Physical Education (PHYS ED)

Courses

PHYS ED 1 Physical Education Activities 0.5 Units
Terms offered: Summer 2019 8 Week Session, Spring 2019, Fall 2018
Instruction in a variety of sports, exercise, and conditioning activities is offered at the elementary level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring: 15 weeks - 2 hours of laboratory per week

Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

Grading/Final exam status: Letter grade. Final exam not required.

PHYS ED 2 Physical Education Activities 0.5 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Instruction in a variety of sports, exercise, and conditioning activities is offered at the low intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring: 15 weeks - 2 hours of laboratory per week

Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

Grading/Final exam status: Letter grade. Final exam not required.

PHYS ED 3 Physical Education Activities 0.5 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Instruction in a variety of sports, exercise, and conditioning activities is offered at the intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring: 15 weeks - 2 hours of laboratory per week

Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

Grading/Final exam status: Letter grade. Final exam not required.

PHYS ED 4 Physical Education Activities 0.5 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Instruction in a variety of sports, exercise, and conditioning activities is offered at the high intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring: 15 weeks - 2 hours of laboratory per week

Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

Grading/Final exam status: Letter grade. Final exam not required.
PHYS ED 5 Physical Education Activities 0.5 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Instruction in a variety of sports, exercise, and conditioning activities is offered at the advanced level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.
Physical Education Activities: Read More [+]

Rules & Requirements
Repeat rules: Course may be repeated for credit without restriction.

Hours & Format
Fall and/or spring: 15 weeks - 2 hours of laboratory per week
Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam not required.

PHYS ED 11 Physical Education Activities 0.5 Units
Variety of intercollegiate sports for men. Students should select section by activity. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.
Physical Education Activities: Read More [+]

Rules & Requirements
Repeat rules: Course may be repeated for credit without restriction.

Hours & Format
Fall and/or spring: 15 weeks - 2 hours of laboratory per week
Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam not required.

PHYS ED 12 Physical Education Activities 0.5 Units
Variety of intercollegiate sports for women. Students should select section by activity. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.
Physical Education Activities: Read More [+]

Rules & Requirements
Repeat rules: Course may be repeated for credit without restriction.

Hours & Format
Fall and/or spring: 15 weeks - 2 hours of laboratory per week
Summer:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Offered for pass/not pass grade only. Final exam not required.
Instructor: Scott

PHYS ED 32 Fitness for Life: Physical Adaptations to Exercise 3 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Develops the relationship between physical fitness and wellness through scientific evidence presented in the areas of exercise science and health. The body's adaptation to programs of aerobic conditioning and strength training are examined. Areas associated with health and fitness, including nutrition and weight control, maintaining fitness with age, heart disease, low back care, and stress reduction are discussed. The laboratory/discussion will provide students with opportunities to assess their own fitness and health.
Fitness for Life: Physical Adaptations to Exercise: Read More [+]

Hours & Format
Fall and/or spring: 15 weeks - 2 hours of lecture and 2 hours of laboratory per week
Summer:
6 weeks - 5 hours of lecture and 5 hours of laboratory per week
8 weeks - 4 hours of lecture and 4 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructor: Johannessen

Fitness for Life: Physical Adaptations to Exercise: Read Less [-]
PHYS ED 47A Introduction to Skin and SCUBA Diving 2 Units
Terms offered: Fall 2012, Fall 2011, Spring 2011
This course will prepare students to explore the marine environment. Lecture topics will include: diving physics and physiology, life support equipment, the marine environment, diving safety and planning, and dive rescue techniques. Students will be introduced to the skills needed to maximize safety and enjoyment for recreational diving. Practice dives will be completed in both pool sessions and several open water ocean dives. Upon completion of the course, students will be able to demonstrate proper techniques in skin diving, SCUBA equipment handling, emergency response, neutral buoyancy, navigation, buddy diving techniques and rescue skills. Student who successfully complete all the course requirements will receive the Basic Open Water SCUBA certificate.

Rules & Requirements
Prerequisites: Pass swim evaluation and medical examination for diving
Hours & Format
Fall and/or spring: 15 weeks - 2 hours of lecture and 2 hours of laboratory per week
Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructors: Hayward, Scott

PHYS ED 47B Intermediate Skin and SCUBA Diving 2 Units
Terms offered: Fall 2016, Fall 2015, Fall 2014
This course is designed to continue the training and experiences of divers possessing a Basic Open Water certificate. Divers will be introduced to new diving environments and techniques, including night diving, nitrox diving, deeper diving, hazardous marine life, additional search and rescue techniques, etc. The weekend open water ocean dives will be conducted in Monterey and Carmel. This course will properly prepare students interested in underwater marine research and participation in PE/IB C407 - Introduction to Scientific Diving. Students who successfully complete all the course requirements will receive Advanced Diver and Enriched Air Nitrox Diver certifications from the National Association of Underwater Instructors (NAUI).

