

# EXERCISE SCIENCE/THEORY (ES/T)

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## ES/T 107 FITNESS ASSESSMENT AND LABORATORY 2.5 UNITS

Pass/No Pass or Grade is Allowed  
Lecture 2 hours, laboratory 2 hours  
Offered: ALL

Provides a platform to assess and implement fitness tests. Utilizes individual fitness assessment and client centered fitness assessment suited to all levels of fitness. Emphasizes measurements of body composition, cardiorespiratory fitness, nutritional analysis, stress, pulmonary function, flexibility, and muscular strength and endurance. Includes exercise recommendations. [D; CSU] (Formerly: ES/A 109)

## ES/T 108 THEORY AND APPLICATION OF CONDITIONING: BASKETBALL I 0.5-1 UNITS

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Conditioning for athletics with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

## ES/T 109 THEORY AND APPLICATION OF CONDITIONING: BASKETBALL II 0.5-1 UNITS

Grade Only  
Prerequisite: ES/T 108 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Develops the physical and mental skills needed to participate in competitive sports activities. [D; CSU; UC]

## ES/T 110 THEORY AND APPLICATION OF CONDITIONING: BASKETBALL III 0.5-1 UNITS

Grade Only  
Prerequisite: ES/T 109 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Application of knowledge and understanding of the biomechanics of human motion through the use of film and video analysis for the improvement of advanced sports skills. [D; CSU; UC]

## ES/T 111 THEORY AND APPLICATION OF CONDITIONING: BASEBALL I 0.5-1 UNITS

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Provides instruction, field experience, and conditioning for athletics. Includes weight lifting, running, skill development, strategies, and individual development for baseball. [D; CSU; UC]

## ES/T 112 THEORY AND APPLICATION OF CONDITIONING: BASEBALL II 0.5-1 UNITS

Grade Only  
Prerequisite: ES/T 111 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Emphasizes biomechanics of human motion for the improvement of baseball skills. [D; CSU; UC]

## ES/T 113 THEORY AND APPLICATION OF CONDITIONING: BASEBALL III 0.5-1 UNITS

Grade Only  
Prerequisite: ES/T 112 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Develops the physical and mental skills needed to participate in competitive baseball. [D; CSU; UC]

## ES/T 114 THEORY AND APPLICATION OF CONDITIONING: FOOTBALL I 1 UNIT

Grade Only  
Fee: \$20  
Laboratory 4 hours  
Offered: ALL  
Provides beginning-level conditioning for athletics with stress on weight lifting, running, skill development games, and individual development for football. [D; CSU; UC]

## ES/T 115 THEORY AND APPLICATION OF CONDITIONING: FOOTBALL II 1 UNIT

Grade Only  
Prerequisite: ES/T 114 or equivalent.  
Laboratory 4 hours  
Offered: ALL  
Provides intermediate-level conditioning for athletics with stress on weight lifting, running, skill development games, and individual development for football. [D; CSU; UC]

## ES/T 116 THEORY AND APPLICATION OF CONDITIONING: FOOTBALL III 1 UNIT

Grade Only  
Prerequisite: ES/T 115 or equivalent.  
Laboratory 4 hours  
Offered: ALL  
Provides advanced-level conditioning for athletics with stress on weight lifting, running, skill development games, and individual development for football. [D; CSU; UC]

## ES/T 117 THEORY AND APPLICATION OF CONDITIONING: TENNIS I 0.5-1 UNITS

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Introduces conditioning for tennis with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 118**  
**THEORY AND APPLICATION OF CONDITIONING: TENNIS II**  
**0.5-1 UNITS**

Grade Only  
Prerequisite: ES/T 117 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Provides intermediate conditioning for tennis with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 119**  
**THEORY AND APPLICATION OF CONDITIONING: TENNIS III**  
**0.5-1 UNITS**

Grade Only  
Prerequisite: ES/T 118 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Provides advanced conditioning for tennis with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 120**  
**THEORY AND APPLICATION OF CONDITIONING: VOLLEYBALL I**  
**1 UNIT**

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Provides conditioning for volleyball with stress on weight lifting, running, skill development, games, and individual strength development. [D; CSU; UC]

**ES/T 121**  
**THEORY AND APPLICATION OF CONDITIONING: VOLLEYBALL II**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 120 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Develops the physical and mental skills needed to participate in competitive volleyball at an intermediate level. [D; CSU; UC]

