

Area: Kinesiology and Athletics
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Degrees: A.A. for Transfer - Kinesiology
 A.S. Physical Education
 A.S. Sports Medicine
 Certificates: Fitness Specialist
 Department Certificate:
 Senior Fitness

Dance degree and courses have moved

see **DANCE**, page 207

FITNS 304, 324, 326, 348, 393 (added per June 2019 Addendum)

The ARC Kinesiology and Athletics program offers a wide variety of courses that improve physical fitness, sport skills, and dance performance abilities.

All activity classes are open to both men and women unless noted. Students may enroll in more than one physical education class at the same time. They may not enroll in more than two sections of the activity during the same semester. DANCE, FITNS, PACT, and TMACT classes may be taken one time for credit. SPORT classes may be taken four times for credit. The prefixes “ADAPT, DANCE, FITNS, PACT, TMACT, and SPORT” refer to courses used to satisfy the one-unit physical education graduation requirement.

Courses which are designated with a KINES prefix are theory-oriented rather than activity-oriented and DO NOT satisfy the physical education activity requirement.

DEGREES AND CERTIFICATES

Kinesiology A.A. for Transfer Degree

Major Code, CSU GE: 010422A01
 Major Code, IGETC: 010422A02

This Associate in Arts in Kinesiology for Transfer provides a path to students who wish to transfer to a CSU campus in Kinesiology and serves the diverse needs of students who wish to obtain a broad and an in-depth understanding of the field. Additionally, this degree allows students to learn the fundamental principles and practices of Kinesiology in order to create a solid foundation for their future personal and academic endeavors.

The Associate in Arts in Kinesiology for Transfer provides students with a major that fulfills the general requirements of the California State University for transfer. Students with this degree will receive priority admission with junior status to the California State University system.

The Associate in Arts in Kinesiology for Transfer (A.A.-T) may be obtained by the completion of 60 transferable, semester units with a minimum of a 2.0 GPA, including (a) the major or area of emphasis described in the Required Program outlined below (earning a C or better in these courses), and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- recount the historical evolution of physical education/kinesiology.
- evaluate current theories, philosophies, and trends in the field of kinesiology.
- identify key aspects of personal fitness as it relates to physical fitness programs.
- construct a philosophy of kinesiology that includes goals for lifetime fitness.
- discuss how sociological, historical, and philosophical factors influence the field of kinesiology.
- outline the basic principles of current accepted nutritional standards for physically active individuals.
- describe the basic structure of the human body and how its various systems respond to exercise.

Career Opportunities

This degree is designed to prepare students for transfer to a four-year college or university in Kinesiology. Career opportunities include, but are not limited to, kinesiology instructor, exercise physiologist, athletic trainer, strength and conditioning coach, athletic coach, personal trainer, physical educator and corporate fitness director.

Requirements for Degree 24 Units

BIOL 430	Anatomy and Physiology.....	5
BIOL 431	Anatomy and Physiology.....	5
KINES 300	Introduction to Kinesiology,	3
A minimum of 8 units from the following:		8
BIOL 310	General Biology (4)	
CHEM 400	General Chemistry I (5)	
or CHEM 305	Introduction to Chemistry (5)	
or CHEM 309	Integrated General, Organic, and Biological Chemistry (5)	
PHYS 410	Mechanics of Solids and Fluids (5)	
or PHYS 350	General Physics (4)	
STAT 300	Introduction to Probability and Statistics (4)	
A minimum of 3 units from the following:		3

Select three courses, each from a different category listed below.

Dance:

DANCE 340	Ballroom Dance (1)
DANCE 341	Ballroom Dance II (1)
DANCE 342	Ballroom Dance III: Club Dancing (1)
DANCE 343	Ballroom Dance IV: Latin (1)
DANCE 344	Ballroom Dance V: Swing (1)
DANCE 345	Ballroom Dance VI: Tango (1)
DANCE 348	Ballroom Challenge: Competition and Performance (1)

(continued on next page)

(Kinesiology A.A. for Transfer Degree continued)

Fitness:

- FITNS 303 Dance Aerobics (1)
- FITNS 306 Aerobics: Cardio-Kickboxing (1)
- FITNS 307 Aerobic Mix (1)
- FITNS 308 Step Aerobics (1)
- FITNS 321 Core Conditioning (1)
- FITNS 325 Pilates (1)
- FITNS 380 Circuit Weight Training (1)
- FITNS 381 Weight Training (1)
- FITNS 392 Yoga (1)
- FITNS 400 Body Fitness (Walking or Jogging) (1)

Aquatics:

- FITNS 310 Aquatic Fitness I (1)
- FITNS 316 Lap Swimming (1)
- FITNS 440 Swimming I (1)
- FITNS 441 Swimming II (1)
- FITNS 442 Swimming III (1)
- FITNS 443 Swimming IV (1)

Combatives:

- FITNS 412 Taekwondo (1)
- FITNS 414 Tai Chi (1)

Individual Sports:

- PACT 300 Archery I (1)
- PACT 310 Badminton I (1)
- PACT 350 Golf I (1)
- PACT 351 Golf II (1)
- PACT 390 Tennis I (1)

Team Sports:

- TMACT 300 Soccer, Indoor (1)
- TMACT 302 Soccer - Outdoor (1)
- TMACT 320 Basketball (1)
- TMACT 330 Volleyball (1)
- TMACT 331 Volleyball II (1)
- TMACT 333 Volleyball III (1)
- TMACT 352 Softball, Slow Pitch (1)
- TMACT 370 Water Polo (1)

Associate in Arts for Transfer Degree Requirements:

The Associate in Arts in Kinesiology for Transfer (AA-T) degree may be obtained by completion of 60 transferable, semester units with a minimum 2.0 GPA, including (a) the major or area of emphasis described in the Required Program, and (b) either the Intersegmental General Education Transfer Curriculum (IGETC) or the California State University General Education-Breadth Requirements.

Physical Education Degree

Major Code: 010997A01

This degree provides an educational and practical foundation for students interested in multiple professions in the area of physical education. It also provides coursework required for transfer in physical education majors. Topics include introduction to physical education, care and prevention of athletic injuries, CPR, psychology, nutrition, dance, fitness, recreation, and sport. Students who work closely with their counselor can use this degree to prepare for majoring in kinesiology at a four-year college.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- list various occupations in the field of physical education
- identify basic bones, muscles, and ligaments of the human body
- compare key aspects of personal fitness as it relates to physical fitness programs
- construct a philosophy of physical education that includes goals for lifetime fitness

- evaluate current theories, philosophies, and trends in physical education
- recognize current job opportunities in the field of physical education
- summarize the education requirements for employment as a professional physical educator
- evaluate common athletically-related injuries in the field of physical education
- outline the basic principles of current accepted nutritional standards for physically active individuals
- discuss the role of physical and psychological health as it relates to physical education
- recount the historical evolution of physical education
- demonstrate skills needed to meet the minimal certification standards when performing first aid and CPR as required by a nationally recognized organization

Career Opportunities

This degree is designed for those pursuing a career in coaching, health and fitness, personal training, and prepares students for transfer to four-year colleges and universities.

