

**Curriculum Instructional Council
Actions Approved – November 14, 2013 Addendum**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~113A Swimming 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 155 or Physical Education 155W. This course is the first in a series of swimming courses. Emphasis is placed on fundamental swimming technique and water safety skills. This is an entry level course for novice swimmers. When this course is offered for three hours per week, the additional time is utilized for skill 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Course Renumbering (was 155W)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~113B Swimming 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 113A 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 155X. This course is the second in a series of swimming courses. Emphasis is placed on the development of swimming strokes, open turns, entering the water, and aquatic emergency situations. This course is intended for beginning level swimmers with some aquatic experience. When this course is offered for three hours per week, the additional time is utilized for skill 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 155X)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~113C Swimming 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 113B 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 155Y. This course is the third in a series of swimming courses. Emphasis is placed on intermediate swim stroke development, open turns, head first water entry, and pool and open water emergency response. This course is intended for intermediate level swimmers. When this course is offered for three hours per week, the additional time is utilized for skill 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 155Y)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~113D Swimming IV</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 113C 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 155Z. This course is the fourth in a series of swimming courses. Emphasis is placed on advanced swimming techniques, turns, finishes, and racing starts, swim propulsion and drag theories, and aquatic survival and safety skills. This course is intended for advanced swimmers. When this course is offered for three hours per week, the additional time is utilized for skill 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 155Z)</i> <i>Equivalency (New)</i> <i>Hours</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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**Curriculum Instructional Council
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~124A Aerobic and Core Conditioning I</p> <p align="right">32 - 54 hours lab, 0.5-1 units Pass/No Pass 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 153 or Physical Education 153W. This course provides students with introductory level knowledge and practice in attaining and maintaining aerobic and core conditioning fitness levels. Instruction will emphasize cardiovascular fitness as well as core fitness through individual and circuit training. This course is the first in a series of four aerobic and core conditioning courses. It is intended for students seeking to develop introductory physical fitness habits.</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>Course Renumbering (was 153W)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~124B Aerobic and Core Conditioning II</p> <p align="right">32 - 54 hours lab, 0.5-1 units Pass/No Pass 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 124A 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 153X. This course provides introductory level students with beginning knowledge and practice in attaining and maintaining aerobic and core conditioning fitness levels. Instruction will emphasize beginning cardiovascular fitness as well as core fitness through individual and circuit training. Other topics include a variety of core fitness tests, stability ball exercise routines, and beginning level aerobic and core conditioning program design. This course is the second in a series of four aerobic and core conditioning courses. It is intended for students seeking to develop beginning physical fitness habits.</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 (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 153X)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~124C Aerobic and Core Conditioning III</p> <p align="right">32 - 54 hours lab, 0.5-1 units Pass/No Pass 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 124B 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 153Y. This course provides beginning level students with intermediate knowledge and practice in attaining and maintaining aerobic and core conditioning fitness levels. Instruction will emphasize intermediate cardiovascular fitness as well as core fitness through individual and circuit training. Other topics include fitness level assessment and conditioning for the treadmill; continuous, interval, and fartlek aerobic conditioning elements; beginning plyometric exercises; coronal and oblique plane movements; and clinical evaluations such as blood pressure and blood lipid tests. This course is the third in a series of four aerobic and core conditioning courses. It is intended for students seeking to develop intermediate physical fitness habits.</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 (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 153Y)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~124D Aerobic and Core Conditioning IV</p> <p align="right">32 - 54 hours lab, 0.5-1 units Pass/No Pass 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 124C 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 153Z. This course provides intermediate students with advanced knowledge and practice in attaining and maintaining aerobic and core conditioning fitness levels. Instruction will emphasize advanced cardiovascular fitness as well as core fitness through individual and circuit training. Other topics include cardiovascular and core fitness assessment data comparison; advanced core fitness assessments including plyometric tests; cardiovascular interval and sprint training; advanced plyometric training involving lateral movement; dietary analysis; and identification and incorporation of dietary modifications. This course is the fourth in a series of four aerobic and core conditioning courses. It is intended for students seeking to develop advanced physical fitness habits.</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 (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 153Z)</i> <i>Equivalency (New)</i> <i>Grade Option</i> <i>Hours</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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**Curriculum Instructional Council
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Subject: Exercise Science (EXSC) Discipline: Dance or Physical Education

<p>~125A Aerobic Dance 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 103 or Physical Education 103W. This course is an introduction to all forms of Aerobic Dance and movement. Emphasis is placed on fundamental Aerobic Dance technique, vocabulary, and performance concepts. This course is the first in a series of four aerobic dance courses. It is designed for all students interested in Aerobics as a cardiovascular, movement-oriented sport.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Course Renumbering (was 103W)</i> <i>Equivalency (New)</i> <i>Hours</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></p> <p align="center">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: Dance or Physical Education

