

EXERCISE SCIENCE/ACTIVITY (ES/A)

ES/A 100 FITNESS PRE AND POST TESTING 1 UNIT

Pass/No Pass Only
Lecture 0.50 hours, laboratory 2 hours
Offered: ALL

Evaluates fitness and health variables such as cardiovascular, muscular strength and endurance, flexibility, and body composition. Focuses on results of fitness tests and provides an action plan to improve or maintain current level of fitness and health. [D; CSU; UC]

ES/A 101 BODY SCULPT I 1 UNIT

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL

Introduces light weights, resistance tubes and bars, jump ropes, and steps at a beginning level to improve muscle tone and definition while strengthening the body. Combines workout session with rhythmic music and focuses on duration and intensity of exercises for deep muscle contouring, strengthening, and firming a well-defined body. Course appropriate for all levels of fitness. [D; CSU; UC]

ES/A 102 BODY SCULPT II 1 UNIT

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 101 or equivalent.
Laboratory 3 hours
Offered: ALL

Improves utilization of light weights, resistance tubes and bars, jump ropes, and steps at an intermediate level to improve muscle tone and definition while strengthening the body. Focuses on duration and intensity of exercises for deeper muscle contouring, strengthening, and firming a well-defined body. Course appropriate for all levels of fitness. [D; CSU; UC]

ES/A 103 BODY SCULPT III 1 UNIT

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 102 or equivalent.
Laboratory 3 hours
Offered: ALL

Improves utilization of light weights, resistance tubes and bars, jump ropes, and steps to improve muscle tone and definition while strengthening the body at an advanced level. Focuses on continued duration and advanced intensity of exercises for deep muscle contouring, strengthening, and firming a well-defined body. [D; CSU; UC]

ES/A 104 INTENSE BOOT CAMP 1 UNIT

Grade Only
Laboratory 3 hours
Offered: ALL

Provides an intensive whole body workout that includes exercises that will increase cardiovascular endurance, strength, and flexibility in a motivational group setting. Includes interval training, plyometrics, running, team games, bands, and weights used to burn fat and increase core and body strength. [D; CSU; UC]

ES/A 105 BEGINNING RUNNING FOR CARDIOVASCULAR FITNESS 1 UNIT

Grade Only
Laboratory 3 hours
Offered: ALL

Introduces the fundamentals of running that develops the cardiovascular system and improves overall fitness. Includes comprehensive instruction in warm-up and cool-down protocols, breathing techniques, endurance, and flexibility. [D; CSU; UC]

ES/A 106 INTERMEDIATE RUNNING FOR CARDIOVASCULAR FITNESS 1 UNIT

Grade Only
Prerequisite: ES/A 105 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides instruction for intermediate runners who have been running for at least six months and want to improve their performance times. Emphasizes training to run faster with maximum effort. Includes workouts on the track and in neighborhood hills, pre- and post-tests to determine cardiovascular fitness level. [D; CSU; UC]

ES/A 107 ADVANCED RUNNING FOR CARDIOVASCULAR FITNESS 1 UNIT

Grade Only
Prerequisite: ES/A 106 or equivalent.
Laboratory 3 hours
Offered: ALL

Emphasizes advanced fundamentals of running and workouts to improve speed, form, strength, endurance, and race times. Explores advanced training techniques such as steady-paced runs, speed training, intervals, hills, Fartlek, and tempo runs. Includes stretching, power walking, jogging, and running programs individually designed. [D; CSU; UC]

ES/A 110A ATHLETIC STRENGTH AND POWER INTRODUCTION 2 UNITS

Pass/No Pass or Grade is Allowed
Recommended Preparation: ES/T 114, ES/T 115, or ES/T 116, or equivalent.
Laboratory 7 hours
Offered: ALL

Introduces progressive resistance training, specific to the improvement of muscular strength and power as it relates to explosive ballistic movements. Includes an introduction to proper mechanics of specific lifting exercises, flexibility, and calisthenics, as well as maintaining and collecting data on each student's strength and power index. [D; CSU; UC]

**ES/A 110B
ATHLETIC STRENGTH AND POWER FOR BEGINNERS
2 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 110A or equivalent.
Laboratory 7 hours
Offered: ALL

Focuses on beginning progressive resistance training, specific to the improvement of muscular strength and power as it relates to explosive ballistic movements. Includes proper mechanics of specific lifting exercises, flexibility, and calisthenics, as well as maintaining and collecting data on each student's strength and power index. [D; CSU; UC]

**ES/A 110C
ATHLETIC STRENGTH AND POWER FOR INTERMEDIATE
2 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 110B or equivalent.
Laboratory 7 hours
Offered: ALL

Focuses on intermediate progressive resistance training, specific to the improvement of muscular strength and power as it relates to explosive ballistic movements. Includes intermediate proper mechanics of specific lifting exercises, flexibility, and calisthenics, as well as maintaining and collecting data on each student's strength and power index. [D; CSU; UC]

**ES/A 110D
ATHLETIC STRENGTH AND POWER FOR ADVANCED
2 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 110C or equivalent.
Laboratory 7 hours
Offered: ALL

Focuses on advanced progressive resistance training, specific to the improvement of muscular strength and power as it relates to explosive ballistic movements. Includes advanced proper mechanics of specific lifting exercises, flexibility, and calisthenics, as well as maintaining and collecting data on each student's strength and power index. [D; CSU; UC]

**ES/A 112
STAND UP PADDLING - BEGINNER
1 UNIT**

Grade Only
Prerequisite: Demonstrated swimming proficiency.
Lecture 0.50 hours, laboratory 2 hours
Offered: ALL

Introduces basic paddling techniques for the beginning stages of stand up paddling. Includes instruction and activities for equipment selection, paddling techniques, and safety skills for beginning participants. [D; CSU; UC]

**ES/A 113
STAND UP PADDLING - INTERMEDIATE
1 UNIT**

Grade Only
Prerequisite: ES/A 112 or equivalent.
Lecture 0.50 hours, laboratory 2 hours
Offered: ALL

Explores progressive paddling techniques to increase distance in intermediate stand up paddling. Emphasizes instruction and activities for long distance paddling, stamina, strength building, and endurance skills. [D; CSU; UC]

**ES/A 114
STAND UP PADDLING - ADVANCED
1 UNIT**

Grade Only
Prerequisite: ES/A 113 or equivalent.
Lecture 0.50 hours, laboratory 2 hours
Offered: ALL

Provides advanced stand up paddle instruction in ocean conditions. Includes beach entry and exit, wave riding, and predicting ocean currents. [D; CSU; UC]

**ES/A 115
BEGINNING MOUNTAIN BIKING FOR FITNESS AND RECREATION
1 UNIT**

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL

Offers Friday bicycle rides in the foothill areas of San Diego County. Focuses on teaching the individual the following: how to ride the bike correctly, how to operate safely in a group, proper equipment necessary for group, individual riding, bike maintenance, off-road repair, and downhill and uphill riding. [D; CSU; UC]

**ES/A 116
CARDIOVASCULAR SWIMMING I
1 UNIT**

Pass/No Pass or Grade is Allowed
Recommended Preparation: ES/A 157 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides instruction in swim conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an introductory level. [D; CSU; UC]

