

SEC. #	DAY(S)	TIME	INSTRUCTOR	ROOM
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PHOTOGRAPHY

DIVISION ARTS & CULTURAL PROGRAMS

ROOMS IN (LRC) ARE LOCATED IN THE LEARNING RESOURCE CENTER

PHOTO 190 BEGINNING PHOTOGRAPHY

3 Units/Advisory: ART 120, READ 023 or appropriate assessment
Transfers to: UC, CSU

This course is designed for students who wish to study the basic technical and conceptual approaches to contemporary photography. Traditional black and white photography techniques are explored, with special emphasis on the basic use of the 35 mm camera and enlarger as well as the processing of black and white film and printing paper. Students are required to have their own 35mm camera with manual controls.

Enrollment in Ticket #5017 is recommended for additional open lab time.

0778	MW	8:00-11:10 AM	ACUNA C	Rm B017
0771	MW	11:15 AM-2:25 PM	ACUNA C	Rm B017
0764	MW	3:30-6:40 PM	STAFF	Rm B017
0772	TTh	8:00-11:10 AM	ACUNA C	Rm B017
0765	TTh	11:15 AM-2:25 PM	MAUK L	Rm B017
0733	TTh	3:30-6:40 PM	MANSOLINO A	Rm B017
★ 0770	TTh	7:00-10:10 PM	MANSOLINO A	Rm B017
★ 0762	MW	7:00-10:10 PM	CERVANTES M	Rm B017

(Section #0762 will focus on issues related to law enforcement photography)

PHOTO 191 INTERMEDIATE PHOTOGRAPHY

3 Units/Prerequisite: PHOTO 190.
Advisory: READ 023 or appropriate assessment.
Transfers to: UC, CSU

This course is designed for students who have successfully completed beginning photography and wish to study more advanced technical and conceptual approaches to contemporary black and white photography in a 35mm film based, wet lab environment. Techniques such as the use of studio lighting, light meters, toners, hand coloring, and solarization are explored, with special emphasis given to understanding the conceptual framework for the production and analysis of both personal and commercial photographic imagery. Students are required to have their own 35mm camera with manual controls.

Enrollment in Ticket #5017 is recommended for additional open lab time.

0747	TTh	8:00-11:10 AM	ACUNA C	Rm B017
0790	MW	11:15 AM-2:25 PM	ACUNA C	Rm B017
0766	TTh	11:15 AM-2:25 PM	MAUK L	Rm B017

PHOTO 290 MEDIUM AND LARGE FORMAT PHOTOGRAPHY

2 Units/Prerequisite: PHOTO 190.
Advisory: READ 023 or appropriate assessment.
Transfers to: CSU

This course is designed for students who have successfully completed beginning photography and wish to study more advanced technical and conceptual approaches to contemporary black and white photography using medium and large format films and cameras in a traditional wet lab environment. Special emphasis is given to the understanding and analysis of photographic imagery. This course may be taken once and repeated three times for credit.

Enrollment in Ticket #5017 is recommended for additional open lab time.

0768	MW	9:00-11:05 AM	ACUNA C	Rm B017
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PHOTO 291 COLOR PHOTOGRAPHY

3 Units/Prerequisite: PHOTO 190.
Advisory: READ 023 or appropriate assessment.
Transfers to: CSU

This course is designed for students who have successfully completed beginning photography and wish to study contemporary color photography in a 35mm film based, lab environment. The use of a color enlarger and color print processor, to achieve properly balanced prints from negative film as well as the use of a color analyzer to assist in printing, color retouching, the use and effect of filters on the color print, and mounting of color prints for exhibition will be presented. This course may be taken once and repeated once for credit.

Enrollment in Ticket #5017 is recommended for additional open lab time.

★ 0779	TTh	7:00-10:10 PM	MANSOLINO A	Rm B017
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PHOTO 292 DIGITAL PHOTOGRAPHY

3 Units/Prerequisite: PHOTO 190
Advisory: READ 023 or appropriate assessment, ENGL 030 or ESL 197 or appropriate assessment.
Transfers to: CSU

This course is designed for students who have successfully completed Photo 190 and have a working knowledge of basic camera controls and photographic composition. It will cover use of digital cameras, image editing and manipulation, digital printing, and the expression of ideas through digital photographs. This course may be taken once and repeated once for credit. Students are required to supply their own digital camera.

