

PHYSICAL EDUCATION (PHED)

Foothill offers physical education activity courses in eight different family categories. No single course may be repeated. Enrollment is limited to six courses per family within the Foothill-De Anza Community College District. Please refer to the De Anza College Catalog for the corresponding families and courses.

Aquatic Family: PHED 10A, PHED 10B, PHED 11A & PHED 11B

Cardio Fitness Family: PHED 23A, PHED 23B, PHED 27, PHED 27A, PHED 27B, PHED 27C, PHED 41, PHED 41A & PHED 41B

Combatives Family: PHED 18, PHED 18B, PHED 18C, PHED 19B, PHED 19C & PHED 19D

Cross Training Family: PHED 47B, PHED 47C & PHED 49B

Flexibility & Stability Family: PHED 21A, PHED 21B, PHED 21C, PHED 22, PHED 22A, PHED 22B & PHED 22C

Individual Sports Family: PHED 15A, PHED 15B, PHED 15C, PHED 24, PHED 24A, PHED 25A, PHED 26, PHED 26A, PHED 33, PHED 33A, PHED 33B, PHED 36A, PHED 36B, PHED 36C, PHED 37, PHED 37A & PHED 37B

Strength Development Family: PHED 45, PHED 45A, PHED 45C, PHED 46, PHED 46A & PHED 46B

Team Sports Family: PHED 13, PHED 13C, PHED 31A, PHED 31B, PHED 31C, PHED 38A, PHED 38B, PHED 38C, PHED 40, PHED 40A & PHED 40C

PHED 10A • AQUATICS: LEVEL I, BEGINNING SWIMMING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Aquatic family of activity courses.

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: Not Repeatable

Introduction to swimming and safety skills. Includes physical and mental adjustment to water, buoyancy and body position, survival skills, and basic swim strokes.

PHED 10B • AQUATICS: LEVEL II, INTERMEDIATE SWIMMING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Aquatic family of activity courses.

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: Not Repeatable

A continuation of development of swim and safety skills beyond the beginning phase. Includes physical and mental adjustment to water, buoyancy and body position, survival skills, and the basic competitive swim strokes. Includes intermediate water safety skills and knowledge leading to safe practices while in, on, or about the water.

PHED 11A • WATER EXERCISE

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Aquatic family of activity courses.

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: Not Repeatable

A unique non-impact form of aquatic exercise to improve cardiovascular endurance, muscular strength, endurance, and flexibility while wearing a flotation belt to maintain an upright position in deep water.

PHED 11B • AQUATIC FITNESS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Aquatic family of activity courses.

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: Not Repeatable

An aerobic water fitness program applying the basic principles of exercise and dynamics of water movement.

PHED 13 • BEGINNING WATER POLO

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Team Sports family of activity courses.

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: Not Repeatable

Basic water polo skills and techniques, including ball handling, dribbling, passing, shooting, and blocking. Includes an introduction to the rules of the game, as well as basic tactical strategies for offense and defense.

PHED 13C • WATER POLO: GAME SKILLS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Team Sports family of activity courses.

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: Not Repeatable

Practice and preparation for competitive water polo, emphasizing water polo skills, fundamentals and strategies of the game, position specific training, and full body preparation.

PHED 15A • BEGINNING PICKLEBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

Degree and Credit Status: Degree-Applicable Credit Course

Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade Only
Repeatability: Not Repeatable

Strategy and competition for both beginning singles and doubles pickleball play.

PHED 15B • INTERMEDIATE PICKLEBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and doubles play. Includes introduction to serving long and short, forehands smashes, drop shots, angle play, and doubles formations.

PHED 15C • ADVANCED PICKLEBALL

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and double play, including serving with a variety of spins, forehand and backhand smashes, drop shots, angle play and doubles formations. Strong emphasis on fitness, flexibility and nutrition. How to design a point, set and match will also be a main focus.

PHED 18 • BEGINNING TAI CHI (TAIJI)

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Combatives family of activity courses; not open to students with credit in PHED 19A.