Rules & Requirements
Prerequisites: Basic SCUBA certification; pass swim evaluation and medical examination for SCUBA
Hours & Format
Fall and/or spring: 15 weeks - 2 hours of lecture and 2 hours of laboratory per week
Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructors: Hayward, Scott

PHYS ED 60 Cultural Sources of Dance, Rhythm, and Movement 3 Units
This course examines the many roles dance plays in various cultures around the world. Students will explore dance with respect to folklore, religion, sociology, geography, body types, and lifestyles. Dances for birth, death, marriage, war, harvest, religion, and pleasure will be dissected, discussed, and related back to society. Course material will bring focus to ideas pertaining to American culture and the use of the body in art and contemporary society. Lectures will identify how and why humans dance, and why certain rhythms and movements are inherent to each culture. With lectures will be a two-hour laboratory where students will personally experience movement styles, rhythms, and sounds of the world. No prior dance experience needed.

Rules & Requirements
Prerequisites: Read More [+]

Hours & Format
Fall and/or spring: 15 weeks - 2 hours of lecture and 2 hours of laboratory per week
Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructor: Li-Jue

Cultural Sources of Dance, Rhythm, and Movement: Read Less [-]
PHYS ED 64 Cultural, Historical, Philosophical, and Social Impact of Martial Arts 2 Units
Terms offered: Spring 2015, Spring 2010, Spring 2009
This course is designed for students to learn historical and cultural contexts in which various martial arts have emerged; how they have been influenced by historical, philosophical, cultural, social, political, and educational developments; what functions they once performed; and the place they hold in contemporary societies. Recent research will be studied regarding the physiological and psychological dimensions of martial arts and their contribution to physical and mental health. An essential component of such martial arts as Judo and Taekwondo is the development of strong moral and ethical values. Students will study why and how these are developed and how to be able to use this information in bettering their own lives.

PHYS ED C129 Human Physiological Assessment 3 Units
Terms offered: Spring 2019, Spring 2018, Spring 2017
Principles and theories of human physiological assessment in relation to physical activity and conditioning. Performance of laboratory procedures in the measurement and interpretation of physiological fitness (cardiorespiratory endurance, body composition, musculoskeletal fitness).

PHYS ED 98 Supervised Group Study 1 - 4 Units
Terms offered: Spring 2019, Fall 2018, Spring 2018
Supervised studies by lower division students. Enrollment is restricted by regulations listed in the General Catalog.

Instructor: Ahn

Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format
Fall and or spring: 15 weeks - 2 hours of lecture per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Offered for pass/not pass grade only. Final exam required.

Also listed as: INTEGBI C129L

Instructor: Johannessen

Prerequisites: Restricted to freshmen and sophomores with consent of instructor

Rule changes: Course may be repeated for credit without restriction.

Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.

Also listed as: INTEGBI C129L

Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Offered for pass/not pass grade only. Final exam required.
PHYS ED 130 History and Philosophy of Sport and Physical Activity 3 Units
Terms offered: Spring 2019, Fall 1990
History and philosophy of sport and physical activity from antiquity to today. Special consideration is given to Olympism and the Olympic Games.

Objectives Outcomes

Course Objectives: Categorize and compare the issues, challenges, and future of sport and physical activity.
Demonstrate how to research and to prepare a written, term paper on a topic in sport and physical activity.
Evaluate potential career paths in sport and physical activity.
Identify and describe the history of sport and physical activity from antiquity to today.
Identify and describe the professional organizations publications, and professional leaders in sport and physical activity.
Identify and relate the philosophical, physiological, psychological, sociological, political, and economic concepts for sport and physical activity.
Read, summarize, analyze, and appraise an article from a peer-reviewed journal and demonstrate how to cite properly the article’s bibliographical information using the styles from the American Medical Association (AMA) and the American Psychological Association (APA).

Hours & Format
Fall and/or spring: 15 weeks - 3 hours of lecture per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructor: Murray

PHYS ED C165 Introduction to the Biomechanical Analysis of Human Movement 4 Units
Terms offered: Fall 2016, Fall 2015, Fall 2014, Fall 2013
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.