Requirements for Degree

19 - 20.5 Units

BIOL 300	The Foundations of Biology (3)	3 - 4
or BIOL 310	General Biology (4)	
or PSYC 310	Biological Psychology (3)	
HEED 310	Community CPR and Adult AED (1)	1 - 1.5 ¹
or HEED 311	CPR and Pediatric First Aid (1.5)	
KINES 300	Introduction to Kinesiology	3
KINES 330	Care and Prevention of Athletic Injuries.....	3
NUTRI 300	Nutrition (3)	3
or NUTRI 302	Nutrition for Physical Performance (3)	
PSYC 300	General Principles (3)	3
or PSYC 305	Psychology Applied to Modern Life (3)	
or KINES 307	Mental Skills for Sport Performance (3)	

A minimum of 3 units from the following: 3

HEED 300 Health Science (3)
OR three units from any of the following: DANCE, FITNS, PACT, SPORT, or TMACT

¹If a student has Community CPR certification through the American Red Cross, or Basic Life Support certification through the American Heart Association, the HEED 310 or HEED 311 requirement may be waived.

Associate Degree Requirements: The Physical Education Associate in Science (A.S.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Sports Medicine Degree

Major Code: 010996A01

This degree is designed to prepare students for transfer in the area of athletic training, exercise science, kinesiology, and other sports medicine related fields. Prevention, identification, evaluation, treatment, and rehabilitation of athletic injuries are emphasized.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- list the minimum requirements to become a certified athletic trainer.
- identify normal musculoskeletal anatomy.
- evaluate common athletic-related injuries.
- demonstrate proper wrapping and taping skills needed to protect commonly injured joints.
- develop a diet for an active individual that is based on current accepted nutritional values.

- create treatment protocols for common athletic-related injuries
- develop basic rehabilitation protocols for common athletic-related injuries.
- manage the daily athletic training room set-up and break-down for fall and spring sports.
- discuss how injuries affect the psychological health of the injured athlete.

Requirements for Degree		27 Units
BIOL 430	Anatomy and Physiology.....	5
BIOL 431	Anatomy and Physiology.....	5
CHEM 305	Introduction to Chemistry (5).....	5
or CHEM 400	General Chemistry I (5)	
NUTRI 300	Nutrition.....	3
KINES 330	Care and Prevention of Athletic Injuries.....	3
KINES 334	Practical Applications in Athletic Training/Sports Medicine	3
PSYC 300	General Principles.....	3

Associate Degree Requirements: The Sports Medicine Associate in Science (A.S.) Degree may be obtained by completion of the required program, plus general education requirements, plus sufficient electives to meet a 60-unit total. See ARC graduation requirements.

Fitness Specialist Certificate

Major Code: 011567C01

This program prepares students for employment in the health and fitness industry and equips them with the knowledge and hands-on experience necessary to begin a career in the dynamic field of fitness. Upon completion of this certificate, the students are prepared to take national certification exams such as the National Academy of Sports Medicine (NASM), American College of Sports Medicine (ACSM), or the American Council of Exercise (ACE).

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- design, implement, and analyze fitness programs for a diverse population.
- critique and explore various health and fitness job opportunities.
- demonstrate knowledge and skills necessary to pass national certification exams such as NASM, ACSM, and ACE.

Career Opportunities

The fitness certificate program is ideal for anyone desiring an entry-level position as a personal trainer, fitness center or health club employee, group exercise instructor, or strength and conditioning coach.

See losrios.edu/gainful-emp-info/gedt.php?major=011567C01 for Gainful Employment Disclosure.

Requirements for Certificate		19 Units
KINES 400	Applied Physiology of Exercise	2
KINES 401	Applied Kinesiology.....	2
KINES 402	Nutrition for Fitness (2)	2
or NUTRI 307	Nutrition for Fitness (2)	
KINES 403	Fitness and Exercise Assessment	2
KINES 404	Identification and Management of Fitness Injuries.....	2
KINES 405	Effects of Exercise on Special Populations	2
KINES 406	Techniques of Strength Training Instruction	2
KINES 407	Techniques of Group Fitness Instruction.....	2
KINES 408	Administration of Fitness Programs	2
A minimum of 1 unit from the following:		1
WEXP 498	Work Experience in (Subject) (1 - 4)	

DEPARTMENT CERTIFICATE

Senior Fitness Certificate

This program prepares students for employment as a fitness leader for seniors and equips them with the knowledge and hands-on experience necessary to begin a career in the growing field of fitness for older adults.

Student Learning Outcomes

Upon completion of this program, the student will be able to:

- recommend beneficial exercises for seniors and individuals with disabilities or medical conditions.
- behave responsibly at work, exhibiting initiative and self-management in situations where it is needed.
- create an individualized fitness plan to promote functional independence throughout the remainder of life.
- analyze how nutrition plays a part in overall health and aging.
- compare and contrast different self and group motivational techniques for staying active.
- identify and respond to life-threatening conditions (including breathing emergencies, cardiac emergencies, and severe bleeding).
- evaluate physical activities relative to risk factors.
- design and lead a group exercise activity, and provide modifications and variations to exercises when necessary.
- identify basic principles of body mechanics and posture.
- design an individualized exercise prescription program that includes muscular strength and muscular endurance development.
- explain the normal aging changes and analyze how lifestyle choices influence the aging process.
- demonstrate Validation techniques.

Career Opportunities

The senior fitness certificate program is ideal for anyone desiring an entry-level position as a fitness leader for seniors in a recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Requirements for Certificate		16 units
FITNS 351	Exercise, Balance and Mobility	1
GERON 205	Validation: Theory and Practice	0.5
GERON 230	Motivating Older Adults to Stay Active	0.5
GERON 302	Psychology of Aging: Adult Development and Aging (3).....	3
or PSYC 374	Psychology of Aging: Adult Development and Aging (3)	
GERON 378	Body Mechanics and Safety.....	0.5
GERON 380	Nutrition and Aging.....	0.5
HEED 310	Community CPR and Adult AED	1
KINES 403	Fitness and Exercise Assessment	2
KINES 405	Effects of Exercise on Special Populations	2
KINES 406	Techniques of Strength Training Instruction	2
KINES 407	Techniques of Group Fitness Instruction.....	2
A minimum of 1 unit from the following:		1
WEXP 498	Work Experience in (Subject) (1 - 4)	

¹One unit of work experience is required in one of the following environments: recreation center, senior center, senior community, assisted living facility, or another site for seniors.

Adapted PE**ADAPT 310 Adapted Lifetime Sports 1 Unit**

Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course introduces students with physical disabilities to a variety of sports. Modifications and assistive devices are used to enable students to safely participate in a variety of sports, such as archery, badminton, volleyball, tennis, soccer, softball, basketball, and golf.

ADAPT 314 Wheelchair Sports and Games 1 Unit

Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for individuals with physical disabilities who use a wheelchair for mobility or who are ambulatory, but more successful in sports when using a wheelchair. Sports include, but are not limited to, basketball, quad rugby, volleyball, badminton, and tennis.

ADAPT 316 Adapted Personal Safety 1 Unit

Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for students who are unable to participate in a general personal safety course. It includes the skills, knowledge, and attitude which are important in avoiding or defending a physical attack. Topics include awareness and prevention of dangerous situations. Defensive strategies for protection while in the home, in the community, and on mass transit are also covered.

ADAPT 324 Heart Healthy 1 Unit

General Education: AA/AS Area III(a) (effective Summer 2018); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for individuals with disabilities. Individualized and/or group activities are used to increase cardiovascular fitness. Exercise principles are discussed to encourage a continued healthy and active lifestyle. Students must have a physician's statement indicating (a) the disability, (b) specific restrictions, and (c) recommended activities.