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: Not Repeatable

Introduces the fundamentals and principles of Taijiquan. Emphasizes body alignment in stillness with natural breathing and its relationship to mind-body awareness. Traditional Chen-style Taijiquan Lao Jia (Old Frame) first routine and the standing posture with breathing exercises (Wuji Qigong) will be practiced to facilitate the development of basic body strength and mind-body coordination.

PHED 18B • INTERMEDIATE TAI CHI (TAIJI)

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
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:	Not Repeatable

Focuses on the understanding and transition of body alignment in stillness to dynamic alignment during the Taijiquan form practice. Emphasizes maintaining the body alignment during movements and through motion with natural breathing. External movements guiding the internal energy flow exercises (Hun Yuan Qigong) and a series of connected spiral movements (Silk Reeling Exercises) will be taught, as well as mind body awareness. Practice of second section of Chen-style Taijiquan Lao Jia (Old Frame) first routine to facilitate the development of the body-ground connection.

PHED 18C • ADVANCED TAI CHI (TAIJI)

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
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:	Not Repeatable

Focuses on the applications and dynamic alignment during the Taijiquan form practice. Emphasizes total integration of mind and body movements through Taijiquan push-hand exercises and the development of ting jin (listening energy). Emphasis on the sensitivity and awareness of surroundings to achieve a focused center in order to neutralize and redirect incoming forces.

PHED 19B • KICKBOXING FOR FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
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:	Not Repeatable

Introduction to the basic skills and mechanics of kickboxing for fitness. Total cardiovascular workout emphasizing basic footwork, body mechanics, punching and kicking combinations, and basic offensive and defensive techniques.

PHED 19C • INTERMEDIATE KICKBOXING FOR FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
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:	Not Repeatable

Focuses on punching and kicking combination drills, with fewer breaks or interruptions, and with an increase in intensity, impact, and duration. An emphasis is placed on intermediate level footwork and body mechanics to improve coordination, reaction time, and balance.

PHED 19D • ADVANCED KICKBOXING FOR FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Combatives family of activity courses.
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:	Not Repeatable

Emphasizes high-intensity and moderate- to high-impact advanced level kickboxing sequences using complex and choreographed movements.

PHED 21A • BEGINNING HATHA YOGA

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

Principles and methods of practice in the discipline of beginning hatha yoga. Emphasis on the practice and demonstration of the beginning postures and the usage of hatha yoga for increased focus and concentration, integration of personal values and actions, and integration of mind, body, and spirit.

PHED 21B • INTERMEDIATE HATHA YOGA

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

Intermediate training in yoga skills and techniques with independent, group, and personalized training. Emphasis is on practice of intermediate asanas (poses) and pranayama (breathing techniques) with the introduction of ujayi breath.

PHED 21C • ADVANCED HATHA YOGA

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

A combination of the traditional forms of yoga woven into one powerful all-inclusive practice. Postures are combined into a vigorous, flowing series, linking one movement to the next, building strength, flexibility, and endurance.

PHED 22 • BEGINNING FLEXIBILITY & MOBILITY

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

Increased flexibility enhances physical performance, helps maintain muscle fitness, and assists in injury rehabilitation. Intended for individuals with a variety of fitness experience levels. Students must provide their own fitness mat.

PHED 22A • INTERMEDIATE FLEXIBILITY & MOBILITY

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

An intermediate level stretching program emphasizing seated and standing flexibility exercises for the hips, hamstrings, quadriceps, wrists, ankles, shoulders, obliques, and lumbar, thoracic, and cervical spine. Complimentary abdominal exercises and standing postures will be introduced to develop balance, tone, and endurance.

PHED 22B • PILATES & YOGA

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Flexibility & Stability family of activity courses.
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:	Not Repeatable

Combines basic Pilates mat exercises to strengthen abdominals with full body yoga based stretches for development of improved posture, flexibility, and relaxation. Students must provide their own fitness mat.

PHED 22C • CORE CONDITIONING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Flexibility & Stability family of activity courses.

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: Not Repeatable

A combination pilates and yoga course designed to improve strength, body control, and coordination. Resistance and stability equipment will be incorporated with abdominal, low back, and full body exercises. Students must provide their own fitness mat.