**ES/T 122**  
**THEORY AND APPLICATION OF CONDITIONING: VOLLEYBALL III**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 121 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Builds on physical and mental skills needed to participate in competitive volleyball activities at an advanced level. [D; CSU; UC]

**ES/T 123**  
**THEORY AND APPLICATION OF CONDITIONING: SOCCER I**  
**1 UNIT**

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Introduces physical conditioning for athletics with an emphasis on weightlifting and running. Explores skill development games and individual development for soccer. [D; CSU; UC]

**ES/T 124**  
**THEORY AND APPLICATION OF CONDITIONING: SOCCER II**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 123 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Develops the physical, mental, and tactical skills needed to participate in competitive soccer activities. [D; CSU; UC]

**ES/T 125**  
**THEORY AND APPLICATION OF CONDITIONING: SOCCER III**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 124 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Covers the evaluation of knowledge and understanding of the technical and tactical analysis of soccer training through on-field application scenarios for the improvement of match conditions. [D; CSU; UC]

**ES/T 126**  
**THEORY AND APPLICATION OF CONDITIONING: TRACK AND FIELD I**  
**1 UNIT**

Grade Only  
Laboratory 3 hours  
Offered: ALL  
Conditions students in preparation for competing on a track team at a beginning level. Emphasizes a gradual build up of cardiorespiratory fitness, muscle strength, flexibility, and power. [D; CSU; UC]

**ES/T 127**  
**THEORY AND APPLICATION OF CONDITIONING: TRACK AND FIELD II**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 126 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Conditions students in preparation for competing on a track team at an intermediate level. Emphasizes gradual build up cardiorespiratory fitness, muscle strength, flexibility, and power. [D; CSU; UC]

**ES/T 128**  
**THEORY AND APPLICATION OF CONDITIONING: TRACK AND FIELD III**  
**1 UNIT**

Grade Only  
Prerequisite: ES/T 127 or equivalent.  
Laboratory 3 hours  
Offered: ALL  
Conditions students in preparation for competing on a track team at an advanced level. Emphasizes gradual build up of cardio-respiratory fitness, muscle strength, flexibility, speed, and power. [D; CSU; UC]

**ES/T 129**  
**THEORY AND APPLICATION OF CONDITIONING: CROSS COUNTRY I**  
**1 UNIT**

Grade Only  
Laboratory 4 hours  
Offered: ALL  
Introduces conditioning for cross-country running. Emphasizes weight lifting, running, skill development games, and individual development for the cross-country runner. [D; CSU; UC]

**ES/T 130**  
**THEORY AND APPLICATION OF CONDITIONING: CROSS COUNTRY II**  
**1 UNIT**

Grade Only  
 Prerequisite: ES/T 129 or equivalent.  
 Laboratory 4 hours  
 Offered: ALL  
 Develops the physical and mental skills needed to participate in competitive cross-country running at an intermediate level. [D; CSU; UC]

**ES/T 131**  
**THEORY AND APPLICATION OF CONDITIONING: CROSS COUNTRY III**  
**1 UNIT**

Grade Only  
 Prerequisite: ES/T 130 or equivalent.  
 Laboratory 4 hours  
 Offered: ALL  
 Explores the physical and mental skills needed to participate in competitive cross-country running at an advanced level. [D; CSU; UC]

**ES/T 132**  
**THEORY AND APPLICATION OF CONDITIONING: SOFTBALL I**  
**0.5-1 UNITS**

Grade Only  
 Laboratory 3 hours  
 Offered: ALL  
 Introduces conditioning for softball with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 133**  
**THEORY AND APPLICATION OF CONDITIONING: SOFTBALL II**  
**0.5-1 UNITS**

Grade Only  
 Prerequisite: ES/T 132 or equivalent.  
 Laboratory 3 hours  
 Offered: ALL  
 Provides beginning-level conditioning for softball with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 134**  
**THEORY AND APPLICATION OF CONDITIONING: SOFTBALL III**  
**0.5-1 UNITS**

Grade Only  
 Prerequisite: ES/T 133 or equivalent.  
 Laboratory 3 hours  
 Offered: ALL  
 Provides intermediate-level conditioning for softball with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 135**  
**INTRODUCTION TO EXERCISE PHYSIOLOGY**  
**2 UNITS**