ADAPT 330 Adapted Weight Training and Fitness 1 Unit

Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for students who are unable to participate in a general physical education activity course. It includes individualized physical fitness programs including activities to develop muscular strength, flexibility, and cardiovascular endurance.

ADAPT 332 Adapted Aquatics 1 Unit

Enrollment Limitation: A physician's statement verifying the disability, contraindications, and recommended activities

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This is an individualized swimming, water safety, and fitness course designed for individuals with disabilities. It focuses on cardiovascular endurance, range of motion, mobility, muscular strength, and muscular endurance.

ADAPT 335 Adapted Yoga 1 Unit

Advisory: Eligible for ENGRD 116 AND ENGWR 101; OR ESLR 320 AND ESLW 320.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for students with a disabilities. It includes group and individual yoga activities that emphasize breathing, stretching, and relaxation techniques. Students must have a physician's statement indicating (a) the disability, (b) specific restrictions, and (c) recommended activities.

ADAPT 337 Adapted Walk and Wheel 1 Unit

Enrollment Limitation: A statement from a health care professional verifying the disability, contraindications, and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for students who are unable to participate in a general physical education activity course. Individualized walking or wheeling programs are designed to enhance cardiorespiratory endurance. The course also includes specific exercises for muscular strength, muscular endurance, and flexibility. Small group games and activities are included to promote fitness and fun.

ADAPT 338 Adapted Aerobic Activity 1 Unit

Advisory: Eligible for ENGRD 310 or 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.

Enrollment Limitation: A physician's statement verifying the disability, contraindications and recommended activities.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course is designed for students with a disability who are unable to participate in a general physical education activity course. It includes group activities as well as individualized activities. Indoor and outdoor workouts are used to enhance cardiovascular endurance and affect body composition. Activities may include walking and jogging, aerobic dance, cardio-kickboxing, step aerobics, chair aerobics, circuit training and cardio equipment workouts.

ADAPT 495 Independent Studies in Adapted Physical Education 1-3 Units

Prerequisite: None

Course Transferable to CSU

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

Fitness

FITNS 100 Utility Workforce Wellness 1 Unit

Corequisite: PREAP 122
General Education: AA/AS Area III(a)
Hours: 9 hours LEC; 27 hours LAB

This course covers health and physical fitness related to utility worker occupations. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

FITNS 101 Green Technology Workforce Wellness 1 Unit

Corequisite: PREAP 141
General Education: AA/AS Area III(a)
Hours: 9 hours LEC; 27 hours LAB

This course covers health and physical fitness related to green technology workforce occupations. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

FITNS 102 Infrastructure Workforce Wellness 1 Unit

Corequisite: PREAP 111
General Education: AA/AS Area III(a)
Course Transferable to CSU
Hours: 9 hours LEC; 27 hours LAB

This course covers health and physical fitness related to general construction. Exercise programs are designed to improve specific muscle groups impacted in the occupational setting.

FITNS 302 Latin Aerobics 1 Unit

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course combines a variety of rhythmic Latin-style dance movements into a form of cardiorespiratory training of low to moderate impact. It improves cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

FITNS 303 Dance Aerobics 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course promotes cardiovascular fitness and endurance through aerobic dance movement. It encourages core strength and flexibility with strength and toning exercises. The importance of taking individual pulse rates is studied, and basic nutrition, health, and safety issues are discussed.

FITNS 304 Cardio Circuit 1 Unit

Course Transferable to CSU
Hours: 54 hours LAB

This course is designed as a cardio circuit form of fitness training. It combines cardio and weight training equipment in a circuit format. Emphasis will be on timed intervals to train major muscle groups and the cardiovascular system. It will include flexibility and core strengthening.

FITNS 306 Aerobics: Cardio-Kickboxing 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course promotes cardiovascular fitness and endurance through kickboxing. It emphasizes proper alignment, execution, and timing of faster-paced movements from kickboxing, boxing, and aerobic dance.

FITNS 307 Aerobic Mix 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course includes a variety of aerobic activities that provide a new approach to each workout. It emphasizes rotating aerobic forms such as aerobic dance, step, cardio-kickboxing, and aerobic circuit to keep the workouts challenging and interesting. It covers basic heart rate calculations, nutrition, and workout facts.

FITNS 308 Step Aerobics 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is designed to improve cardiovascular fitness and encourage better endurance, flexibility, and strength through the use of step aerobics. It includes rhythmic and choreographed step routines, basic stretch and toning exercises, and provides information related to overall health and fitness.

FITNS 310 Aquatic Fitness I 1 Unit

Course Family: Aerobic Water Fitness
(see page 38 - limitation on active participatory courses)
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course focuses on using the resistance of water for low- or non-weight-bearing exercise for improvement in cardiovascular fitness, muscular endurance, flexibility, and strength. It includes exercises in deep and shallow water and provides information related to overall health and fitness. No swimming skills are needed.

FITNS 312 Aquatic Fitness 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This is a self-paced "overload" method of training using a workout approach that stresses aerobic and anaerobic fitness. Deep and shallow water running is emphasized. Stroke efficiency and lap swimming are also included.

FITNS 314 Aquatic Fitness III- Deep Water Jogging 1 Unit

Course Family: Aerobic Water Fitness
(see page 38 - limitation on active participatory courses)
Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course uses the resistance of water for non-weight-bearing exercises. Emphasis is on cardiovascular fitness, muscular endurance, strength, and flexibility. Progress is monitored through appropriate fitness testing. No swimming skills are needed. An optional flotation belt is provided.

FITNS 316 Lap Swimming 1 Unit

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course provides a fitness based approach to swimming that emphasizes aerobic and anaerobic fitness through lap swimming. It utilizes interval training, cardiovascular conditioning, swimming technique, and aerobic training principles.

FITNS 321 Core Conditioning**1 Unit***General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course incorporates a variety of activities including exercises with the stability ball, Bosu ball, and Pilates mat, and yoga styles of core work to enhance abdominal, lower back, gluteal, and hip strength with toning benefits to the entire body.

FITNS 324 Mat Pilates**1 Unit***Course Transferable to CSU**Hours: 54 hours LAB*

This course utilizes a systematic method of mindful and precise conditioning exercises designed to develop core strength, flexibility, and body awareness. Through the regular practice of theoretical and applied principles of the Mat Pilates method, students will see improved posture, control, balance, and concentration.

FITNS 325 Pilates**1 Unit***General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course focuses on precision alignment, flexibility, core strength, and building an awareness of the body. It involves a kinesthetic awareness that builds core strength and confidence in movement. Mat and wall stretches, exercises, and relaxations are used to encourage flexibility, balance, and coordination beginning with the deep postural muscles of the body.

FITNS 326 Mat Pilates II**1 Unit***Prerequisite: FITNS 324 with a grade of "C" or better**Course Transferable to CSU**Hours: 54 hours LAB*

This course will include the basic foundation of mat exercises with the addition of intermediate level exercises. Routines will include resistance methods of training with a focus on developing stronger core muscles and flexibility.

FITNS 331 Boot Camp Fitness**1 Unit***Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This is an intense boot camp fitness course conducted on and off campus using indoor and outdoor facilities. It includes aerobic and anaerobic conditioning, strength and endurance training, and individual and team fitness concepts.

FITNS 332 Off Season Conditioning**.5-1 Units***General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course involves sport specific training, conditioning and movement techniques for the intercollegiate off-season athlete. There is a concentration of basic concepts with emphasis on conditioning. This course may be taken three times for credit.

