

WELLNESS and HUMAN PERFORMANCE

BEFORE ENROLLING IN DEGREE APPLICABLE COURSES, IT IS RECOMMENDED THAT YOU COMPLETE ENGL 001A AND READ 053.

Career Options:

- Athletic Trainer • Coach • Instructor/Assistant
- Personal Trainer • Recreational Supervisor

Some career options require more than two years of college study.

Highlights:

- A wide variety of options.
- Outstanding facilities including tennis courts, new gymnasium, and softball and baseball fields.
- Excellent fitness opportunities, dance facilities, and weight lifting rooms.

Fitness Specialist (Aerobic Emphasis) Certificate of Proficiency

Core Curriculum Courses (Required)	Units
AH 011 CPR	0.5
H ED 004 First Aid	0.5
WHP 004R Aerobic Internship	0.5
WHP 020 Aerobic Instructor Certification	3.0
WHP 021 Sports Injuries	1.5
WHP 022 Sports Nutrition	1.5
WHP 025 Anatomy & Kinesiology	1.5
WHP 027 Exercise Physiology	1.5
WHP 028 Body Alignment & Stretching	1.5
..... Technique	1.5
Total Program Cert. Requirements	12.0

Fitness Specialist (Personal Trainer Emphasis) Certificate of Proficiency

Core Curriculum Courses (Required)	Units
AH 011 CPR	0.5
H ED 004 First Aid	0.5
WHP 04S Weight Training Internship	0.5
WHP 021 Sports Injuries	1.5
WHP 022 Sports Nutrition	1.5
WHP 023 Fitness Testing	1.5
WHP 025 Anatomy & Kinesiology	1.5
WHP 026 Weight Training Principles and Routines	1.5
WHP 027 Exercise Physiology	1.5
WHP 028 Body Alignment & Stretching Techniques	1.5
Total Program Cert. Requirements	12.0

WELLNESS and HUMAN PERFORMANCE -ADAPTIVE (WHP)

Physical Education and P.E Theory courses except WHP 4S, V, W, X and 20 are acceptable for credit at the University of California, California State University and carry the *Pass/No Pass Option*. Transfer credit to UC however, is limited. See a counselor. Levels 1, 2, 3, and 4 are designed to help the student reach specific goals as set by the instructor and individual student.

001A • ADAPTIVE WEIGHT TRAINING 1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed for the student with physical disabilities. A student educational contract (SEC) is developed to meet each student's needs. Focus is on experiencing overall muscular fitness and body tone using a variety of adapted as well as mainstream fitness equipment. Attention is given toward working on individual needs along with developing a better level of cardiovascular endurance, muscular strength, and flexibility. May be repeated for credit. *May be repeated three times. Pass/No Pass Option.*

001B • ADAPTIVE PHYSICAL EDUCATION 0.5 unit

Total Lab 27 hours

Acceptable for credit: University of California, California State University

This course is designed for the student with physical disabilities. A student educational contract (SEC) is developed to meet each student's needs. Focus is on experiencing overall muscular fitness and body tone using a variety of adapted as well as mainstream fitness equipment. Attention is given toward working on individual needs along with developing a better level of cardiovascular endurance, muscular strength, and flexibility. *May be repeated three times. Pass/No Pass Option.*

001F • ADAPTIVE PHYSICAL EDUCATION AEROBICS 1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to introduce and teach skills needed for daily cardiovascular activity for students with disabilities through the use of rhythmic aerobics. Exercises will develop the cardiovascular and muscular systems to enable students to function more efficiently and effectively within their own abilities. Low and non-impact exercises, body mechanics, posture concepts, breathing techniques, agility, back care, and coordination activities will be determined by the student educational contract (SEC). *May be repeated three times. Pass/No Pass Option.*

001G • ADAPTED TENNIS 1.0 unit

Total Lab 54 hours

Acceptable for credit: California State University

This course is designed to teach the basic fundamentals of tennis to students with a wide variety of disabilities. A personalized exercise program (PEP) is developed to identify each student's adaptation needs to be successful in tennis. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE - ATHLETIC TEAM TRAINING (WHP)

004J • FITNESS: COMPETITIVE ATHLETE 1.0 unit 004J.2 0.5 unit

Advisory: Eligibility for ENGL 001A and READ 053

Total Lab 54 hours, 27 hours

This course is designed to develop a highly condition body for strength, flexibility, and endurance for the competing varsity athlete. May be repeated three times. *Pass/No Pass Option.*

004N • BASEBALL TRAINING/CONDITIONING ADVANCED 2.0 units

Total Lab 108 hours

Acceptable for credit: California State University

This is an activity course designed for students with previous baseball experience, who have aspirations of playing intercollegiate baseball. The history, rules, intermediate techniques and strategies, as well as conditioning for baseball will be addressed. May be repeated three times. *Pass/No Pass Option.*

008A • ADVANCED BASEBALL 2.0 unit

Total Lab 108 hours

Advisory: High school varsity or college experience, Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed for students with previous baseball experience, who have aspirations of playing intercollegiate baseball. The history, rules, intermediate techniques and strategies, as well as conditioning for baseball are addressed. *May be repeated three times. Pass/No Pass Option.*

008I • ADVANCED SOCCER- MEN & WOMEN 1.0 unit 008I.2 0.5 unit

Total Lab 54 hours, 27 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to enhance the skills and abilities of students involved competitively in the game of soccer. Extensive soccer conditioning is stressed including strength training and speed conditioning. Skill development is covered in class. *May be repeated three times. Pass/No Pass Option.*

008J • SOCCER TRAINING - MEN & WOMEN 2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to enhance the skills and abilities of students involved competitively in the game of soccer. Extensive soccer conditioning is stressed including strength training and speed conditioning. Skill development is introduced and covered in class. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE

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008L • SOFTBALL-INTERMEDIATE 1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course provides the student with the opportunity for mastery of the specific individual skills, team techniques and strategies of softball at the intermediate level. May be repeated three times. Pass/No Pass Option.

