

Approved

## Curriculum Instructional Council Actions Approved – April 22, 2013 Addendum 3

At the March 14 CIC, the council approved the proposals for the PHYE curricula, i.e. change in designator to Exercise Science and re-design to comply with the repeatability restrictions. During the 4/11/2013 CIC meeting, the Council discussed the implementation complexities and challenges associated with these changes and possible recommendations. In the ensuing meeting with the PHYE faculty and administration, that group adopted the same ideas:

- postpone the change in designator until Fall 2014
- Implement some of the new curricula for repeatability for Fall 2013. More specifically, the courses would stay as PHYE and the levels would be implemented (the equivalent of “A”, “B”, “C”, and “D” but we would actually be using the designators “W, X, Y, Z” due to system limitations).

The 4/22/2013 CIC virtual vote supported the repeatability implementation with the multiple-level classes having the PHYE designator. (All classes will transition to the EXSC in Fall 2014).

Virtual Vote for approval of granting District Instructional Services ability to:

1. Update impacted programs fall 2013
2. Course changes noted below, effective fall 2013
3. Change effective date for all other EXSC approved curriculum to fall 2014

**Subject: Physical Education (PHYE) Discipline: Physical Education or Dance**

<p><b>~103W Aerobic Dance I</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.          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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. CSU General Education. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review</i>  <i>Advisory (New)</i>  <i>Course Description</i>  <i>Course Renumbering (was 103)</i>  <i>Critical Thinking Assignments</i>  <i>Equivalency (New)</i>  <i>Grade Option Change</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>Repeatability (Remove)</i>  <i>Student Learning Objectives</i>  <i>Supplies</i>  <i>Texts</i>  <i>Title Change</i>  <i>Writing Assignments</i></p> <p style="text-align: center;"><b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education or Dance**

<p><b>*~ 103X Aerobic Dance II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 103W with a grade of "C" or better, or equivalent. This course provides introductory level students with knowledge and practice in more complicated beginning Aerobic Dance principles. Emphasis is placed on fundamental Aerobic Dance technique, vocabulary, strength, and performance concepts. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education or Dance**

<p><b>*~ 103Y Aerobic Dance III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 103X with a grade of "C" or better, or equivalent. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR <i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><li>• <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></li><li>• <i>District Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 103Z Aerobic Dance IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 103Y with a grade of "C" or better, or equivalent. 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 intermediate/advanced levels of Aerobic Dance technique, vocabulary, and performance concepts. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~123W Cardio Conditioning I</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.                  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. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. CSU General Education. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review</i>  <i>Advisory (New)</i>  <i>Course Description</i>  <i>Course Renumbering (was 123)</i>  <i>Equivalency (New)</i>  <i>Hours Change</i>  <i>Limitation on Enrollment (New)</i>  <i>Outline of Topics</i>  <i>Repeatability (Remove)</i>  <i>Student Learning Objectives</i>  <i>Supplies</i>  <i>Texts</i>  <i>Title Change</i>  <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 123X Cardio Conditioning II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 123W with a grade of "C" or better, or equivalent. Cardio Conditioning II provides instruction in the intermediate skills necessary to improve aerobic fitness, cardiovascular health, muscular endurance/strength, and flexibility. Topics include intermediate exercise programming, 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><li>• <i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></li><li>• <i>District Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 123Y Cardio Conditioning III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 123X with a grade of "C" or better, or equivalent. Cardio Conditioning III provides instruction in the skills necessary to improve aerobic fitness, cardiovascular health, muscular endurance/strength, and flexibility. Topics include intermediate exercise programming, moderate/highly intense activities including cross training, basic boxing, plyometrics, speed and agility, core stability and dynamic flexibility. 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. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 123Z Cardio Conditioning IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 123Y with a grade of "C" or better, or equivalent. Cardio Conditioning IV provides instruction in the skills necessary to improve aerobic fitness, cardiovascular health, muscular endurance/strength, and flexibility at the advanced level. Topics include advanced exercise programming, moderate/highly intense activities including cross training, basic boxing, plyometrics, speed and agility, core stability and dynamic flexibility. This course is designed to provide students the opportunity to develop and implement a personalized fitness plan to help them pursue their commitment to life-long health and wellness. Additionally, students analyze and create fitness plans. When the course is offered three hours per week, the additional time is utilized for increasingly strenuous cardiovascular activities.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~132W Individual Conditioning I - Fundamentals</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. CSU General Education. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 132)</i> <i>Equivalency (New)</i> <i>Hours Change</i> <i>Limitation on Enrollment (New)</i> <i>Methods of Instruction</i> <i>Outline of Topics</i> <i>Outside Assignments</i> <i>Repeatability (Remove)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Title Change</i> <i>Writing Assignments</i> <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> CITY</p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 132X Individual Conditioning II - Beginning</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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. This course provides individually programmed instruction in the beginning 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> CITY</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 132Y Individual Conditioning III - Intermediate</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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. This course provides individually programmed instruction in the intermediate 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> CITY</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>*~ 132Z Individual Conditioning IV - Advanced</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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. This course provides individually programmed instruction in the advanced 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> CITY</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>CSU General Education: E Area E. Lifelong Learning and Self-Development</i></b></li><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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<p><b>~149W Soccer I</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.          This course in beginning soccer is designed for all students interested in increasing both skill level and game experience. Instruction includes basic soccer techniques, skills, strategies, etiquette and rules necessary to play soccer at the beginning level. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review</i>  <i>Advisory (New)</i>  <i>Course Description</i>  <i>Course Renumbering (was 149)</i>  <i>Critical Thinking Assignments</i>  <i>Equivalency (New)</i>  <i>Grade Option Change</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>Repeatability (Remove)</i>  <i>Student Learning Objectives</i>  <i>Supplies</i>  <i>Texts</i>  <i>Title Change</i>  <i>Writing Assignments</i></p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Effective:</b> Fall 2013</p>
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Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 149X Soccer II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 149W with a grade of "C" or better, or equivalent. This beginning soccer course is designed for all students interested in increasing both skill level and game experience. Instruction includes fundamental soccer techniques, skills, strategies, etiquette and rules necessary to play soccer at the intermediate 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>District Other Graduation Requirement</i></b></li> </ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 149Y Soccer III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 149X with a grade of "C" or better, or equivalent. This course in intermediate 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 intermediate-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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>District Other Graduation Requirement</i></b></li> </ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