FITNS 339 Multi Sport Training for Fitness**1 Unit***General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course covers multi-sport training, including swimming, biking (stationary and non-stationary), and running. Topics include transitional techniques for duathlons and triathlons. Some class sessions meet off-campus. Students must supply their own road or mountain bike and helmet.

FITNS 343 Spin Bike**1 Unit***General Education: AA/AS Area III(a) (effective Summer 2018);**CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course is specifically designed for students to improve their cardiovascular and strength levels with low impact on the joints. It emphasizes basic cycling and fitness drills based on speed work, resistance, and recovery periods.

FITNS 344 Dynamic Fitness Training I**1 Unit***Course Family: Dynamic Fitness**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course introduces constant varied functional movements performed at relatively high intensity. It emphasizes proper mechanics utilizing body weight resistance. The workouts are varied daily and designed to optimize fitness levels.

FITNS 345 Dynamic Fitness Training II**1 Unit***Course Family: Dynamic Fitness**(see page 38 - limitation on active participatory courses)**Advisory: FITNS 344**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course provides dynamic fitness training via Olympic weight lifting and varied cardio-vascular training and conditioning. It is recommended for athletes with some background in weight training.

FITNS 346 Dynamic Cardio Training**1 Unit***Course Family: Dynamic Fitness**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course improves cardiovascular conditioning through constant and varied training. Training consists of walking, running, jumping, spinning, and rowing with body weight strength training. Workouts are scaled to meet the level of each participant to train in the appropriate target heart rate zone.

FITNS 347 Dynamic Aquatic Fitness Training**1 Unit***Course Family: Dynamic Fitness**(see page 38 - limitation on active participatory courses)**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course provides a fast moving, challenging aquatic workout, integrating traditional swim training with the addition of weight-bearing exercises in and out of the pool for complete body strength and cardiovascular conditioning.

FITNS 348 High-Intensity Interval Training**1 Unit***Course Transferable to CSU**Hours: 54 hours LAB*

This course is designed to be a physically intense and total body workout. It includes workouts which incorporate running, obstacle courses, and a variety of calisthenics designed to enhance muscular strength and endurance used in high-intensity interval workouts.

FITNS 350 Fitness And Weight Control 2 Units*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 18 hours LEC; 54 hours LAB*

This course encourages a healthy attitude toward exercise, wellness, and weight management. Topics include assessing and improving fitness levels, as well as nutrition, healthy living, and active lifestyle strategies that are involved in attaining and maintaining appropriate levels of wellness. Field trips may be required.

FITNS 351 Exercise, Balance and Mobility 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course meets the needs of students who wish to start an individualized exercise program at a modified level. It focuses on improving flexibility through gentle range of motion exercises. It also focuses on increasing muscular strength through modified strength training exercises. Balance and coordination exercises are used to help reduce risk of falls and increase fitness levels and mobility. Individualized exercises are developed that can be carried out in a fitness center or at home.

FITNS 375 Introduction to Meditation 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course emphasizes the mind/body connection through techniques of visualization, affirmation, concentration, and body movements.

FITNS 380 Circuit Weight Training 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course introduces a system of exercise using weights and cardiovascular activities to provide a balanced approach to physical fitness training. It emphasizes increasing muscular strength and endurance, cardiovascular endurance, and flexibility.

FITNS 381 Weight Training 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course provides instruction in weight training to promote muscular strength and endurance. Safety, weight training principles, and program design are emphasized to reach personal fitness and strength goals. Components of fitness are addressed, including flexibility and body composition. Workout guidelines for general fitness, sport performance, and/or bodybuilding may be chosen for individual goals.

FITNS 385 Weight Training for Competition 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course is a strength training program for students involved in advanced weight training. It is designed to develop strength, power, and muscle endurance appropriate to specific lifts.

FITNS 392 Yoga 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course in Yoga emphasizes breathing, stretching, and relaxing techniques. Yoga positions and philosophies are examined.

FITNS 393 Yoga II 1 Unit*Prerequisite: FITNS 392 with a grade of "C" or better**Course Transferable to CSU**Hours: 54 hours LAB*

This course is designed to strengthen and enhance muscle tone through the practice of asanas and pranayama techniques. Yoga practice with elements of meditation are examined to decrease stress, improve concentration, and increase spiritual connection.

FITNS 395 Stretch 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course emphasizes stretching for better alignment, health, and increased range of motion. It provides an individualized approach to stretching and includes pre- and post-stretching techniques for specific activities such as sports, dance, or repetitive stress work-related movements.

FITNS 400 Body Fitness (Walking or Jogging) 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course promotes physical well-being through physical activity, including but not limited to walking and jogging, to increase cardiovascular fitness, produce stress reduction, and encourage weight control. Attention is given to increasing cardiovascular efficiency, muscular strength, and endurance.

FITNS 412 Taekwondo I 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course is an introduction to basic Taekwondo skills which include stances, blocking, striking, kicking, poomsae, and self-defense techniques. Conditioning exercises are used to increase strength, flexibility, aerobic, and anaerobic fitness. Martial arts etiquette and traditions are taught and emphasized. Fields trips may be required.

FITNS 414 Tai Chi 1 Unit*General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54 hours LAB*

This course explores the traditional Chinese fitness exercise of Tai Chi. It provides for the development of basic skills and techniques that lead toward an integration of the mind-body-spirit trilogy. Various Chinese fitness exercises in relation to health are explored. Principles of Confucianism and Taoism, including a basic review of Tai Chi history and philosophy are discussed. Overall, the physical discipline and structure of Tai Chi movements are emphasized.

FITNS 416 Taekwondo II 1 Unit*Course Transferable to CSU**Hours: 54 hours LAB*

This course provides instruction in intermediate level of Taekwondo. Aerobic, anaerobic, and plyometric training drills are employed to increase students strength, speed, and agility. More complex footwork, one-step sparring, paddle drills, and free sparring combinations are introduced. Intermediate level poomsae is practiced in addition to basic competition training in both sparring and poomsae. Field trips may be required.

FITNS 417 Taekwondo III**1 Unit**

Course Transferable to CSU
Hours: 54 hours LAB

This course provides instruction in advanced level of Taekwondo. A higher level of aerobic, anaerobic, and plyometric training drills are employed to increase student's strength, speed, agility, and competitiveness. It also introduces Kyupka (demonstration of power) and a higher level of poomsae. Sparring strategies, ring management, and other skills associated with being successful at this advanced level are taught. Field trips may be required.

FITNS 440 Swimming I**1 Unit**

Course Family: Swimming
(see page 38 - limitation on active participatory courses)
Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is offered as beginning, intermediate, or advanced swimming. Beginning swimming covers basic water acclimation, water safety, and introductory skills in freestyle and backstroke. Intermediate swimming covers refined freestyle and backstroke, and introduces breaststroke and butterfly. Advanced swimming further refines freestyle, backstroke, breaststroke and butterfly and also introduces individual medley, touch turns, flip turns, and starts. In addition, various aerobic and anaerobic training methods are taught. Endurance and stroke efficiency are emphasized.