**ES/A 117
CARDIOVASCULAR SWIMMING II
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 116 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides progressive instruction in swim conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at a beginning level. [D; CSU; UC]

**ES/A 118
CARDIOVASCULAR SWIMMING III
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 117 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides progressive instruction in swim conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an intermediate level. [D; CSU; UC]

ES/A 119
CARDIOVASCULAR SWIMMING IV
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 118 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Provides progressive instruction in swim conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an advanced level. [D; CSU; UC]

ES/A 121
BEGINNING CROSS TRAINING FITNESS
1-2 UNITS

Pass/No Pass or Grade is Allowed
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL

Introduces basic principles of fitness, health, and nutrition. Emphasizes enhanced healthful living through a variety of cardiovascular and resistance exercises at a beginning level. [D; CSU; UC]

ES/A 122
INTERMEDIATE CROSS TRAINING FITNESS
1-2 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 121 or equivalent.
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL

Explores intermediate principles of fitness, health, and nutrition. Emphasizes enhanced healthful living through a variety of intermediate cardiovascular and resistance training exercises. [D; CSU; UC]

ES/A 123
ADVANCED CROSS TRAINING FITNESS
1-2 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 122 or equivalent.
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL

Provides advanced principles of fitness, health, and nutrition. Emphasizes enhanced healthful living through a variety of advanced and higher intensity cardiovascular and resistance exercises. [D; CSU; UC]

ES/A 125
BEGINNING CARDIO-FITNESS
1 UNIT

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: ALL

Introduces aerobic exercise offering cardiovascular benefits, as well as improving coordination and rhythm. Emphasizes low-impact exercises that are safe and effective for beginning fitness levels. Focuses on cardiovascular conditioning but offers balanced workouts that include flexibility and dance movement. [D; CSU; UC]

ES/A 126
INTERMEDIATE CARDIO-FITNESS
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 125 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Emphasizes aerobic exercise that offers intermediate level cardiovascular benefits, as well as improving coordination and rhythm. Focuses on low-impact and high-impact forms of exercises that are safe and effective for intermediate fitness levels. Includes cardiovascular conditioning, flexibility, and strength training which offers a balanced workout. [D; CSU; UC]

ES/A 127
ADVANCED CARDIO-FITNESS
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 126 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Emphasizes advanced aerobic exercise that offers cardiovascular benefits, as well as improving coordination and rhythm. Focuses on a high-impact form of exercise that is safe and effective for advanced participants. Includes cardiovascular conditioning, flexibility, and strength training which offers a balanced workout. [D; CSU; UC]

ES/A 128
INTRODUCTION TO ZUMBA
1 UNIT

Grade Only
 Laboratory 3 hours
 Offered: ALL

Introduces students to dance aerobics to improve cardiovascular health. Focuses on improving coordination and rhythm with the use of coordinated dance movements and music. Utilizes low-impact exercise that is safe for all fitness levels. [D; CSU; UC]

ES/A 129
BEGINNING ZUMBA
1 UNIT

Grade Only
 Prerequisite: ES/A 128 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Provides students with beginning level of dance aerobics to help increase cardiovascular health. Focuses on improving coordination and rhythm with the use of coordinated dance movements and music. Utilizes low-impact exercise that is safe for all fitness levels. [D; CSU; UC]

ES/A 130
INTERMEDIATE ZUMBA
1 UNIT

Grade Only
 Prerequisite: ES/A 129 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Covers intermediate Zumba dance aerobics to help improve cardiovascular health. Focuses on improving coordination and rhythm with the use of coordinated dance movements and music. Utilizes low-impact exercise that is safe for all fitness levels. [D; CSU; UC]

ES/A 131
FLEXIBILITY FITNESS I
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL
Emphasizes stretching and increased flexibility at a basic skills level. Designed to lengthen muscles and increase range of motion. Includes reducing risk of injury, and increased body awareness. [D; CSU; UC]

ES/A 132
FLEXIBILITY FITNESS II
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 131 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes stretching and increasing flexibility at a low-intermediate level. Includes reducing risk of injury, increases flexibility, and increased body awareness. [D; CSU; UC]

ES/A 133
FLEXIBILITY FITNESS III
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 132 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes stretching and increasing flexibility as an intermediate level to lengthen muscles and increase range of motion. Includes reducing risk of injury and increased body awareness. [D; USC; UC]

ES/A 134
FLEXIBILITY FITNESS IV
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 133 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes stretching and increasing flexibility at an advanced level, and to lengthen muscles and increase range of motion. Includes reducing risk of injury and increased body awareness. [D; CSU; UC]

ES/A 135
BOWLING - BEGINNING
1 UNIT

Grade Only
Fee: \$87.5
Laboratory 3 hours
Offered: ALL
Provides instruction and supervision in the sport of bowling. Emphasizes rules, tournament play, various approaches, and ball release techniques introduced to the beginning bowler. Includes instruction on scoring, ball placement, and team play. [D; CSU; UC]

ES/A 136
BOWLING - INTERMEDIATE
1 UNIT

Grade Only
Fee: \$87.5
Prerequisite: ES/A 135 or equivalent.
Laboratory 3 hours
Offered: ALL
50. Introduces bowling techniques at an intermediate level. Emphasizes curves, split conversions, advanced pin set conversions, and enhance his/her averages. [D; CSU; UC]

ES/A 137
BOWLING - ADVANCED
1 UNIT

Grade Only
Fee: \$87.5
Prerequisite: ES/A 136 or equivalent.
Laboratory 3 hours
Offered: ALL
Offers continued opportunities to perfect basic bowling skills at advanced level. Includes finger tip release, lane condition adjustments, strategy for correcting faults such as: over-spin, lofting, and missing mark. Emphasizes league play strategy. [D; CSU; UC]

ES/A 138
BEGINNING BASEBALL
1 UNIT

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL
Introduces the student to the fundamental baseball skills of throwing, catching, and hitting along with the rules of play and basic strategy. [D; CSU; UC]

ES/A 139
INTERMEDIATE BASEBALL
1 UNIT

Grade Only
Prerequisite: ES/A 138 or equivalent.
Laboratory 3 hours
Offered: ALL
Develops the students fundamental skills of baseball, rules, and strategies. [D; CSU; UC]

ES/A 140
ADVANCED BASEBALL
1 UNIT

Grade Only
Prerequisite: ES/A 139 or equivalent.
Laboratory 3 hours
Offered: ALL
Expands the implementation of baseball game strategies and refine personal skills at an advanced level. [D; CSU; UC]

ES/A 141
COLLEGE BASEBALL
1 UNIT

Grade Only
 Prerequisite: ES/A 140 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides instruction to evolve the execution of baseball game strategies and purify personal skills. [D; CSU; UC]

ES/A 143
BADMINTON I
1 UNIT

Grade Only
 Laboratory 3 hours
 Offered: ALL
 Introduces the student to the rules and skills of badminton at a beginning level along with fundamental strategies. [D; CSU; UC]

ES/A 144
BADMINTON II
1 UNIT

Grade Only
 Prerequisite: ES/A 143 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Develops the student's understanding of the strategies, rules, skills, and etiquette of badminton at a beginning-intermediate level. [D; CSU; UC]