Approved

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 149Z Soccer IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 149Y with a grade of "C" or better, or equivalent. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li><b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~153W Aerobic and Core Conditioning I</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Letter Grade or Pass/No Pass Option</b></p> <p><b>REQUISITES:</b> <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. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation) <i>Six Year Review</i> <i>Advisory (New)</i> <i>Course Description</i> <i>Course Renumbering (was 153)</i> <i>Equivalency (New)</i> <i>Grade Option Change</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>Repeatability (Remove)</i> <i>Student Learning Objectives</i> <i>Supplies</i> <i>Title Change</i> <i>Writing Assignments</i> <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Miramar</p> <p><b>Originating Campus:</b> CITY</p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission



Approved

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 153X Aerobic and Core Conditioning II</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Letter Grade or Pass/No Pass Option</b></p> <p><b>REQUISITES:</b> <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 153W with a grade of "C" or better, or equivalent. 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. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><i>This course is being proposed at City and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 153Y Aerobic and Core Conditioning III</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Letter Grade or Pass/No Pass Option</b></p> <p><b>REQUISITES:</b> <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 153X with a grade of "C" or better, or equivalent. 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. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><i>This course is being proposed at City and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~153Z Aerobic and Core Conditioning IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Letter Grade or Pass/No Pass Option</b></p> <p><b>REQUISITES:</b> <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 153Y with a grade of "C" or better, or equivalent. 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. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b><i>Approved</i></b></p> <p><b>Proposed for College(s):</b> City, Miramar</p> <p><b>Originating Campus:</b> MIRAMAR</p> <p><b><i>This course is being proposed at City and Miramar for:</i></b></p> <ul style="list-style-type: none"> <li>• <b><i>District Other Graduation Requirement</i></b></li> </ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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Approved

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~155W Swimming I</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.          This course is the first in a series of swimming courses. Emphasis is placed on fundamental swimming technique and water safety skills. This course is intended for beginning level swimmers. When this course is offered for three hours per week, the additional time is utilized for skill development.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review</i>  <i>Advisory (New)</i>  <i>Course Description</i>  <i>Course Renumbering (was 155)</i>  <i>Critical Thinking Assignments</i>  <i>Equivalency (New)</i>  <i>Grade Option Change</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>Repeatability (Remove)</i>  <i>Student Learning Objectives</i>  <i>Supplies</i>  <i>Texts</i>  <i>Title Change</i>  <i>Writing Assignments</i></p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 155X Swimming II</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 155W with a grade of "C" or better, or equivalent. This course is the second in a series of swimming courses. Emphasis is placed on beginning swimming technique and water safety skills. This course is intended for beginning level swimmers. When this course is offered for three hours per week, the additional time is utilized for skill development.</p> <p><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 155Y Swimming III</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 155X with a grade of "C" or better, or equivalent. This course is the third in a series of swimming courses. Emphasis is placed on intermediate swimming technique and water safety skills. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

Approved

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 155Z Swimming IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b> <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 155Y with a grade of "C" or better, or equivalent. This course is the fourth in a series of swimming courses. Emphasis is placed on advanced swimming technique and water 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li><b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~159W Tennis I</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.</p> <p>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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review</i>  <i>Advisory (New)</i>  <i>Course Description</i>  <i>Course Renumbering (was 159)</i>  <i>Equivalency (New)</i>  <i>Hours Change</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>Repeatability (Remove)</i>  <i>Student Learning Objectives</i>  <i>Texts</i>  <i>Title Change</i>  <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCCCO submission