<p>~125B Aerobic Dance 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 125A 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 103X. This course provides introductory level students with knowledge and practice in more complicated beginning Aerobic Dance principles. Emphasis is placed on beginning Aerobic Dance technique, vocabulary, strength, and performance concepts. Other topics include additional dance vocabulary, expanded use of weights, and sports nutrition. This course is the second in a series of four aerobic dance courses. It is designed for all students interested in Aerobics as a cardiovascular, movement-oriented sport.</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, 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>Course Renumbering (was 103X)</i> <i>Equivalency (New)</i> <i>Hours</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></p> <p align="center">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: Dance or Physical Education

<p>~125C Aerobic Dance 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 125B 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 103Y. This course provides beginning level students with knowledge and practice in intermediate level, complex forms of Aerobic Dance, its variations, and directional changes. Cardio Kickboxing technique and plyometric moves are added for a diverse, dynamic workout. Emphasis is placed on intermediate level Aerobic Dance technique, vocabulary, and performance concepts. This course is the third in a series of four aerobic dance courses. It is designed for all students interested in Aerobics as a cardiovascular, movement-oriented sport, and who have taken the beginning level version of this class.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (Change)</i> <i>Course Renumbering (was 103Y)</i> <i>Equivalency (New)</i> <i>Hours</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</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: Dance or Physical Education