ES/A 145
BADMINTON III
1 UNIT

Grade Only
 Prerequisite: ES/A 144 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Expands the student's implementation of game strategies and refines personal skills of badminton at the intermediate level. [D; CSU; UC]

ES/A 146
BADMINTON IV
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 145 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Emphasizes the students' execution of the strategies and personal skills of badminton at an advanced level. [D; CSU; UC]

ES/A 147
GOLF I
0.5-1 UNITS

Grade Only
 Fee: \$45
 Laboratory 3 hours
 Offered: ALL
 Introduces fundamentals of golf including pattern of swings, grip, and stance at a beginning level. Includes club selection, chipping, putting, rules, etiquette, and scoring. [D; CSU; UC]

ES/A 148
GOLF II
0.5-1 UNITS

Grade Only
 Fee: \$45
 Prerequisite: ES/A 147 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides golf swing fundamentals and skills at a beginning intermediate level. Includes chipping techniques, pitching, sand bunker play, rules, and game management. [D; CSU; UC]

ES/A 149
GOLF III
0.5-1 UNITS

Grade Only
 Fee: \$45
 Prerequisite: ES/A 148 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Refines full swing, chipping techniques, pitching, sand bunker play, rules, scoring, and game management at the intermediate level. Stresses swing self-analysis utilizing divot and ball direction. [D; CSU; UC]

ES/A 150
GOLF IV
0.5-1 UNITS

Grade Only
 Fee: \$45
 Prerequisite: ES/A 149 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Emphasizes golf skills at an advanced level. Includes refinement of full swing, chipping techniques, pitching, sand bunker play, rules, scoring, and game management. Stresses swing self-analysis utilizing divot and ball direction. [D; CSU; UC]

ES/A 151
BEGINNING TENNIS I
0.5-1 UNITS

Grade Only
 Laboratory 3 hours
 Offered: ALL
 Introduces tennis fundamentals. Emphasizes stroke technique, footwork, forehand, backhand, and introduction to serve. Includes rules interpretation and match play in singles and doubles. [D; CSU; UC]

ES/A 152
BEGINNING TENNIS II
0.5-1 UNITS

Grade Only
 Prerequisite: ES/A 151 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Reviews the history, etiquette, rules, and basic strategy of tennis. Refines basic skills in footwork, forehand, backhand, and serve for the advanced beginner. Introduces net play and variations of competition, scoring, and forehand-backhand strokes. [D; CSU; UC]

**ES/A 153
INTERMEDIATE TENNIS
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 152 or equivalent.
Laboratory 3 hours
Offered: ALL
Reviews serve and net play refinement with emphasis on pace and control of serve and variations of forehand and backhand strokes. Introduces offensive and defensive lob and overhead smash. [D; CSU; UC]

**ES/A 154
ADVANCED TENNIS
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 153 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides advanced theory, strategy, and techniques including analysis of skills by instructor and student, concentrating on the elimination of errors in form and execution. Introduces half volley and variations of serve techniques. [D; CSU; UC]

**ES/A 155
SWIMMING I
1 UNIT**

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL
Provides instruction in fundamental swimming techniques and basic water safety skills for introductory-level swimmers. [D; CSU; UC]

**ES/A 156
SWIMMING II
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 155 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides progressive instruction in swimming skills, endurance, and water safety skills for beginning-level swimmers. [D; CSU; UC]

**ES/A 157
SWIMMING III
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 156 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides progressive instruction in swimming skills, stroke development, fitness, endurance, and water safety skills for intermediate-level swimmers. [D; CSU; UC]

**ES/A 158
SWIMMING IV
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 157 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides progressive instruction in swimming skills, fitness, distance strategies, enhanced endurance, speed, and water safety skills for advanced-level swimmers. [D; CSU; UC]

**ES/A 160
PROGRESSIVE FITNESS I THROUGH NAUTILUS AND SWIMMING
CONDITIONING
1 UNIT**

Pass/No Pass or Grade is Allowed
Recommended Preparation: ES/A 156 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides instruction in resistive exercise routines using Nautilus equipment combined with a progressive cardiopulmonary swim fitness program at a beginning level. [D; CSU; UC]

**ES/A 162
BEGINNING BASKETBALL
1 UNIT**

Grade Only
Laboratory 3 hours
Offered: ALL
Provides opportunity for beginning-level basketball students to learn fundamentals, develop skills, and participate in various class competitions. [D; CSU; UC]

**ES/A 163
INTERMEDIATE BASKETBALL
1 UNIT**

Grade Only
Prerequisite: ES/A 162 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides opportunity for intermediate-level basketball students to develop skills, learn various offense and defense systems, and participate in competitions. [D; CSU; UC]

**ES/A 164
ADVANCED BASKETBALL
1 UNIT**

Grade Only
Prerequisite: ES/A 163 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides opportunity for advanced-level basketball students to learn fundamentals, develop skills, and participate in various class competitions. [D; CSU; UC]

ES/A 166
INTRODUCTION TO VOLLEYBALL
0.5-1 UNITS

Grade Only
 Laboratory 3 hours
 Offered: ALL
 Provides instruction in the fundamental skills of passing, setting, hitting, serving as applied to a basic offensive system. Includes safety, terminology, drills, and game strategies for the introductory player. [D; CSU; UC]

ES/A 167
BEGINNING VOLLEYBALL
0.5-1 UNITS

Grade Only
 Prerequisite: ES/A 166 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Reviews introductory volleyball ball control skills. Develops hitter effectiveness and incorporates a 6-2 three-hitter offensive system and a perimeter defense for the beginning-level player. [D; CSU; UC]

ES/A 168
INTERMEDIATE VOLLEYBALL
0.5-1 UNITS

Grade Only
 Prerequisite: ES/A 167 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides instruction for the intermediate volleyball player. Focuses on rules, ball control and skill development, a multi-tempo offense, and a team structured perimeter defense. [D; CSU; UC]

ES/A 169
ADVANCED VOLLEYBALL
0.5-1 UNITS

Grade Only
 Prerequisite: ES/A 168 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Analysis of power level volleyball with application of advanced offensive and defensive techniques and systems utilized at the collegiate and international levels. [D; CSU; UC]

ES/A 170
SAND VOLLEYBALL I
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: ALL
 Provides instruction for beginning sand volleyball basic skills and strategies with an emphasis on individual skills and doubles team play. [D; CSU; UC]

ES/A 171
SAND VOLLEYBALL II
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 170 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides instruction for intermediate sand volleyball skills and strategies with an emphasis on individual skills and doubles team play. [D; CSU; UC]

ES/A 172
SAND VOLLEYBALL III
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 171 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides instruction for advanced sand volleyball skills and strategies with an emphasis on game strategies. [D; CSU; UC]

ES/A 173
SAND VOLLEYBALL IV
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 172 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides instruction for advanced skills and strategies of sand volleyball with an emphasis on gamesmanship and team performance. [D; CSU; UC]

ES/A 176
BEACH SOCCER I
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: ALL
 Provides introductory-level instruction on the fundamental skills and rules of beach soccer. Emphasizes skill development of kicking, trapping, heading, shooting, and dribbling associated with soccer. Includes safety, terminology, and game strategies for the introductory player. [D; CSU; UC]