WELLNESS and HUMAN PERFORMANCE

-DANCE (WHP)

All dance classes are designed to improve coordination, posture and rhythm as well as strength, flexibility and endurance. An opportunity for informal performance is also made possible.

003B • BALLET-BEGINNING 1.0 unit 003B.2 0.5 unit

Total Lab 54 hours, 27 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to the discipline, aesthetics, traditions, and historical background of classical ballet at a beginning level. May be repeated 1 time. Pass/No Pass Option.

003C • BALLET-INTERMEDIATE 1.0 unit 003C.2 0.5 unit

Total Lab 54 hours, 27 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to introduce the students to the discipline, aesthetics, traditions, and historical background of classical ballet at an intermediate level. May be repeated 1 time. Pass/No Pass Option.

003E • HIP HOP PERFORMANCE 2.0 units

Total Lab 108 hours

Acceptable for credit: University of California, California State University

This is a performance based class for advanced dance students. Students have an opportunity to choreograph, rehearse, and perform hip hop dances in informal settings, as well as formal settings such as the West Valley College theater and other venues. The emphasis is on group and individual participation in all areas of dance production including performance and technical aspects of performance. May be repeated three times. Pass/No Pass Option.

003F • DANCE: HIP HOP - FUNK STYLES 1.0 unit 003F.2 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course will introduce the student to the fundamentals and choreography of hip hop funk styles (example: locking, popping, boogalooing, waving, etc.). Challenging and complex routines will be introduced. Students will be expected to perform a hip hop routine reflecting their own style and interpretation. May be repeated three times. Pass/No Pass Option.

003G • INTERMEDIATE HIP HOP PERFORMANCE 2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This is a performance class that offers students the opportunity to choreograph and perform work at an intermediate level. The emphasis is on group and individual performance. Students manage their own groups including all creative and technical elements of choreography and performance. This class uses "battling" as a training tool to cultivate the student's dance skills. May be repeated two times. Pass/No Pass Option.

003J • JAZZ DANCE-BEGINNING 1.0 unit 003J.2 0.5 unit

Advisory: Eligibility for ENGL 001A and READ 053

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to the varied theories, styles, and techniques of the jazz dance idiom. May be repeated 1 time. Pass/No Pass Option.

003K • INTERMEDIATE JAZZ DANCE 1.0 unit 003K.2 0.5 unit

Advisory: Eligibility for ENGL 001A and READ 053

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to increase the students' skill and understanding in the varied theories, styles, and techniques of the jazz dance idiom. May be repeated 1 time. Pass/No Pass Option.

003L • MODERN DANCE-BEGINNING 1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is an introduction to the varied theories, styles, and techniques of the modern dance idiom. May be repeated 1 time. Pass/No Pass Option.

003N • DANCE CHOREOGRAPHY 2.0 units

Total Lecture 18 hours, Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is an introduction to dance composition. Emphasis is on movement invention, choreographic techniques, analyzing choreography, working with music, and choreographing complete solo and group works. Students choreograph as well as participate in other students' compositions. Student compositions will be investigated through discussion and critical analysis. May be repeated three times. Pass/No Pass Option.

003O • INTER REHEARSAL & PERFORMANCE IN DANCE 2.0 units

Total Lab 108 hours

Prerequisite: WHP 003P or prior dance experience

Acceptable for credit: University of California, California State University

This course is designed to give the student an opportunity to choreograph, rehearse, and perform dances at the intermediate level in both formal and informal settings. Emphasis will be on group participation in all areas of dance production including performance and technical aspects of performance. The course will include dance warm-ups and techniques; improvisational studies; choreographic studies; group and solo rehearsals of finished dances; and class, college, and community performances. May be repeated three times. Pass/No Pass Option.

003P • REHEARSAL AND PERFORMANCE IN DANCE 2.0 units

Total Lab 108 hours

Acceptable for credit: University of California, California State University

This course is designed to give the student an opportunity to choreograph, rehearse, and perform dances in an informal setting at the college. Emphasis will be on group participation in all areas of dance production including performance and technical aspects of performance. The course will include rehearsals for the major performance at the theater. The course will include dance warm-ups and techniques; improvisational studies; choreographic studies; group and solo rehearsals of finished dances; class, college and community performances. May be repeated three times. Pass/No Pass Option.

003Q • SOCIAL DANCE: INTERMEDIATE SALSA/LATIN 1.0 unit

Total Lab 54 hours

Advisory: WHP 003S or equivalent

Acceptable for credit: University of California, California State University

For students who have mastered the beginning level syllabus for Salsa and Latin Dance, this course is designed to continue building skills and improving technique with intermediate Latin and rhythmic dance patterns. There will be an emphasis on alignment and posture, etiquette, leading and following. Advanced techniques, variations, spontaneous leading and following, elegance, style, and performance skills will be emphasized. May be repeated three times. Pass/No Pass Option.