PHED 23A • TRAIL HIKING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Cardio Fitness family of activity courses.

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: Not Repeatable

The opportunity to exercise in the great outdoors to gain and improve cardiovascular fitness, muscular strength, and endurance through hiking at a fitness pace on the trail.

PHED 23B • DAY HIKING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Cardio Fitness family of activity courses.

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: Not Repeatable

A hiking course that prepares healthy, fit individuals for a final 8-12 mile hike on established trails over moderate to steep terrain.

PHED 24 • INTRODUCTION TO GOLF

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Introduces the fundamentals of the golf swing, knowledge of equipment, terminology, and course etiquette.

PHED 24A • SWING DEVELOPMENT FOR THE EXPERIENCED GOLFER

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Development of golf skills for the intermediate/advanced player, including grip, posture, alignment, and swing fundamentals, selection of equipment, knowledge of rules, etiquette, and course management.

PHED 25A • SWING ANALYSIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Using Swing Solutions video technology, the student will identify and correct individual golf swing flaws and design drills to develop skills to improve golf strokes.

PHED 26 • BEGINNING TENNIS SKILLS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
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:	Not Repeatable

Introduction to beginning tennis play, including basic strokes, drills, rules, and etiquette.

PHED 26A • INTERMEDIATE TENNIS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Individual Sports family of activity courses.
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:	Not Repeatable

Intermediate/advanced tennis for competitive play, including covering drills, advanced strategies, techniques, and rules.

PHED 27 • WALK FOR HEALTH

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses; not open to students with credit in H P 16.
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:	Not Repeatable

Introduction to fitness walking. Includes basic principles of exercise and how they relate to fitness walking.

PHED 27A • RUN FOR FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses; not open to students with credit in H P 61.
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:	Not Repeatable

Explanation of all phases of running; improve cardiovascular fitness, increase flexibility, develop endurance; introduction to the physiologic responses of the body to running.

PHED 27B • INTERMEDIATE RUN FOR FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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:	Not Repeatable

Focus on proper training and running technique, race management, nutrition, and prevention and treatments of common running injuries. Intended for the student wishing to improve fitness and running skills.

PHED 27C • INTERMEDIATE WALK FOR HEALTH

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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:	Not Repeatable

Development of advanced walking skills for fitness and athletic walkers, including program customization and how walking fits into a healthy lifestyle.

PHED 31A • FUTSAL: INDOOR SOCCER BEGINNING

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Team Sports family of activity courses; not open to students with credit in PHED 29.

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: Not Repeatable

Indoor soccer class developing basic skills, including passing, shooting, dribbling, and heading. Includes game strategy, tactics, and laws of the game.

PHED 31B • FUTSAL: INDOOR SOCCER INTERMEDIATE

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Team Sports family of activity courses.

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: Not Repeatable

Indoor soccer class developing intermediate skills, including curve passing, chip shooting, dribbling, and heading. Includes intermediate game strategy, tactics, and laws of the game.

PHED 31C • FUTSAL: INDOOR SOCCER ADVANCED

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Team Sports family of activity courses.

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: Not Repeatable

Indoor soccer class developing advanced skills, including power passing, power shooting, speed dribbling, and offensive heading. Includes advanced game strategy, tactics, and laws of the game.

PHED 33 • BEGINNING TABLE TENNIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Strategy and competition for both singles and doubles table tennis play.

PHED 33A • INTERMEDIATE TABLE TENNIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and doubles play. Includes introduction to serving long and short, forehands smashes, drop shots, angle play, and doubles formations.

PHED 33B • ADVANCED TABLE TENNIS

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and double play, including serving with a variety of spins, forehand and backhand smashes, drop shots, angle play, and doubles formations. Strong emphasis on fitness, flexibility, and nutrition. How to design a point, set, and match is also a main focus of this course.

PHED 36A • BEGINNING ARCHERY

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses; not open to students with credit in PHED 36.

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: Not Repeatable

Introduction to Olympic archery using the recurve bow. Includes building a good basic foundation for shooting using the recurve bow through the utilization and practice of various skill development techniques.