ES/A 177
BEACH SOCCER II
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 176 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides beginning-level instruction on beach soccer techniques, tactics, and physical skills. Reviews the history of beach soccer, rules, and offensive and defensive strategies. Emphasizes technical skills of receiving, dribbling, shielding, and shooting. [D; CSU; UC]

**ES/A 178
BEACH SOCCER III
0.5-1 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 177 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides intermediate-level instruction on beach soccer techniques, tactics, and physical skills. Focuses on reviewing and refining the technical skills of beach soccer while emphasizing intermediate-level technical skills of receiving, dribbling, shielding, and shooting. Exposes students to small tactical group session and game evaluations. [D; CSU; UC]

**ES/A 178A
SOCCER I
0.5-1 UNITS**

Grade Only
Laboratory 3 hours
Offered: ALL

Introduces the student to the sport of soccer. Provides information and practice in the skills of kicking, trapping, heading, shooting, rules, and vocabulary associated with soccer. Exposes students to game situations and game evaluations. [D; CSU; UC]

**ES/A 178B
SOCCER II
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 178A or equivalent.
Laboratory 3 hours
Offered: ALL

Reviews the history of soccer, rules, and basic strategy of soccer. Emphasizes technical skills of receiving, dribbling, shielding and shooting of soccer. Introduces individual defending and attacking strategies. [D; CSU; UC]

**ES/A 178C
SOCCER III
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 178B or equivalent.
Laboratory 3 hours
Offered: ALL

Reviews and refines the technical and tactical skills of soccer. Emphasizes positional play and identifies the roles of goalkeeper, defenders, midfielders, and forwards in the tactical setting. Exposes students into small tactical group sessions and game evaluations. [D; CSU; UC]

**ES/A 178D
SOCCER IV
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 178C or equivalent.
Laboratory 3 hours
Offered: ALL

Emphasizes advanced theory, technical, and tactical skills. Exposes students to game situations and match analysis. [D; CSU; UC]

**ES/A 179
BEACH SOCCER IV
0.5-1 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 178 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides advanced-level instruction on beach soccer techniques, tactics, and physical skills. Reviews the history of beach soccer, rules, and offensive and defensive strategies while emphasizing advanced-level technical skills of receiving, dribbling, shielding, and shooting. [D; CSU; UC]

**ES/A 182
SOFTBALL I
0.5-1 UNITS**

Grade Only
Laboratory 3 hours
Offered: ALL

Focuses on the beginning softball student and introduces fundamental drills for offense and defense plays. Includes batting techniques, pitching and fielding skills, game strategy, and rules. [D; CSU; UC]

**ES/A 183
SOFTBALL II
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 182 or equivalent.
Laboratory 3 hours
Offered: ALL

Provides the basic fundamentals of throwing, catching, fielding, batting, and bunting for the beginning-intermediate level student. Includes in-class competition to enhance and refine total player development. [D; CSU; UC]

**ES/A 184
SOFTBALL III
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 183 or equivalent.
Laboratory 3 hours
Offered: ALL

Reviews the softball fundamentals of throwing, catching, fielding, batting, and bunting for the intermediate level student. Enhances the skills through in class competition and improves abilities through essential drills. [D; CSU; UC]

**ES/A 185
SOFTBALL IV
0.5-1 UNITS**

Grade Only
Prerequisite: ES/A 184 or equivalent.
Laboratory 3 hours
Offered: ALL

Includes advanced fundamentals of throwing, catching, fielding, batting, and bunting for the advanced player. Emphasizes in class competition to increase game like awareness to improve total player development. [D; CSU; UC]

ES/A 186**FITNESS EDUCATION CENTER: FOUNDATIONAL FITNESS TRAINING I
0.5-1 UNITS**

Grade Only

Laboratory 3 hours

Offered: ALL

Focuses on utilizing resistive weight machines to develop strength and muscle endurance as well as aerobic machines to improve cardiovascular health and overall wellness for the entry level student. [D; CSU; UC]

ES/A 187**FITNESS EDUCATION CENTER: FOUNDATIONAL FITNESS TRAINING II
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 186 or equivalent.

Laboratory 3 hours

Offered: ALL

Improves muscular strength by supplementing machine workouts with free weight equipment and cardiovascular health by introducing interval training programs. Includes an orientation period to reset goals and programs, reviews fitness principles and safety, and monitors progress. [D; CSU; UC]

ES/A 188**FITNESS EDUCATION CENTER: SPECIALIZED FITNESS TRAINING I
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 187 or equivalent.

Laboratory 3 hours

Offered: ALL

Develops muscle endurance, hypertrophy, and strength by introducing super sets, pyramid, giant sets, prioritization, nutritional guidelines. Incorporates High Intensity Interval Training (HIIT) cardio workouts for the intermediate to advanced student. Requires an orientation period, resetting of goals, measuring baseline levels, redefining workout programs, and monitoring progress and outcomes. [D; CSU; UC]

ES/A 189**FITNESS EDUCATION CENTER: SPECIALIZED FITNESS TRAINING II
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 188 or equivalent.

Laboratory 3 hours

Offered: ALL

Applies advanced, competitive, and sport specific training methods to develop optimum fitness levels. Includes an orientation that pairs advanced concepts with individual assessed needs and goal setting. Requires an individual fitness contract that includes advanced strength development, cardio workouts, nutritional guidelines, six week assessments with adjustments, and a final analysis of student process and outcomes. [D; CSU; UC]

ES/A 190**INTRODUCTORY WEIGHT TRAINING AND PHYSICAL FITNESS
0.5-1 UNITS**

Grade Only

Laboratory 3 hours

Offered: ALL

Provides introductory-level progressive resistance training to improve strength and overall fitness. Includes types of resistance programs, proper methods of exercising with weights, and safety. [D; CSU; UC]

ES/A 191**BEGINNING WEIGHT TRAINING AND PHYSICAL FITNESS
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 190 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides beginning-level instruction in progressive resistance training to improve muscle strength, flexibility, and cardiovascular condition. Includes types of resistance programs, proper methods of exercising with weights, and safety. [D; CSU; UC]

ES/A 192**INTERMEDIATE WEIGHT TRAINING AND PHYSICAL FITNESS
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 191 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides intermediate-level instruction in progressive resistance training to achieve and maintain a high level of muscular fitness, as well as improve body symmetry. Includes types of resistance programs, proper methods of exercising with weights, and safety. [D; CSU; UC]

ES/A 193**ADVANCED WEIGHT TRAINING AND PHYSICAL FITNESS
0.5-1 UNITS**

Grade Only

Prerequisite: ES/A 192 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides highly advanced-level instruction in resistance training designed for those interested in special training techniques. Includes techniques of body building, aerobic weight training, and weight training for athletics. [D; CSU; UC]

ES/A 195**INTRODUCTION TO OUTRIGGER CANOE
1-2 UNITS**

Grade Only

Lecture 1 hour, laboratory 4 hours

Offered: ALL

Introduces course teaching on the cultural aspects of Hawaiian outrigger, the basic forward Hawaiian outrigger canoe stroke, boating, and personal water safety. [D; CSU; UC]

ES/A 196**BEGINNING OUTRIGGER CANOE
1-2 UNITS**

Grade Only

Prerequisite: ES/A 195 or equivalent.