0113	MW	3:30-6:40 PM	MANSOLINO A	Rm LR116
★ 0690	MW	7:00-10:10 PM	MANSOLINO A	Rm LR116

NCOA 001 NON-CREDIT WORKSHOP

0 Units
This non-credit section enables art students enrolled in studio classes to use the classroom studios and labs during the open lab hours on Fridays between 10:00 am and 2:20 pm.
5017 Hours To Be Arranged DOWNEY J Rm B10, B11, B17

PHYSICAL EDUCATION

DIVISION OF PHYSICAL EDUCATION
& HEALTH SCIENCES

THEORY CLASS HEALTH

PE/TH 191
HEALTH: PERSONAL ISSUES
3 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.
Transfers to: UC (credit limit*), CSU
(*Students will receive credit from UC for only one of the following courses: PE/TH 191 or PE/TH 192 or PE/TH 196.)

This course is designed for all students that are physically active and interested in learning how to improve and maintain their personal health. Topics covered include the general health principles, nutrition and diet, physical fitness, stress management, sexuality and reproduction, drug/alcohol use and abuse, consumer and safety issues and the process of death. Students learn how to develop sound health principles through text readings, lectures, assignments/labs and guest speakers.

1044	MW	9:40-11:05am	HEBERT S	Rm HS10
★ 1053	M	7:00-10:10pm	URQUIDI B	Rm HS10
1055	TTh	9:40-11:05am	HEBERT S	Rm HS10

PE/TH 192
WOMEN'S PERSONAL HEALTH
3 Units/Advisory: READ 023 or appropriate assessment and ENGL 035 or ESL 198 or appropriate assessment.
Transfers to: UC (credit limit*), CSU
(*Students will receive credit from UC for only one of the following courses: PE/TH 191 or PE/TH 192 or PE/TH 196.)

This course is designed for all students interested in expanding their knowledge regarding health problems and social issues unique to women. Physiological and psychological aspects of nutrition, hygiene, sexuality and reproduction, drugs and chemicals, and common diseases are among the many topics covered. Guest speakers, videos, current events, and text readings will assist the student in developing sound health principles.

1052	TTh	11:15-12:40pm	NEWKIRK M	Rm HS10
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Digital Photography

NEW!




PHOTO 292

Section #0113 MW 3:30-6:40 PM
Section #0690 MW 7:00-10:10 PM

This course is designed for students who have successfully completed PHOTO 190 and have a working knowledge of basic camera controls and photographic composition. It will cover use of digital cameras, image editing and manipulation in Photoshop, digital printing, and the expression of ideas through digital photography.

SEC. #	DAY(S)	TIME	INSTRUCTOR	ROOM
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PHYSICAL EDUCATION, CONTINUED

PE/TH 196

HEALTH: FITNESS AND WELLNESS

3 Units/Advisory: READ 023 or appropriate assessment and ENGL 035 or ESL 198 or appropriate assessment.

Transfers to: UC (credit limit*), CSU

(*Students will receive credit from UC for only one of the following courses: PE/TH 191 or PE/TH 192 or PE/TH 196)

This course is designed for all students who are interested in learning the value of life-long, healthy lifestyles. Students will be given the tools to assist them in making positive life-style changes based on a personal health/fitness profile. Topics covered include: basic anatomy and physiology, nutrition, weight control, tobacco and alcohol, muscle fitness, flexibility, stress reduction, and cardiovascular functioning.

1045	MW	8:05-9:30am	AYALAA	Rm HS10
1046	MW	11:15-12:40pm	PUDELKO K	Rm HS10
1047	TTh	8:05-9:30am	AYALAA	Rm HS10
★ 0663	T	7:00-10:10pm	AYALAA	Rm HS10
1048	F	8:30-11:40am	SIARA R	Rm HS10

ONLINE COURSE ACCESS: ONLINE.RIOHONDO.EDU

☞8109 24HRS/7 DAYS WILLIAMS J INTERNET

Important information-pp 13-14. Instructor email: jwilliams@riohondo.edu

ONLINE COURSE ACCESS: ONLINE.RIOHONDO.EDU

☞8228 24HRS/7 DAYS AYALAA INTERNET

Important information-pp 13-14. Instructor email: ayala@riohondo.edu

PE/TH 193

STANDARD FIRST AID AND CPR

3 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.