FITNS 441 Swimming II**1 Unit**

Course Family: Swimming
(see page 38 - limitation on active participatory courses)
Advisory: Student must demonstrate comfort and confidence in the water and in their ability to demonstrate submersion, front float, and back float. This course is taught in deep water.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course is designed for beginning swimmers with limited skills. Topics include mastery of basic water adjustment skills, floats, glides, streamline, freestyle, and backstroke techniques. This course is appropriate for those who are uncomfortable in deep water or those who need to refine their ability to swim 25 yards without stopping.

FITNS 442 Swimming III**1 Unit**

Course Family: Swimming
(see page 38 - limitation on active participatory courses)
Advisory: FITNS 441
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers skills for intermediate swimmers; water safety, and basic swimming skills, swim training protocols and technique, further refinement of stroke development, proper starts and turns technique, and development of cardiovascular capacity. It includes stroke technique in freestyle, backstroke, and breaststroke, as well as turns for freestyle, backstroke and breaststroke.

FITNS 443 Swimming IV**1 Unit**

Course Family: Swimming
(see page 38 - limitation on active participatory courses)
Advisory: FITNS 442
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course for advanced swimmers (those who have mastered intermediate swimming skills) covers proper technique specific to the four competitive strokes, proper training protocols, and training design. It emphasizes proper stroke technique of freestyle, backstroke, breaststroke, and butterfly, as well as underwater efficiency in diving, turns, and breakouts for all competitive strokes. It also introduces more advanced swim training protocols, drills, and workout designs.

FITNS 450 Personal Safety**1 Unit**

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course provides information and develops skills for an individual's personal safety in a variety of situations. Topics include awareness and prevention of dangerous situations along with physical and non-physical defensive strategies. Community resources for victims of assault are discussed.

FITNS 495 Independent Studies in Fitness **1-3 Units**

General Education: AA/AS Area III(a)
Course Transferable to CSU
Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

Kinesiology

KINES 300 Introduction to Kinesiology**3 Units**

General Education: AA/AS Area III(b)
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course provides an introduction to the interdisciplinary approach to the study of human movement. It provides an orientation to various educational pathways, requirements, and career opportunities in kinesiology in the areas of teaching, coaching, allied health, and fitness professions. Basic concepts of the kinesiology discipline and the importance of the sub-disciplines are discussed. (C-ID KIN 100)

KINES 307 Mental Skills for Sport Performance **3 Units**

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Course Transferable to CSU
Hours: 54 hours LEC

This course provides a concentrated study of competition and motivation for sports. It also includes the study of the brain's impact on muscular activity in athletic performance. Stress management, goal setting, peak performance, adaptability, sport imagery training, and effective practice are covered. This course is formerly known as PET 307.

KINES 330 Care and Prevention of Athletic Injuries**3 Units**

Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.
Course Transferable to UC/CSU
Hours: 54 hours LEC

This course is an introduction to injury prevention, injury care, and rehabilitation of athletic injuries. It includes basic information regarding sports injuries, their causes, and treatments. This course is formerly known as PET 330.

KINES 334 Practical Applications in Athletic Training/ Sports Medicine**3 Units**

Corequisite: KINES 330
Course Transferable to UC/CSU
Hours: 36 hours LEC; 54 hours LAB

This course is designed to provide an overall experience of the sports medicine/athletic training profession. Topics include common evaluation and rehabilitative techniques, modality usage, and advanced taping and wrapping methods. This course is formerly known as PET 334.

KINES 340 Theory of Baseball**1 Unit**

Advisory: High school or college level baseball playing experience; ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Course Transferable to UC/CSU
Hours: 18 hours LEC

This course develops a thorough understanding of baseball. The emphasis is on learning and understanding basic concepts of training, individual techniques, strategies, and systems of defense, offense, pitching, base running, and field maintenance. Philosophies and drills are included.

KINES 350 Theory of Football**1 Unit**

Course Transferable to UC/CSU
Hours: 18 hours LEC

This course covers applications of different strategies when football teams face various schemes. This course is formerly known as PET 350.

KINES 356 Theory of Softball**1 Unit**

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Course Transferable to UC/CSU
Hours: 18 hours LEC

This course develops advanced analysis of softball. Focus is placed on analysis and instruction of individual skills and team concepts. Specific areas of emphasis include, but are not limited to, practice organization, individual fundamentals, team building fundamentals, as well as drills to develop these skills. The analysis of various coaching techniques, theories, and philosophy are included.

KINES 400 Applied Physiology of Exercise**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course examines how the body functions under conditions of exercise stress. It covers the practical applications of muscle function, cardiovascular and respiratory functions, training techniques, and the effect of environmental conditions on exercise. This course is formerly known as PET 400.

KINES 401 Applied Kinesiology**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course addresses movement as it relates to exercise. It includes analysis of movement in sport skills, stressing the contributions made by the muscular and skeletal systems.

KINES 402 Nutrition for Fitness**2 Units**

Same As: NUTRI 307
Course Transferable to CSU
Hours: 36 hours LEC

This course covers the basic principles of nutrition and the ramifications of nutrition on fitness training. Topics in this course include dietary practices and nutrient intake modifications that impact physical performance, including intake of energy nutrients, vitamins, water, electrolytes, and dietary supplements. This course also includes the study of body weight and body composition, as well as factors that affect body weight and the impact of body weight on physical performance. This course is formerly known as PET 402. This course is not open to students who have completed NUTRI 307.

KINES 403 Fitness and Exercise Assessment**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course covers the assessment of cardiorespiratory endurance, body fat analysis, muscular strength and endurance, blood pressure, and evaluation of exercise test results. Additional topics include factors influencing exercise programs, development of individual exercise programs, and the risk factors associated with exercise programs. This course is formerly known as PET 403.

KINES 404 Identification and Management of Fitness Injuries**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course addresses elementary human anatomy and the injuries that can occur to the musculoskeletal system as it relates to physical activity. The treatment and rehabilitation of these injuries and the use of protective equipment are presented.

KINES 405 Effects of Exercise on Special Populations**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course covers the effects of exercise on special populations and provides information to modify exercise based on age, disability, and medical conditions. It includes discussions of special groups including seniors, children with disabilities, adults with disabilities or chronic conditions, and individuals requiring exercise modifications due to physical impairments.

KINES 406 Techniques of Strength Training Instruction**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course covers how to teach a variety of strength training techniques and activities to individuals. It studies strength training sequences, strength training equipment, safety factors, and anatomy and physiology as it applies to strength training. It includes the development of strength training exercises and routines. Field trips may be required. This course is formerly known as PET 406.

KINES 407 Techniques of Group Fitness Instruction**2 Units**

Course Transferable to CSU
Hours: 36 hours LEC

This course covers how to teach a variety of fitness activities to groups of individuals. Emphasis is on how to design a physiologically safe and effective group fitness exercise class. This course is formerly known as PET 407.

KINES 408 Administration of Fitness Programs**2 Units***Course Transferable to CSU
Hours: 36 hours LEC*

This course serves as an introduction to the administration of fitness programs. It includes business operations, office procedures, facility design, and equipment considerations. Field trips may be required. This course is formerly known as PET 408.

KINES 495 Independent Studies in Physical Education Theory**1-3 Units***Course Transferable to CSU
Hours: 54-162 hours LAB*

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

KINES 498 Work Experience in Physical Education**1-4 Units***Advisory: Eligible for ENGRD 310 or ENGRD 312 AND ENGWR 300; OR ESLR 340 AND ESLW 340.*

Enrollment Limitation: Students must be in a paid or unpaid internship, volunteer position, or job related to physical education with a cooperating site supervisor. Students are advised to consult with the Physical Education Department faculty to review specific certificate and degree work experience requirements.

