This course is designed for students to compete in men's and women's intercollegiate varsity swimming and diving competition. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~219 Intercollegiate Swimming II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 219. This course is designed for students to compete in a second semester of men's and women's intercollegiate varsity swimming and diving competition. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Top Code</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~220 Intercollegiate Tennis I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Physical Education 159W with a grade of "C" or better, or equivalent or previous competitive tennis experience. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 220. This is a course for students competing in their first intercollegiate tennis season. This course is offered in the spring semester for men and women and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~221 Intercollegiate Tennis II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 220 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 221. This is a course for students competing in their second intercollegiate tennis season. This course is offered in the spring semester for men and women and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~222 Intercollegiate Track and Field I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 222. This course is for students competing in their first season of intercollegiate track and field. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~223 Intercollegiate Track and Field II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 223. This course is for students competing in their second season of intercollegiate track and field. This course may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~224 Intercollegiate Volleyball I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 182A with a grade of "C" or better, or equivalent and/or previous competitive volleyball experience. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 224. This is the first course in intercollegiate volleyball competition. Topics include analyses of team offensive and defensive systems. This course is designed to prepare advanced volleyball students for intercollegiate competition. This course is offered in the fall and spring semester and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: Mesa</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~225 Intercollegiate Volleyball II</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 224 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 225. This is the second course in intercollegiate volleyball competition. This course is offered in the fall and spring semester and may be taken two times for credit. Students must demonstrate increased proficiency and skill attainment with each repetition.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Supplies</i> <i>Texts</i> <i>Units Change</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~226 Intercollegiate Water Polo I</p> <p align="right">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 226. This course is designed for men and women participating in intercollegiate water polo competition. Topics include fundamental techniques of water polo, individual and team offensive tactics, individual and team defensive tactics, and rules of play. This course is designed to improve student proficiency and skill level with each repetition and may be taken two times for credit. It is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~227 Intercollegiate Water Polo II</p> <p style="text-align: right;">96 - 175 hours lab, 2-3.5 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 226 with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 227. This course is designed for men and women participating in intercollegiate water polo competition. Topics include advanced techniques of water polo, advanced individual and team offensive tactics, advanced individual and team defensive tactics, and further study in rules of play. This course is designed to improve student proficiency and skill level with each repetition and may be taken two times for credit. It is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Units Change</i> Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~229A Theories and Strategies of Badminton I</p> <p style="text-align: right;">24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 249A. This course is designed for students competing in their first intercollegiate badminton season. Emphasis is placed on the theoretical concepts necessary for successful participation. Topics covered include mechanical analysis of fundamentals through advanced badminton skills, offensive/defensive strategies, statistics, rules and officiating.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Corequisite (Remove)</i> <i>Course Description</i> <i>Course Renumbering (was 249A)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Outline of Topics</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~229B Theories and Strategies of Badminton II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 249B. This course is designed for students competing in their second intercollegiate badminton season. Emphasis is based on advanced theoretical concepts for successful participation. Topics covered include mechanical analysis of fundamentals through advanced badminton skills, offensive/defensive strategies, statistics, rules and officiating.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Corequisite (Remove)</i> <i>Course Description</i> <i>Course Renumbering (was 249B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Outline of Topics</i> <i>Prerequisite (Remove)</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCCCO submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~230A Theories and Strategies of Baseball I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 252A. This course provides instruction to develop the fundamental skills of throwing, catching, running, hitting, and the rules of NCAA baseball as well as strategies used during game competition. Sport specific speed and strength development is emphasized. This course is intended for intercollegiate baseball players only.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Integration (May Include Activation) Six Year Review <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 252A)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~230B Theories and Strategies of Baseball II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 230A with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 252B. Sophomore athletic eligibility status required. A continuation of Physical Education "Theories and Strategies of Baseball Level I" with emphasis on advanced skills, strategy, tactics, rules officiating, and organizational procedures in baseball.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 252B)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCCCO submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Exercise Science (EXSC) Discipline: Physical Education