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 159X Tennis II</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.                  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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 159Y Tennis III</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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 159X with a grade of "C" or better, or equivalent.                  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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
 ~Course requires CCCC submission

**Curriculum Instructional Council  
Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 159Z Tennis IV</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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 159Y with a grade of "C" or better, or equivalent.                  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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course  <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"> <li><i>District Other Graduation Requirement</i></li> </ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>~166W Weight Training I</b></p> <p align="right"><b>24 - 54 hours lab, 0.5-1 units Grade Only</b></p> <p><b>REQUISITES:</b>  <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.                  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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU. UC Transfer Course List.</p>	<p><b>Offered At:</b> City, Mesa, Miramar</p> <p><b>Action(s) Proposed:</b> Course Revision (May Include Activation)  <i>Six Year Review                  Advisory (New)                  Course Description                  Course Renumbering (was 166)                  Critical Thinking Assignments                  Equivalency (New)                  Hours Change                  Limitation on Enrollment (New)                  Repeatability (Remove)                  Title Change</i></p> <p><b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
 ~Course requires CCCC submission



Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 166X Weight Training II</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 166W with a grade of "C" or better, or equivalent. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><li><i>District Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 166Y Weight Training III</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 166Y with a grade of "C" or better, or equivalent. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><i>This course is being proposed at City, Mesa and Miramar for:</i></p> <ul style="list-style-type: none"><li><i>District Other Graduation Requirement</i></li></ul> <p><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></p> <p><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></p> <p><b>Effective:</b> Fall 2013</p>
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\*Requires Board of Trustees approval prior to implementation  
~Course requires CCCC submission

Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**Subject: Physical Education (PHYE) Discipline: Physical Education**

<p><b>*~ 166Z Weight Training IV</b></p> <p style="text-align: right;"><b>24 - 54 hours lab, 0.5-1 units</b> <b>Grade Only</b></p> <p><b>REQUISITES:</b> <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 166Y with a grade of "C" or better, or equivalent. 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><b>FIELD TRIP REQUIREMENTS:</b> May be required</p> <p><b>TRANSFER APPLICABILITY:</b> Associate Degree Credit &amp; transfer to CSU.</p>	<p><b>Offered At:</b> NONE</p> <p><b>Action(s) Proposed:</b> New Course <b>Approved</b></p> <p><b>Proposed for College(s):</b> City, Mesa, Miramar</p> <p><b>Originating Campus:</b> MESA</p> <p><b><i>This course is being proposed at City, Mesa and Miramar for:</i></b></p> <ul style="list-style-type: none"><li>• <b><i>District Other Graduation Requirement</i></b></li></ul> <p><b><i>To be reviewed at the May 9<sup>th</sup> CIC meeting.</i></b></p> <p><b><i>This course is being proposed at City, Mesa and Miramar for UC Transfer Course List.</i></b></p> <p><b>Effective:</b> Fall 2013</p>
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Approved

**Curriculum Instructional Council**  
**Actions Approved – April 22, 2013 Addendum 3**

**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.)

\*Consumer and Nutrition Studies

**Program Revision- *Approved***

Nutrition- Mesa, PID 2646: Effective Fall 2013

**Nutrition and Fitness Associate in Science**

\*Consumer and Nutrition Studies

**Program Revision- *Approved***

Nutrition- Mesa, PID 2645: Effective Fall 2013

**Nutrition and Fitness Certificate of Achievement**

\*Exercise Science

**Program Revision- *Approved***

Health Education- Miramar, PID 2465: Effective Fall 2013

**Health and Physical Education Studies Associate in Science**

\*Exercise Science

**Program Revision- *Approved***

Physical Education- Miramar, PID 2651: Effective Fall 2013

**Kinesiology for Transfer Associate in Arts**

\*Liberal Arts and Sciences

**Program Revision- *Approved***

Nutrition- Mesa, PID 2642: Effective Fall 2013

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

\*Physical Education

**Program Revision- *Approved***

Physical Education- City, PID 2647: Effective Fall 2013

**Physical Education Associate in Arts**

\*Physical Education

**Program Revision- *Approved***

Kinesiology- Mesa, PID 2504: Effective Fall 2013

**Physical Education Associate in Arts**

\*Physical Education

**Program Revision- *Approved***

Physical Education- City, PID 2652: Effective Fall 2013

**Kinesiology for Transfer Associate in Arts**

\*Physical Education

**Program Revision- *Approved***

Physical Education- Mesa, PID 2653: Effective Fall 2013

**Kinesiology for Transfer Associate in Arts**

\*Requires Board of Trustees approval prior to implementation

~Course requires CCCC submission