*General Education: AA/AS Area III(a)**Course Transferable to CSU
Hours: 60-300 hours LAB*

This course provides students with opportunities to develop marketable skills in preparation for employment or advancement within the field of physical education. It is designed for students interested in work experience and/or internships in transfer-level degree occupational programs. Course content includes understanding the application of education to the workforce, completion of Title 5 required forms which document the student's progress and hours spent at the work site, and developing workplace skills and competencies. During the semester, the student is required to complete 75 hours of related paid work experience, or 60 hours of related unpaid work experience for one unit. An additional 75 or 60 hours of related work experience is required for each additional unit. All students are required to attend the first class meeting, a mid-semester meeting, and a final meeting. Additionally, students who have not already successfully completed a Work Experience course will be required to attend weekly orientations while returning participants may meet individually with the instructor as needed. Students may take up to 16 units total across all Work Experience course offerings. This course may be taken up to four times when there are new or expanded learning objectives. Only one Work Experience course may be taken per semester.

Personal Activity**PACT 300 Archery I****1 Unit**

*Course Family: Archery
(see page 38 - limitation on active participatory courses)
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB*

The course emphasizes safety, knowledge, and basic skill development in recurve archery. No compound or crossbows are allowed. It also covers basic techniques with an emphasis on knowledge and use of the bow and related equipment.

PACT 310 Badminton I**1 Unit**

*Course Family: Badminton
(see page 38 - limitation on active participatory courses)
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB*

This course provides instruction in basic fundamentals, techniques, and rules of badminton. The emphasis is on skill and technique development, as well as strategies for singles and doubles.

PACT 311 Badminton II**1 Unit**

*Course Family: Badminton
(see page 38 - limitation on active participatory courses)
Enrollment Limitation: PACT 310 with a grade of "C" or better OR the ability to demonstrate skills beyond that of a beginning player - serve, smash, high clear, drop shot.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB*

This course provides instruction in intermediate skills, techniques, and rules of badminton. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

PACT 350 Golf I**1 Unit**

*Course Family: Golf
(see page 38 - limitation on active participatory courses)
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB*

This beginning golf course introduces the basic skills and knowledge necessary to play the game of golf. It focuses on the fundamental skills necessary to strike and putt the ball. It introduces the rules and etiquette necessary to play the game. Some sections of this course may be held on regulation golf courses to which students must bring their own golf clubs and pay for range and/or greens fees.

PACT 351 Golf II**1 Unit**

*Course Family: Golf
(see page 38 - limitation on active participatory courses)
Enrollment Limitation: PACT 350 with a grade of "C" or better; or the ability to perform a golf swing correctly and demonstrate the basic skills and etiquette needed to play golf on a course.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB*

This course covers the intermediate skills and knowledge necessary to play the game of golf. It focuses on swing evaluation necessary to improve ball striking, the rules and etiquette necessary to play on a public course, and course management strategies in order to negotiate a golf course. Some sections of this course may be held on area regulation golf courses in which students must bring their own golf clubs and pay range costs and/or greens fees.

PACT 352 Golf III **1 Unit**
Course Family: Golf
 (see page 38 - limitation on active participatory courses)
Enrollment Limitation: PACT 351 (Golf II) or experience playing on a golf course.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers advanced skills and knowledge necessary to excel at the game of golf. It focuses on improving the swing, special shot-making techniques, course management strategies for the advanced golfer, and clarification of rules and etiquette necessary to play the game at an advanced level. Different tournament formats are explored. This course is held on area regulation golf courses in which students must bring their own golf clubs, pay greens fees, and/or range costs.

PACT 390 Tennis I **1 Unit**
Course Family: Tennis
 (see page 38 - limitation on active participatory courses)
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of tennis.

PACT 391 Tennis II **1 Unit**
Course Family: Tennis
 (see page 38 - limitation on active participatory courses)
Advisory: PACT 390
General Education: AA/AS Area III(a) (effective Summer 2016); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course reviews basic fundamentals, techniques, rules, and social courtesies of tennis. It is intended for intermediate-level tennis players.

PACT 393 Tennis III **1 Unit**
Course Family: Tennis
 (see page 38 - limitation on active participatory courses)
Advisory: PACT 391
General Education: AA/AS Area III(a) (effective Summer 2016); CSU Area E2
Course Transferable to CSU
Hours: 54 hours LAB

This course focuses on improving and refining the physical and mental skills and techniques of tennis. Particular attention is given to strategic development of the player, while refining the racket skills that set up and finish points. Developing patterns, serving placement, and tactical court positioning are introduced and developed.

PACT 394 Tennis, Doubles **1 Unit**
Prerequisite: PACT 390 with a grade of "C" or better
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 54 hours LAB

This course provides instruction for intermediate and advanced players in competitive doubles tennis. Game tactics and skills development are emphasized.

PACT 430 Pickleball I **1 Unit**
Course Family: Pickleball
 (see page 38 - limitation on active participatory courses)
Course Transferable to CSU
Hours: 54 hours LAB

This course covers basic technique of strokes, rules of play, simple strategies, and the etiquette of pickleball.

PACT 431 Pickleball II **1 Unit**
Course Family: Pickleball
 (see page 38 - limitation on active participatory courses)
Course Transferable to CSU
Hours: 54 hours LAB

This course reviews basic fundamentals, techniques, rules, and social courtesies of pickleball. It emphasizes skill and technique development beyond that of a beginning player, as well as intermediate strategies for singles and doubles.

PACT 432 Pickleball III **1 Unit**
Course Family: Pickleball
 (see page 38 - limitation on active participatory courses)
Course Transferable to CSU
Hours: 54 hours LAB

This course focuses on improving and refining the physical and mental skills and techniques of pickleball. Particular attention is given to strategic development of the player, while refining the paddle skills that set up and finish points. Developing patterns, dink placement, and tactical court positioning are introduced and developed.

PACT 495 Independent Studies in Personal Activity **1-3 Units**
Prerequisite: None
Course Transferable to CSU
Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

Sport

SPORT 300 Baseball, Intercollegiate-Men **3 Units**
Prerequisite: At least one year of high school varsity baseball or equivalent
Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This course provides opportunity for intercollegiate competition in men's baseball. It provides baseball related skills, fundamentals, and team strategy. This course may be taken four times for credit.

SPORT 301 Off Season Conditioning for Baseball **.5-3 Units**
Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

**SPORT 303 Pre-Season Conditioning
for Baseball .5-3 Units**

*Course Transferable to UC/CSU
Hours: 27-162 hours LAB*

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

**SPORT 311 Basketball,
Intercollegiate-Men, Fall 1.5 Units**

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 87 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

**SPORT 312 Basketball,
Intercollegiate-Men, Spring 1.5 Units**

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 87 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

**SPORT 313 Off Season Conditioning
for Basketball .5-3 Units**

Enrollment Limitation: Tryout.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 27-162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of basketball. Topics include college-level basketball-specific skill development, sport specific strength training, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

**SPORT 314 Pre-Season Conditioning
for Basketball .5-3 Units**

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 27-162 hours LAB

This course is designed to increase sport performance and overall understanding of intercollegiate basketball concepts and strategic philosophies. Topics include collegiate level basketball-specific skill development, collegiate level offensive and defensive concepts, team-specific basketball fundamentals, team-specific drills for individual improvement and sport-specific agility drills, plyometrics, and speed training. This course may be taken up to 4 times for credit.