<p>~231A Theories and Strategies of Basketball I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 251A. This course covers the theoretical concepts necessary for students to compete successfully in their first intercollegiate basketball season. Topics include rules, game strategies, history, and game preparation. The physiological requirements for the intercollegiate athlete and importance of nutritional components for optimal performance are emphasized. Separate sections of this course are offered for men and women. The course is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Renumbering (was 251A)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~231B Theories and Strategies of Basketball II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 231A with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 251B. This course covers advanced theoretical concepts and techniques for intercollegiate basketball competition. Topics include advanced team strategies, efficient basketball conditioning techniques, goals for game preparation, and leadership qualities for basketball. Concepts of team building and social skills necessary for success at the intercollegiate level are also emphasized. Separate sections of this course are offered for men and women. The course is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Renumbering (was 251B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Prerequisite (Change)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~232A Professional Activities/Cross Country I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 258A. This course introduces students to the development of skills for cross country running as well as biomechanics, exercise physiology, workout design, scouting, and procedures for administrating a college cross country meet. The course is designed for students who are participating in this sport and for those who may be interested in coaching cross country teams.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Renumbering (was 258A)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Supplies</i> <i>Texts</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~232B Professional Activities/Cross Country II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 232A with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 258B. This course covers the development of advanced skills in cross country running, including techniques of biomechanics, exercise physiology, workout design, and scouting. Emphasis is placed on procedures for administering college cross country meets and coaching techniques. This course is designed for second-year students who are participating in this sport and for those who are interested in coaching cross-country teams.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 258B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Prerequisite (Change)</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Top Code</i> Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~233A Theories and Strategies of Intercollegiate Football I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory:</i> Concurrent enrollment in Exercise Science 210. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 250A. This course is designed for students competing in their first intercollegiate football season. Emphasis is on theoretical concepts necessary for successful participation. Topics include analysis of fundamentals used on offense/defense, special teams and also strategies, rules, and officiating.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 250A)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~233B Theories and Strategies of Intercollegiate Football II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory: Concurrent enrollment in</i> Exercise Science 211 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 250B. This course in the theory and strategies of intercollegiate football is offered in the Fall semester and emphasizes advanced game skills, tactics, rules officiating, and organizational procedures. Students develop social skills and team building techniques required for success on the football team. This course is designed for students involved in intercollegiate football.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 250B)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~234A Theories and Strategies of Soccer I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 257A. This course covers the theoretical concepts necessary for students to compete successfully in their first intercollegiate soccer season. Topics include mechanical analysis of fundamental through advanced soccer skills, offensive and defensive strategies, statistics, rules, and officiating. Separate sections of this course are offered for men and women. The course is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Renumbering (was 257A)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~234B Theories and Strategies of Soccer II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 234A with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 257B. This course covers advanced theoretical concepts and techniques for intercollegiate soccer competition. Topics include advanced team strategies, efficient conditioning techniques, goals for game preparation, and leadership qualities. Concepts for team building and social skills necessary for success at the intercollegiate level are emphasized. Separate sections of this course are offered for men and women. The course is intended for intercollegiate athletes.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Renumbering (was 257B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Prerequisite (Change)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~235A Theories and Strategies of Softball I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Corequisite:</i> Exercise Science 216. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 253A. This course explores a variety of softball strategies and techniques focusing on the development of offensive and defensive strategies, rules, officiating, video review, and mechanical analysis of fundamentals through intermediate softball skills. The course is open to students interested in participating in the sport of softball at an intermediate level.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Corequisite (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 253A)</i> <i>Critical Thinking Assignments</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Supplies</i> <i>Texts</i> <i>Title Change</i> <i>Top Code</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~235B Theories and Strategies of Softball II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Corequisite:</i> Exercise Science 217. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 253B. This course develops both mental and physical competency with emphasis on advanced skill, mechanics, rules, offensive and defensive strategies, officiating, facilities, video review, organizational procedures and physiological aspects of the game as they relate to college softball. The course is open to students interested in the sport of softball at the advanced level.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Corequisite (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 253B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Top Code</i> <i>Title Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~237A Theories and Strategies of Tennis I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 248A. This course covers the theoretical concepts necessary for students to compete successfully in their first intercollegiate tennis season. Topics covered include mechanical analysis of fundamental through advanced tennis skills, offensive and defensive strategies, statistics, and rules. This course is offered separately for men and women who are interested in competing at the intercollegiate level.