

EXERCISE SCIENCE (ES)

ES-001

Adapted Physical Exercise

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

Assessment of physical performance status and postural evaluation. Individually prescribed exercise programs for the physically disabled. Recreational games and individual sports adapted to students' capabilities.* (CSU, UC credit limit)

ES-008A

Beginning Indoor Cycling

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

This course is designed to provide a beginning level indoor cycling experience to develop the key components of health-related physical fitness: cardiorespiratory, endurance, muscular strength/endurance, body composition, and flexibility. The components of fitness will be met through structured individually paced indoor group cycling classes. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.* (CSU, UC)

ES-008B

Intermediate Indoor Cycling

1 UNITS

Recommended Preparation: ES 008A Beginning Indoor Cycling

1.0 hours lecture, 1.0 hours laboratory

This course is designed to provide an intermediate level indoor cycling experience to develop the key components of health-related physical fitness: cardiorespiratory, endurance, muscular strength/endurance, body composition, and flexibility. The components of fitness will be met through structured individually paced indoor group cycling classes. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.* (CSU, UC)

ES-008C

Advanced Indoor Cycling

1 UNITS

Recommended Preparation: ES 008B Intermediate Indoor Cycling

1.0 hours lecture, 1.0 hours laboratory

This course is designed to provide an advanced level indoor cycling experience to develop the key components of health-related physical fitness: cardiorespiratory, endurance, muscular strength/endurance, body composition, and flexibility. The components of fitness will be met through structured individually paced indoor group cycling classes. Students will also learn the fundamental principles of physical fitness and their impact on a life-long health and wellness.* (CSU, UC)

ES-009A

Beginning Aerobic Dance Exercise

1 UNITS

1.0 hours lecture, 1.0 hours laboratory

Aerobic dance exercise with an emphasis on conditioning the musculoskeletal system, improving the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. Principles of physical fitness, conditioning and other relevant health-related topics will be covered.* (CSU, UC credit limit)

ES-009B

Intermediate Aerobic Dance Exercise

1 UNITS

Recommended Preparation: "C" grade or higher or "Pass" in ES 009A or equivalent or specified skill competencies

1.0 hours lecture, 1.0 hours laboratory

A continuation of ES 009A emphasizing the development of an intermediate level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. More complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an increased level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.* (CSU, UC, UC credit limit)

ES-009C

Advanced Aerobic Dance Exercise

1 UNITS

Recommended Preparation: "C" grade or higher or "Pass" in ES 009B or equivalent or specified skill competencies

1.0 hours lecture, 1.0 hours laboratory

A continuation of ES 009B emphasizing the development of an advanced level of conditioning of the musculoskeletal system, improvement of the cardiovascular system, increasing the efficiency of the respiratory system, and increasing flexibility. More complex movement patterns, routines and equipment will be used to increase intensity of exercise to achieve an increased level of fitness. Principles of physical fitness, conditioning, and other relevant health-related topics will also be covered.* (CSU, UC, UC credit limit)

ES-010

Cardiovascular Fitness and Nutrition

1 UNITS

3.0 hours laboratory

Kinesiology Lab course designed to teach the benefits of cardiovascular exercise, heart-healthy nutrition guidelines, and to provide opportunities for students to analyze their eating habits. This course requires workouts and consultations with the instructor, as well as written and computer assignments. Each student will be assessed in the areas of fitness and diet. Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.* (CSU, UC credit limit)

ES-011

Circuit Training

1 UNITS

3.0 hours laboratory

Kinesiology Lab course designed to develop and encourage positive attitudes and habits with regard to exercise. Each student will be assessed in the areas of body composition, cardiovascular efficiency, muscular strength and endurance, and flexibility. An individual fitness profile will then be established. From this profile, an individual fitness prescription will be developed. Fitness activity will primarily utilize exercise equipment organized into a super circuit. Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.* (CSU, UC credit limit)

ES-012

Individualized Sports Conditioning

1 UNITS

3.0 hours laboratory

Kinesiology Lab course designed to provide advanced exercisers with the opportunity to increase their fitness levels with an emphasis on strength training and muscle flexibility. An individualized fitness program will then be prescribed utilizing the student's personal fitness goals. Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.* (CSU, UC credit limit)