Transfers to: UC, CSU

This class is designed for students pursuing a career working with the public and for those who want to further their understanding of handling emergency situations. Students will learn techniques for control of bleeding, splinting, transporting victims, emergency procedures, one person C.P.R. and two person C.P.R and AED. Students will have the opportunity to apply these technical procedures in class. This course fulfills the requirements for American Red Cross certifications in both Standard First Aid and Cardiopulmonary Resuscitation (C.P.R.). This course may be taken once and repeated twice for credit.

1006	MW	12:50-2:15pm	AYALAA	Rm G107X
1054	TTh	9:40-11:05am	PUDELKO K	Rm G107X
★ 1069	T	7:00-10:10pm	PUDELKO K	Rm G107X

PE/TH194

INTRODUCTION TO KINESIOLOGY

3 Units/Advisory: Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.

Transfers to: CSU

This course is designed for those students who are interested in pursuing a career in the field of kinesiology. The philosophy, history and scientific foundations of kinesiology, exercise science, health/wellness, fitness and sport will be covered. Students will have the opportunity to explore professional career opportunities in teaching, coaching, athletic training, sport management, fitness leadership, sport media and health/wellness. The challenges, future of kinesiology, sport and health/wellness are also addressed.

0949	MW	9:40-11:05am	PUDELKO K	Rm G107X
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FITNESS CERTIFICATION PROGRAM

PE/TH 122

NUTRITION FOR SPORT AND FITNESS

3 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 023 or appropriate assessment, MATH 020 or appropriate assessment.

Transfers to: CSU

This course provides an overview of the role of nutrition to increase energy and enhance performance. Nutrient needs before, during, and after exercise are evaluated for their effect on optimal health. Carbohydrate loading, popular diets and supplementation are discussed. This course is designed for the student pursuing a career in the fitness industry, a certificate in the proposed Fitness Specialist Program or a degree in Exercise Science, as well as those interested in furthering their understanding of the effects of nutrition on the mind and body.

★ 1050	M	7:00-10:10 pm	SENK J	Rm G107X
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PE/TH 126

PRINCIPLES OF STRENGTH AND CONDITIONING

2 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 023 or appropriate assessment, MATH 020 or appropriate assessment.

Transfers to: CSU

This course is designed to include the necessary information needed for those intending to teach strength and conditioning. The course covers anatomy and physiology, training sequences, available equipment, and safety factors including contraindications. This course is designed for the student pursuing a career in the fitness industry, a certificate in the proposed Fitness Specialist Program, or a proposed degree in Exercise Science, as well as those interested in furthering their understanding of the effects of exercise on the mind and body.

THE FOLLOWING COURSE MEETS AUGUST 22-OCTOBER 16, 2009

★ 1000	W	6:00-10:20 PM	SENK J	Rm G107X
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PE/TH 127

APPLIED EXERCISE PHYSIOLOGY

2 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 023 or appropriate assessment, MATH 020 or appropriate assessment.

Transfers to CSU

This course provides an overview of how the body functions under conditions of exercise stress and how fitness behaviors affect health and wellness. Emphasis will be placed on muscular, cardio-respiratory, and other physiological processes that are affected by exercise. The effects of various diseases will also be addressed. This course is designed for the student pursuing a career in the fitness industry, a Certificate in the Fitness Specialist Program or a degree in Exercise Science, as well as those interested in furthering their understanding of the effects of exercise on the mind and body.

THE FOLLOWING COURSE MEETS OCTOBER 17-DECEMBER 12, 2009

★ 0909	W	6:00-10:20 PM	LIM T	Rm G107X
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PE/TH 131

APPLIED KINESIOLOGY

2 Units/Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 023 or appropriate assessment, MATH 020 or appropriate assessment.

This course provides an overview of the study of movements as it relates to exercise under both normal and injury conditions. Students will learn the practical implications of bones, joints nerves, and muscle actions. Emphasis is placed on applying body alignment, range of motion, stabilization, and acceleration principles to the development of exercise programs. This course is designed for the student pursuing a career in the fitness industry, a Certificate in the proposed Fitness Specialist Program, or a degree in Exercise Science, as well as those interested in furthering their understanding of the effects of exercise on the mind and body.

THE FOLLOWING COURSE MEETS AUGUST 22-OCTOBER 16, 2009

★ 0958	Th	6:00-10:20 PM	URQUIDI B	Rm G107X
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ACTIVITY CLASSES: INDIVIDUAL

PE 101

TENNIS I

1 Unit/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

Transfers to: UC (credit limit *), CSU.