PHED 36B • INTERMEDIATE ARCHERY

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Intermediate skills will be developed through the in-depth observation and understanding of the elements that produce consistency and competency in using the recurve bow. Basic maintenance of equipment will be covered.

PHED 36C • ADVANCED ARCHERY

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

Degree and Credit Degree-Applicable Credit Course

Status:
Foothill GE: Area VII: Lifelong Learning
Transferable: CSU/UC
Grade Type: Letter Grade Only
Repeatability: Not Repeatable

Advanced archery concepts in shot foundation development. Scapulae positioning, breathing, imagery, focusing, relaxation, and various physical training methodologies are presented. Aligning and tuning methods are presented.

PHED 37 • BEGINNING BADMINTON: SINGLES & DOUBLES

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Strategy and competition for both singles and doubles in badminton play.

PHED 37A • INTERMEDIATE BADMINTON: SINGLES & DOUBLES

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and doubles play. Includes serving long and short, forehand smashes, drop shots, angle play, and doubles formations.

PHED 37B • ADVANCED BADMINTON: SINGLES & DOUBLES

Units: 1
Hours: 3 laboratory per week (36 total per quarter)
Advisory: This course is included in the Individual Sports family of activity courses.

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: Not Repeatable

Focus on the strategies of singles and doubles play. Introduction to serving long and short, forehand smashes, drop shots, angle play, and doubles formations. Emphasis on fitness, flexibility, and nutrition. How to design a point, set, and match is a main focus.

PHED 38A • BASKETBALL FUNDAMENTALS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

An introduction to the fundamental skills and techniques of the sport of basketball through skill work and drills. Includes sprint drills, ball passing, plyometric and stretching exercises.

PHED 38B • BASKETBALL GAME SKILLS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

Intermediate skills and techniques of the sport of basketball. Includes offensive and defensive foundations, unique situations in game play, personal strategies, and core concepts for winning in basketball game play.

PHED 38C • BEGINNING BASKETBALL

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses; students with disabilities that significantly limit mobility or sensory perception may have difficulty participating and/or put themselves at risk of injury due to the physical demands of the course.
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:	Not Repeatable

Introduction to the basic rules and strategies of the game of basketball. This will be accomplished through demonstration and practice of skills, as well as competition.

PHED 40 • BEGINNING VOLLEYBALL

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

Introduction to the game of volleyball. Includes basic skills, strategy, and team play.

PHED 40A • INTERMEDIATE VOLLEYBALL

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

Introduces and builds upon prior knowledge of the intermediate game of volleyball. Strategies and skills at an intermediate level are presented and will promote appreciation of this lifetime activity.

PHED 40C • VOLLEYBALL: GAME SKILLS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Team Sports family of activity courses.
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:	Not Repeatable

Presents game play in live game situations. Includes rotations and offensive and defensive strategies.

PHED 41 • INDOOR CYCLING: SPIN

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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:	Not Repeatable

An indoor cycling program to enhance cardiovascular fitness and improve cycling techniques. Emphasis on improving endurance through non-impact activity.

PHED 41A • INDOOR CYCLING: HILLS & SPRINTS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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:	Not Repeatable

Cardio interval exercise set to appropriate cadence music on an indoor bicycle, with periods of aerobic and anaerobic work, mixed with appropriate recovery periods.

PHED 41B • INTERMEDIATE INDOOR CYCLING

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cardio Fitness family of activity courses.
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:	Not Repeatable

Promotes physical fitness using an indoor stationary bike. This intermediate indoor cycling course focuses on pedaling techniques, safety procedures, and conditioning exercises necessary for intermediate-level cycling.

PHED 45 • FITNESS FOR LIFE

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
Degree and Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Pass/No Pass Only
Repeatability:	Not Repeatable

Increase muscle strength, endurance, and cardiovascular fitness through self-paced program of use on cardio, strength, and fitness machines.

PHED 45A • FOUNDATIONS OF STRENGTH & CONDITIONING

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
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:	Not Repeatable

Provides an exercise program to develop the key components of health related physical fitness: cardiovascular/respiratory conditioning, muscular strength, muscular endurance, flexibility, and body composition.