ES-013**Flexibility Fitness 1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

Flexibility program which provides students with knowledge of their optimal range of motion. Emphasizes participation that suits the needs of all age and ability levels including dancers, athletes, seniors and fitness enthusiasts.* (CSU, UC credit limit)

ES-014A**Beginning Body Building 1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

Instruction and practice in conditioning, running and resistance exercises, with emphasis on total fitness of the individual.* (CSU, UC credit limit)

ES-014B**Intermediate Body Building 1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 014A or equivalent

1.0 hours lecture, 2.0 hours laboratory

Instruction and practice in weight lifting and weight training with an emphasis on techniques of lifting. Individual program adaptation is stressed.* (CSU, UC credit limit)

ES-014C**Advanced Body Building 1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 014B or equivalent

1.0 hours lecture, 2.0 hours laboratory

Advanced skills and techniques of body building.* (CSU, UC credit limit)

ES-019A**Beginning Physical Fitness 1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

Instruction in physical conditioning, nutrition and weight control.* (CSU, CSU GE, UC credit limit)

ES-019B**Intermediate Physical Fitness 1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 019A or equivalent

1.0 hours lecture, 2.0 hours laboratory

Further emphasis on individual physical conditioning, nutrition and weight control.* (CSU, CSU GE, UC credit limit)

ES-019C**Advanced Physical Fitness 1.5 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 019B or equivalent

1.0 hours lecture, 2.0 hours laboratory

Advanced skills and techniques of physical fitness with an emphasis on new concepts and techniques.* (CSU, CSU GE, UC credit limit)

ES-024A**Beginning Fitness Boot Camp 1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

This course presents a fast-paced, regimented style exercise program designed at a beginning level that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of basic activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.* (CSU, UC)

ES-024B**Intermediate Fitness Boot Camp 1 UNITS**

Recommended Preparation: ES 024A Beginning Fitness Boot Camp

1.0 hours lecture, 1.0 hours laboratory

This course presents a fast-paced, regimented style exercise program designed at an intermediate level that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of basic activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.* (CSU, UC)

ES-024C**Advanced Fitness Boot Camp 1 UNITS**

Recommended Preparation: ES 024B Intermediate Fitness Boot Camp

1.0 hours lecture, 1.0 hours laboratory

This course presents a fast-paced, regimented style exercise program designed at an advanced level that works the entire body through the use of calisthenics, running, body resistance training and agility drills designed to promote physical fitness and weight control. Using a variety of basic activities, emphasis will be placed on self-discipline, intensity, and goal-oriented basic exercise programming. The course will utilize numerous training modalities including cross-training, basic boxing, plyometrics, speed and agility, core stability, flexibility training as well as cardiovascular endurance. Students will also learn the fundamental principles of physical fitness and their impact on life-long health and wellness.* (CSU, UC)

ES-028A**Beginning Yoga 1.5 UNITS**

1.0 hours lecture, 2.0 hours laboratory

This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through beginning Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding the history and traditions of Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long wellness.* (CSU, UC)

ES-028B**Intermediate Yoga 1.5 UNITS**

Recommended Preparation: ES 028A Beginning Yoga

1.0 hours lecture, 2.0 hours laboratory

This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through intermediate Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding the history and traditions of Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long wellness.* (CSU, UC)