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This is a beginning tennis class designed to take the student to a recreational level in skills. Instruction in the serve, groundstroke, volley, and rules are taught so that the student can compete on a recreational level.

0935	TTh	11:15-12:40pm	UNGER K	Tennis Courts
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0969	F	8:30-11:40am	UNGER K	Tennis Courts
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PE 201

TENNIS II

1 Unit/Prerequisite: PE 101

Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

Transfers to: UC (credit limit *), CSU.

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This is an intermediate tennis class designed to take the student beyond recreational skills. Advanced instruction in the serve, groundstrokes, volley, and playing strategy is given. The lob and smash are introduced.

0941	TTh	11:15-12:40pm	UNGER K	Tennis Courts
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0944	F	8:30-11:40am	UNGER K	Tennis Courts
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PHYSICAL EDUCATION, CONTINUED

PE 107

BADMINTON I

1 Unit/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This is a beginning badminton class designed to take the student to a recreational level in skills. Instruction in the serve, drive, drop, smash, and clear is given and rules are taught so that the student can compete on a recreational level.

★ 0954 T 7:00- 10:10pm STAFF Rm G100

PE 120

BADMINTON II

1 Unit/Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 022 or appropriate assessment, and PE 107.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This is an intermediate level badminton class designed to take the student beyond just recreational skills. Advanced instruction is given in the serve, drive, drop, smash, and clear strokes. The Indonesian serve, around-the-head shot, hairpin and flick are introduced.

★ 0957 T 7:00- 10:10pm STAFF Rm G100

PE 113

GOLF I

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

(* The UC will grant a maximum of 4 units credit for PE activity courses)

Golf I is designed for the beginning golfer who wants to gain the fundamental skills that form the basis of good golf technique. The goal of this class is for the students to learn to play a respectable game of golf, to avoid embarrassment, and to enjoy time outdoors with friends. Etiquette, rules and course play are included.

0988 W 2:25-5:35pm EASTMAN R Pico Rivera Golf Course

0934 TTH 8:05-9:30AM SALAZAR M Pico Rivera Golf Course

PE 213

GOLF II

1 Unit/Prerequisite: PE 113 Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

Golf II is designed for the intermediate to advanced golfer who wants to take their golf game beyond basic fundamentals. Every year thousands of people choose golf as their favorite sports activity. Once learned, golf becomes an enjoyable lifetime recreation. Golf II students will build on the skills learned in Golf I. A major portion of class time is spent on the golf course applying the techniques learned in Golf I.

1386 W 2:25-5:35pm EASTMAN R Pico Rivera Golf Course

0940 TTH 8:05-9:30AM SALAZAR M Pico Rivera Golf Course

PE 117

SWIMMING I

1 Unit/Advisory: READ 023 or appropriate assessment and ENGL 030 or ESL 197 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is a beginning class designed to equip students with basic water skills and knowledge in order to make them reasonably safe while in the water. It is suitable for all students interested in basic swimming.

0964 MW 11:15-12:40pm HINZE M Rm POOL

0965 TTh 11:15-12:40pm HINZE M Rm POOL

PE 217

SWIMMING II

1 Unit/Prerequisite: PE 117 or equivalent of American Red Cross Beginning Swimmers Course.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This is an intermediate class designed to provide the individual with the opportunity to learn the elements of good swimming. Students will sharpen

their technique in the basic strokes learned in Swim I. Basic components of distance training will be covered along with conditioning methods. Safety and rescue skills are also included.

0967 MW 11:15-12:40pm HINZE M Rm POOL

0971 TTh 11:15-12:40pm HINZE M Rm POOL

PE 120

SWIM FOR FITNESS

1 Unit/Prerequisite: PE 117

Advisory: ENGL 030 or ESL 197 or appropriate assessment, READ 022 or appropriate assessment, and PE 117.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This is a swimming/fitness course designed to provide the individual who has beginning swimming skills an opportunity to master the fundamentals of physical fitness as they relate to swimming as an aerobic activity. Emphasis will be placed on aerobic training with some training at the anaerobic threshold and anaerobic levels. This class is suitable for all students interested in swimming as a fitness activity.