PHED 45C • CIRCUIT TRAINING

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
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:	Not Repeatable

Increase strength, flexibility, and cardiovascular endurance through the application of circuit training.

PHED 46 • WEIGHT LIFTING FOR HEALTH & FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
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:	Not Repeatable

Provides training and instruction on the use of weights for lifetime fitness and health.

PHED 46A • INTERMEDIATE WEIGHT TRAINING FOR HEALTH & FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
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:	Not Repeatable

A total body conditioning course that emphasizes intense free weight exercises set to music and incorporates core conditioning. Featured equipment includes dumbbells, body bar, resistance bands, body weight, and balls. Students must provide their own fitness mat.

PHED 46B • ADVANCED WEIGHT LIFTING FOR HEALTH & FITNESS

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Strength Development family of activity courses.
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:	Not Repeatable

Advanced training and instruction in the use of weights for lifetime health and fitness.

PHED 47B • THIGHS, ABS & GLUTEUS (TAG)

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cross Training family of activity courses.
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:	Not Repeatable

Strengthen thigh, abdominal, and gluteus muscles in an intensive, fun, and highly energized workout.

PHED 47C • HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cross Training family of activity courses.
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:	Not Repeatable

An intense total body workout to improve endurance and strengthen and define every muscle using high intensity intervals. This type of training is an effective way to train taking fitness to the next level. Students must provide their own fitness mat.

PHED 49B • BOOT CAMP TRAINING

Units:	1
Hours:	3 laboratory per week (36 total per quarter)
Advisory:	This course is included in the Cross Training family of activity courses.
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:	Not Repeatable

Group training using functional fitness activities to develop core strength, cardiovascular conditioning, and muscle strength and power.

PHED 70R • INDEPENDENT STUDY IN PHYSICAL EDUCATION

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 the student to expand their studies in Physical Education 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.

PHED 71R • INDEPENDENT STUDY IN PHYSICAL EDUCATION

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 the student to expand their studies in Physical Education 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.

PHED 72R • INDEPENDENT STUDY IN PHYSICAL EDUCATION

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 the student to expand their studies in Physical Education 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.

PHED 73R • INDEPENDENT STUDY IN PHYSICAL EDUCATION

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 the student to expand their studies in Physical Education 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.

PHED 401 • PRINCIPLES OF STRENGTH TRAINING FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Non-Degree-Applicable Non-Credit Course
Status:
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate strength fitness program. The physical and mental changes that occur later in life will be addressed.

PHED 402 • FUNCTIONAL MOVEMENT, BALANCE & MOBILITY TRAINING FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate functional movement, balance and mobility training program. The physical and mental changes that occur later in life will be addressed.

PHED 403 • STRETCHING & POSTURAL EXERCISE FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate stretching and postural exercise program. The physical and mental changes that occur later in life will be addressed.

PHED 404 • PRINCIPLES OF AQUATIC EXERCISE FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate aquatic exercise program. The physical and mental changes that occur later in life will be addressed.

PHED 405 • INTRODUCTION TO FITNESS WALKING FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through engaging in a safe and appropriate fitness walking program. The physical and mental changes that occur later in life will be addressed.

PHED 406 • PHYSICAL ACTIVITY & MENTAL FOCUSING FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through learning and participating in physical strengthening and mental focusing activity. The physical and mental changes that occur later in life will be addressed.

PHED 407 • CREATIVE DANCE EXPRESSION FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity while expressing their creativity through participation in various dance styles. The physical and mental changes that occur later in life will be addressed.

PHED 408 • AGILITY & EYE-HAND COORDINATION ACTIVITY FOR THE OLDER ADULT

Units: 0
Hours: 3 laboratory per week (36 total per quarter)
Degree and Credit Status: Non-Degree-Applicable Non-Credit Course
Foothill GE: Non-GE
Transferable: None
Grade Type: Non-Credit Course (Receives no Grade)
Repeatability: Unlimited Repeatability

Designed to provide the student the opportunity to take steps towards maintaining independence in daily activity through learning and participating in agility and eye-hand coordination activity. The physical and mental changes that occur later in life will be addressed.