

INTERCOLLEGIATE ATHLETICS

Note: UC Credit Limitation

The University of California (UC) has a limitation on transfer credits of Intercollegiate Athletics (ICA) and Physical Education (PE) courses. The UC will give a maximum of 4 units for a combination of any or all of these PE/ICA activity courses:

Course ID	Title	Units/ Hours
ICA R110	Intercollegiate Cross-Country-Men	3
ICA R120	Intercollegiate Soccer-Men	3
ICA R122	Conditioning for Men's Soccer	0.5-2
ICA R130A	Intercollegiate Basketball-Men/Fall	3
ICA R130B	Intercollegiate Basketball-Men/Spring	2
ICA R132	Conditioning for Men's Basketball	0.5-2
ICA R140	Intercollegiate Baseball-Men	3
ICA R142	Conditioning for Men's Baseball	0.5-2
ICA R160	Intercollegiate Cross Country-Women	3
ICA R162	Conditioning for Cross Country	0.5-2
ICA R165	Conditioning for Athletes	0.5-2
ICA R170	Intercollegiate Soccer-Women	3
ICA R172	Conditioning for Women's Soccer	0.5-2
ICA R180	Intercollegiate Softball-Women	3
ICA R182	Conditioning for Women's Softball	0.5-2
ICA R190A	Intercollegiate Basketball-Women/Fall	3
ICA R190B	Intercollegiate Basketball-Women/Spring	2
ICA R192	Conditioning for Women's Basketball	0.5-2

Program Student Learning Outcomes

Students informed in Intercollegiate Athletics will be able to:

- Demonstrate leadership roles both on campus and in the community.
- Complete the requirements for successful transfer to a four-year institution.
- Develop the ability to participate in athletic competition to the fullest extent of his or her capability.
- Connect to teammates, coaches and the competitive atmosphere in a manner that enhances participation as well as the team environment.
- Execute advanced intercollegiate skills in fitness, physical activity, and intercollegiate athletics.

NOTE: The UC limits enrollment in some courses. See the Overview tab for details.

ICA R110 Intercollegiate Cross-Country-Men 3 Units

Formerly: PE R166

In-Class Hours: 175 laboratory

Enrollment Limitations: Must have permission from instructor for enrollment. .

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate men's cross country which will be applied to competitive situations. Student-athletes engaged in intercollegiate men's cross country should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 12 units of credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R120 Intercollegiate Soccer-Men 3 Units

Formerly: PE R169

In-Class Hours: 175 laboratory

Enrollment Limitations: Must have permission from instructor for enrollment. .

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate men's soccer which will be applied to competitive situations. Student-athletes engaged in intercollegiate men's soccer should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 12 units of credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R122 Conditioning for Men's Soccer 0.5-2 Units*In-Class Hours:* 26.25-105 laboratory

The training and conditioning exercises cover advanced forms of strength training, cardiovascular and skill work being emphasized. Out of season speed/endurance, stamina, and skill efficiency will be enhanced through use of different fitness parameters in preparing for the intercollegiate soccer season. The course is intended for student-athletes to improve their physical conditioning and strength for men's soccer. Athletes that compete in intercollegiate athletics need to prepare all year to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 8 units of credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R130A Intercollegiate Basketball-Men/Fall 3 Units*In-Class Hours:* 175 laboratory

Enrollment Limitations: Must have permission by instructor for enrollment.

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate men's basketball which will be applied to competitive situations. Student-athletes engaged in intercollegiate men's basketball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 12 units of credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R130B Intercollegiate Basketball-Men/Spring 2 Units*In-Class Hours:* 105 laboratory

Enrollment Limitations: Must have permission by instructor for enrollment.

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate men's basketball which will be applied to competitive situations. Student-athletes engaged in intercollegiate men's basketball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 8 units of credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: None

IGETC: None

ICA R132 Conditioning for Men's Basketball 0.5-2 Units*In-Class Hours:* 26.25-105 laboratory

The topics covered in this course will provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate men's basketball. Athletes that compete in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 8 units of credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R140 Intercollegiate Baseball-Men 3 Units*In-Class Hours:* 175 laboratory

Enrollment Limitations: Must have permission by instructor for enrollment.