003S • BEGINNING SOCIAL DANCE 1.0 unit 003S.2 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to acquaint the student with the basic forms of social dance. Dance posture, rhythm and social practice as related to the dance experiences will also be introduced to help students become proficient in this basic dance style. May be repeated three times. Pass/No Pass Option.

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003T • BEGINNING LINE DANCE

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to acquaint students with basic forms and social practice of Country Western Line Dancing. *May be repeated three times. Pass/No Pass Option.*

003V • INTERMEDIATE SOCIAL DANCE

1.0 unit

003V.2

0.5 unit

Total Lab 54 hours, 27 hours

Advisory: WHP 003S

Acceptable for credit: University of California, California State University

This course is designed to acquaint the student with advanced forms of social dance. Emphasis is on learning dance patterns that are more challenging and complex than the beginning level class. Style and techniques for leading and following are covered in the class. *May be repeated three times. Pass/No Pass Option.*

003W • DANCE: BEGINNING HIP HOP

1.0 unit

003W.2

0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course will introduce the student to the fundamentals of hip hop/street funk. Students will learn general patterns as well as the basics of creating their own style and routines. Information will be presented describing the history and cultural development of hip hop as a dance form. *May be repeated three times. Pass/No Pass Option.*

003X • DANCE: INTERMEDIATE HIP HOP

1.0 unit

003X.2

0.5 unit

Total Lab 54 hours, 27 hours

Advisory: WHP 003W

Acceptable for credit: University of California, California State University

This course will introduce the student to intermediate styles and choreography of hip hop/street funk. Challenging and complex routines will be introduced. Students will be expected to choreograph a hip hop routine reflecting their own style and interpretation. *May be repeated three times. Pass/No Pass Option.*

003Y • SOCIAL DANCE: SALSA/LATIN

1.0 unit

Total Lab 54 hours

Advisory: WHP 003S or equivalent

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to selected Latin and rhythmic dances. There is an emphasis on alignment and posture, etiquette, and leading and following. *May be repeated three times. Pass/No Pass Option.*

003Z • SOCIAL DANCE: SWING

1.0 unit

Total Lab 54 hours

Advisory: WHP 003S or equivalent

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to swing dance including West Coast, East Coast, Jive, Jitterbug, Shag and Lindy Hop. There will be an emphasis on alignment and posture, etiquette, leading and following. For intermediate students enrolled, more advanced techniques, variations, spontaneous leading and following, elegance and style, and performance skills will be emphasized. *May be repeated three times. Pass/No Pass Option.*

040 • DANCE APPRECIATION

3.0 units

Total Lecture 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is a study of the function of dance as art and ritual, social activity, spectacle, and entertainment through a survey of major dance works and artists from 19th century to present. It includes cultural contexts as well as styles and forms used in dance such as folk, ethnic, social, square, tap, jazz, modern and ballet. *Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE

- FITNESS (WHP)

All fitness classes are designed to help the student develop positive attitudes and skills in one or more of the following aspects of fitness: Cardiovascular endurance, muscular strength and endurance and flexibility.

004A • YOGA

1.0 unit

004A.2

0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This class provides the student with an introduction to basic Hatha yoga poses with emphasis on form and body alignment. Strength, flexibility and balance will be emphasized in the yoga poses. Relaxation and meditation techniques will also be introduced. *May be repeated three times. Pass/No Pass Option.*

004B • FITNESS: STRETCH & FLEX

1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to enhance the students' flexibility by having them learn and follow a series of stretching and breathing exercises delivered through video instruction. In addition, students will be introduced to contraindicated exercises that could be potentially harmful and stress reduction techniques associated with stretching. *May be repeated three times. Pass/No Pass Option.*

004D • FITNESS: FIRE AGILITY TRAINING

2.0 units

Total Lab 108 hours

Acceptable for credit: University of California, California State University

This course is designed to enhance the overall fitness level of the Fire Technology student. The emphasis is on improving both cardiovascular endurance and muscle strength so the student can be better prepared to pass any fire department's physical agility test. Intense weight training and cardiovascular workouts are employed. Non-Fire Technology students are also welcome. *May be repeated three times. Pass/No Pass Option.*

004E • FITNESS: AEROBICS-INTERMEDIATE/ADVANCED

2.0 units

Total Lab 108 hours

Acceptable for credit: University of California, California State University

This course is designed for both men and women who are at the intermediate/advanced level of fitness. It will satisfy the needs for an intermediate/advanced cardiovascular workout and will maintain and improve cardiovascular fitness through the use of continuous rhythmic movements and general overall exercises. *Pass/No Pass Option.*

004F • FITNESS: LOWER BODY CONDITIONING

1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to improve middle and lower extremity muscular strength, condition, and shape. The student will participate in a program with specialized exercises that are designed to only work the legs, gluteal, and abdominal areas. Information will be presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues will also be addressed. Strength testing and body composition measurements will be performed to monitor progress. This course may be repeated three times. *Pass/No Pass Option.*

