Physical Education Theory

Unless otherwise indicated, a grade of C or higher is required for all prerequisite courses.

P.E. 101 THEORY OF BASEBALL
Concepts of modern baseball are explored including: strategy, coaching techniques, history, game rules and umpiring; developmental drills, theory of strength and conditioning programs and fundamentals of coaching youth baseball. This is NOT an activity class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU, UC*

P.E. 102 THEORY OF OFFENSIVE FOOTBALL
Current concepts of offense are examined using game footage, practices, and computer assisted analysis. Concepts are examined and applied to attack opponent's offensive strategies. Strategy, techniques, game rules, developmental drills, strength and conditioning programs are covered. This is NOT an activity class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU, UC*

P.E. 103 THEORY OF DEFENSIVE FOOTBALL
Current concepts of defense are examined using game footage, practice, and computer assisted analysis. Concepts are examined and applied to attack opponent's defensive strategies. Strategy, techniques, game rules, development drills, strength and conditioning programs are covered. This is NOT an activity class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU, UC*

P.E. 104 THEORY OF SPECIAL TEAMS
Current concepts of special teams are examined using game footage, practices, and computer assisted analysis. Concepts are examined and applied to attack opponent's special teams strategies. Strategy, techniques, game rules, developmental drills, strength and conditioning programs are covered. This is NOT an activity class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Transfer Credit: CSU, UC*

P.E. 106 THEORETICAL ANALYSIS OF SOFTBALL
Current concepts of softball are examined using game footage, practices, and computer assisted analysis. Strategy to be covered include, but are not limited to: the short game (bunting, hit and run, squeeze play), when to play for the big inning, batting in different counts, batting in different scenarios. Techniques, game rules, developmental drills, and proper softball strength and conditioning programs are covered. This is NOT an activity class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 3
Hours/semester: 48-54 Lecture; 96-108 Homework
Recommended: Eligibility for ENGL 838 or ENGL 848 or ESL 400.
Transfer Credit: CSU, UC*

Courses marked with a (*) are transferable with unit limitations as specified in assist.org. If you have questions, see your counselor.