ES-028C		ES-125B	
Advanced Yoga	1.5 UNITS	Intermediate Golf	1.5 UNITS
Recommended Preparation: ES 028B Intermediate Yoga		Recommended Preparation: "C" grade or higher or "Pass" in ES 125A or equivalent	
1.0 hours lecture, 2.0 hours laboratory		1.0 hours lecture, 2.0 hours laboratory	
This course is designed to help students increase flexibility and balance as well as practice relaxation and stress reduction through advanced Yoga techniques. The course will focus on safe, effective stretching, balance, stability of supporting muscle groups and breathing techniques. Discussion regarding the history and traditions of Yoga as well as stress reduction will take place. Students will also learn the fundamental principles of physical fitness and their impact on life-long wellness.* (CSU, UC)		Instruction and practice in golf including skills required to play a small executive course. Students must furnish their own equipment.* (CSU, UC credit limit)	
ES-060A		ES-125C	
Beginning Badminton	1 UNITS	Advanced Golf	1.5 UNITS
1.0 hours lecture, 1.0 hours laboratory		Recommended Preparation: "C" grade or higher or "Pass" in ES 125B or equivalent	
Presentation of the official singles and doubles games including the six basic strokes, footwork, strategy and etiquette.* (CSU, UC credit limit)		1.0 hours lecture, 2.0 hours laboratory	
ES-060B		Continuation of ES 125B with an emphasis on advanced techniques, strategies and tournament play. Students must furnish their own equipment.* (CSU, UC credit limit)	
Intermediate Badminton	1 UNITS	ES-155A	
Recommended Preparation: "C" grade or higher or "Pass" in ES 060A or equivalent		Beginning Basketball	1 UNITS
1.0 hours lecture, 1.0 hours laboratory		1.0 hours lecture, 1.0 hours laboratory	
Continuation of ES 060A with an emphasis on playing strategy and match play in singles and doubles.* (CSU, UC credit limit)		Instruction and practice in the basic skills of basketball with emphasis on individual skill development and team play. Includes the fundamental principles of physical fitness and their impact on lifelong health and wellness.* (CSU, UC credit limit)	
ES-060C		ES-155B	
Advanced Badminton	1 UNITS	Intermediate Basketball	1 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 060B or equivalent		Recommended Preparation: "C" grade or higher or "Pass" in ES 155A or equivalent	
1.0 hours lecture, 1.0 hours laboratory		1.0 hours lecture, 1.0 hours laboratory	
Advanced playing techniques, strategy, knowledge and attitudes for students who wish to excel in badminton and increase aerobic capacity.* (CSU, UC credit limit)		Continuation of ES 155A with emphasis on intermediate level individual skill development, team play, defensive/offensive tactics and team strategies. Includes the fundamental principles of physical fitness and their impact on lifelong health and wellness.* (CSU, UC credit limit)	
ES-076A		ES-155C	
Beginning Tennis	1 UNITS	Advanced Basketball	1 UNITS
1.0 hours lecture, 1.0 hours laboratory		Recommended Preparation: "C" grade or higher or "Pass" in ES 155B or equivalent	
Presentation of the official singles and doubles games including basic strokes, rules, strategy and etiquette.* (CSU, UC credit limit)		1.0 hours lecture, 1.0 hours laboratory	
ES-076B		Continuation of ES 155B with emphasis on advanced level individual skill development, team play, defensive/offensive tactics and team strategies. Includes the fundamental principles of physical fitness and their impact on lifelong health and wellness.* (CSU, UC credit limit)	
Intermediate Tennis	1 UNITS	ES-170A	
Recommended Preparation: "C" grade or higher or "Pass" in ES 076A or equivalent		Beginning Soccer	1 UNITS
1.0 hours lecture, 1.0 hours laboratory		1.0 hours lecture, 1.0 hours laboratory	
Continuation of ES 076A with an emphasis on individual stroke analysis, playing strategy and match play, singles and doubles.* (CSU, UC credit limit)		Basic skills and strategy of soccer with an emphasis on team play and individual skills.* (CSU, UC credit limit)	
ES-076C		ES-170B	
Advanced Tennis	1 UNITS	Intermediate Soccer	1 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 076B or equivalent		Recommended Preparation: "C" grade or higher or "Pass" in ES 170A or equivalent	
1.0 hours lecture, 1.0 hours laboratory		1.0 hours lecture, 1.0 hours laboratory	
Continuation of ES 076B with an emphasis on advanced techniques, strategy and match play for singles, doubles and mixed doubles.* (CSU, UC credit limit)		Intermediate soccer skills and team play with an emphasis on techniques, team strategy, language and lore of the game of soccer.* (CSU, UC credit limit)	
ES-125A			
Beginning Golf	1 UNITS		
1.0 hours lecture, 1.0 hours laboratory			
Instruction and practice in basic golf skills to include course conduct, rules and self-evaluation of skills. Practice is limited to development of swing, stance and grip.* (CSU, UC credit limit)			

ES-170C**Advanced Soccer 1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 170B or equivalent

