

ATHLETICS (ATH)

ATH 058 Sports Conditioning for Competitive Athletes 1 Unit

This sports conditioning course is designed for the competitive athletes. The class involves Components of Fitness, Sports Conditioning, Training Protocols and Nutritional information for pre and post season.

Lecture Hours: None Lab Hours: 3 Repeatable: Yes Grading: L
Recommended: Enrollment in an intercollegiate athlete course
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E

ATH 062 Soccer Theory 2 Units

This is a soccer theory course designed for student athletes to be provided an in-depth analysis on individual, group and team competition. Emphasis will be placed upon the four major pillars of the game: technical ability, tactical understanding, physical fitness, and the mental approach necessary to compete successfully as a collegiate soccer player.

Lecture Hours: 2 Lab Hours: None Repeatable: No Grading: L
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: None IGETC: None District GE: None

ATH 064 Competitive Soccer 2 Units

This is an athletic soccer course that provides advanced instruction in the techniques, tactics, and strategies associated with soccer.

Lecture Hours: None Lab Hours: 6 Repeatable: Yes Grading: L
Recommended: Instructor's evaluation - minimum of four years playing experience at the varsity high school, club division or above
Advisory Level: Read: 3 Write: 3 Math: None
Transfer Status: CSU/UC Degree Applicable: AA/AS
CSU GE: E IGETC: None District GE: E