★ 0974 TTh 5:30- 6:55pm HINZE M Rm POOL

PE 130

LIFELONG FITNESS LABORATORY

1 Unit/This course satisfies the PE graduation requirement.

Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This 45 hour self-paced physical fitness laboratory is designed for all students of the college to develop and encourage positive attitudes and habits with regards to health-related fitness components, including cardiovascular fitness, flexibility, and muscular strength and endurance. Each student, upon entry, will be assessed for risk factors and medical history, as well as body composition, cardiovascular fitness, muscular strength and endurance, and flexibility to establish an individual fitness profile. From this profile, an individual exercise prescription will be developed. Fitness activity will primarily utilize exercise equipment organized into an aerobic super circuit with additional activity prescribed in the aerobics machine area, body parts weight training area, and flexibility area. It is expected that the student will attend an average of three 50 minute exercise sessions each week. Additional assessment at the conclusion of the semester will provide data necessary to evaluate the accomplishment of stated goals. Offered on a Credit/No-Credit basis.

AUGUST 22-DECEMBER 12, 2009

1160 MTWThF 6:00 AM - 1:00 PM SENK Rm G150

MTWTh 4:00PM - 8:00 PM

Sat 7:00 AM - 12:00 PM

ALL NEW STUDENTS AND STUDENTS WHO HAVE NOT MAINTAINED YEARLY ENROLLMENT MUST ATTEND A MANDATORY ONE HOUR ORIENTATION SESSION:

Orientations are scheduled by appointment only! Call (562) 908-3461 or visit the Fitness Center in person to schedule an Orientation. Orientation sessions have limited capacities and students will be scheduled first come first serve. You must have an orientation appointment scheduled no later than September 16, 2009.

Orientation sessions are as follows and are held in Room G107X. STUDENT IDENTIFICATION CARD REQUIRED

PE 130: LIFELONG FITNESS LABORATORY FALL 2009 ORIENTATIONS

Monday, August 24th: 2:30pm, 3:30 pm, and 5:00pm

Tuesday, August 25th: 1:00pm, 4:30pm, and 5:30pm

Wednesday, August 26th: 3:00pm and 4:00pm

Thursday, August 27th: 8:30am, 1:00pm, and 2:00pm

Saturday, August 29th: 9:30am, 10:30am, and 12:00pm

Monday, August 31st: 11:30am and 3:00pm

Tuesday, September 1st: 4:30pm and 5:30pm

Wednesday, September 2nd: 2:30pm and 3:30pm

Thursday, September 3rd: 4:30pm

Friday September 4th: 11:30am and 12:30pm

Tuesday, September 8th: 5:00pm and 6:00pm

Wednesday, September 9th: 3:00pm and 4:00pm

Thursday, September 10th: 1:00pm and 4:30pm

Saturday, September 12th: 10:00am and 11:00am

Monday, September 14th: 5:30pm

Wednesday, September 16th: 4:00pm

Thursday, September 17th : 2:30pm

Call or visit the Fitness Center by Sept 14th for an appointment, (562) 908-3461.

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PHYSICAL EDUCATION, CONTINUED

PE 132

AQUA AEROBICS

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment, READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This is a beginning course in aqua-aerobics. The instruction and activity leading to cardiovascular fitness, muscular strength, and flexibility will be done in water. The exercise will be choreographed to music and there will be a variation of movement and tempo in the exercises. The resistance and buoyancy of the water will be considered in designing the exercise routine. This class is especially appropriate for those students who are overweight, pregnant, elderly or recovering from injuries. Knowledge of swimming not required.

0998	MW	12:50-2:15pm	STAFF	POOL
1387	MW	5:00-6:25pm	URQUIDI B	POOL

PE 134

FITNESS THROUGH RHYTHMIC AEROBICS

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for the beginning as well as advanced student who wishes to increase their cardiovascular fitness level. It is designed to present the following skills to the student: rhythmic aerobics, step aerobics, core fitness and flexibility training. Additionally, the students will learn basic definitions and terminology of the current fitness arena, assisting them with life long fitness goals.

0976	MW	9:40-11:05am	ALCOCER B	Rm G132
0983	TTh	8:05-9:30am	STANKEVITZ D	Rm G132

PE 139

CROSS TRAINING FOR FITNESS

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This cross-training course is designed for the beginning as well as advanced student who wishes to increase their cardiovascular fitness level through a variety of aerobic and anaerobic activities. It is designed to present the following skills to the student: cycling, running, swimming, interval training and introduction to weight training. Additionally, the students will learn basic definitions and terminology of the current fitness arena, assisting them with life long fitness goals using a variety of cardiovascular mediums. This course may be taken once and repeated three times for credit.

