

ATHLETICS (ATHL)

ATHL 4 • INTERCOLLEGIATE FOOTBALL I (MEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate football emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's football team.

ATHL 4A • PRESEASON CONDITIONING FOR FOOTBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of football.

ATHL 4B • SPORT TECHNIQUES & CONDITIONING FOR FOOTBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of football. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 4C • FUNCTIONAL FITNESS FOR FOOTBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of football.

ATHL 4E • INTERCOLLEGIATE FOOTBALL (MEN)

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Formerly: PHED 35B

Competitive intercollegiate football working toward personal and physical development, athletic scholarship, transfer, and career opportunities. Intended for participants of the men's football team.

ATHL 4F • INTERCOLLEGIATE FOOTBALL II (MEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

Competitive intercollegiate football emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the men's football team.

ATHL 11 • INTERCOLLEGIATE BASKETBALL I (MEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate men's basketball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's basketball team.

ATHL 11A • PRESEASON CONDITIONING FOR MEN'S BASKETBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of basketball.

ATHL 11B • SPORT TECHNIQUES & CONDITIONING FOR MEN'S BASKETBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of basketball. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 12 • INTERCOLLEGIATE BASKETBALL I (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate women's basketball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's basketball team.

ATHL 12A • PRESEASON CONDITIONING FOR WOMEN'S BASKETBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of basketball.

ATHL 12B • SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S BASKETBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of basketball. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 12E • INTERCOLLEGIATE BASKETBALL (WOMEN)

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit
Formerly:	H P 35D, PHED 34C

Competitive intercollegiate women's basketball working toward personal and physical development, athletic scholarship, transfer, and career opportunities. Intended for participants of the women's basketball team.

ATHL 21 • INTERCOLLEGIATE SOCCER I (MEN)

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Competitive intercollegiate soccer emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's soccer team.

ATHL 21A • PRESEASON CONDITIONING FOR MEN'S SOCCER

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of soccer.

ATHL 21B • SPORT TECHNIQUES & CONDITIONING FOR MEN'S SOCCER

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of soccer. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 21C • FUNCTIONAL FITNESS FOR MEN'S SOCCER

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of soccer.

ATHL 21F • INTERCOLLEGIATE SOCCER II (MEN)

Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Competitive intercollegiate soccer emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the men's soccer team.

ATHL 22 • INTERCOLLEGIATE SOCCER I (WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate soccer emphasizing early season conditioning, development of skill and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's soccer team.

ATHL 22A • PRESEASON CONDITIONING FOR WOMEN'S SOCCER

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of soccer.

ATHL 22B • SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S SOCCER

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of soccer. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 22C • FUNCTIONAL FITNESS FOR WOMEN'S SOCCER

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of soccer.

ATHL 22F • INTERCOLLEGIATE SOCCER II (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate soccer emphasizing athletic skill and strategy development and performance through conference and post conference competition. Intended for participants of the women's soccer team.

ATHL 31 • INTERCOLLEGIATE SOFTBALL I (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate softball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's softball team with previous high school, club or collegiate softball playing experience.

ATHL 31A • PRESEASON CONDITIONING FOR SOFTBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which are required to be successful in the intercollegiate sport of softball.

ATHL 31B • SPORT TECHNIQUES & CONDITIONING FOR SOFTBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of softball. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 31C • FUNCTIONAL FITNESS FOR SOFTBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of softball.

ATHL 31E • INTERCOLLEGIATE SOFTBALL (WOMEN)

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit
Formerly: PHED 34E

Competitive intercollegiate softball working toward personal and physical development, athletic scholarship, transfer, and career opportunities. Intended for participants of the women's softball team with previous high school, club or collegiate softball playing experience.

ATHL 31F • INTERCOLLEGIATE SOFTBALL II (WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate softball emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's softball team with previous high school, club or collegiate softball playing experience.

ATHL 32 • INTERCOLLEGIATE SWIMMING I (MEN & WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate swimming emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the men's/women's swimming team.

ATHL 32A • PRESEASON CONDITIONING FOR SWIMMING

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of swimming.

ATHL 32C • FUNCTIONAL FITNESS FOR SWIMMING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of swimming.

ATHL 32F • INTERCOLLEGIATE SWIMMING II (MEN & WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate swimming emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the men's/women's swimming team.

ATHL 33 • INTERCOLLEGIATE WATER POLO I (WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate water polo emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's water polo team.

ATHL 33A • PRESEASON CONDITIONING FOR WOMEN'S WATER POLO

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of water polo.

ATHL 33B • SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S WATER POLO

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of water polo. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 33C • FUNCTIONAL FITNESS FOR WOMEN'S WATER POLO

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of water polo.

ATHL 33F • INTERCOLLEGIATE WATER POLO II (WOMEN)

Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Competitive intercollegiate water polo emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's water polo team.