Grade Only  
 Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.  
 Lecture 2 hours  
 Offered: ALL  
 Introduces a comprehensive study on how the body functions and adapts under exercise stress and how exercise methods affect health and wellness. Emphasizes function and neural control of muscle. Includes energy expenditure through different types of training methods and environmental factors. [D; CSU; UC]

**ES/T 136**  
**TECHNIQUES OF WEIGHT TRAINING**  
**2 UNITS**

Grade Only  
 Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.  
 Lecture 1.50 hour, laboratory 1.50 hour  
 Offered: ALL  
 Provides an in-depth study for individuals who are going to instruct or participate in weight training. Emphasize anatomy and physiology, training techniques, modes of exercise, training sequence, proper spotting methods, and safety procedures. [D; CSU; UC]

**ES/T 137**  
**EXERCISE FOR SPECIAL POPULATIONS**  
**2 UNITS**

Grade Only  
 Recommended Preparation: ES/T 135 or an equivalent course that provides an understanding of a healthy person's exercise physiology principles that can be adapted to an individual with a chronic disease or disability.  
 Lecture 2 hours  
 Offered: ALL  
 Serves as an introduction to the realm of adaptive physical education and clinical exercise physiology. Includes various medical conditions, levels of fitness, and activity barriers. Introduces safe exercise recommendations, special activity considerations, and exercise contraindications for individuals with cardiorespiratory diseases, metabolic disorders, physical and cognitive disabilities, for children, seniors, and pre- and post-natal women. [D; CSU]

**ES/T 138**  
**TECHNIQUES OF EXERCISE LEADERSHIP**  
**2 UNITS**

Grade Only  
 Lecture 1.50 hour, laboratory 1.50 hour  
 Offered: ALL  
 Studies the principles and techniques involved in teaching group exercise and developing a personal trainer and client relationship. Emphasizes client assessment, communication skills, program design, exercise adherence, teaching strategies, choreography, and professional responsibility and liability. [D; CSU]

**ES/T 139**

**FITNESS SPECIALIST INTERNSHIP**

**3 UNITS**

Grade Only

Prerequisite: ES/T 135, ES/T 136, ES/T 138, and ES/T 140, or equivalent.

Lecture 1 hour, laboratory 6 hours

Offered: ALL

Provides students with practical experience in the field of exercise and fitness. Emphasizes on client assessment, principles of adherence and motivation, evaluation of an exercise program design and progression, self-marketing fitness in specialist/client relationships, and professional and legal responsibility in a fitness setting. [D; CSU]

**ES/T 140**

**INTRODUCTION TO APPLIED KINESIOLOGY**

**2 UNITS**

Grade Only

Recommended Preparation: RDG 158 or equivalent or through the Southwestern College multiple measures placement processes.

Lecture 2 hours

Offered: ALL

Provides an in-depth study of joints, bone muscles, and connective tissues with special emphasis on movement and mechanical analysis as it relates to sport and exercise. [D; CSU]

**ES/T 141**

**THEORY AND APPLICATION OF CONDITIONING: WATER POLO I**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Recommended Preparation: ES/A 158 or equivalent.

Laboratory 3 hours

Offered: ALL

Prepares students for water polo competitions at an introductory competitive player level. Stresses resistance training, endurance swimming, speed drills, game tactics, skill development, and class competition. [D; CSU; UC]

**ES/T 142**

**THEORY AND APPLICATION OF CONDITIONING: WATER POLO II**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 141 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides progressive preparation for water polo competitions at a beginning competitive player level. Stresses resistance training, endurance swimming, speed drills, game tactics, skill development, and class competition. [D; CSU; UC]

**ES/T 143**

**THEORY AND APPLICATION OF CONDITIONING: WATER POLO III**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 142 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides progressive preparation for water polo competitions at an intermediate competitive player level. Stresses resistance training, endurance swimming, speed drills, game tactics, skill development, and class competition. [D; CSU; UC]

**ES/T 144**

**THEORY AND APPLICATION OF CONDITIONING: WATER POLO IV**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 143 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides progressive preparation for water polo competitions at an advanced competitive player level. Stresses resistance training, endurance swimming, speed drills, game tactics, skill development, and class competition. [D; CSU; UC]

**ES/T 145**

**THEORY AND CONDITIONING OF SWIM AND DIVE I**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Recommended Preparation: ES/A 158 or equivalent.

