

ATHLETICS, PHYS ED, RECREATION (ATHLETIC)

ATHLETIC 1. Thriving in Athletics: Health and Wellness Concepts. 2 Units.

Develops the understanding, self-awareness, confidence, and skills necessary for students to serve as a resource for their peers in the areas of building resilience, promoting wellbeing, and supporting emotional balance. Examines personal values, identity, signature strengths, self-care and stress management practices, signs and symptoms of common mental health concerns, and barriers for care-seeking in the student population. Develops skills for enhancing personal well-being, communication, connecting students with existing resources, and promoting a culture of support, health and wellness.

ATHLETIC 10. Varsity sport experience. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator.

ATHLETIC 11. Athletic Team Manager. 1 Unit.

For student managers of intercollegiate teams. Limit 1 credit per quarter with a maximum of 8 credits able to be applied towards graduation. Prerequisite: consent of respective varsity team head coach. May repeat for credit.

ATHLETIC 12. VARSITY - Baseball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 13. VARSITY - Basketball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 14. VARSITY - Basketball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 15. VARSITY - Cross Country. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 16. VARSITY - Cross Country. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 17. VARSITY - Track and Field. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 18. VARSITY - Track and Field. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 19. VARSITY - Fencing. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 20. VARSITY - Fencing. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 21. VARSITY - Field Hockey. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 22. VARSITY - Football. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 23. VARSITY - Golf. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 24. VARSITY - Golf. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 25. VARSITY - Gymnastics. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 44. VARSITY - Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 45. VARSITY - Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 46. VARSITY - Beach Volleyball. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 47. VARSITY - Water Polo. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Men

ATHLETIC 48. VARSITY - Water Polo. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit. Same as: Women

ATHLETIC 49. VARSITY - Wrestling. 1-2 Unit.

Designed for the Varsity Athlete; conditioning; practice; game preparation; and weight training. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a Varsity Athlete in the specific sport; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 50. Olympic Training. 1-2 Unit.

Designed for students training for Olympic competition; conditioning; practice; competition preparation; weight training; and leadership skill development. Limit 2 credits per quarter with a maximum of 8 activity units may be applied towards graduation. Prerequisite: Must be a verified candidate for an Olympic team with a specified training schedule calling for at least 30 hours (1 unit) or 60 hours (2 units) of training time in the 10 week quarter. Instructor approval required. May repeat for credit.

ATHLETIC 60. CLUB - Sport Experience. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. Teams who are eligible to receive credit, are required to have a coach and/or administrator to supervise their class. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 61. CLUB - Martial Arts Experience. 1 Unit.

This course is offered to Martial Arts athletes who participate on credit approved Martial Arts teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of martial arts administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 62. CLUB - Band. 1 Unit.

This course is offered to club members who participate on credit approved Club Sports teams. All members must complete 30 hours of participation during the quarter. To be eligible for credit, the club must practice 2x a week for a maximum total of 4 hours and participate in 1-3 events in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 63. CLUB - Climbing. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 64. CLUB - Equestrian. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation.

ATHLETIC 65. CLUB - Rugby. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation. Same as: Men

ATHLETIC 66. CLUB - Rugby. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation. Same as: Women

ATHLETIC 67. CLUB - Squash. 1 Unit.

This course is offered to club sport athletes who participate on credit approved Club Sports teams. All teams and athletes on the team must complete 30 hours of participation during the quarter. To be eligible for credit, teams must practice 2x a week for a maximum total of 4 hours and participate in 1-3 competitions in the quarter. Prerequisite: Permission of club sport administrator. May repeat for credit. A maximum of 8 activity units may be applied towards graduation. Same as: Men