Lecture 1 hour, laboratory 4 hours

Offered: ALL

Explores the history and traditions of Hawaiian outrigger canoe. Provides additional paddling strokes for Regatta style racing, teamwork, and communication, including competitive strategies for the beginning student. [D; CSU; UC]

ES/A 197**INTERMEDIATE OUTRIGGER CANOE****1-2 UNITS**

Grade Only

Prerequisite: ES/A 196 or equivalent.

Lecture 1 hour, laboratory 4 hours

Offered: ALL

Provides intermediate instruction in the paddling strokes necessary for steering an outrigger canoe. Teaches Helmsmanship responsibilities, review of canoe rigging, maintenance, boating and personal water safety, teamwork, and communication as well as competitive strategies. [D; CSU; UC]

ES/A 198**ADVANCED OUTRIGGER CANOE****1-2 UNITS**

Grade Only

Prerequisite: ES/A 197 or equivalent.

Lecture 1 hour, laboratory 4 hours

Offered: ALL

Prepares student for the competitive team sport of outrigger canoeing. Emphasizes improving technique in all outrigger canoe paddle strokes, helmsmanship, teamwork, and physical fitness. [D; CSU; UC]

ES/A 200**CARDIO KICKBOXING I****1 UNIT**

Pass/No Pass or Grade is Allowed

Laboratory 3 hours

Offered: ALL

Combines fundamentals of kickboxing, boxing, and Muay Thai. Includes solo training, partner training, mitt training, and sparring at an introductory level. Emphasizes introductory-level kickboxing safety skills, kick/strike combinations, and self-defense. Provides training to improve flexibility, conditioning, balance, cardiovascular endurance, and aerobic capacity. [D; CSU; UC]

ES/A 201**CARDIO KICKBOXING II****1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 200 or equivalent.

Laboratory 3 hours

Offered: ALL

Combines fundamentals of kickboxing, boxing, and Muay Thai. Includes solo training, partner training, mitt training, and sparring at an intermediate level. Emphasizes intermediate-level kickboxing safety skills, kick/strike combinations, and self-defense. Provides training to maintain and improve flexibility, conditioning, balance, cardiovascular endurance, and aerobic capacity. [D; CSU; UC]

ES/A 202**CARDIO KICKBOXING III****1 UNIT**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 201 or equivalent.

Laboratory 3 hours

Offered: ALL

Combines multiple levels of kickboxing, boxing, and Krav Maga. Includes solo training, partner training, mitt training, and sparring at an advanced level. Emphasizes advanced-level kickboxing safety skills, kick/strike combinations, and self-defense. Provides training to maintain and improve flexibility, conditioning, balance, cardiovascular endurance, and aerobic capacity at an advanced level. [D; CSU; UC]

ES/A 203**BEGINNING FITNESS WALKING****0.5-1 UNITS**

Pass/No Pass or Grade is Allowed

Laboratory 3 hours

Offered: ALL

Includes principles of aerobic exercise and cardiorespiratory health through basic walking-for-exercise techniques. Implements an easy-to-follow plan for monitoring and measuring improvements in basic fitness and cardiorespiratory conditioning while participating in low-impact activities. Includes an exercise plan for people of different ages and levels of physical condition. [D; CSU; UC]

ES/A 204**INTERMEDIATE FITNESS WALKING****0.5-1 UNITS**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 203 or equivalent.

Laboratory 3 hours

Offered: ALL

Covers the relationship between aerobic fitness, health, and disease risks. Incorporates intermediate-level walking-for-exercise modalities. Provides plans for monitoring and measuring fitness improvements. Includes general fitness principles, and aerobic endurance, muscle endurance, and flexibility exercises. [D; CSU; UC]

ES/A 205**ADVANCED FITNESS WALKING****0.5-1 UNITS**

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 204 or equivalent.

Laboratory 3 hours

Offered: ALL

Incorporates an in-depth analysis of advanced fitness walking techniques, including instruction and participation in speed walking, interval training, and comprehensive fitness workouts. Provides the knowledge and skills necessary to design a comprehensive home/neighborhood fitness program. [D; CSU; UC]

ES/A 213**SUSPENSION TRAINING AND RESISTANCE- BEGINNING****1 UNIT**

Pass/No Pass or Grade is Allowed

Laboratory 3 hours

Offered: ALL

Develops beginning-level skills for the use of TRX Suspension Training. Focuses on functional training, fitness, and performance. Includes injury reduction, rehabilitation, and increased body awareness. [D; CSU; UC]

ES/A 214
SUSPENSION TRAINING AND RESISTANCE - INTERMEDIATE
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 213 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Provides intermediate-level skills for the use of TRX Suspension Training. Focuses on functional training, fitness, and performance. Includes injury reduction, rehabilitation, and increased body awareness, as well as the introduction of TRX program development. [D; CSU; UC]

ES/A 215
BEGINNING STEP TRAINING
1 UNIT

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: ALL
 Introduces students to step aerobics to improve cardiovascular health. Focuses on improving coordination and rhythm with the use of steps and music. Utilizes low impact exercises that are safe for beginning fitness levels. [D; CSU; UC]

ES/A 216
INTERMEDIATE STEP TRAINING
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 215 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Emphasizes STEP Training to improve cardiovascular conditioning at an intermediate level. Focuses on health benefits of sustained cardiovascular sessions at a mid-range intensity. Uses low-impact and high-impact levels to create a balanced workout that includes flexibility and resistance exercises. [D; CSU; UC]

ES/A 217
ADVANCED STEP TRAINING
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 216 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Utilizes advanced STEP choreography to improve cardiovascular benefits. Focuses on improving coordination and rhythm with the use of music and STEPS. Emphasizes advanced- and multi-level intensity to achieve desired results for advanced fitness levels. [D; CSU; UC]

ES/A 218
SUSPENSION TRAINING AND RESISTANCE - ADVANCED
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 214 or equivalent.
 Laboratory 3 hours
 Offered: ALL
 Develops advanced-level skills for the use of TRX Suspension Training. Focuses on functional training, fitness, and performance. Includes injury reduction, rehabilitation, increased body awareness, and use of additional functional training tools. Provides beginning through advanced exercises and methods for varying intensity to develop a multi-level resistance routine. [D; CSU; UC]

ES/A 220
LIFETIME FITNESS AND WEIGHT MANAGEMENT
2 UNITS

Grade Only
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL
 Focuses on application of nutrition and fitness principles to develop positive lifetime health behaviors and to improve personal wellness. Features development of a personalized exercise plan, Fitness Center workouts, health risk assessments and fitness analysis through pre- and post-measurement. [D; CSU; UC]

ES/A 221
PILATES MAT 1
1 UNIT

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: FALL
 Provides instruction in alignment and functional exercises developed by Joseph Pilates. Introduces a Pilates mat movement experience that focuses on the entire body using a system of functional exercises to lengthen and strengthen the muscles of the body. [D; CSU; UC]

ES/A 223
BEGINNING SAILING
1-2 UNITS

Grade Only
 Recommended Preparation: ES/A 157 or equivalent.
 Prerequisite: Demonstrated swimming proficiency.
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL
 Introduces beginning sailing concepts for the first-time sailor. Covers safety afloat, self-rescue, man-overboard, basic rigging, boat handling, rules of the road, and sailing nomenclature. [D; CSU; UC]

ES/A 224
INTERMEDIATE SAILING
1-2 UNITS

Grade Only
 Prerequisite: ES/A 223 or equivalent.
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL
 Provides additional skills to the novice sailor seeking intermediate-level experience. Includes swimming weather and safety skills, self-rescue, signals, and boating safety and handling skills. Covers basic rules of the road, sportsmanship, and sailing courtesy. [D; CSU; UC]

ES/A 225
ADVANCED SAILING
1-2 UNITS

Grade Only
 Prerequisite: ES/A 224 or equivalent.
 Lecture 1 hour, laboratory 3 hours
 Offered: ALL
 Explores advanced-level skills for the intermediate sailor seeking experience in beginning racing, rules of the road communication, crew duties, boating safety, race rules, and bay and blue water sailing. [D; CSU; UC]

ES/A 226A
KEELBOAT SAILING LEVEL I
1 UNIT

Grade Only

Prerequisite: ES/A 225 or equivalent.