Laboratory 3 hours

Offered: ALL

Prepares for swim and dive competitions at an introductory competitive swimmer level. Stresses resistance training, endurance swimming, speed drills, skill development, and class competition. [D; CSU; UC]

**ES/T 146**

**THEORY AND CONDITIONING OF SWIM AND DIVE II**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 145 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides progressive training for swim and dive competitions for the beginning competitive swimmer. Stresses resistance training, endurance swimming, speed drills, skill development, and class competition. [D; CSU; UC]

**ES/T 147**

**THEORY AND CONDITIONING OF SWIM AND DIVE III**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 146 or equivalent.

Laboratory 3 hours

Offered: ALL

Builds on progressive training for swim and dive competitions for the intermediate competitive swimmer. Stresses resistance training, endurance swimming, speed drills, skill development, and class competition. [D; CSU; UC]

**ES/T 148**

**THEORY AND CONDITIONING OF SWIM AND DIVE IV**

**1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/T 147 or equivalent.

Laboratory 3 hours

Offered: ALL

Explores progressive training for swim and dive competitions for the advanced competitive swimmer. Stresses resistance training, endurance swimming, speed drills, skill development, and class competition. [D; CSU; UC]

**ES/T 149**  
**THEORY AND TECHNICAL ANALYSIS OF OFFENSIVE SOCCER**  
**2-3 UNITS**

Pass/No Pass or Grade is Allowed  
 Recommended Concurrent Enrollment: ES/I 116, ES/I 117, or ES/I 118, or equivalent.  
 Lecture 3 hours  
 Offered: ALL  
 Explores the theory and technical offensive aspects of soccer. Includes film analysis, examination of a variety of offensive formations, and the creation of individual highlight film to further assess offensive performance. [D; CSU; UC]

**ES/T 151**  
**THEORY AND APPLICATION OF CONDITIONING: SOFTBALL IV**  
**0.5-1 UNITS**

Grade Only  
 Prerequisite: ES/T 134 or equivalent.  
 Laboratory 3 hours  
 Offered: ALL  
 Provides advanced-level conditioning for softball with stress on weight lifting, running, skill development games, and individual development for sports. [D; CSU; UC]

**ES/T 200**  
**PHYSICAL EDUCATION FOR ELEMENTARY SCHOOL**  
**2 UNITS**

Grade Only  
 Lecture 1 hour, laboratory 3 hours  
 Offered: ALL  
 State-recommended program in physical education for the elementary school teacher including methods and techniques of teaching, planning and conducting physical education programs, and selection of age-appropriate wellness and motor skill materials. [D; CSU]

**ES/T 201**  
**WOMEN'S SELF-DEFENSE, HEALTH, AND FITNESS**  
**2 UNITS**

Pass/No Pass or Grade is Allowed  
 Lecture 1 hour, laboratory 3 hours  
 Offered: FALL  
 Develops the skills required to make decisions in the area of health, fitness, and personal protection. Covers the mental and physiological aspects of women's self-defense. Includes instruction on how to use their bodies and voices as weapons of self-defense. [D; CSU; UC]

**ES/T 202**  
**INTRODUCTION TO KINESIOLOGY**  
**3 UNITS**

Grade Only  
 Lecture 3 hours  
 Offered: ALL  
 Surveys various sub-disciplines related to the study of human movement. Examines areas of history, sociology, bio-mechanics, physiology, psychology, and nutrition, as they relate to exercise science, fitness, and sport. Explores three career pathways involving the study of human movement, teaching, research, and professional practice. Includes the concepts and skills of locating, evaluating, synthesizing, and communicating information in various formats. [D; CSU; UC; C-ID KIN 100]

**ES/T 204**  
**THEORY AND TECHNICAL ANALYSIS OF OFFENSIVE FOOTBALL**  
**2 UNITS**

Grade Only  
 Recommended Concurrent Enrollment: ES/I 113, ES/I 114, or ES/I 115.  
 Lecture 2 hours  
 Offered: ALL  
 Explores the theory and technical analysis side of football for those interested in increasing their knowledge on the offensive aspects of football. [D; CSU; UC]

**ES/T 205**  
**THEORY AND TECHNICAL ANALYSIS OF DEFENSIVE FOOTBALL**  
**2 UNITS**

Grade Only  
 Recommended Concurrent Enrollment: ES/I 113, ES/I 114, or ES/I 115.  
 Lecture 2 hours  
 Offered: ALL  
 Explores the theory and technical analysis side of football for those interested in increasing their knowledge on the defensive aspects of football. [D; CSU; UC]