004G • FITNESS: STEP AEROBICS

1.0 unit

004G.2

0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: (University of California - only 004G), California State University

This course is designed to improve middle and lower extremity muscular strength, condition and shape. The student will participate in a program with specialized exercises that are designed to only work the legs, gluteal and abdominal areas. Information will be presented to increase student understanding of muscular and cardiovascular principles for conditioning. Health and nutritional/diet issues will also be addressed. Strength testing and body composition measurements will be performed to monitor progress. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE

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004H • FITNESS: AEROBIC DANCE 1.0 unit **004H.2** 0.5 unit

Total Lab 54 hours, 27 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to provide safe cardiovascular activity and to develop and maintain physical and cardiovascular fitness through the medium of dance. Dance movements to popular music are used to achieve these goals. May be repeated two times. *Pass/No Pass Option.*

004I • FITNESS: CARDIO-KICKBOXING 1.0 unit **004I.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course will introduce the student to aerobic kickboxing. Basic punches, kicks and stances will be taught as well as choreographed patterns. Techniques will be taken from karate, tai chi and boxing as ways to improve cardiovascular fitness. May be repeated three times. *Pass/No Pass Option.*

004K • FITNESS: CARDIO CROSS TRAINING 1.0 unit **004K.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to enhance the students cardiovascular condition by providing a variety of methods of training on equipment such as the treadmill, stair stepper, exercise bicycle and transport. Information will be provided on how to use and program the various pieces of cardio equipment as well as principles needed to obtain good cardiovascular condition. *May be repeated three times. Pass/No Pass Option.*

004L • FITNESS: AEROBICS 1.0 unit **004L.2** 0.5 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed for both men and women to satisfy the needs for cardiovascular activity and to develop and maintain cardiovascular fitness through the use of continuous rhythmic movements and general overall exercise. The par course and jump roping will also be incorporated in the curriculum. *May be repeated three times. Pass/No Pass Option.*

004O • FITNESS: PILATES MATWORK 1.0 unit **004O.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course introduces Joseph Pilates' Physicalmind Conditioning Method. The matwork provides the ideal physical fitness for the attainment and maintenance of a uniformly developed body and sound mind. The study of Pilates will improve flexibility, strength and breathing techniques. This course is open to all Mission College students, and is emphasized for those interested in improving their dance skills. *May be repeated three times. Pass/No Pass Option.*

004P • FITNESS: CARDIO BLAST 1.0 unit **004P.2** 0.5 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to improve cardiorespiratory endurance by teaching a variety of aerobic activities. Step aerobics, aerobic dance, circuit training, interval training, the parcourse and cardio equipment will be introduced throughout the semester as alternative ways to achieve good aerobic conditioning. Warm-up and cool-down techniques will be introduced to compliment each exercise style. *May be repeated three times. Pass/No Pass Option.*

004Q • FITNESS: STRETCH AND STRENGTHEN 1.0 unit **004Q.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to introduce exercises and techniques that both stretch and strengthen the skeletal muscles. The class will begin with exercises in the weight room to warm up the body and build muscular strength. This activity will be followed by a series of stretching exercises that will increase flexibility as a way to release stress and promote relaxation. *May be repeated three times. Pass/No Pass Option.*

004R • AEROBIC INSTRUCTOR INTERNSHIP 0.5 unit **004R.2** 0.5 unit

Total Lab 27 hours

Acceptable for credit: University of California, California State University

This course can be taken in conjunction with the Aerobic Instructor Training Course. It will allow students to serve as an intern in the aerobic classes presently offered at the college. Each intern will act as an aide to the instructor of the class to learn the skills and confidence needed to be an aerobics instructor. Opportunities will be provided for actual classroom practice teaching. May be repeated one time. *Pass/No Pass Option.*

004S • WEIGHT TRAINING INTERNSHIP 0.5 unit **004S.2** 0.5 unit

Total Lab 27 hours

Acceptable for credit: California State University

This course provides students with an opportunity to serve as an intern in a weight training class presently offered at the college. Each intern will serve as an aide to the instructor of the class to acquire the skills and confidence needed to be a personal trainer. This course is one of the requirements of the Fitness Specialist Certificate program. *May be repeated one time. Pass/No Pass Option.*

004T • FITNESS: CONDITIONING 1.0 unit **004T.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to various components of physical fitness and have them work on developing a better level of cardiovascular endurance, muscular strength, body composition and flexibility. *May be repeated three times. Pass/No Pass Option.*

004U • FITNESS: WEIGHT TRAINING 1.0 unit **004U.2** 0.5 unit

Total Lab 54 hours, 27 hours

Acceptable for credit: University of California, California State University

This course is designed to enhance the development of muscular fitness and overall bodytone. Information will be presented to increase student understanding of various aspects of weight training from safety through proper lifting techniques. *May be repeated three times. Pass/No Pass Option.*

004W • LABORATORY EXPERIENCE IN EXERCISE PHYSIOLOGY ASSESSMENT AND EVALUATION 0.5, 1.0, 1.5, 2.0 units

Total Lab 27 hours, 54 hours, 80 hours, 108 hours

This course is designed to provide the student with experience working in an exercise physiology laboratory assessing the following parameters: aerobic capacity, body composition, lung function, muscle strength and endurance, flexibility and stress test preparation. Information will also be provided in lecture to enhance the understanding of the physiology concepts utilized in the lab. Some basic knowledge of physiology would be helpful. Students can take up to 6 units of lab. *May be repeated to total 4 units. Pass/No Pass Option.*