<p>~125D Aerobic Dance 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 125C 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 103Z. This course provides intermediate level students with knowledge and practice in complex forms of advanced Aerobic Dance and its variations, such as Zumba and Cardio Kickboxing. Emphasis is placed on advanced levels of Aerobic Dance technique, vocabulary, and performance concepts. Other topics include advanced principles of body alignment such as movement combinations and jumps; advanced level plies such as sliding and jumping; and plyometrics. This course is the fourth in a series of four aerobic dance courses. It is designed for all students interested in Aerobics as a cardiovascular, movement-oriented sport, and who have taken the intermediate level version of this class.</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, 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>Course Renumbering (was 103Z)</i> <i>Equivalency (New)</i> <i>Hours</i> <i>Limitation on Enrollment (New)</i> <i>Subject Indicator (was PHYE)</i> <i>Texts</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>~126A Cardio Conditioning 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 123 or Physical Education 123W. This course provides instruction in the basic skills necessary to improve aerobic fitness, cardiovascular health, muscular endurance/strength, and static flexibility. Topics include fitness terminology, identifying individual fitness level and areas to improve, basic exercise programming, proper warm up/cool down and resting/exercise heart rate. This class is designed for students interested in a healthy lifestyle as well as Kinesiology majors. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Course Renumbering (was 123W)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~126B Cardio Conditioning 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 126A 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 123X. This course provides instruction in exercise programming through moderately intense activities including cross training, basic boxing, plyometrics, speed and agility, core stability, dynamic flexibility and nutrition. This course is designed to provide students the opportunity to continue the fundamental principles of physical fitness and their impact on life-long health and wellness. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 123X)</i> <i>Equivalency (New)</i> <i>Hours</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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<p>~126C Cardio Conditioning 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 126B 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 123Y. This course is designed to provide students the opportunity to develop and implement a personalized fitness plan to help them pursue their lifelong commitment to life-long health and wellness. Topics include goal setting, training zones, and body specific training principles through moderate/highly intense activities. This class is designed for students interested in a healthy lifestyle as well as Kinesiology majors. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 123Y)</i> <i>Equivalency (New)</i> <i>Hours</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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<p>~126D Cardio Conditioning 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 126C 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 123Z. This course is the fourth in a series of Cardio Conditioning courses. Students develop, analyze and implement advanced group fitness plans. Topics include agility and jump training, running, sports cross training, advanced core training, stress management and nutrition. Data gathering and assessment methods are also covered. This class is designed for students interested in a healthy lifestyle as well as Kinesiology majors. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 123Z)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~135A Individual Conditioning 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 132 or Physical Education 132W. This course provides individually programmed instruction in the fundamental skills and techniques of strength training and aerobic activity. The positive impact of physical education on health and wellness is explored and emphasized. This course is of particular interest to students wishing to enter the fields of sports medicine and athletics, as well as to students seeking to improve overall fitness.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Renumbering (was 132W)</i> <i>Equivalency (New)</i> <i>Hours</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>~135B Individual Conditioning 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 135A 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 132X. This course provides individually programmed instruction in the beginning level skills of the 5 components of fitness. Students will learn proper body mechanics for basic movement patterns utilizing a variety of different training modalities. Beginning level principles of physiology will be explored including how to train to elicit a desired physiological response.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 132X)</i> <i>Equivalency (New)</i> <i>Hours</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: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~135C Individual Conditioning 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 135B 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 132Y. This course provides individually programmed instruction in the intermediate principles of the 5 components of fitness. Students will learn basic anatomy and build upon the principles of physiology learned in previous levels of this course to create both individual workouts and a long term workout plan to meet individualized conditioning goals.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 132Y)</i> <i>Equivalency (New)</i> <i>Hours</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: CITY</p> <p>Effective: Fall 2014</p>
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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~135D Individual Conditioning 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 135C 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 132Z. This course provides individually programmed instruction in the advanced principles of the 5 components of fitness. Students will learn how to instruct others in proper movement patterns and body mechanics for several strength training and cardiovascular training modalities. Students will utilize their knowledge of the advanced principles of anatomy and physiology to create a workout plan for another individual, identifying modifications and variations of exercises depending on the unique needs of the subject they are designing a workout for.</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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 132Z)</i> <i>Equivalency (New)</i> <i>Hours</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: CITY</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>~139A Weight Training 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 166 or Physical Education 166W. This course is an introduction to progressive resistive training. Instruction includes proper methods of weight training, use of weight training machines, cardio exercise equipment, lifting of free weights and warm up/cool down. Instruction also includes charting exercises, introduction to major muscle groups and the weight training exercises to improve strength and range of motion. This class is designed for students interested in a healthy lifestyle as well as exercise science 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>Course Renumbering (was 166W)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~139B Weight Training 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 139A 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 166X. This course is the second in a series of four courses in progressive resistive weight training. Emphasis is placed on alternative training methods including circuit and interval training, hill climbing and fat burning. This course includes basic nutrition to help build muscle and/ or reduce body weight utilized in student development of a personal fitness program. This class is designed for students interested in a healthy lifestyle as well as exercise science 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 (Change)</i> <i>Course Renumbering (was 166X)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~139C Weight Training 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 139B 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 166Y. This course is the third in a series of four courses in progressive resistive weight training. Emphasis is placed on the use of the weight training machines, cardio exercise equipment and Olympic lifts. This course covers alternate methods of resistive training including medicine balls, plyo balls, bosu balls, elastic cords and TRX belts. This class is designed for students interested in a healthy lifestyle as well as exercise science 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 (Change)</i> <i>Course Renumbering (was 166Y)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~139D Weight Training 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 139C 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 166Z. This course is the fourth in a series of four courses in progressive resistive weight training. This course covers the proper use of weight lifting machines, cardio exercise equipment and alternate methods of resistive training and lifting of the free weights. This class is designed for students interested in a healthy lifestyle as well as exercise science 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 (Change)</i> <i>Course Renumbering (was 166Z)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>154A Badminton 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 108. This course provides instruction and court experience in the skills, strategies and rules necessary to play badminton at the novice level. Instruction includes the basic strokes, vocabulary and sportsmanship. This course is intended for novice level badminton players.</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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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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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 is the second of four courses in badminton. Emphasis is placed on beginning level skills, shots, serves, footwork and strategies. This course is intended for kinesiology majors and all students interested in incorporating the game of badminton into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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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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 is the third of four courses in badminton. Emphasis is placed on intermediate level skills, shots, serves, footwork and strategies for singles and doubles play. This course is intended for kinesiology majors and all students interested in incorporating the game of badminton into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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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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 is the fourth of four courses in badminton. Emphasis is placed on advanced level skills and strategies for singles and doubles tournament play. This course is intended for kinesiology majors and all students interested in incorporating the game of badminton into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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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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 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>160B Springboard Diving 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 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. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Outline of Topics</i> <i>Student Learning Objectives</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

164B Football II <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 164A with a grade of "C" or better, or equivalent. This second level of football explores the beginning skills and techniques for team play emphasizing receiver, running back, linebacker, defensive back, defensive and offensive line drills. 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>Course Description</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

164C Football III <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 164B with a grade of "C" or better, or equivalent. This third level of football explores the intermediate skills and techniques for team play emphasizing making adjustments to multiple offensive and defensive schemes. 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. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</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>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 emphasizing situational strategies and real time adjustments for offense and defense. 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>Course Description</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>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 fundamental routines for floor exercise and vaults. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>168B Men'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 168A with a grade of "C" or better, or equivalent. This course is the second of four courses in men's gymnastics with progressive skill development focusing on beginning routines for horizontal bar and pommel horse. Beginning routines for floor exercise and vault are also covered. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>168C Men'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 168B with a grade of "C" or better, or equivalent. This course is the third of four courses in men's gymnastics with progressive skill development focusing on level one routines for still rings and parallel bars. Level two routines for the horizontal bar and pommel horse and level three routines for floor exercise and vault are also covered. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Actions Approved – November 14, 2013 Addendum