**ES/T 208**  
**THEORY AND TECHNICAL ANALYSIS OF OFFENSIVE VOLLEYBALL**  
**2-3 UNITS**

Grade Only  
 Lecture 3 hours  
 Offered: ALL  
 Designed for students interested in increasing their knowledge of the offensive aspects of volleyball. Includes film analysis, the history of volleyball, drill construction, and offensive creation and evaluation. [D; CSU; UC]

**ES/T 210**  
**YOGA TEACHER TRAINING ESSENTIALS**  
**3 UNITS**

Pass/No Pass or Grade is Allowed  
 Lecture 2 hours, laboratory 3 hours  
 Offered: ALL  
 Introduces the fundamental concepts of yoga necessary to further personal practice and to instruct beginning-level yoga classes. Investigates and develops an in-depth understanding of the eight limbs of yoga, with a specific focus on the yamas, niyamas, asanas, and pranayama as a foundation for teaching yoga. Covers the history and philosophy of yoga, introduction to Sanskrit, anatomy and biomechanics of yoga, asana classification, types of yoga, yoga sutras, and basic alignment principles. This course is intended for students completing the Yoga Teacher Training Certificate Program. [D; CSU]

**ES/T 211  
YOGA TEACHER TRAINING PROGRESSIVE METHODOLOGIES  
3 UNITS**

Pass/No Pass or Grade is Allowed  
Prerequisite: ES/T 210 or equivalent.  
Lecture 2 hours, laboratory 3 hours  
Offered: ALL

Provides students with the class blueprint and teaching tools to develop and implement yoga classes for all skill levels. Focuses students on instructional methods, sequencing, verbal and non-verbal communication strategies, student learning styles, meditation, asana progressions and regressions, physical adjustments, energetic anatomy, lifestyle and ethics for yoga teachers, and the business of yoga. This course is intended for students completing the Yoga Teacher Training 200 Hour Certification Program. [D; CSU]

**ES/T 212  
YOGA TEACHING PRACTICUM  
1 UNIT**

Pass/No Pass Only  
Corequisite: ES/T 210 (may be taken previously).  
Laboratory 3 hours  
Offered: ALL

Combines hands-on work with academic teacher preparation. Includes observation and participation in community classrooms to gain early, supervised experience. Includes reflection of supervised experiences, observations, and assisting one another while teaching. [D; CSU]

**ES/T 213  
PILATES INTEGRATED MOVEMENT I  
2 UNITS**

Grade Only  
Lecture 1 hour, laboratory 3 hours  
Offered: FALL

Introduces students to integrated movement based on exercises and concepts developed by Joseph Pilates. Builds skills to train and teach the Pilates method of functional exercise. Provides instruction on the science and art of human anatomy through Pilates and functional exercises and breathwork. [D; CSU; UC]

**ES/T 214  
PILATES INTEGRATED MOVEMENT II  
2 UNITS**

Grade Only  
Prerequisite: ES/T 213 or equivalent.  
Lecture 1 hour, laboratory 3 hours  
Offered: FALL

Provides a progression to integrated movement based on exercise and concepts developed by Joseph Pilates. Builds on skills to train and teach the Pilates method of functional exercise. Provides a complete teacher training course on the science and art of human anatomy through Pilates and functional exercise, full body training, and breath work. [D; CSU; UC]

**ES/T 216  
COMPASSION TRAINING FOR YOGA TEACHERS AND EVERYONE ELSE  
1 UNIT**

Pass/No Pass or Grade is Allowed  
Lecture 1 hour  
Offered: ALL

Focuses on the benefits of incorporating compassion in one's lifestyle and the multiple strategies for increasing it, with a focus on stress reduction. Includes reviewing compassion research and integrating mindfulness into life long health. Techniques will be oriented towards working with both compassion for self and for others. Hours may be applied toward continuing education requirements for yoga instructors, but everyone is welcome [D; CSU]

**ES/T 218  
STRESS MANAGEMENT AND MINDFULNESS FOR YOGA TEACHERS AND EVERYONE ELSE  
1 UNIT**

Pass/No Pass or Grade is Allowed  
Lecture 1 hour  
Offered: ALL

Focuses on multiple strategies for mindfulness and meditation, with a focus on stress reduction. Techniques will be oriented towards working with both general and specialized populations, and will include basic psychology and physiology. Hours may be applied toward continuing education requirements for yoga instructors, but everyone is welcome. [D; CSU]