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Corequisite (Remove)</i> <i>Course Renumbering (was 248A)</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Outside Assignments</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Title Change</i> <i>Writing Assignments</i></p> <p>Approved</p> <p>Proposed for College(s): City,</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~237B Theories and Strategies Tennis II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 248B. This course further develops the theoretical and practical skills necessary for students to compete successfully in their second intercollegiate tennis season. Emphasis is placed on advanced offensive and defensive tennis skills and strategies. This course is offered separately for men and women who are interested in competing at the intercollegiate level.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) Six Year Review Advisory (Change) Course Renumbering (was 248B) Equivalency (New) Grade Option Change Limitation on Enrollment (New) Outside Assignments Reading Assignments Student Learning Objectives Subject Indicator (was PHYE) Texts Title Change Top Code Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~238A Theories and Strategies/Track and Field I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Corequisite:</i> Exercise Science 222. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 254A. This course is a practical application of track and field program management. Emphasis is placed on team development, competition scheduling, site preparation, and teaching the principles of track and field. This course is offered during Spring semester for students enrolled in a first intercollegiate track and field season.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) Advisory (New) Corequisite (Change) Course Renumbering (was 254A) Equivalency (New) Limitation on Enrollment (New) Subject Indicator (was PHYE) Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~238B Theories and Strategies/Track and Field II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Corequisite:</i> Exercise Science 223. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 238A with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 254B. This course is an advanced application of track and field program management. Emphasis is placed on skills, tactics, officiating, facilities, video review and organizational procedures for administering a college track and field meet. This course is offered during the Spring semester for students enrolled in a second intercollegiate track and field season.</p> <p>FIELD TRIP REQUIREMENTS: Required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Corequisite (Change)</i> <i>Course Renumbering (was 254B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~239A Theories and Strategies of Intercollegiate Volleyball I 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory: Concurrent enrollment in</i> Exercise Science 224 or Exercise Science 225. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 255A. This is a course in which students competing in their first intercollegiate volleyball season learn the theoretical concepts necessary for successful participation. Topics covered include mechanical analysis of fundamentals through advanced volleyball skills, offensive/defensive strategies, statistics, rules and officiating.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Renumbering (was 255A)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~239B Theories and Strategies/ Volleyball II 24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Exercise Science 239A with a grade of "C" or better, or equivalent. <i>Advisory: Concurrent enrollment in:</i> Exercise Science 225 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 255B. This is a course in which students competing in their second intercollegiate volleyball season learn the theoretical concepts necessary for successful participation. Topics covered include officiating, statistics, concepts for team building, goals for game preparation, leadership and social skills for success at the intercollegiate level.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Renumbering (was 255B)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> Approved</p> <p>Proposed for College(s): City, Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~240 Physical Education in the Elementary Schools 48 - 54 hours lecture, 16- 18 hours lab, 3 units Grade Only</p> <p>REQUISITES: <i>Advisory: Completion of or concurrent enrollment in</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent or Assessment Skill Levels R5and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 240. This course includes a brief study of the growth, development and characteristics of the elementary school child. The elements of written lesson plans, units, evaluations and various forms of testing are covered. The teaching of fundamental skills, rhythms, dance and games based on sound physiological principles for this age group is emphasized. The positive impact of physical education on health and wellness, in addition to, academic achievement is explored. Students gain knowledge and understanding of the physiological and sociological effects of alcohol, narcotics, drugs and tobacco and of ways to identify, refer, and support students and their families who may be at risk of physical, psychological, emotional or social health problems. Actual teaching situations are experienced in the lab sessions. This course is designed to fulfill lower division preparation for the major for students interested in elementary education.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Equivalency (New)</i> <i>Grade Option Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Evaluation</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Reading Assignments</i> <i>Student Learning Objectives</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</i> <i>Writing Assignments</i> Approved</p> <p>Proposed for College(s): City Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~241B Introduction to Kinesiology</p> <p style="text-align: right;">48 - 54 hours lecture, 3 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 241B. This is an introductory course covering the professional career options, history, basic philosophy and principles of Kinesiology. Additionally a nutritional component covers the current and emerging issues in foods and nutrition. This course is of interest to anyone exploring opportunities in the fields of health, wellness, physical activity, nutrition and sport. This course is required for Kinesiology majors.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Title Change (Short only)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~242B Care and Prevention of Injuries</p> <p style="text-align: right;">48 - 54 hours lecture, 3 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 242, Physical Education 242B or Exercise Science 289. This course covers the theory and practice of emergency field care and basic athletic first aid. Topics include prevention and care of common athletic injuries, bandaging and/or taping techniques. This course is designed for students interested in athletic training, coaching of sports and majoring in Physical Education, Kinesiology and Exercise Science.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU. UC Transfer Course List.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: Mesa</p> <p>Effective: Fall 2014</p>
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Approved

Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~270 Fitness Specialist Work Experience</p> <p style="text-align: right;">60 - 300 hours other, 1-4 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 270. A program of on-the-job learning experiences for students employed in a job related to the Fitness Specialist Certificate program. This course may be taken for a maximum of 4 units. However, the combined maximum credit for all Work Experience courses from all disciplines may not exceed 16 units.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~277D Service Learning -- on Campus</p> <p style="text-align: right;">48 - 162 hours other, 1-3 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 48 and English 49, each with a grade of "C" or better, or equivalent or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> Must obtain an Add Code from the instructor for enrollment. This course is not open to students with previous credit for Physical Education 277D. Students in this course develop and implement service learning projects to help the college's community under the supervision of college faculty and in cooperation with the staff of community organizations and agencies. Projects may include collaboration with college classes, education projects for college students, mentoring and shadowing. Students gain hands-on experience in project planning, development, implementation and evaluation. Students meet weekly to receive support training and development opportunities regarding best practices in Service Learning. This course is intended for students from any discipline who are interested in project development, development of teaching skills, or enhancement of communication and planning skills. Course segments may be taken in any order. The combined credit for all 277D discipline courses may not exceed three units.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~280 Applied Exercise Physiology</p> <p style="text-align: right;">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5; Mathematics 46 with a grade of "C" or better, or equivalent, or Assessment Skill Level M40 <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 280. This course is designed for the student in the Fitness Specialist Certificate Program planning to study how the body functions under conditions of exercise stress and how fitness behaviors affect health and wellness. Emphasis is placed on muscular, cardiorespiratory, and other physiological processes that occur as a result of exercise conditioning, and the effect of disease.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~281 Applied Kinesiology</p> <p style="text-align: right;">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 281. This course is designed for the student in the Fitness Specialist Certificate Program planning to study movement as it relates to exercise under both normal and injury conditions. Students learn the practical implications of bones, joints, nerves, and muscle actions. Emphasis is placed on applying body alignment, range of motion, stabilization, and acceleration principles to the development of exercise programs.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~282 Techniques of Weight Training</p> <p align="right">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 282. This course is designed for the student in the Fitness Specialist Certificate Program intending to teach weight training. Topics include anatomy, physiology, training sequences, equipment options, safety factors, and contraindications.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~283 Exercise and Fitness Assessment</p> <p align="right">24 - 27 hours lecture, 24 - 27 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 283. This course is designed for the student in the Fitness Specialist Certificate Program to develop the skills necessary to assess and evaluate exercise and fitness parameters. Topics include cardiorespiratory endurance, muscular strength and endurance, flexibility, body fat, pulmonary function, and blood pressure and evaluate the results. Emphasis is placed on determining the appropriate test, conducting the test, evaluating the results, and creating an exercise program.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~284 Fitness and Sports Nutrition</p> <p align="right">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 284. This course is designed for the student in the Fitness Specialist Certification Program. Students study the basic principles of nutrition and the ramifications of nutrition on sports activities.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~285 Exercise for Special Populations</p> <p align="right">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 285. This course is designed for the student in the Fitness Specialist Certificate Program planning to study the exercise implications for special populations related to age, medical condition and level of fitness. Emphasis is placed on cardiac conditions, diabetes, obesity, physical disabilities, Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS), asthma, sensory impairments. Issues and barriers to exercise are included for each of the following groups: seniors, children, athletes, mentally impaired and pregnant and post partum women.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

**Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~286 Techniques of Exercise Leadership 28 - 31.5 hours lecture, 12 - 13.5 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 286. This course is designed for the student in the Fitness Specialist Certificate Program planning to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship. Emphasis is placed on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~287 Fitness Specialist Internship 16 - 18 hours lecture, 48 - 54 hours lab, 2 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 280, Exercise Science 281 and Exercise Science 283, each with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 287, Physical Education 288 or Exercise Science 288. This course is designed to provide students in the Fitness Specialist Certificate Program with practical experience in the field of exercise and fitness. Emphasis is placed on participant screening, evaluation, and exercise program design, self marketing, fitness specialist/client relationships and professional responsibility in a fitness setting.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Instruction</i> <i>Prerequisite (Change)</i> <i>Subject Indicator (was PHYE)</i> <i>Transferability</i></p> <p>Approved</p> <p>Proposed for College(s): City, Miramar</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
 ~Course requires CCCC submission

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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~288 Fitness Specialist Internship Lecture</p> <p style="text-align: right;">16 - 18 hours lecture, 1 units Grade Only</p> <p>REQUISITES: <i>Prerequisite:</i> Exercise Science 280, Exercise Science 281 and Exercise Science 283, each with a grade of "C" or better, or equivalent. <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Advisory:</i> Concurrent enrollment in Exercise Science 270 with a grade of "C" or better, or equivalent. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 287, Physical Education 288 or Exercise Science 287. This course is designed to provide students in the Fitness Specialist Certificate Program with practical experience in the field of exercise and fitness. Emphasis is placed on participant screening, evaluation, and exercise program design, self marketing, fitness specialist/client relationships and professional responsibility in a fitness setting.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Prerequisites (Change)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>*~ 289 Injury Care and Prevention for Personal Trainers</p> <p style="text-align: right;">32 - 36 hours lecture, 2 units Grade Only</p> <p>REQUISITES: <i>Advisory:</i> English 47A or English 48 and English 49, each with a grade of "C" or better, or equivalent, or Assessment Skill Levels R5 and W5. <i>Limitation on Enrollment:</i> This course is not open to students with previous credit for Physical Education 242, Physical Education 242B or Exercise Science 242B. This course covers common acute and chronic injuries encountered by personal trainers. Topics include basic first aid, injury care and prevention and exercise modification. This course is designed for students in the Fitness Specialist Certificate Program.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: NONE</p> <p>Action(s) Proposed: New Course Approved</p> <p>Proposed for College(s): Mesa, Miramar</p> <p>Originating Campus: Mesa</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

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Curriculum Instructional Council
Actions Approved – March 14, 2013 Addendum 5