Lecture 0.50 hours, laboratory 2 hours

Offered: ALL

Designed for the first-time keelboat sailor. Introduces basic boat handling, points of sail, safety afloat, wind direction, rules of the road, and sailing nomenclature. [D; CSU; UC]

ES/A 226B
KEELBOAT SAILING LEVEL II
1 UNIT

Grade Only

Prerequisite: ES/A 226A or equivalent.

Lecture 0.50 hours, laboratory 2 hours

Offered: ALL

Covers a comprehensive review of knowledge and performance skills learned in Keelboat Level I. Includes VHF radio for emergencies, docking, picking up a mooring ball, reefing, heaving to, anchoring, nomenclature, advanced rules of the road and fine tuning sails for faster speeds. [D; CSU; UC]

ES/A 226C
KEELBOAT SAILING LEVEL III
1 UNIT

Grade Only

Prerequisite: ES/A 226B or equivalent.

Lecture 0.50 hours, laboratory 2 hours

Offered: ALL

Covers a comprehensive review of knowledge and performance skills learned in Keelboat Sailing Level I and II. Includes the difference between true and apparent wind, figure-8 recovery of man overboard drill, chart reading, basic navigation, spinnaker flying, racing rules and tactics. Includes currents, tides, navigational aides and GPS devices. [D; CSU; UC]

ES/A 227
AQUATIC EXERCISE I
1 UNIT

Pass/No Pass or Grade is Allowed

Recommended Preparation: ES/A 155 or equivalent.

Laboratory 3 hours

Offered: ALL

Introduces instruction in resistive water aerobic conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an introductory level. Includes shallow- and deep-water activities that provide a full range of movements without gravity-based injuries associated with other fitness programs. [D; CSU; UC]

ES/A 228
AQUATIC EXERCISE II
1 UNIT

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 227 or equivalent.

Laboratory 3 hours

Offered: ALL

Provides progressive instruction in resistive water aerobic conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at a beginning level. Includes shallow- and deep-water activities that provide a full range of movements without gravity-based injuries associated with other fitness programs. [D; CSU; UC]

ES/A 229
AQUATIC EXERCISE III
1 UNIT

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 228 or equivalent.

Laboratory 3 hours

Offered: ALL

Builds on progressive instruction in resistive water aerobic conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an intermediate level. Includes shallow- and deep-water activities that provide a full range of movements without gravity-based injuries associated with other fitness programs. [D; CSU; UC]

ES/A 230
AQUATIC EXERCISE IV
1 UNIT

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 229 or equivalent.

Laboratory 3 hours

Offered: ALL

Explores progressive instruction in resistive water aerobic conditioning through supervised interval training workouts designed to increase cardiovascular fitness in aquatic activities at an advanced level. Includes shallow- and deep-water activities that provide a full range of movements without gravity-based injuries associated with other fitness programs. [D; CSU; UC]

ES/A 231
SEA KAYAKING I
0.5-1 UNITS

Pass/No Pass or Grade is Allowed

Recommended Preparation: ES/A 156 or equivalent.

Prerequisite: Demonstrated swimming proficiency.

Laboratory 3 hours

Offered: ALL

Introduces kayak paddling techniques, operation of single and double boats, basic safety, self-rescue, and physical training. Involves gentle tours in a bay and sloughs with emphasis on conditioning with secondary purposes such as bird watching, photography, and the marine environment. [D; CSU; UC]

ES/A 232
SEA KAYAKING II
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 231 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Explores more challenging aspects of kayaking in populated waters with currents into three knots. Reviews paddle strokes, turns, rafting, rules of the road, and safety considerations in longer trips. [D; CSU; UC]

ES/A 233
SEA KAYAKING III
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 232 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Challenges students to explore various aspects of kayaking in populated waters with advanced strokes, turns, bracing, rescues, trip planning, safety, and offshore paddling techniques including surf entries and exits. [D; CSU; UC]

ES/A 235
LIFEGUARD TRAINING
3 UNITS

Grade Only
 Recommended Preparation: ES/A 158 or equivalent.
 Prerequisite: Demonstrated swimming Proficiency.
 Lecture 2 hours, laboratory 3 hours
 Offered: ALL

Follows American Red Cross curriculum for Lifeguard Training/First Aid and CPR/AED for the professional rescuer. Prepares student for aquatic lifeguard job opportunities in California. National certifications can be earned upon successful completion. [D; CSU; UC]

ES/A 236
AQUATIC INSTRUCTOR TRAINING
3 UNITS

Grade Only
 Recommended Preparation: ES/A 158 or equivalent.
 Lecture 2 hours, laboratory 3 hours
 Offered: ALL

Develops instructional level skills in the aquatic areas of swimming, basic diving, infant and child water adjustment, and aquatic safety. Successful completion would lead to authorization by the American Red Cross as a Water Safety Instructor. [D; CSU; UC]

ES/A 238
BEGINNING SURFING
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: Demonstrated swimming proficiency.
 Lecture 0.50 hours, laboratory 2 hours
 Offered: ALL

Covers beginning knowledge in board design, fin systems, and surf etiquette. Teaches how to determine surf conditions using tides, wind direction, and swells. Includes beginning-level instruction on surfing, paddling out to the lineup, and riding the face of the wave. [D; CSU; UC] (Formerly: ES/A 207ABCD)

ES/A 239
INTERMEDIATE SURFING
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 238 or equivalent.
 Lecture 0.50 hours, laboratory 2 hours
 Offered: ALL

Provides instruction and activities in intermediate surfing to include wave anatomy, types of waves, surf breaks along with the basics of wind and ground swells. Includes surfboard history, board design, evolution of board design, and how to gain speed on a wave and perform maneuvers. [D; CSU; UC]

ES/A 240
ADVANCED SURFING
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 239 or equivalent.
 Lecture 0.50 hours, laboratory 2 hours
 Offered: ALL

Explores instruction and activities in advanced surfing. Covers wind and ground swells, safe use of equipment, self-rescue, and wave selection for the advanced surfer. [D; CSU; UC]

ES/A 243
APPLIED FITNESS PROGRAMMING AND NUTRITION
2 UNITS

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

Focuses on improving physical fitness through floor exercises, physio ball, ropes, and suspension training. Explores the application of nutrition, exercise planning, and fitness analysis through fitness assessments. Includes lifetime fitness supplementing traditional gym exercises. [D; CSU; UC]

