

Athletics

Athletics courses emphasize advanced-level instruction and training in skills, techniques, strategies, and leadership necessary to participate in intercollegiate athletics.

Academic and Career Pathway

Health Sciences

Contact Information

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Courses

ATHL 100: Volleyball Techniques

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Summer

This activity class integrates volleyball theory with practice in game situations. Topics include volleyball techniques, strategies, and rules. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 102: Intercollegiate Volleyball, Women

Units: 3.5

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 10.50 hours.

Course Typically Offered: Fall

This class emphasizes advanced-level instruction and training in volleyball skills, techniques, strategies, and leadership. Students develop team-playing skills by interacting with opponents, teammates, coaches, and officials. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 103: Intercollegiate Beach Volleyball, Women

Units: 3.5

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 10.50 hours.

Course Typically Offered: Spring

This course emphasizes advanced-level instruction and training in beach volleyball. Students develop skills, techniques, and strategies that are applied to intercollegiate beach volleyball competition. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 104: Beach Volleyball Techniques

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Laboratory 3 hours.

Course Typically Offered: Fall or Spring

This activity class integrates beach volleyball techniques with practice of in-game situations. Topics include beach volleyball fundamental techniques, strategies, and rules. (May be repeated three times.)

ATHL 105: Beach Volleyball Competition

Units: 1

Prerequisites: None

Acceptable for Credit: CSU

Laboratory 3 hours.

Course Typically Offered: Fall

This class emphasizes advanced-level instruction and training in beach volleyball skills, techniques, strategies, and leadership. Students apply beach volleyball rules to game situations and integrate strategies into competition and team play. (May be repeated three times.)

ATHL 117: Basketball Competition

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Fall

This class emphasizes advanced-level instruction and training in basketball skills, techniques, strategies, and leadership. Students apply basketball rules to game situations and integrate strategies into competition and team play. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 118: Basketball Techniques

Units: 0.5-1

Prerequisites: None

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Spring

This activity class integrates basketball theory with practice in game situations. Topics include basketball techniques, strategies, and rules. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

Athletics

ATHL 134: Soccer

Units: 0.5-1

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Spring

This soccer class emphasizes basic fundamentals of individual play such as ball control, dribbling, trapping, shooting, and passing. The course exposes students to the basic rudiments of offensive and defensive tactics through participation in game situations, often using modified rules to emphasize specific skills, and it introduces and reviews the rules of the game in context. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 135: Soccer Competition

Units: 1

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 3 hours.

Course Typically Offered: Spring, Summer

This class emphasizes advanced-level instruction and training in soccer skills, techniques, strategies, and leadership. Students apply soccer rules to game situations and integrate strategies into competition and team play. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 171: Intercollegiate Basketball, Men/Women

Units: 2

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 6 hours.

Course Typically Offered: Fall

This class emphasizes an intermediate level of instruction and training in basketball skills, techniques, strategies, and leadership. Students develop team-playing skills by interacting with opponents, teammates, coaches, and officials. Students develop increased proficiency and skill development with each repetition. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 172: Intercollegiate Basketball, Men/Women (Advanced)

Units: 1.5

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 4.50 hours.

Course Typically Offered: Spring

This class emphasizes instruction and training in advanced basketball skills, techniques, strategies, and leadership. Students develop team-playing skills by interacting with opponents, teammates, coaches, and officials. Students develop increased proficiency and skill development with each repetition. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.

ATHL 188: Intercollegiate Soccer, Men/Women

Units: 3.5

Prerequisites: None

Enrollment Limitation: Audition.

Acceptable for Credit: CSU, UC

Laboratory 10.50 hours.

Course Typically Offered: Fall

This class emphasizes an advanced level of instruction and training in soccer skills, techniques, and strategies. Students demonstrate increased proficiency and skill attainment with each repetition. (May be repeated three times.) UC CREDIT LIMITATION: Any or all activity courses, maximum credit, 4 units.