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate men's baseball which will be applied to competitive situations. Student-athletes engaged in intercollegiate men's baseball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 12 units of credit.

Field Trips: Will be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R142 Conditioning for Men's Baseball 0.5-2 Units*In-Class Hours:* 26.25-105 laboratory

The topics covered in this course will provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate men's baseball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading

Repeatable for Credit: Course may be repeated up to a maximum of 8 units of credit.

Field Trips: May be required

Degree Applicability: Applies to Associate Degree

AA/AS GE: E2

Transfer Credit: CSU, UC

UC Credit Limitations: None

CSU GE-Breadth: E

IGETC: None

ICA R160 Intercollegiate Cross Country-Women 3 Units*In-Class Hours:* 175 laboratory*Enrollment Limitations:* Must have permission by instructor for enrollment.

This course provides student athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's cross country which will be applied to competitive situations. Student athletes engaged in intercollegiate women's cross country should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 12 units of credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R162 Conditioning for Cross Country 0.5-2 Units***In-Class Hours:* 26.25-105 laboratory

This course is designed for student-athletes to improve their physical conditioning and skill level to compete at intercollegiate cross country meets. It will provide students with advanced training, conditioning, nutritional, and racing plans for intercollegiate cross country competition. Athletes that participate in rigorous activity such as cross country are expected to follow the professional instruction provided in order to ensure optimal opportunity to excel at the next level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R165 Conditioning for Athletes 0.5-2 Units***In-Class Hours:* 26.25-105 laboratory

This course is designed for student-athletes to improve their physical conditioning and skill level for a specific sport. Athletes who participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to perform to the best of their ability.

Grade Modes: Letter Graded**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ICA R170 Intercollegiate Soccer-Women 3 Units***In-Class Hours:* 175 laboratory*Enrollment Limitations:* Must have permission by instructor for enrollment.

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's soccer which will be applied to competitive situations. Student-athletes engaged in intercollegiate women's soccer should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 12 units of credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R172 Conditioning for Women's Soccer 0.5-2 Units***In-Class Hours:* 26.25-105 laboratory

The training and conditioning exercises covered in this course are designed with advanced forms of strength training, cardiovascular and skill work being emphasized. Out of season speed/endurance, stamina, and skill efficiency will be enhanced through use of different fitness parameters in preparing for the soccer season. The course is intended for student-athletes to improve their physical conditioning and strength for women's soccer. Athletes that compete in intercollegiate athletics need to prepare all year to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None

ICA R180 Intercollegiate Softball-Women 3 Units*In-Class Hours:* 175 laboratory*Enrollment Limitations:* Must have permission by instructor for enrollment.

This course provides student-athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's softball which will be applied to competitive situations. Student-athletes engaged in intercollegiate women's softball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 12 units of credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R182 Conditioning for Women's Softball 0.5-2 Units***In-Class Hours:* 26.25-105 laboratory

The topics covered in this course provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate women's softball. Athletes that participate in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R190A Intercollegiate Basketball-Women/Fall 3 Units***In-Class Hours:* 175 laboratory*Enrollment Limitations:* Must have permission by instructor for enrollment.

This course provides student athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's basketball which will be applied to competitive situations. Student athletes engaged in intercollegiate women's basketball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 12 units of credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None**ICA R190B Intercollegiate Basketball-Women/Spring 2 Units***In-Class Hours:* 105 laboratory*Enrollment Limitations:* Must have permission by instructor for enrollment.

This course provides student athletes with the opportunity to develop advanced skills and the strategies in intercollegiate women's basketball which will be applied to competitive situations. Student athletes engaged in intercollegiate women's basketball should expect to compete against other institutions, travel, and put in additional hours beyond the normal activity load.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** Will be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** None**IGETC:** None**ICA R192 Conditioning for Women's Basketball 0.5-2 Units***In-Class Hours:* 26.25-105 laboratory

The topics covered in this course are designed to provide students with the opportunity to develop advanced strengthening, conditioning, nutritional, and strategic plans for intercollegiate women's basketball.

Athletics that compete in intercollegiate athletics need additional preparation to ensure optimal opportunity to excel at their highest level.

Grade Modes: Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be repeated up to a maximum of 8 units of credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** None**CSU GE-Breadth:** E**IGETC:** None*For more information, contact:*

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