0417	MW	11:15-12:40PM	HEBERT S	Rm G130
0994	F	8:30-11:40AM	URQUIDI B	Rm G130

PE 140

WALKING FOR FITNESS

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed to meet the needs of daily physical exercise for life long fitness and health. Walking is one of the safest and most effective forms of exercise to improve health, and develop and maintain physical fitness. Research has proven that walking improves body composition, cardiovascular fitness, flexibility, muscular endurance, and muscular strength. The course provides aerobic conditioning through the activity of walking. Instruction in proper diet, heart rate monitoring, skill proficiency and fitness program planning will be provided to each student. Students will participate in aerobic fitness testing exercises and goal setting.

0985	MW	11:15-12:40pm	SENK J	TRACK
★ 0989	MW	6:00-7:25pm	NEWKIRK M	TRACK
1388	TTh	8:05-9:30am	PUDELKO K	TRACK

PE 147

FITNESS FOR ATHLETIC COMPETITION

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for all students preparing for or participating in competitive sports. The purpose of the course is to develop a level of physical fitness, strength and conditioning that will enhance the athlete's ability to be successful in intercollegiate competition.

1722	T	2:25-5:35pm	EASTMAN R	Pico Rivera Golf Course
1011	MW	11:15-12:40pm	SALAZAR M	Rm BBFLD
0980	MW	1:00-2:25PM	URQUIDI B	SOFTBALL FIELD

PE 148

STRENGTH TRAINING

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for students who would like to learn the basic fundamentals of strength and conditioning. Students will be introduced to a variety of routines that will enable them to develop a personal exercise plan.

0993	MW	9:40-11:05am	SALAZAR M	Rm G130
★ 0972	MW	5:30-6:55pm	STAFF	Rm G130
1724	MW	8:05-9:30am	PUDELKO K	Rm G130
1389	TTh	9:40-11:05am	TANAKA J	Rm G130
1033	TTh	11:15-12:40pm	URQUIDI B	Rm G130
1036	Sat	8:00-11:10am	HENNIGAN J/ ALCOCER B	Rm G130

PE 102

BASEBALL I

1 Unit/Transfer to: UC (credit limit *), CSU.

This is a course designed to present the fundamental skills involved in baseball such as batting, throwing, catching, baserunning, team play, and strategy. Rules and class competition are included.

THE FOLLOWING COURSE MEETS AUGUST 22-OCTOBER 16, 2009

1022	MW	11:15-2:25pm	SALAZAR M	Rm BBFLD
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PE 202

BASEBALL II

1 Unit/Prerequisite: PE 102

Transfer to: UC (credit limit *), CSU.

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for the advanced baseball student interested in competing at the collegiate level. Special emphasis will be placed on the team aspect of baseball. Individual skills such as batting, throwing, catching, pitching, fielding, baserunning, and playing strategies will be developed through instructor coaching.

THE FOLLOWING SECTION MEETS OCTOBER 19-DECEMBER 12, 2009

1021	MW	11:15-2:25pm	SALAZAR M	Rm BBFLD
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Design a Fitness Program

Any two of the following results in a weekly fitness regime to improve your health.

PE 120 Swim for Fitness	PE 138 Pilates: Mat 1
PE 130 Lifelong Fitness Lab	PE 140 Walking for Fitness
PE 132 Aqua Aerobics	PE 148 Strength Training
PE 134 Rhythmic Aerobics	PE 158 Yoga

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PHYSICAL EDUCATION, CONTINUED

PE 103

SOFTBALL I

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for the beginning student who wishes to gain the fundamental skills of softball. It is designed to present the following skills to the student: throwing, batting, bunting, and defense. Additionally, the individual field positions and the responsibilities of team work will be emphasized.

1001	TTh	2:00-3:25pm	URQUIDI B	SOFTBALL FIELD
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PE 203

SOFTBALL II

1 Unit/Prerequisite: PE 103

Transfers to: UC (credit limit*), CSU.

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for the advanced student who wishes to gain additional skills in the sport of softball. It is designed to present the following skills to the student: throwing, batting, bunting, and defense. In addition to these basic skills, we will cover both offensive and defensive strategies, as well as game situations through class competitions.