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~290 Independent Study</p> <p style="text-align: right;">3 hours other, 1-3 units Letter Grade or Pass/No Pass Option</p> <p>REQUISITES: <i>Limitation on Enrollment:</i> Must obtain an Add Code from the instructor for enrollment. This course is not open to students with previous credit for Physical Education 290. For students who wish to study special problems in Physical Education.</p> <p>FIELD TRIP REQUIREMENTS: Not required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City, Mesa, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i></p> <p>Approved</p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~296 Individualized Instruction in Exercise Science</p> <p style="text-align: right;">24 - 108 hours other, 0.5-2 units Pass/No Pass</p> <p>REQUISITES: <i>Limitation on Enrollment:</i> Concurrent enrollment in an approved course of the same discipline is required. The instructor of the related course will supply Add Code to the student, which permits registration in the course. This course is not open to students with previous credit for Physical Education 296. This course provides supplemental instruction to reinforce achievement of the learning objectives of a course in the same discipline under the supervision of the instructor of the designated course. Learning activities may employ a variety of self-paced multimedia learning systems, language labs, print and electronic resources, laboratory, or field research arrangements, to assist student in reaching specific learning objectives. This open entry/open exit course is offered concurrently with designated courses.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: City</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Equivalency (New)</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Title</i></p> <p>Approved</p> <p>Proposed for College(s): City</p> <p>Originating Campus: CITY</p> <p>Effective: Fall 2014</p>
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*Requires Board of Trustees approval prior to implementation
~Course requires CCCC submission

Approved

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Subject: Physical Education (PHYE)

<p>~120 Fencing</p> <p style="text-align: right;">32-54 hours lab, 0.5-1 units Grade Only</p> <p>Basic techniques of fencing with French foil are taught. Techniques such as on guard, advance, retreat, attack and parries (simple and compound), and basic rules are covered. Simple and compound attacks, secondary attacks, counter attacks, circular parries and bouting are stressed in intermediate and advanced classes. Judging and directing of bouts are taught and implemented in the form of tournament matches. Fencing etiquette and proper technique are stressed. Students who are looking for a lifetime sport, rich in tradition and gamesmanship find this course intriguing and challenging, both mentally and physically.</p> <p>FIELD TRIP REQUIREMENTS: May be required</p> <p>TRANSFER APPLICABILITY: Associate Degree Credit & transfer to CSU.</p>	<p>Offered At: Mesa, Miramar</p> <p>Action(s) Proposed: Course Deactivation (Active at another College)</p> <p>Approved</p> <p>Proposed for College(s): Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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~Course requires CCCCCO submission

Approved

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PROGRAM CHANGES

(Note: To view from *Proposals* screen, click *Program Search* button, scroll down to program name, then option title, if appropriate, and click *PR* icon.)

*Exercise Science

Program Revision- *Approved*

Exercise Science- Miramar, PID 2566: Effective Fall 2014

Fitness Specialist Certificate of Achievement

*Exercise Science

Program Revision- *Approved*

Exercise Science- City, PID 2648: Effective Fall 2014

Fitness Specialist Certificate of Achievement

*Exercise Science

Program Revision- *Approved*

Exercise Science- Mesa, PID 2402: Effective Fall 2014

Fitness Specialist Certificate of Achievement

*Liberal Arts and Sciences

Program Revision- *Approved*

Liberal Arts and Sciences- City, PID 2649: Effective Fall 2014

Liberal Arts and Sciences with an Emphasis in Elementary (Multiple Subject) Teaching Preparation Associate in Arts

*Liberal Arts and Sciences

Program Revision- *Approved*

Education- Mesa, PID 2643: Effective Fall 2014

Liberal Studies Elementary Education Preparation Associate in Arts

*Child Development

Program Revision- *Approved*

Child Development- City, PID 2462: Effective Fall 2014

Master Teacher Certificate of Achievement

*Child Development

Program Revision- *Approved*

Child Development- Mesa, PID 2284: Effective Fall 2014

Master Teacher Certificate of Achievement

*Child Development

Program Revision- *Approved*

Child Development- City, PID 2621: Effective Fall 2014

School Age Child Care Certificate of Performance

*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission