

# INTERCOLLEGIATE ATHLETICS

## ICA V02 Intercollegiate Baseball 4 Units

*Formerly:* PE V76

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level. .

This course covers the theory and practice of baseball at an advanced level. It is designed to provide training for competition in intercollegiate baseball.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

## ICA V03 Intercollegiate Basketball: Men 4 Units

*Formerly:* PE V78

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course develops athletic skills and techniques in basketball for advanced players. Emphasis is placed on team development, basketball skill improvement, and teamwork through intercollegiate competition.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

**CSU GE-Breadth:** E

**IGETC:** None

## ICA V04 Intercollegiate Basketball: Women 4 Units

*Formerly:* PE V79

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course develops athletic skills and techniques in basketball for advanced women players. Emphasis is placed on team development, basketball skill improvement, and teamwork through intercollegiate competition.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

## ICA V05 Intercollegiate Cross-Country: Men 4 Units

*Formerly:* PE V80

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course is designed to introduce the theory and practice of cross-country running. It will also provide training for competition in men's intercollegiate cross-country.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V06 Intercollegiate Cross-Country: Women 4 Units**

*Formerly:* PE V81

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of cross-country running. It is designed to provide training for competition in women's intercollegiate cross-country.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V07 Intercollegiate Football 4 Units**

*Formerly:* PE V82

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course will introduce the theory and practice of football. It is designed to provide training for competition in intercollegiate football.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V08 Intercollegiate Golf 4 Units**

*Formerly:* PE V84

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of golf. It is designed to provide training for competition in intercollegiate golf.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V13 Intercollegiate Soccer: Women 4 Units**

*Formerly:* PE V85

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of soccer. It is designed to provide training for competition in intercollegiate women's soccer.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V14 Intercollegiate Softball: Women 4 Units**

*Formerly:* PE V87

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of fast pitch softball. It is designed to provide training for competition in intercollegiate women's softball.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V15 Intercollegiate Swimming and Diving: Men 4 Units**

*Formerly:* PE V83

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of swimming and diving. It is designed to provide training for competition in men's intercollegiate swimming and diving.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V16 Intercollegiate Swimming and Diving: Women 4 Units**

*Formerly:* PE V91

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of swimming and diving. It is designed to provide training for competition in women's intercollegiate swimming.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V17 Intercollegiate Tennis: Men 4 Units**

*Formerly:* PE V92

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of tennis. It is designed to provide training for competition in men's intercollegiate tennis.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V18 Intercollegiate Tennis: Women 4 Units**

*Formerly:* PE V93

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of tennis. It is designed to provide training for competition in women's intercollegiate tennis.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V19 Intercollegiate Track and Field: Men 4 Units**

*Formerly:* PE V94

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of track and field for men. It is designed to provide training for competition in men's intercollegiate track and field.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V20 Intercollegiate Track and Field: Women 4 Units**

*Formerly:* PE V86

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of track and field. It is designed to provide training for competition in women's intercollegiate track and field.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V22 Intercollegiate Volleyball: Women 4 Units**

*Formerly:* PE V97

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of volleyball. It is designed to provide training for competition in women's intercollegiate volleyball.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V23 Intercollegiate Water Polo: Men 4 Units**

*Formerly:* PE V98

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of water polo. It is designed to provide training for competition in men's intercollegiate water polo.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V24 Intercollegiate Water Polo: Women 4 Units**

*Formerly:* PE V99

*In-Class Hours:* 17.5 lecture, 52.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of water polo. It is designed to provide training for competition in women's intercollegiate water polo.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V25 Intercollegiate Beach Volleyball: Women 4 Units**

*In-Class Hours:* 17.5 lecture, 157.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This Course introduces the theory and practice of sand volleyball. It is designed to provide training for competition in women's sand volleyball.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V30A Off-season Conditioning for Athletes I 0.5 Units***In-Class Hours:* 26.25 laboratory*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course is designed for student-athletes to improve their physical conditioning at the conclusion of their intercollegiate season of sport. Athletes who participate will receive off-season training to ensure optimal recovery, flexibility, and hyperkinetic exercises.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses**CSU GE-Breadth:** E**IGETC:** None**ICA V30B Off-season Conditioning for Athletes II 1 Unit***In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course is designed for student-athletes to improve their physical conditioning at the conclusion of their intercollegiate season of sport. Athletes who participate will receive off-season training to ensure optimal recovery, flexibility, and hyperkinetic exercises.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses**CSU GE-Breadth:** E**IGETC:** None**ICA V31A Pre-season Conditioning for Athletes I 0.5 Units***In-Class Hours:* 26.25 laboratory*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course is designed to prepare intercollegiate student athletes for the forthcoming season of sport. Enrollment is limited to athletic team candidates. The course includes sport-specific aerobic conditioning drills, techniques, strength training utilizing the overload principle, and game play. Topics will also include sports nutrition and weight maintenance.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses**CSU GE-Breadth:** E**IGETC:** None**ICA V31B Pre-season Conditioning for Athletes II 1 Unit***In-Class Hours:* 52.5 laboratory*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course is designed to prepare intercollegiate student athletes for the forthcoming season of sport. Enrollment is limited to athletic team candidates. The course includes sport-specific aerobic conditioning drills, anaerobic conditioning progressions, techniques, strength training utilizing the overload principle, speed development, and game play.

Topics will also include body composition, weight maintenance, sports nutrition, supplements, and dietary analysis.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.**Grade Modes:** Letter Graded, Student Option- Letter/Credit, Pass/No Pass Grading**Repeatable for Credit:** Course may be taken up to 3 times for credit.**Field Trips:** May be required**Degree Applicability:** Applies to Associate Degree**AA/AS GE:** E2**Transfer Credit:** CSU, UC**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses**CSU GE-Breadth:** E**IGETC:** None

**ICA V36 Spring Intercollegiate Basketball 3.5 Units**

*Formerly:* KIN V36

*In-Class Hours:* 35 lecture, 78.75 laboratory

*Advisories/Rec Prep:* ICA V03 or ICA V04

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the advanced theories, strategies, rules, and skills of basketball. Focus will be on the analysis of basketball theories and strategies through observation and video review. Students will learn to develop effective team strategies for a variety of competitive situations.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** Will be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE Activity courses

**CSU GE-Breadth:** E

**IGETC:** None

**ICA V69 Spring Intercollegiate Football 1 Unit**

*Formerly:* KIN V69

*In-Class Hours:* 52.5 laboratory

*Enrollment Limitations:* Student must be capable of competing at the intercollegiate level.

This course introduces the theory and practice of football. Emphasis will be on skill development through the study, practice and evaluation of techniques. Topics will also include mechanics, drills, video analysis, and a review of the rules of intercollegiate football.

**Catalog Notes:** Repeatability is dependent upon California Community College Athletic Association (CCCCAA) eligibility.

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

**Repeatable for Credit:** Course may be taken up to 3 times for credit.

**Field Trips:** May be required

**Degree Applicability:** Applies to Associate Degree

**AA/AS GE:** E2

**Transfer Credit:** CSU, UC

**UC Credit Limitations:** Maximum credit of 4 units if combined with any or all other DANC/ICA/KIN/PE activity courses

**CSU GE-Breadth:** E

**IGETC:** None