Objectives Outcomes

Course Objectives: Categorize and compare the issues, challenges, and future of sport and physical activity.
Demonstrate how to research and to prepare a written, term paper on a topic in sport and physical activity.
Evaluate potential career paths in sport and physical activity.
Identify and describe the history of sport and physical activity from antiquity to today.
Identify and describe the professional organizations publications, and professional leaders in sport and physical activity.
Identify and relate the philosophical, physiological, psychological, sociological, political, and economic concepts for sport and physical activity.
Read, summarize, analyze, and appraise an article from a peer-reviewed journal and demonstrate how to cite properly the article’s bibliographical information using the styles from the American Medical Association (AMA) and the American Psychological Association (APA).

Hours & Format
Fall and/or spring: 15 weeks - 3 hours of lecture and 3 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructor: Scott

Also listed as: INTEGBI C125L

PHYS ED C165L Introduction to the Biomechanical Analysis of Human Movement 4 Units
Terms offered: Fall 2010
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.

Objectives Outcomes

Course Objectives: Categorize and compare the issues, challenges, and future of sport and physical activity.
Demonstrate how to research and to prepare a written, term paper on a topic in sport and physical activity.
Evaluate potential career paths in sport and physical activity.
Identify and describe the history of sport and physical activity from antiquity to today.
Identify and describe the professional organizations publications, and professional leaders in sport and physical activity.
Identify and relate the philosophical, physiological, psychological, sociological, political, and economic concepts for sport and physical activity.
Read, summarize, analyze, and appraise an article from a peer-reviewed journal and demonstrate how to cite properly the article’s bibliographical information using the styles from the American Medical Association (AMA) and the American Psychological Association (APA).

Hours & Format
Fall and/or spring: 15 weeks - 3 hours of lecture and 3 hours of laboratory per week

Additional Details
Subject/Course Level: Physical Education/Undergraduate
Grading/Final exam status: Letter grade. Final exam required.
Instructor: Scott

Formerly known as: C165

Introduction to the Biomechanical Analysis of Human Movement: Read Less [-]
**PHYS ED 197 Field Study in Physical Education 1 - 3 Units**

Terms offered: Spring 2019, Fall 2018, Spring 2018  
Supervised experience relevant to specific aspects of physical education, sport, and fitness. Regular individual meetings with faculty sponsor and written reports required.  
*Field Study in Physical Education: Read More [+]*

**Rules & Requirements**

Repeat rules: Course may be repeated for credit without restriction.

**Hours & Format**

Fall and/or spring: 15 weeks - 0 hours of fieldwork per week  
Summer:  
6 weeks - 2.5-7.5 hours of fieldwork per week  
8 weeks - 1.5-5.5 hours of fieldwork per week

**Additional Details**

Subject/Course Level: Physical Education/Undergraduate  
Grading/Final exam status: Offered for pass/not pass grade only. Final exam not required.

**PHYS ED 198 Supervised Group Study 1 - 4 Units**

Terms offered: Spring 2019, Fall 2018, Spring 2018  
Supervised studies by upper division students. Enrollment is restricted by regulations listed in the General Catalog.  
*Supervised Group Study: Read More [+]*

**Rules & Requirements**

Prerequisites: Must have 60 units and consent of instructor  
Repeat rules: Course may be repeated for credit without restriction.

**Hours & Format**

Fall and/or spring: 15 weeks - 1-4 hours of directed group study per week  
Summer:  
6 weeks - 2.5-7.5 hours of directed study per week  
8 weeks - 1.5-5.5 hours of study per week

**Additional Details**

Subject/Course Level: Physical Education/Undergraduate  
Grading: Letter grade.  
Instructors: Hayward, Scott  
Formerly known as: Integrative Biology C407/Physical Education C407  
Also listed as: INTEGBI C407

**PHYS ED C407 Introduction to Scientific Diving 3 Units**

Terms offered: Spring 2017, Spring 2016, Spring 2015  
Diving physics, physiology, medicine, rescue, decompression, theory, navigation, environment, marine life, research methods, equipment, and University regulations. Course leads to University certification to use underwater life support apparatus for study or research under University auspices.  
*Introduction to Scientific Diving: Read More [+]*

**Rules & Requirements**

Prerequisites: Advanced scuba certification, swim test, medical exam, and consent of instructor

**Hours & Format**

Fall and/or spring: 15 weeks - 2 hours of lecture and 3 hours of laboratory per week

**Additional Details**

Subject/Course Level: Physical Education/Other professional  
Grading: Letter grade.

Instructors: Hayward, Scott  
Formerly known as: Integrative Biology C407/Physical Education C407  
Also listed as: INTEGBI C407

*Introduction to Scientific Diving: Read Less [-]*