004Y • FITNESS: ULTIMATE 1.0 unit **004Y.2** 0.5 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to the fast-paced, highly conditioned sport of Ultimate frisbee. Frisbee tossing skills as well as game rules, regulations and strategies will be covered. The game is similar in both strategy and conditioning to soccer and basketball. *May be repeated three times. Pass/No Pass Option.*

005A • FITNESS: STRESS REDUCTION THROUGH EXERCISE AND PHYSICAL FITNESS 3.0 units

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to understand and identify the stress process and how it relates to personal health and exercise. The relationship between stress reduction and exercise will be discussed. Exercise routines and intervention strategies and techniques will be developed and practiced during this course to help students effectively deal with stress. *May be repeated three times. Pass/No Pass Option.*

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005P • AIKIDO - INTERMEDIATE

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Prerequisite: WHP 005L

Acceptable for credit: University of California, California State University

This course furthers the student's knowledge and development of the philosophy, principles and the physical techniques of Aikido. The course emphasizes intermediate applications of principles and movements to resolve conflicts and integrate mind-body awareness. *Pass/No Pass Option.*

005Q • AIKIDO - ADVANCED

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Prerequisite: WHP 005P Intermediate Aikido or instructor's permission.

Acceptable for credit: University of California, California State University

This course furthers the student's knowledge and development of the philosophy, principles and the physical techniques of Aikido. The course emphasizes advanced applications of principles and movements to resolve conflicts and integrate mind-body awareness. *Pass/No Pass Option.*

005R • AIKIDO - CONDITIONING

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Prerequisite: WHP 005P Intermediate Aikido or instructor's permission.

Acceptable for credit: University of California, California State University

Aikido conditioning is a supplement to the basic Aikido program. Students work on flexibility, stamina, muscle development, and breathing. Workouts include: aikitaiso (warmup exercises), calisthenics, breathing exercises, proper ukemi (falling arts), partner coordination exercises, foot work and principles of proper body organization. *Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE - INTERCOLLEGIATE ATHLETICS (WHP)

Mission College is a member of the Coast Conference of the California Community and Junior College Association. The College competes in conference competition for both men and women.

009A • INTERCOLLEGIATE BASEBALL-MEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to allow the student the opportunity to further their baseball skills at a competitive, intercollegiate level. Extensive baseball conditioning is stressed including strength training and speed conditioning. Team strategies and skill development are emphasized. *May be repeated three times. Pass/No Pass Option.*

009F • INTERCOLLEGIATE SOCCER-MEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to allow men the opportunity to further their soccer skills at a competitive, intercollegiate level. Extensive soccer conditioning is stressed including strength training and speed conditioning. Team strategies and skill development are emphasized. *May be repeated three times. Pass/No Pass Option.*

009H • INTERCOLLEGIATE TENNIS - MEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Prerequisite: Demonstrated subject/skill proficiency and consent of coach

Acceptable for credit: University of California, California State University

This course is designed for male students interested in competing for an intercollegiate tennis team. *May be repeated three times. Pass/No Pass Option.*

010B • INTERCOLLEGIATE SOCCER-WOMEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to allow women the opportunity to further their soccer skills at a competitive, intercollegiate level. Extensive soccer conditioning is stressed including strength training and speed conditioning. Team strategies and skill development are emphasized. *May be repeated three times. Pass/No Pass Option.*

010C • INTERCOLLEGIATE SOFTBALL-WOMEN

2.0 units

Total Lab 108 hours

Acceptable for credit: University of California, California State University

Intercollegiate softball competition for women. *May be repeated three times. Pass/No Pass Option.*

010D • INTERCOLLEGIATE TENNIS - WOMEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed for women students interested in intercollegiate tennis competition. Practice consists of both mental and physical training. *May be repeated three times. Pass/No Pass Option.*

010E • INTERCOLLEGIATE BADMINTON - WOMEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to allow the student the opportunity to play intercollegiate badminton. Badminton skills and conditioning are emphasized. Practice consists of both mental and physical training. *May be repeated three times. Pass/No Pass Option.*

010F • INTERCOLLEGIATE BASKETBALL - WOMEN

2.0 units

Total Lab 108 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed for women students interested in competing for an intercollegiate basketball team. This course is designed to allow the student the opportunity to play intercollegiate basketball. Basketball skills and conditioning are emphasized. Practice consists of both mental and physical training. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE - LIFETIME SPORTS (WHP)

Lifetime sports classes are designed to teach skills in sports activities in which the student can experience lifelong participation.