ES/A 249
INTRODUCTION TO CHEERLEADING CONDITIONING
1-2 UNITS

Grade Only
 Laboratory 6 hours
 Offered: ALL

Introduces dance choreography, cheerleading jumps, cheerleading partner and group stunting skills, single person level group pyramids with an introduction to basic gymnastics and tumbling. Focuses on utilizing resistive weight training to develop muscle endurance as well as aerobics to improve fitness and cardiovascular health. [D; CSU; UC]

ES/A 250
BEGINNING CHEERLEADING CONDITIONING
1-2 UNITS

Grade Only
 Prerequisite: ES/A 249 or equivalent.
 Laboratory 6 hours
 Offered: ALL

Focuses on improving introduction skills while introducing beginning dance choreography, jumps, combos, partner stunting, pyramids, gymnastics and tumbling. Includes resistive weight training to develop muscle endurance and aerobics to increase cardiovascular health. [D; CSU; UC]

**ES/A 251
INTERMEDIATE CHEERLEADING CONDITIONING
1-2 UNITS**

Grade Only
Prerequisite: ES/A 250 or equivalent.
Laboratory 6 hours
Offered: ALL
Improves beginning cheerleading skills and introduces intermediate dance choreography, jumps and combos, partner and group stunting, 1-2 level high pyramids, and intermediate gymnastics and tumbling. Focuses on utilizing resistive weight training to develop muscle endurance and aerobics to improve cardiovascular wellness. [D; CSU; UC]

**ES/A 252
ADVANCED CHEERLEADING CONDITIONING
1-2 UNITS**

Grade Only
Prerequisite: ES/A 251 or equivalent.
Laboratory 6 hours
Offered: ALL
Builds on intermediate cheerleading skills and introduces advanced jumps, combos, partner and group stunting, two-high pyramids, gymnastics and tumbling. Focuses on utilizing resistive weight training to develop and maintain muscle endurance as well as aerobics to improve cardiovascular health. [D; CSU; UC]

**ES/A 253
SPINNING YOUR WAY TO FITNESS I
1 UNIT**

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL
Emphasizes improving cardiovascular fitness and muscular endurance through indoor cycling. Covers proper cycling techniques and various training strategies. Designed for individuals of all fitness levels. [D; CSU; UC]

**ES/A 254
SPINNING YOUR WAY TO FITNESS II
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 253 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes intermediate-level cycling experience of training intensities and techniques. Designed for students who want to improve on basic indoor cycling fitness levels. [D; CSU; UC]

**ES/A 255
SPINNING YOUR WAY TO FITNESS III
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 254 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes an advanced-level of indoor cycling experience for students who want to take their skills, knowledge, cardiovascular endurance, and muscle endurance to a higher level through more intense training techniques. [D; CSU; UC]

**ES/A 257
TAEKWONDO I
0.5-1 UNITS**

Pass/No Pass or Grade is Allowed
Laboratory 3 hours
Offered: ALL
Introduces Korean martial arts by providing mental and physical training through the "way of kicking and punching." Focuses on the introduction of the applied biomechanics of the martial art and its application in self-defense. [D; CSU; UC]

**ES/A 258
TAEKWONDO II
0.5-1 UNITS**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 257 or equivalent.
Limitation on Enrollment: Demonstrated basic Taekwondo techniques or equivalent.
Laboratory 3 hours
Offered: ALL
Explores Korean martial arts at an intermediate level by providing mental and physical training through the "way of kicking and punching". Focuses on the development of the applied biomechanics of the martial art and its application in self-defense. [D; CSU; UC]

**ES/A 260
WATER POLO I
1 UNIT**

Pass/No Pass or Grade is Allowed
Recommended Preparation: ES/A 157 or equivalent.
Laboratory 3 hours
Offered: ALL
Introduces instruction in the history, terminology, fundamental techniques, strategies, tactics, and rules of water polo including class competition at an introductory level. [D; CSU; UC]

**ES/A 261
WATER POLO II
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 260 or equivalent.
Laboratory 3 hours
Offered: ALL
Provides progressive instruction in the history, terminology, fundamental techniques, strategies, tactics, and rules of water polo including class competition at a beginning level. [D; CSU; UC]

**ES/A 262
WATER POLO III
1 UNIT**

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 261 or equivalent.
Laboratory 3 hours
Offered: ALL
Builds on progressive instruction in the history, terminology, fundamental techniques, strategies, tactics, and rules of water polo including class competition at an intermediate level. [D; CSU; UC]

ES/A 263
WATER POLO IV
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 262 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Explores progressive instruction in the history, terminology, fundamental techniques, strategies, tactics, and rules of water polo including class competition at an advanced level. [D; CSU; UC]

ES/A 264
BEGINNING YOGA
1 UNIT

Pass/No Pass or Grade is Allowed
 Laboratory 3 hours
 Offered: ALL

Emphasizes Hatha style beginning yoga. Focuses on a safe, noncompetitive environment to guide beginning students through the postures of yoga. Includes increased flexibility, release of muscular tension, prevention of injuries, and improved body awareness. [D; CSU; UC] (Formerly: ES/A 219)

ES/A 265
INTERMEDIATE YOGA
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 264 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Builds on the Hatha style of yoga. Focuses on intermediate level poses and breath work. Emphasizes on safe, noncompetitive environment to guide intermediate students through the postures of yoga. Includes increased flexibility, release of muscular tension, prevention of injuries, and improved body awareness. [D; CSU; UC]

ES/A 266
ADVANCED YOGA
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 265 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Provides advanced instruction in Hatha style yoga. Focuses on a safe, non-competitive environment to guide advanced students through the postures of yoga. Includes increased flexibility, release of muscular tension, prevention of injuries, and improved body and breath awareness at an advanced level. [D; CSU; UC]

ES/A 267
STAND UP PADDLEBOARD YOGA - BEGINNER
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Recommended Preparation: ES/A 112 or equivalent.
 Prerequisite: Demonstrated swimming proficiency.
 Laboratory 3 hours
 Offered: ALL

Introduces basic paddling techniques for all stages of stand up paddling and basic yoga postures on the paddleboard. Includes instruction and activities for equipment selection, paddling techniques, and safety skills for beginning stand up paddleboard yoga participants. Focuses on a safe, noncompetitive environment to guide beginning students through the postures of yoga. [D; CSU; UC]

ES/A 268
STAND UP PADDLEBOARD YOGA - INTERMEDIATE
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 267 or equivalent.
 Laboratory 3 hours
 Offered: ALL

Explores progressive paddling techniques and yoga practice to include increased intermediate-level yoga postures. Emphasizes instruction and activities for intermediate yoga postures, flexibility, muscle fitness, and endurance skills. [D; CSU; UC]

ES/A 269
BEGINNING DEEP WATER EXERCISE
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: Demonstrated deep water swimming proficiency.
 Lecture 0.50 hours, laboratory 2 hours
 Offered: ALL

Introduces the fundamentals of fitness through non-impact deep water exercise. Utilizes a water jog belt to provide flotation, but students must be comfortable in deep water and be able to perform basic swimming skills. Includes fundamental elements of cardiorespiratory, muscle fitness, and flexibility training exercises in deep water. [D; CSU; UC]