**ES/T 220  
YOGA TEACHER TRAINING 300HR ADVANCED INTEGRATION  
3 UNITS**

Pass/No Pass or Grade is Allowed  
Recommended Concurrent Enrollment: ES/T 221.  
Limitation on Enrollment: Only open to students who have completed a certified 200 hour yoga teacher training course.  
Lecture 2 hours, laboratory 3 hours  
Offered: FALL, SPRING

Provides aspiring yoga teachers with the tools to deepen their independent practice in order to strengthen their teaching and develop a personal teaching style. Focuses on designing, integrating, and implementing knowledge and teaching of asanas, pranayama techniques, meditation, and yogic history and philosophy. Provides instruction on the business aspects of teaching yoga. This course is intended for students seeking advanced certification as a Registered Yoga Teacher (RYT), including current 200hr RYT (yoga teachers). This course is intended for students completing the 300hr Yoga Teacher Training Certificate Program. [D; CSU]

**ES/T 221**  
**YOGA TEACHER TRAINING 300HR ADVANCED IMPLEMENTATION**  
**3 UNITS**

Pass/No Pass or Grade is Allowed

Recommended Concurrent Enrollment: ES/T 220.

Limitation on Enrollment: Only open to students who have completed a certified 200 hour yoga teacher training course.

Lecture 2 hours, laboratory 3 hours

Offered: FALL, SPRING

Provides students with the advanced knowledge and skills to design and implement all levels of yoga classes and yoga based educational workshops. Integrates in-depth study of yogic philosophy and Sanskrit terminology with injury management and the use of props for asana progressions and regressions as well as intelligent sequencing and theming to create purposeful class experiences. This course is intended for students seeking advanced certification as a Registered Yoga Teacher (RYT), including current 200hr RYT (yoga teachers). This course is intended for students completing the 300hr Yoga Teacher Training Certificate Program. [D; CSU]

**ES/T 222**  
**YOGA TEACHER TRAINING 300HR ADVANCED METHODOLOGIES**  
**1 UNIT**

Pass/No Pass or Grade is Allowed

Corequisite: ES/T 220 (may be taken previously) or ES/T 221 (may be taken previously).

Limitation on Enrollment: Only open to students who have completed a certified 200 hour yoga teacher training course.

Laboratory 3 hours

Offered: ALL

Provides students with advanced knowledge and skills to design and implement yoga workshops. Integrates in-depth study of yogic philosophy and Sanskrit terminology with asana, pranayama, pratyahara, and meditation techniques. This course is intended for students seeking advanced certification as a Registered Yoga Teacher. [D; CSU]

**ES/T 250**  
**PREVENTION AND CARE OF ATHLETIC INJURIES**  
**2 UNITS**

Pass/No Pass or Grade is Allowed

Lecture 1 hour, laboratory 3 hours

Offered: ALL

Addresses the fundamentals of elementary human anatomy and their relationship to athletic activity. Explores the prevention and recognition of common athletic injuries including the theory and practice of emergency field care. Provides a discussion regarding the treatment and rehabilitation of athletic injuries. Includes laboratory practice on bandaging and/or taping techniques. [D; CSU]

**ES/T 290**  
**WORK EXPERIENCE IN EXERCISE SCIENCE**  
**2-4 UNITS**

Grade Only

Recommended Concurrent Enrollment: Enrollment in one other class directly related to a major within the Exercise Science Department in order to apply learned theory in a practical hands-on setting through an internship class.

Limitation on Enrollment: Declared major within the Exercise Science Department or within a related Field of Study.

Laboratory 16 hours

Offered: ALL

Introduces principles and skills acquired in Exercise Science majors to on-the-job assignments. One unit of credit is granted for every 54 hours of work experience. Credit may be accrued at the rate of 2 to 4 units per semester for a maximum of fourteen units. The job supervisor and instructor will evaluate each student's job performance. [D; CSU]

**ES/T 299**  
**INDEPENDENT STUDY**  
**1-3 UNITS**

Pass/No Pass or Grade is Allowed

Limitation on Enrollment: Eligibility for independent study.

Lecture 3 hours

Offered: ALL

Individual research or study in some area of physical education of interest to the student and not included in the regular courses offered by the college. [D; CSU; \*\*UC] (\*\*UC Limitation: credit for variable topics courses is given only after a review of the scope and content of the courses by the enrolling UC campus.