0948	TTh	2:00-3:25pm	URQUIDI B	SOFTBALL FIELD
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PE104

VOLLEYBALL I

1 Unit/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is a beginning class designed to present the basic fundamental skills and rules of volleyball. The student will have the opportunity to learn and practice serving, setting, and spiking. The student will also participate in team play. This class is appropriate for students who have never played volleyball, are just learning the game or haven't played for an extended period of time and want to refresh their skills. This course may be taken once and repeated three times for credit. 3 hours activity

1014	MW	9:40-11:05AM	ESKO/WASHINGTON	Rm G100
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PE 204

VOLLEYBALL II

1 Unit/Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for intermediate volleyball students who have previously played volleyball and are looking to improve their skill and knowledge of the game. Students will develop the intermediate skills of setting, serving, passing, spiking, team Offense of 6-1, 5-1 and defensive coverage. Rules and class competition are included. This course may be taken once and repeated three times for credit. 3 hours activity

1065	MW	9:40-11:05AM	ESKO/WASHINGTON	Rm G100
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PE 105

BASKETBALL 1

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This beginning level course designed for all students will provide instruction in the fundamentals of basketball such as dribbling, passing, shooting, team play, rebounding, defense and strategy. Rules and class competition are included in instruction. The emphasis will be on active participation, basketball as recreation and skill development within this team sport.

0907	MW	8:05-9:30am	SALAZAR M	Rm G100
★ 1061	M	7:00-10:10pm	HEBERT S	Rm G100
1025	TTh	9:40-11:05am	SALAZAR M	Rm G100
0979	F	8:30-11:40am	HEBERT S	Rm G100

PE 109

SOCCER I

1 Unit/Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is a beginning class designed to present basic fundamental skills of soccer which include dribbling, passing, kicking, trapping, and concepts of offensive and defensive team strategy. Rules of the game, skill practice, and class competition are included.

0783	MW	9:40-11:05am	TANAKA J	SOCCER FIELD
0914	TTh	9:40-11:05am	NEWKIRK M	SOCCER FIELD
★ 0422	Th	7:00-10:10PM	TANAKA J	Rm G100
1064	MW	11:15-12:40PM	TANAKA J	SOCCER FIELD

PE 136

PILATES MAT I

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment and READ 022 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (* The UC will grant a maximum of 4 units credit for PE activity courses)

This course introduces students to the basic Pilates floor exercises, which are designed to increase strength in the abdominal and spinal musculature. Students will engage in activities and exercises designed to increase awareness of body alignment, increase strength in the torso, spine and limbs, increase endurance, learn breathing techniques to utilize in strength training exercises, increase coordination, improve balance, and will learn about the muscle groups and their actions being utilized in the course. This course is suitable for students interested in dance, Hatha Yoga, athletics and individuals seeking to increase strength to better support the spine in every day activities

0931	MW	8:05-9:30am	MCDOWELL C	Rm G132
★ 0712	MW	7:05-8:30pm	SHERWOOD D	Rm G131
1049	TTh	8:05-9:30am	CARTAGENA A	Rm G131
★ 1056	TTh	5:30-6:55pm	CASEBOLT E	Rm G132
1020	F	11:15-2:25pm	OMABOE, N	Rm G131

PE 158

YOGA I

1 Unit/Advisory: ENGL 030 or ESL 197 or appropriate assessment, READ 022 or appropriate assessment.

Transfer to: UC (credit limit*), CSU

(* The UC will grant a maximum of 4 units credit for PE activity courses)

This course is designed for the beginning students who would like to learn the fundamental physical Asanas (poses) of Hatha Yoga as well as Pranayama (breathing techniques). The goal of the course is to integrate the mind, body, and spirit and to give the student tools to better manage stress, alleviate physical tensions, and encourage optimum fitness. In this introductory course, students learn proper physical alignment in the standing poses (Sum Salutation Series A-C, Warrior 102, Downward Dog, Upward Dog, Cobra, (Staff Lotus, Cobbler, Twists, Backbends), and in elementary inversions (Inverted Leg Rest, Headstand Preparation, WallDog Preparation).

0995	MW	8:05-9:30am	HINZE M	Rm G131
0999	MW	9:40-11:05am	MCDOWELL C	Rm G132
0910	TTh	9:40-11:05am	LOPEZ R	Rm G131
1051	TTh	11:15-12:40pm	SENK J	Rm G131
★ 0984	TTh	7:05-8:30pm	CASEBOLT E	Rm G132
0911	F	8:00-11:10am	MCDOWELL C	Rm G131
0991	Sat	8:30-11:40am	LOPEZ R	Rm G132

Fitness Specialist Certification

This program prepares students for employment in the health and fitness industry and provides a basis for professional advancement.