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 fourth, advanced-level of men's gymnastics with progressive skill development in performing level four routines for floor exercise, parallel bars, horizontal bar, vaulting, still rings and pommel horse. Emphasis is placed on the performance of optional routines. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>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 fundamental routines for floor exercise 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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 – November 14, 2013 Addendum

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 of four courses in women's gymnastics with progressive skill development focusing on beginning routines for uneven parallel bars. Beginning routines for floor exercise and vault are also covered. 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. UC Transfer Course List.</p>	<p>Offered At: Mesa</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>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;<i>Advisory:</i> Exercise Science 170B with a grade of "C" or better, or equivalent. This course is the third of four courses in women's gymnastics with progressive skill development focusing on intermediate skills. Topics covered include level three routines for floor exercise and vault, level two routines for uneven bars and level one routines for the balance beam. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</i> Approved</p> <p>Proposed for College(s): Mesa</p> <p>Originating Campus: MESA</p> <p>Effective: Fall 2014</p>
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Curriculum Instructional Council
Actions Approved – November 14, 2013 Addendum

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 the fourth of four courses in women's gymnastics focusing on advanced skills. Emphasis is placed on the performance of level four optional and compulsory routines for floor exercise, uneven parallel bars, balance beam and vault. 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>Course Description</i> <i>Outline of Topics</i> <i>Student Learning Objectives</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>~174A Soccer 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 149 or Physical Education 149W. This course provides instruction in basic soccer skill technique, strategies, etiquette and rules necessary to play soccer at the novice level. Topics include basic dribbling, heading and collection with the soccer ball. Students also define, apply and interpret the basic rules and safety procedures within the game of soccer. This class is designed for students interested in an active lifestyle as well as kinesiology majors. When this course is offered for three hours per week, the additional time is utilized for skills development and application of strategies to 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</i> <i>Course Renumbering (was 149W)</i> <i>Equivalency (New)</i> <i>Hours</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: 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 – November 14, 2013 Addendum**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~174B Soccer 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 174A 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 149X. This course provides instruction in soccer technique, tactics, and physical skills necessary to play soccer at the beginning level. Topics include dribbling skills including scissors and Matthews moves, passing techniques and turning while collecting a soccer ball. Students also define and apply methods of scoring, set pieces and principles of team defense within the game of soccer. This class is designed for students interested in an active lifestyle as well as kinesiology majors. When this course is offered for three hours per week, the additional time is utilized for skills development and application of strategies to 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 149X)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~174C Soccer 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 174B 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 149Y. This course provides instruction in individual soccer techniques, tactics, and physical skills necessary to play soccer at the intermediate level. Topics include shooting from both close and far distances, lofted passing techniques and offensive heading of the soccer ball. Students also define, apply and interpret methods of creating space, both offensively and defensively as an individual player. This class is designed for students interested in an active lifestyle as well as kinesiology majors. When the course is offered for 3 hours per week, the additional time is utilized for skills development and application of strategies in 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 149Y)</i> <i>Equivalency (New)</i> <i>Hours</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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Curriculum Instructional Council
Actions Approved – November 14, 2013 Addendum

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~174D Soccer 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 174C 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 149Z. This course provides instruction in team soccer techniques, tactics, and physical skills necessary to play soccer at the advanced level. Topics include building the offensive through the back, playing through the midfield and attacking from the central and flank positions. Students also define and apply methods of zonal defending and defending various systems of play as a team. This class is designed for students interested in an active lifestyle as well as kinesiology majors. When this course is offered for three hours per week, the additional time is utilized for skills development and application of strategies to game situations. This course in advanced soccer is designed for all students interested in increasing both skill level and game experience. Instruction includes soccer techniques, skills, strategies, etiquette and rules necessary to play soccer at the advanced level. When the course is offered for 3 hours per week, the additional time is utilized for skills development and application of strategies in 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 149Z)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~178A Tennis 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 159 and Physical Education 159W. This course is the first in a series of four courses in tennis. Emphasis is placed on introductory level skills, strokes, strategies, rules and etiquette. This course is intended for kinesiology majors and all students interested in incorporating the game of tennis into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Renumbering (was 159W)</i> <i>Equivalency (New)</i> <i>Hours</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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*Requires Board of Trustees approval prior to implementation
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Approved