007A • FITNESS: STABILITY BALL TRAINING

1.0 unit

Total Lab 54 hours

Acceptable for credit: (University of California - pending), California State University

This course is designed to improve the students' flexibility, and muscular and cardiovascular fitness through the use of stability ball exercises. Students are introduced to a variety of training programs, principles and exercises on a stability ball. Exercise safety and proper warm-up and cool-down are discussed. *May be repeated three times. Pass/No Pass Option.*

007E • BOWLING-BEGINNING

1.5 units

Total Lecture 18 hours; Total Lab 27 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to teach the theory and application of bowling. The course covers the theoretical application and proper mechanics to develop the fundamental skills of bowling. Students compare and contrast basic skills of the 3-step, 4-step and 5-step delivery. Additionally, students recognize and demonstrate proper alignment and geometry when shooting spares. Rules, scoring, historical overview, and theoretical case analysis are examined in this course. *May be repeated one time. Pass/No Pass Option.*

007J • GOLF-BEGINNING

1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course is designed to teach the fundamentals of the game of golf. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE

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<p>007K • GOLF-INTERMEDIATE 1.0 unit <i>Total Lab 54 hours</i> <i>Advisory: WHP 007J</i> <i>Acceptable for credit: University of California, California State University</i> This sequence course is to develop more advanced skills in the game of golf with a greater emphasis on the technical aspects of the swing. <i>May be repeated two times. Pass/No Pass Option.</i></p>	<p>008K • SOFTBALL-BEGINNING 1.0 unit <i>Total Lab 54 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to teach the basic skills, techniques and knowledge of the game of softball to students. <i>May be repeated two times. Pass/No Pass Option.</i></p>
<p>007M • ARCHERY: BEGINNING 1.0 unit <i>Total Lab 54 hours</i> <i>Acceptable for credit: (University of California - pending), California State University</i> This course is designed to teach the basic fundamentals of archery to increase the students' appreciation of the sport as a lifelong, leisure-time activity. This course emphasizes basic skills and drills as well as the history and rules of archery. <i>May be repeated three times. Pass/No Pass Option.</i></p>	<p>008O • BEGINNING VOLLEYBALL 1.0 unit 008O.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to teach beginning volleyball skills for recreational pleasure and its value as a worthy leisure time activity. <i>May be repeated three times. Pass/No Pass Option.</i></p>
<p>007S • TENNIS-BEGINNING 1.0 unit 007S.2 0.5 unit <i>Advisory: Eligibility for ENGL 001A and READ 053</i> <i>Total Lab 54 hours, 27 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to teach the basic fundamentals of tennis to the student to increase the student's appreciation of the game's value as a lifelong, leisure-time activity. Mastery of these skills enables the student to progress to another level of tennis. <i>Materials Fee. Pass/No Pass Option.</i></p>	<p>008P • BASKETBALL: BEGINNING 1.0 unit 008P.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to teach the basic skills, techniques and history of basketball. Drills are included to develop or enhance shooting, passing, rebounding, and defensive skills. Scrimmages are utilized to develop team play concepts. <i>May be repeated three times. Pass/No Pass Option.</i></p>
<p>007T • TENNIS-ADVANCED BEGINNER 1.0 unit 007T.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Advisory: WHP 007S</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to help the student gain further knowledge and mastery of the fundamentals of the game beyond the beginning level, and to increase the students' appreciation for the game's value as an outstanding lifelong, recreational, leisure-time activity. <i>May be repeated three times. Materials Fee. Pass/No Pass Option.</i></p>	<p>008Q • INDOOR SOCCER 1.0 unit <i>Total Lab 54 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to introduce basic soccer skills and techniques such as dribbling, passing, trapping, shooting, and defending needed to be an effective player. Offensive and defensive team concepts and strategies are also introduced. Drills as well as a scrimmage take place every class period. <i>May be repeated three times. Pass/No Pass Option.</i></p>
<p>007U • TENNIS-INTERMEDIATE 1.0 unit 007U.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Advisory: Eligibility for ENGL 001A and READ 053</i> <i>Prerequisite: WHP 007T or demonstrated subject/skill proficiency</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to develop skill and knowledge of the game of tennis at an intermediate level. <i>Materials Fee. Pass/No Pass Option.</i></p>	<p>008R • BADMINTON - BEGINNING 1.0 unit 008R.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Acceptable for credit: University of California, California State University</i> This course will introduce the student to the basic fundamentals and strategies of the game of badminton. The main emphasis of this course will be basic skills, drills and rules of badminton. <i>May be repeated three times. Materials Fee. Pass/No Pass Option.</i></p>
<p>007V • TENNIS-ADVANCED 1.0 unit <i>Total Lab 54 hours</i> <i>Advisory: Eligibility for ENGL 001A and READ 053</i> <i>Prerequisite: Demonstrated advanced skill competency</i> <i>Acceptable for credit: University of California, California State University</i> This course provides the student with the opportunity for further mastery of specific tennis skills and strategies at an advanced level. <i>Materials Fee. Pass/No Pass Option.</i></p>	<p>008S • BADMINTON - INTERMEDIATE / ADVANCED 1.0 unit 008S.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Advisory: WHP 008R, Eligibility for ENGL 001A and READ 053</i> <i>Acceptable for credit: University of California, California State University</i> This course introduces the student to the more advanced skills and strategies of the game of badminton. The main emphasis of this course is on drills, finesse shots, shot placement, court position, and singles and doubles strategy. <i>May be repeated one time. Materials Fee. Pass/No Pass Option.</i></p>
<p>007W • TOURNAMENT TENNIS 1.0 unit <i>Total Lab 54 hours</i> <i>Advisory: Eligibility for ENGL 001A and READ 053</i> <i>Prerequisite: A demonstration of advanced skill competency</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed for the student who has played or desires to play tournament tennis. Advanced skills and strategy are reviewed and practiced to increase mastery for tournament play <i>May be repeated three times. Materials Fee. Pass/No Pass Option.</i></p>	<p>008T • INTERMEDIATE BASKETBALL: MEN AND WOMEN 1.0 unit 008T.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Advisory: Eligibility for ENGL 001A and READ 053, High school varsity basketball or prior experience playing organized basketball strongly recommended.</i> <i>Acceptable for credit: University of California, California State University</i> This class is designed for experienced basketball players who wish to learn advanced strategies of the game. Techniques such as full court press, press breakers, fast break, defensive schemes and player to player and zone offenses are covered. <i>May be repeated three times. Pass/No Pass Option.</i></p>
<p>008H • SOCCER-BEGINNING 1.0 unit <i>Total Lab 54 hours</i> <i>Advisory: Eligibility for ENGL 001A and READ 053</i> <i>Acceptable for credit: University of California, California State University</i> This course is designed to teach individual soccer skills and team play. Students also learn basic offensive and defensive team strategy. <i>Course may be repeated 3 times. Pass/No Pass Option.</i></p>	<p>008U • VOLLEYBALL - INTERMEDIATE / ADVANCED 1.0 unit 008U.2 0.5 unit <i>Total Lab 54 hours, 27 hours</i> <i>Advisory: WHP 008O</i> <i>Acceptable for credit: University of California, California State University</i> This course will introduce the student to more advance skills strategies of the game of volleyball. Emphasis will be placed on drills and advanced skills such as the overhead serve, set and strike shot, defensive blocks and digs as well as court position, strategy and teamwork. <i>May be repeated three times. Pass/No Pass Option.</i></p>