**SPORT 316 Basketball,
Intercollegiate-Women, Fall 1.5 Units**

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 87 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

**SPORT 317 Basketball,
Intercollegiate-Women, Spring 1.5 Units**

Advisory: ENGWR 102 or 103, and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better; OR placement through assessment process.

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 87 hours LAB

This course covers fundamentals, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. May be taken three times for credit.

**SPORT 320 Cross Country,
Intercollegiate-Men 3 Units**

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 175 hours LAB

This course covers fundamentals, rules, and individual and team strategies appropriate to intercollegiate athletic competition in men's cross country. It provides opportunities for student-athletes to compete at the intercollegiate level. This course may be taken up to four times for credit.

**SPORT 325 Cross Country,
Intercollegiate-Women 3 Units**

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 175 hours LAB

This is an advanced team activity for female students providing specialized training for competition. It covers fundamental and advanced techniques needed for specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken up to four times for credit.

**SPORT 330 Football,
Intercollegiate-Men 3 Units**

Enrollment Limitation: Tryout

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 175 hours LAB

This course is an intercollegiate sport providing opportunity for competition in men's football. It provides football fundamentals, skills, rules, and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

SPORT 331 Off Season Conditioning for Football**.5-3 Units***Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course involves training and technical skill development specific to the sport of football for off-season student-athletes. Topics include skill development, strength training, speed development, agility training, plyometric drills, cardiovascular conditioning, and increased flexibility. This course may be taken up to four times for credit.

SPORT 332 Pre-Season Conditioning for Football**.5-3 Units***General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed. Strength and conditioning drills are included to enhance football skills. This course may be taken up to four times for credit.

SPORT 340 Golf, Intercollegiate-Men**3 Units***Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 175 hours LAB*

This course provides opportunity for competition in men's golf. It covers golf fundamentals and skills. It also includes rules and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

SPORT 341 Off Season Conditioning for Golf .5-3 Units*Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course involves a combination of fundamental skills and strategy with an emphasis on a fitness component for the sport of golf. It offers a mental training component for peak performance. This course is designed to prepare students for intercollegiate golf competition. This course may be taken up to four times for credit.

SPORT 345 Golf, Intercollegiate-Women**3 Units***Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 175 hours LAB*

This course is an intercollegiate sport providing opportunities for competition in women's golf. It covers fundamentals and skills, rules, individual and/or team strategy appropriate to intercollegiate athletic competition. This course may be taken up to four times for credit.

SPORT 350 Soccer, Intercollegiate-Men**3 Units***Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 175 hours LAB*

This course provides opportunity for intercollegiate competition in men's soccer. Soccer fundamentals and skills are covered. It also includes rules, and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

SPORT 351 Off-Season Conditioning for Men's Soccer**.5-3 Units***Enrollment Limitation: Tryout.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. This course may be taken up to four times for credit.

SPORT 355 Soccer, Intercollegiate-Women 3 Units*Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 175 hours LAB*

This course is an intercollegiate sport providing opportunity for competition in women's soccer. It provides soccer fundamentals and skills, including rules as well as individual and team strategy appropriate for intercollegiate athletic competition. This course may be taken up to four times for credit.

SPORT 356 Off Season Conditioning for Women's Soccer**1-3 Units***Enrollment Limitation: Tryout.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 54-162 hours LAB*

This physical education course covers training and conditioning skills and techniques specific for intercollegiate soccer. It focuses on basic concepts and skills with emphasis on conditioning. This course may be taken up to four times for credit.

SPORT 358 Pre-Season Conditioning for Men's Soccer**.5-3 Units***General Education: CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course increases sport performance and the overall understanding of intercollegiate soccer concepts and strategic philosophies. Topics include collegiate-level soccer-specific skill development, collegiate-level offensive and defensive concepts, team-specific soccer fundamentals, team-specific drills for individual improvement and sport specific agility work, plyometrics, and speed training.

SPORT 365 Softball, Intercollegiate-Women 3 Units*Enrollment Limitation: Tryout**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 175 hours LAB*

This is an advanced softball activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and softball skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

SPORT 366 Off Season Conditioning for Softball**.5-3 Units***Enrollment Limitation: Tryout.**General Education: AA/AS Area III(a); CSU Area E2**Course Transferable to UC/CSU**Hours: 27-162 hours LAB*

This course covers basic fundamental skills and strategy tactics with an emphasis on a fitness component for intercollegiate athletics in the sport of softball. It offers a mental training component for peak performance. This course may be taken up to four times for credit.

**SPORT 368 Pre-Season Conditioning
for Softball .5 Units**

General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27 hours LAB

This course is designed to optimize sports performance and reduce the risk of injury for the pre-season intercollegiate athlete in the sport of softball. Course content includes softball fundamental skills development, strength training, cardiovascular conditioning, agility, plyometric, speed training, and flexibility exercises. This course may be taken up to four times for credit.

**SPORT 370 Swimming and Diving,
Intercollegiate-Men 3 Units**

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This is an advanced swimming and diving activity course that provides competition with other community college teams. It provides swimmers and divers with fundamentals, rules, team strategies, and aquatic skills. This course may be taken up to four times for credit.

**SPORT 375 Swimming and Diving,
Intercollegiate-Women 3 Units**

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This is an advanced swimming and diving activity course that provides competition with other community college teams. Fundamentals, rules, team strategy, and aquatic skills appropriate to intercollegiate athletic competition are expected of competitors. This course may be taken up to four times for credit.

SPORT 376 Off Season Swim & Dive .5-3 Units

Enrollment Limitation: Try out. This course is designed for athletes on the swim and dive team.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. This course may be taken up to four times for credit.

**SPORT 377 Pre-Season Conditioning
Swim & Dive .5-3 Units**

Enrollment Limitation: Try out
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. It may be taken up to four times for credit.

SPORT 380 Tennis, Intercollegiate-Men 3 Units

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. This course may be taken four times for credit.

SPORT 385 Tennis, Intercollegiate-Women 3 Units

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.
Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. This course may be taken four times for credit.

**SPORT 386 Off Season Conditioning
for Tennis .5-3 Units**

Enrollment Limitation: Two years of varsity high school experience or equivalent. Tryout required.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course prepares the intercollegiate tennis player for the competitive season and reduces risk of injury. Course content includes collegiate level tennis-specific skill development, a solid aerobic conditioning plan, sport-specific strength training, agility work, plyometrics, speed training, flexibility exercises and other activities designed to prepare the athlete both physically and mentally. This course may be taken up to four times for credit.

**SPORT 390 Track and Field,
Intercollegiate-Men 3 Units**

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This intercollegiate track and field course provides specialized training for competition with other community college teams. It covers the fundamental and advanced techniques needed for specific events, along with the rules, strategies, sportsmanship, and teamwork appropriate for intercollegiate competition. This course may be taken up to four times for credit.

**SPORT 395 Track and Field,
Intercollegiate-Women 3 Units**

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This is an advanced track and field team activity for female students providing specialized training for competition. It covers the fundamental and advanced techniques needed for specific events, along with the rules and strategies appropriate for intercollegiate competition. This course may be taken up to four times for credit.