ES/A 270
INTERMEDIATE DEEP WATER EXERCISE
1 UNIT

Pass/No Pass or Grade is Allowed
 Prerequisite: ES/A 269 or equivalent; Demonstrated deep water swimming proficiency.
 Lecture 0.50 hours, laboratory 2 hours
 Offered: ALL

] Provides an intermediate level of intensity, ability, and knowledge of fitness through non-impact deep water exercise. Utilizes a water flotation belt, but students must be comfortable in deep water and be able to perform basic swimming skills. Includes intermediate-level exercise in deep water for cardiorespiratory, muscle fitness, and flexibility training. [D; CSU; UC]

ES/A 272
BEGINNING TRIATHLON TRAINING
1.5-2 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: Demonstrated deep water swimming proficiency (including the ability to swim for a minimum of 300 yards without stopping).
Lecture 1 hour, laboratory 3 hours
Offered: ALL
Introduces the fundamental skills, techniques, and training for a triathlon. Includes training for all three disciplines: swim, bike, and run. Focuses on sprint triathlons trainings. [D; CSU; UC]

ES/A 273
INTERMEDIATE TRIATHLON TRAINING
1.5-2 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 272 or equivalent; Demonstrated deep water swimming proficiency (including the ability to swim for a minimum of 300 yards without stopping).
Lecture 1 hour, laboratory 3 hours
Offered: ALL
Provides students with intermediate triathlon training opportunities. Focuses on improved swim, bike, and run times. Includes safety considerations, transitions between events, and correct mechanics. [D; CSU; UC]

ES/A 274
STAND UP PADDLEBOARD YOGA - ADVANCED
0.5-1 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 268 or equivalent.
Laboratory 3 hours
Offered: ALL
Emphasizes increasingly challenging paddling techniques and advanced-level yoga postures. Provides instruction and activities while on a paddleboard for advanced yoga postures, flexibility, muscle fitness, and endurance skills. [D; CSU; UC]

ES/A 275
ULTIMATE FRISBEE I
1 UNIT

Grade Only
Laboratory 3 hours
Offered: ALL
Provides instruction in skills, drills, and game play for the game of Ultimate Frisbee for the beginning student. Covers the rules, strategy, and team play as well as concepts of team organization. [D; CSU; UC]

ES/A 276
ULTIMATE FRISBEE II
1 UNIT

Grade Only
Prerequisite: ES/A 275.
Laboratory 3 hours
Offered: ALL
Provides instruction in skills, drills, and game play for the game of Ultimate Frisbee for the beginning-intermediate level student. Covers the rules, strategy, and team play as well as concepts of team organization. [D; CSU; UC]

ES/A 277
ULTIMATE FRISBEE III
1 UNIT

Grade Only
Prerequisite: ES/A 276 or equivalent.
Laboratory 4 hours
Offered: ALL
Provides instruction in skills, drills, and game play for the game of Ultimate Frisbee for the intermediate student. Covers the rules, strategy, and team play as well as concepts of team organization. [D; CSU; UC]

ES/A 278
ULTIMATE FRISBEE IV
1 UNIT

Grade Only
Prerequisite: ES/A 277 or equivalent.
Laboratory 4 hours
Offered: ALL
Provides instruction in skills, drills, and game play for the game of Ultimate Frisbee for the advanced student. Covers the rules, strategy, and team play as well as concepts of team organization. [D; CSU; UC]

ES/A 280
BEGINNING HIKING FOR FITNESS
2 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: Demonstrated physical endurance.
Lecture 1 hour, laboratory 3 hours
Offered: ALL
Provides students with cardiopulmonary and strength training from hiking San Diego County parks and wilderness areas. Emphasizes safe trail practices, proper warm-up and cool-down, and injury prevention. Students will be required to provide their own transportation to various hiking locations. [D; CSU; UC]

ES/A 281
INTERMEDIATE HIKING FOR FITNESS
2 UNITS

Pass/No Pass or Grade is Allowed
Prerequisite: ES/A 280 or equivalent; Demonstrated physical endurance.
Lecture 1 hour, laboratory 3 hours
Offered: ALL
Builds on endurance and trail selection skills from hiking San Diego County parks and wilderness areas. Emphasizes safe trail practices including pre-hiking preparations, endurance training, and fuel and hydration selection. Students will be required to provide their own transportation to various hiking locations. [D; CSU; UC]

ES/A 282
OUTDOOR ACTIVITY AND EDUCATION
3 UNITS

Grade Only

Prerequisite: Demonstrated physical endurance; Demonstrated swimming proficiency.

Lecture 2 hours, laboratory 3 hours

Offered: ALL

Provides basic fundamentals of outdoor education to include basic first aid and recreation. Focuses on the study of plants, animals, history, geography, and environmental issues of the local area, Tijuana Watershed, and San Diego Bay. Includes various field trips such as hiking on local trails, kayaking the San Diego Bay, and local educational opportunities. Students will be required to provide their own transportation to various locations. [D; CSU; UC]

ES/A 284
PICKLEBALL I
1 UNIT

Pass/No Pass or Grade is Allowed

Laboratory 3 hours

Offered: ALL

Introduces the fundamentals of Pickleball including scoring and playing games for two, three, or four players. Provides instruction on this fast-growing racquet sport that combines elements of badminton, tennis, and table tennis. [D; CSU; UC]

ES/A 285
FUTSAL I (INDOOR SOCCER)
1-2 UNITS

Pass/No Pass or Grade is Allowed

Laboratory 6 hours

Offered: ALL

Provides instruction on the fundamental skills and rules of Futsal (Indoor Soccer). Emphasizes skill development of kicking, trapping, heading, shooting, and dribbling associated with Futsal. Includes safety, terminology, and game strategies for the introductory player. [D; CSU; UC]

ES/A 286
FUTSAL II (INDOOR SOCCER)
1-2 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 285 or equivalent.

Laboratory 6 hours

Offered: ALL

Provides instruction in futsal techniques, tactics, and physical skills necessary to play at the beginning level. Reviews the history of futsal, rules, and offensive and defensive strategies. Emphasizes technical skills of receiving, dribbling, shielding, and shooting. [D; CSU; UC]

ES/A 287
FUTSAL III (INDOOR SOCCER)
1-2 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 286 or equivalent.

Laboratory 6 hours

Offered: ALL

Provides instruction in individual futsal techniques and physical skills necessary to play futsal at the intermediate level. Focuses on reviewing and refining the technical and tactical skills of futsal. Exposes students to small tactical group session and game evaluations. [D; CSU; UC]

ES/A 288
FUTSAL IV (INDOOR SOCCER)
1-2 UNITS

Pass/No Pass or Grade is Allowed

Prerequisite: ES/A 287 or equivalent.

Laboratory 6 hours

Offered: ALL

Emphasizes advanced futsal fundamentals of individual play such as dribbling, heading, shooting, trapping, passing, offensive and defensive strategies, technical and tactical skills, and knowledge of rules. Exposes students to game situations and analysis. [D; CSU; UC]

ES/A 299
INDEPENDENT STUDY
1-3 UNITS

Pass/No Pass or Grade is Allowed

Limitation on Enrollment: Eligibility for independent study.

Laboratory 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.