WELLNESS and HUMAN PERFORMANCE

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008V • BASKETBALL: COMPETITIVE

1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This class is designed for experienced basketball players who wish to learn advanced strategies of the game. Techniques such as full court press, press breakers, fast break, defensive schemes and player to player and zone offenses will be covered. *May be repeated three times. Pass/No Pass Option.*

008Y • SOCCER - SUMMER COMPETITIVE LEAGUE

0.5 unit

Total Lab 27 hours

Acceptable for credit: University of California, California State University

This course is designed to provide members of the local community and student-athletes with an opportunity to participate in a competitive soccer class. *May be repeated three times. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE - MARTIAL ARTS (WHP)

005H • SELF-DEFENSE

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to the fundamental skills, strategy and tactics of self-defense which will help the individual to recognize, avoid and respond to dangerous situations. *May be repeated three times. Pass/No Pass Option.*

005J • KARATE: BEGINNING

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This class introduces students to the Okinawan/Japanese martial art of Wado Ki Kai karate, including analysis and application of karate blocking, striking and kicking movements, traditional forms from the Taikyoku and Pinan series and self-defense. Emphasis is on developing physical strength, mental acuity, and one's own personal spirit. *Pass/No Pass Option.*

005K • T'AI CHI: BEGINNING

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course introduces the student to the fundamentals and health enhancing aspects of T'ai Chi. Instruction will cover history and philosophy and emphasize T'ai Chi body movements and forms utilizing energy flow and stress reducing elements that are generated in the process. *May be repeated three times. Pass/No Pass Option.*

005L • AIKIDO - BEGINNING

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course introduces the student to the philosophy, principles, and physical techniques of Aikido, a non-violent martial art form. The course emphasizes harmony and natural movements to resolve conflicts and integrate mind-body awareness. *May be repeated one time. Pass/No Pass Option.*

005M • KARATE INTERMEDIATE

1.0 unit

Total Lab 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This class focuses on intermediate level instruction of the Wado Ki Kai Karate system. Students learn forms including: Naihanchi, Jion, Saifa, Passai, Chinto, Unsa, and Empi. A technical breakdown of body movement and development of self-defense techniques is incorporated including striking, kicking, groundwork, and conditioning. *Pass/No Pass Option.*

005N • KARATE ADVANCED

1.0 unit

Total Lab 54 hours

Advisory: WHP 005M, Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This class is a continuation of the Wado Ki Kai Karate program. Students learn additional forms, including Seisan, Kusanku-Sho, weapons (Geipa, Soea, Gyokerin (Sai), Sushi no sho, Matsumura/Sakugawa (Bo)). Students also develop self-defense techniques, such as striking, kicking, groundwork and body conditioning. *Pass/No Pass Option.*

005O • KARATE CONDITIONING

1.0 unit

Total Lab 54 hours

Advisory: WHP 005J, Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This class is a conditioning supplement to the basic Wado Ki Kai Karate program. Students work on flexibility, stamina, muscle development, and breathing. Workouts include: calisthenics, upright free sparring, transitional technique, ground defense, grappling, focus striking, and bag work. This course may be repeated 3 times. *Pass/No Pass Option.*

005Y • FITNESS: HIKING

1.0 unit

Total Lab 54 hours

Acceptable for credit: University of California, California State University

This course introduces the student to basic hiking techniques as well as various hiking facilities in the local community. Proper warm-up and cool-down specifically for hiking is introduced. Students experience improved fitness levels through hiking. *This course may also be offered via distance learning. Pass/No Pass Option.*

WELLNESS and HUMAN PERFORMANCE - THEORY (WHP)