Curriculum Instructional Council
Actions Approved – November 14, 2013 Addendum

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~178B Tennis 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 178A 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 159X. This course is the second in a series of four courses in tennis. Emphasis is placed on beginning level skills, strokes, strategies, rules and etiquette as they relate to tournament play. This course is intended for kinesiology majors and all students interested in incorporating the game of tennis into an active lifestyle. All objectives are covered in this course whether offered for .50 or 1.0 unit. When this course is offered for three hours per week, the additional time is utilized for skill 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Advisory (Change)</i> <i>Course Renumbering (was 159X)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~178C Tennis 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 178B 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 159Y. This course is the third in a series of four courses in tennis. Emphasis is placed on intermediate level skills, strokes, strategies, rules and etiquette as they relate to league and tournament play. This course is intended for kinesiology majors and all students interested in incorporating the game of tennis into an active lifestyle. All objectives are covered in this course whether offered for .50 or 1.0 unit. When this course is offered for three hours per week, the additional time is utilized for skill development and strategies.</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 (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 159Y)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>~178D Tennis 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 178C 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 159Z. This course is the fourth in a series of four courses in tennis. Emphasis is placed on advanced skills, strokes, strategies, rules and etiquette as they relate to singles and doubles tournament play. This course is intended for kinesiology majors and all students interested in incorporating the game of tennis into an active lifestyle. All objectives are covered in this course whether offered for .50 or 1.0 unit. When this course is offered for three hours per week, the additional time is utilized for skill development and strategies.</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 (Change)</i> <i>Course Description</i> <i>Course Renumbering (was 159Z)</i> <i>Equivalency (New)</i> <i>Hours</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>182A Volleyball 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 161. This course is the first of four courses in volleyball. Emphasis is placed on introductory level skills, basic rules, strategies and etiquette. This course is intended for kinesiology majors and all students interested in incorporating the sport of volleyball into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>182B Volleyball 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 182A with a grade of "C" or better, or equivalent. The course is the second of four courses in volleyball. Emphasis is placed on beginning level skills and offensive and defensive systems as they relate to team play. This course is intended for kinesiology majors and all students interested in incorporating the sport of volleyball into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</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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Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>182C Volleyball 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 182B with a grade of "C" or better, or equivalent. This course is the third of four courses in volleyball. Emphasis is placed on intermediate level individual offensive and defensive skills. Topics include offensive team systems and options, and defensive theory and team systems as they relate to league play. This course is intended for kinesiology majors and all students interested in incorporating the sport of volleyball into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</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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**Curriculum Instructional Council
Actions Approved – November 14, 2013 Addendum**

Subject: Exercise Science (EXSC) Discipline: Physical Education

<p>182D Volleyball IV</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 182C with a grade of "C" or better, or equivalent. This course is the fourth of four courses in volleyball. Emphasis is placed on advanced level individual offensive and defensive skills. Topics include diversified offensive and defensive team systems as they relate to intercollegiate and international level volleyball. This course is intended for kinesiology majors and all students interested in incorporating the sport of volleyball into an active 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, Miramar</p> <p>Action(s) Proposed: Course Revision (May Include Activation) <i>Course Description</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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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; Exercise Science 178D 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></p> <p>Proposed for College(s): City, Mesa, Miramar</p> <p>Originating Campus: MIRAMAR</p> <p>Effective: Fall 2014</p>
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Actions Approved – November 14, 2013 Addendum

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.)

*Chicano Studies

Program Revision- *Approved*

Chicano Studies- Mesa, PID 2206: Effective Fall 2014

Chicana and Chicano Studies Associate in Arts

*Consumer and Nutrition Studies

Program Revision- *Approved*

Nutrition- Mesa, PID 2763: Effective Fall 2014

Nutrition and Fitness Certificate of Achievement

*Consumer and Nutrition Studies

Program Revision- *Approved*

Nutrition- Mesa, PID 2764: Effective Fall 2014

Nutrition and Fitness Associate in Science

*Exercise Science

Program Revision- *Approved*

Exercise Science- Mesa, PID 2735: Effective fall 2014

Kinesiology Associate in Science

*Exercise Science

Program Revision- *Approved*

Exercise Science- Mesa, PID 2756: Effective Fall 2014

Kinesiology for Transfer Associate in Arts

*Liberal Arts and Sciences

Program Revision- *Approved*

Nutrition- Mesa, PID 2762: Effective Fall 2014

Liberal Arts and Sciences with an Emphasis in Science Studies-Physical Sciences-Kinesiology and Nutrition Associate in Arts

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