ATHL 41A • INTERCOLLEGIATE SAND VOLLEYBALL I (WOMEN)

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Advisory:	Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	May be taken six times for credit

Competitive intercollegiate sand volleyball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's sand volleyball team.

ATHL 41B • INTERCOLLEGIATE SAND VOLLEYBALL II (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate sand volleyball emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's sand volleyball team.

ATHL 42 • INTERCOLLEGIATE VOLLEYBALL I (WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate volleyball emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants of the women's volleyball team.

ATHL 42B • SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S VOLLEYBALL

Units: 2
Hours: 6 laboratory per week (72 total per quarter)

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of volleyball. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 42C • FUNCTIONAL FITNESS FOR WOMEN'S VOLLEYBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of volleyball.

ATHL 42F • INTERCOLLEGIATE VOLLEYBALL II (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)

Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate volleyball emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's volleyball team.

ATHL 44 • INTERCOLLEGIATE TENNIS I (MEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate tennis emphasizing preseason conditioning, development of skills and strategies and team building through pre-conference and conference competition. Intended for participants of the men's tennis team.

ATHL 44A • PRESEASON CONDITIONING FOR MEN'S TENNIS

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning which is required to be successful in the intercollegiate sport of tennis.

ATHL 44B • SPORT TECHNIQUES & CONDITIONING FOR MEN'S TENNIS

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of tennis. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 44C • FUNCTIONAL FITNESS FOR MEN'S TENNIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of tennis.

ATHL 44F • INTERCOLLEGIATE TENNIS II (MEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate tennis emphasizing athletic skill, strategy development and performance through conference and post-conference competition. Intended for participants of the men's tennis team.

ATHL 45 • INTERCOLLEGIATE TENNIS I (WOMEN)

Units: 3
Hours: 9 laboratory per week (108 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate tennis emphasizing early season conditioning, development of skills and strategy, and team building through pre-conference and conference competition. Intended for participants on the women's tennis team.

ATHL 45A • PRESEASON CONDITIONING FOR WOMEN'S TENNIS

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

The development of athletic skills and mental conditioning, which is required to be successful in the intercollegiate sport of tennis.

ATHL 45B • SPORT TECHNIQUES & CONDITIONING FOR WOMEN'S TENNIS

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course teaches and provides practice specific techniques and conditioning for the sport of tennis. This includes drills, weight and flexibility training, and cardio-respiratory development.

ATHL 45C • FUNCTIONAL FITNESS FOR WOMEN'S TENNIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: May be taken six times for credit

This course will provide advanced training and instruction in the use of weights for the sport of tennis.

ATHL 45F • INTERCOLLEGIATE TENNIS II (WOMEN)

Units: 2
Hours: 6 laboratory per week (72 total per quarter)
Advisory: Limitation on enrollment: Athletic tryout for intercollegiate team selection is required to enroll with permission of the instructor. Students will be required to have a physical prior to participation in the class. Students will be required to achieve and maintain sport-specific performance standards as evaluated by the instructor. Continued eligibility is determined by appropriate CCCAA academic and decorum rules.

Degree and Credit Degree-Applicable Credit Course

Status:

Foothill GE: Area VII: Lifelong Learning

Transferable: CSU/UC

Grade Type: Letter Grade (Request for Pass/No Pass)

Repeatability: May be taken six times for credit

Competitive intercollegiate tennis emphasizing athletic skill and strategy development and performance through conference and post-conference competition. Intended for participants of the women's tennis team.

ATHL 70R • INDEPENDENT STUDY IN ATHLETICS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Degree-Applicable Credit Course
Status:
Foothill GE: Non-GE
Transferable: CSU
Grade Type: Letter Grade (Request for Pass/No Pass)
Repeatability: Not Repeatable

Provides an opportunity for students to expand their studies in Athletics beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

ATHL 71R • INDEPENDENT STUDY IN ATHLETICS

Units:	2
Hours:	6 laboratory per week (72 total per quarter)
Degree and Credit	Degree-Applicable Credit Course
Status:	
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Provides an opportunity for students to expand their studies in Athletics beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

ATHL 72R • INDEPENDENT STUDY IN ATHLETICS

Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Degree and Credit	Degree-Applicable Credit Course
Status:	
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Provides an opportunity for students to expand their studies in Athletics beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.

ATHL 73R • INDEPENDENT STUDY IN ATHLETICS

Units:	4
Hours:	12 laboratory per week (144 total per quarter)
Degree and Credit	Degree-Applicable Credit Course
Status:	
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Provides an opportunity for students to expand their studies in Athletics beyond the classroom by completing a project or an assignment arranged by agreement between the student and instructor. The student is required to contract with the instructor to determine the scope of assignment and the unit value assigned for successful completion. Students may take a maximum of 6 units of Independent Study per department.