020 • AEROBIC INSTRUCTOR TRAINING

3.0 units

Total Lecture 36 hours, Total Lab 54 hours

A course developed to train the aerobic professional or enthusiast. Emphasis will be on the practical understanding of basic anatomy, exercise physiology, kinesiology, prevention and care of injuries and nutrition. An understanding of lesson planning, proper instructional techniques, posture and exercise safety will be discussed. Teaching experience and videotaping will be available. *May be repeated one time. Pass/No Pass Option.*

021 • SPORTS INJURIES

1.5 units

Total Lecture 27 hours

Advisory: WHP 025

Acceptable for credit: University of California, California State University

This course is designed specifically for the fitness specialist or enthusiast who wants a basic understanding of the prevention and care of athletic injuries. Emphasis will be on fitness related injuries as well as preventative steps recommended to avoid injuries. Basic awareness of the needs of special populations will also be discussed. *May be repeated one time. Pass/No Pass Option.*

022 • SPORTS NUTRITION

1.5 units

Total Lecture 27 hours

Advisory: WHP 027

Acceptable for credit: California State University

This course is designed specifically for the fitness specialist or enthusiast who wants a basic understanding of nutritional principles as they relate to exercise and sports. Emphasis will be placed on understanding the role of nutrients in physical performance. Body composition, pre-competition meals, and the efficacy of ergogenic aids will also be discussed. *May be repeated one time. Pass/No Pass Option.*

023 • FITNESS TESTING

1.5 units

Total Lecture 27 hours

Acceptable for credit: California State University

This course is designed specifically for the fitness specialist or enthusiast who is interested in learning to administer basic fitness tests that can be used to evaluate an individual's strength, flexibility, cardiovascular endurance, body composition, and posture. The standards for evaluating these tests will be discussed as well as principles used in designing an exercise prescription. *May be repeated one time. Pass/No Pass Option.*

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025 • ANATOMY AND KINESIOLOGY

1.5 units

Total Lecture 27 hours

Acceptable for credit: California State University

This course is designed specifically for the fitness specialist or anyone desiring to learn in greater detail the muscles of the body and their movements. This course is relevant for those individuals considering teaching aerobic dance classes or becoming a personal trainer. *May be repeated one time. Pass/No Pass Option.*

026 • WEIGHT TRAINING PRINCIPLES AND ROUTINES

1.5 units

Total Lecture 27 hours

Acceptable for credit: University of California, California State University

This course is designed specifically for those students interested in pursuing the fitness specialist certificate specialty in personal training or anyone interested in learning about strength development and specific routines. Emphasis will be on strength routines that develop various body parts as well as programs that enhance muscle strength, size, tone definition and cardiovascular condition. A thorough knowledge of the weight training facilities including equipment, as well as physiology, kinesiology and anatomy will be covered. *May be repeated one time. Pass/No Pass Option.*

027 • EXERCISE PHYSIOLOGY

1.5 units

Total Lecture 27 hours

Acceptable for credit: California State University

This course is designed specifically for the fitness specialist or anyone desiring to learn how the body responds physiologically to exercise. Topics covered will include how the body responds and adapts to exercise, muscle and cardiovascular physiology, metabolism, flexibility, body composition and environmental conditions. Course is relevant for those individuals considering teaching aerobic dance classes or becoming a personal trainer. *May be repeated one time. Pass/No Pass Option.*

028 • BODY ALIGNMENT AND STRETCHING TECHNIQUES

1.5 units

Total Lecture 27 hours

Acceptable for credit: California State University

This course is designed for the fitness specialist or enthusiast. Emphasis will be placed upon identifying efficient body alignment, outlining techniques for achieving correct alignment and designing programs that will enhance correct body alignment. Proper stretching techniques and various stretching styles will also be covered in the course. *May be repeated one time. Pass/No Pass Option.*

029 • PERSONAL TRAINING FOR SPECIAL POPULATIONS

1.0 unit

Total Lecture 16 hours

Acceptable for credit: University of California, California State University

This course is designed for the fitness specialist or enthusiast who wants a more complete understanding of how to provide appropriate exercise training for individuals who have health conditions or considerations. These special populations include individuals with conditions such as heart disease, high blood pressure, diabetes, aging and the elderly, pregnancy, and asthma. The students will study body anatomy and physiology, the pathophysiology of the disease or condition, appropriate exercise training and its implications for health benefits. *Pass/No Pass Option*

030 • INTRODUCTION TO PHYSICAL EDUCATION

3.0 units

Total Lecture 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course surveys the basic principles of physical education and its place in and contribution to a comprehensive physical educational program including leadership, aims, objectives, historical perspective, scientific foundations, perceptual motor learning, competitive activities, and current issues in the field. *Pass/No Pass Option*

031 • INTRODUCTION TO SPORTS MANAGEMENT

3.0 units

Total Lecture 54 hours

Advisory: Eligibility for ENGL 001A and READ 053

Acceptable for credit: University of California, California State University

This course is designed to introduce the student to managerial and administrative components of the sports industry. Students learn the basic fundamental skills required to plan, organize, supervise, and evaluate a sporting event. Class discussion and analysis includes the principles of budgeting, marketing, strategic planning, legal aspects and ethics, and procedures of personnel, facility and sports event management. Industry trends and job opportunities and the requirements to achieve those positions are explored. *Pass/No Pass Option*