- PE/TH 122 Nutrition for Sport & Fitness**
- PE/TH 126 Principals of Strength and Conditioning**
- PE/TH 131 Applied Kinesiology**
- PE/TH 127 Applied Exercise Physiology**

Begin the program in Fall 2009 and be certified by Fall 2010.

SEC. #	DAY(S)	TIME	INSTRUCTOR	ROOM	SEC. #	DAY(S)	TIME	INSTRUCTOR	ROOM
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PHYSICAL EDUCATION, CONTINUED

INTERCOLLEGIATE ATHLETICS

Teams are limited to enrollment for students who are candidates for specific teams. Teams spend a minimum of 10 hours a week in preparation for regularly scheduled competition with other colleges.

WOMEN'S TEAMS

PE 170

WOMEN'S INTERCOLLEGIATE BASKETBALL TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's basketball. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1031 MTWThF TBA STAFF Rm G100

PE 172

WOMEN'S INTERCOLLEGIATE VOLLEYBALL TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's volleyball. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1032 MTWThF TBA ESKO T Rm G100

PE 175

WOMEN'S INTERCOLLEGIATE CROSS-COUNTRY TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's cross-country. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1034 MTWThF TBA STAFF Rm TRACK

PE 176

WOMEN'S INTERCOLLEGIATE SOCCER TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's soccer. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1038 MTWThF TBA TANAKA J Rm FIELD

PE 188

WOMEN'S INTERCOLLEGIATE WATER POLO TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of women's water polo. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1040 MTWThF TBA HINZE M POOL

MEN'S TEAM

PE 181

MEN'S INTERCOLLEGIATE BASKETBALL TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of men's basketball. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1035 MTWThF TBA HEBERT S Rm G100

PE 182

MEN'S INTERCOLLEGIATE CROSS-COUNTRY TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of men's cross-country. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1037 MTWThF TBA STAFF Rm TRACK

PE 189

MEN'S INTERCOLLEGIATE WRESTLING TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of men's wrestling. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1042 MTWThF TBA TELLEZ M Rm G131

PE 190

MEN'S INTERCOLLEGIATE SOCCER TEAM

2 Units/Advisory: READ 022 or appropriate assessment. This course satisfies the PE graduation requirement.

Transfers to: UC (credit limit *), CSU (*The UC will grant a maximum of 4 units credit for PE activity courses)

This is an advanced course designed for students who will be competing at the collegiate level in the sport of men's soccer. Students will be required to spend a minimum of 10 hours a week preparing for competition with other colleges.

1039 MTWThF TBA BRENES O Rm FIELD

PHYSICS

DIVISION OF MATHEMATICS & SCIENCES

PHY 150

GENERAL PHYSICS-I

4 Units/Prerequisite: MATH 175 with a grade of "C" or better or appropriate assessment.

Advisory: ENGL 035 or ESL 198 or appropriate assessment and READ 023 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (*Students will receive credit from UC for one physics series: PHY 150 and PHY 160 or PHY 211, PHY 212 and PHY 213)

This course is the first of a two-semester sequence and is designed for students transferring to a four-year institution and planning careers in health professional fields such as medicine, dentistry, veterinary science, pharmacy, and optometry as well as those students in engineering technology and architecture. Students majoring in the biological sciences should consult a counselor as to whether this course satisfies the general preparation requirements for the major at the university. Topics include kinematics, dynamics, energy, work, momentum, and conservation principles.

1095 MW(Lec) 2:25-3:50 PM PRIEST V Rm S226
&MW(Lab) 4:00-5:25 PM PRIEST V Rm S224

PHY 211

PHYSICS FOR SCIENTISTS AND ENGINEERS-I

4 Units/Prerequisite: MATH 180

Prerequisite/Corequisite: MATH 190

Advisory: ENGL 035 or ESL 198 or appropriate assessment, READ 023 or appropriate assessment.

Transfers to: UC (credit limit*), CSU (*Students will receive credit from UC for one physics series: PHY 150 and PHY 160 or PHY 211, PHY 212 and PHY 213)

This course is the first of a three-semester sequence and is designed for students transferring to a four-year institution with majors in the sciences and engineering. Topics covered are kinematics, dynamics, energy, work, momentum, and conservation principles.

★ 1098 TTh(Lec) 5:25-6:50 PM PRIEST V Rm S226
&TTh(Lab) 7:00-8:25 PM PRIEST V Rm S224