**SPORT 396 Off Season Conditioning
for Track and Field .5-3 Units**

Enrollment Limitation: Try out required.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course includes sport-specific training, conditioning, and technical skill development specific to the sport of track and field for the off-season student athlete. Course content includes sport-specific skill development, event-specific strength training, cardiovascular conditioning, agility training, plyometric drills, anaerobic speed development, and enhancement of flexibility. This course may be taken up to four times for credit.

**SPORT 403 Pre-Season Conditioning
for Volleyball .5-3 Units**

*General Education: AA/AS Area III(a) (effective Summer 2016);
 CSU Area E2*
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course involves a combination of skill development and strategy tactics with an emphasis on a fitness component for the sport of volleyball. It offers a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition. It may be taken up to 4 times for credit.

SPORT 405 Volleyball, Intercollegiate-Women 3 Units

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This course provides an opportunity for competition in intercollegiate women's volleyball. It provides volleyball fundamentals and skills. It also includes rules and individual and team strategies appropriate for intercollegiate athletic competition. This course may be taken four times for credit.

**SPORT 406 Off Season Conditioning
for Volleyball .5-3 Units**

Enrollment Limitation: Tryout.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course provides training and technical skill development specific to the sport of volleyball for off-season student-athletes. Topics include skill development, strength training, cardiovascular conditioning, agility work, plyometrics, speed training, and flexibility exercises. This course may be taken up to four times for credit.

SPORT 410 Water Polo, Intercollegiate-Men 3 Units

*Advisory: Eligible for ENGRD 310 or ENGRD 312
 AND ENGWR 300; OR ESLR 340 AND ESLW 340.*
Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This advanced water polo team activity provides opportunities for competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

SPORT 415 Water Polo, Intercollegiate-Women 3 Units

Enrollment Limitation: Tryout
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 175 hours LAB

This is an advanced water polo team activity that provides competition with other community college teams. Fundamentals, rules, team strategy, and swimming skills appropriate to intercollegiate athletic competition are expected of the competitors. This course may be taken up to four times for credit.

SPORT 416 Off Season Water Polo .5-3 Units

Enrollment Limitation: Try out.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition. This course may be taken up to four times for credit.

**SPORT 417 Pre-Season Conditioning
for Water Polo .5-3 Units**

Enrollment Limitation: Try out.
General Education: AA/AS Area III(a); CSU Area E2
Course Transferable to UC/CSU
Hours: 27-162 hours LAB

This course is designed for student athletes involved in or trying out for the collegiate water polo team. It combines basic skills and strategy tactics with an emphasis on a fitness component for the sport of water polo. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate water polo competition.

SPORT 495 Independent Studies in Sport 1-3 Units

Prerequisite: None
Course Transferable to CSU
Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.

Team Activities

TMACT 300 Soccer, Indoor

1 Unit

Course Family: Soccer

(see page 38 - limitation on active participatory courses)

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the beginning-level knowledge and skills needed to play indoor soccer. It also covers the differences between indoor and outdoor soccer as well as the history, techniques, rules, and strategies of the game with an emphasis on improvement of their physical fitness and skills.

TMACT 301 Indoor Soccer II

1 Unit

Course Family: Soccer

(see page 38 - limitation on active participatory courses)

Prerequisite: TMACT 300 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the intermediate-level player knowledge and skills needed to play indoor soccer, with an emphasis in defending, attacking, and technical ability. It also covers the skills, strategy, and rules that govern the play of indoor soccer.

TMACT 302 Soccer - Outdoor

1 Unit

Course Family: Soccer

(see page 38 - limitation on active participatory courses)

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the beginning-level knowledge and skills needed to play outdoor soccer, emphasizing defense, offense, passing, ball control, heading, and shooting. It also covers the skills, strategy, and rules that govern the play of outdoor soccer.

TMACT 303 Outdoor Soccer II

1 Unit

Course Family: Soccer

(see page 38 - limitation on active participatory courses)

Prerequisite: TMACT 302 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the intermediate-level player environment to challenge and improve the player's knowledge and skills needed to play outdoor soccer, emphasizing defending, attacking, and technical ability. It covers the skills, strategy, and rules that govern the play of outdoor soccer. This class is not designed for beginning soccer players.

TMACT 304 Outdoor Soccer III

1 Unit

Course Family: Soccer

(see page 38 - limitation on active participatory courses)

Prerequisite: TMACT 303 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers an advanced level knowledge and skills needed to play outdoor soccer, emphasizing technical and conditioning drills, game preparations, match analysis, and tactical knowledge, as well as defensive and offensive drills of advanced level play. It also introduces basic coaching techniques.

TMACT 310 Baseball

1 Unit

Prerequisite: Have completed at least one year of varsity high school baseball or equivalent.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course emphasizes defense, offense, pitching, base running, team strategy, and conditioning for college level, advanced baseball.

TMACT 320 Basketball

1 Unit

Course Family: Basketball

(see page 38 - limitation on active participatory courses)

Advisory: Participation on a high school basketball team

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course features tournament scrimmage play to improve offensive, defensive, and team skills for basketball. It also covers individual fundamental skills including shooting, passing, ball handling, individual defense, and rebounding.

TMACT 330 Volleyball

1 Unit

Course Family: Volleyball

(see page 38 - limitation on active participatory courses)

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This beginning volleyball course covers the basic techniques of passing, setting, serving, and attacking, as well as rules and simple strategies of play.

TMACT 331 Volleyball II

1 Unit

Course Family: Volleyball

(see page 38 - limitation on active participatory courses)

Prerequisite: TMACT 330 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This intermediate course focuses on refining basic skills of serving, passing, and setting as well as further developing skills in serve-receive, defense, spiking, blocking, and digging. It also covers challenging techniques and strategies that follow NCAA collegiate rules and etiquette.

TMACT 333 Volleyball III

1 Unit

Course Family: Volleyball

(see page 38 - limitation on active participatory courses)

Prerequisite: TMACT 331 with a grade of "C" or better

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This advanced volleyball class focuses on more complicated skills and techniques of the sport. Competitive play takes a higher priority. Topics include a variety of offensive and defensive systems, and how to apply them in a game-like setting.

TMACT 340 Football **1 Unit**

Advisory: ENGWR 102 and ENGRD 116 with a grade of "C" or better; OR ESLR 320 and ESLW 320 with a grade of "C" or better.

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers advanced offensive and defensive strategies for football at the college level. Blocking schemes, tackling techniques, as well as offensive and defensive formations are discussed.

TMACT 352 Softball, Slow Pitch **1 Unit**

General Education: AA/AS Area III(a); CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course covers the basic softball skills of throwing, catching, pitching, and hitting. Rules and strategies are also covered, including position play and base running.

TMACT 370 Water Polo **1 Unit**

Prerequisite: Participants must be able to swim 300 yards freestyle without stopping and have sufficient egg beater and breast-stroke kicks to tread water for 5 minutes.

General Education: CSU Area E2

Course Transferable to UC/CSU

Hours: 54 hours LAB

This course features tournament-style scrimmage play to improve offensive, defensive, and team skills in water polo.

**TMACT 495 Independent Studies
in Team Activities** **1-3 Units**

Prerequisite: None

Course Transferable to CSU

Hours: 54-162 hours LAB

Independent Study is an opportunity for the student to extend classroom experience in this subject, while working independently of a formal classroom situation. Independent study is an extension of work offered in a specific class in the college catalog. To be eligible for independent study, students must have completed the basic regular catalog course at American River College. They must also discuss the study with a professor in this subject and secure approval. Only one independent study for each catalog course will be allowed.