1.0 hours lecture, 1.0 hours laboratory

Advanced individual soccer skills and team play. Emphasizes techniques and team strategy.* (CSU, UC credit limit)

ES-171A**Beginning Softball 1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

Introduces the basic fundamentals of the game of softball. For individuals of all ages and fitness levels. Emphasizes lifelong health and vigor through exercise and activities. Promotes enjoyment of the game of softball, physical activity, safety, and injury prevention. Includes individual position skill, and offense and defense strategies.* (CSU, UC credit limit)

ES-171B**Intermediate Softball 1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 171A or equivalent

1.0 hours lecture, 1.0 hours laboratory

Instruction in the fundamentals of the game of softball at the intermediate level. For individuals of all ages and fitness levels. Emphasizes lifelong health and vigor through exercise and activities. Promotes enjoyment of the game of softball, physical activity, safety, and injury prevention. Includes individual position skill, and offense and defense strategies.* (CSU, UC credit limit)

ES-171C**Advanced Softball 1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 171B or equivalent

1.0 hours lecture, 1.0 hours laboratory

Instruction in the game of softball at the advanced level. For individuals of all ages and fitness levels. Emphasizes lifelong health and vigor through exercise and activities. Promotes enjoyment of the game of softball, physical activity, safety, and injury prevention. Includes individual position skill, and offense and defense strategies.* (CSU, UC credit limit)

ES-175A**Beginning Volleyball 1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

Competency development in the team sport of volleyball with an emphasis on individual techniques and team strategy.* (CSU, UC credit limit)

ES-175B**Intermediate Volleyball 1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 175A or equivalent

1.0 hours lecture, 1.0 hours laboratory

Continuation of ES 175A with emphasis on intermediate level play and strategy and four-person teams.* (CSU, UC credit limit)

ES-175C**Advanced Volleyball 1 UNITS**

Recommended Preparation: "C" grade or higher or "Pass" in ES 175B or equivalent

1.0 hours lecture, 1.0 hours laboratory

Continuation of ES 175B with emphasis on advanced play and strategy and four-person teams.* (CSU, UC credit limit)

ES-180**Self Defense for Women 1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

Basic principles of practical personal protection for women, with emphasis on awareness and prevention of situations that may leave a person vulnerable to crime, especially rape. Physical, mental and verbal responses will be taught and practiced so students may develop the confidence to stand up and defend themselves if needed. Students will learn the fundamental principles of physical fitness and its impact on lifelong health and wellness.* (CSU, UC credit limit)

ES-206**Intercollegiate Basketball 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Intercollegiate competition in the sport of basketball. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-209**Intercollegiate Cross-Country 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Open to students with advanced cross-country skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-213**Intercollegiate Golf 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Instruction in team play and strategy. Competition in practice and league play. Athletic insurance fee is required. (CSU, UC credit limit)

ES-218**Intercollegiate Soccer 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Open to students with advanced soccer skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-224**Intercollegiate Tennis 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Intercollegiate competition in the sport of tennis. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-227**Intercollegiate Track 3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Open to students with advanced track skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-230**Intercollegiate Volleyball****3 UNITS**

Prerequisite: Tryout

10.0 hours laboratory

Intercollegiate competition in the sport of volleyball. Instruction in specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, team travel and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. Athletic insurance fee is required. (CSU, UC credit limit)

ES-248**Conditioning for Intercollegiate Athletes****1 UNITS**

1.0 hours lecture, 1.0 hours laboratory

Physical conditioning and mastery of the basic fundamentals of movement and skills necessary to reduce the risk of injury associated with athletic activity. Conditioning activities, games, and resistance exercises will be emphasized. This course is intended for intercollegiate athletes who are proficient in the fundamental skills and have knowledge of the basic rules of the competitive sport. Instruction is geared toward advanced techniques, strategies, injury prevention, conditioning, and team play. (CSU, UC)

ES-249**Competencies for Intercollegiate Athletes****2-4 UNITS**

Prerequisite: Recommendation of Intercollegiate Coach

1.0 hours lecture, 3.0 hours laboratory

This course is designed to prepare student athletes for intercollegiate competition at both the two and four year level, and to maintain athletic conditioning between seasons. It is intended for students who have demonstrated the potential (through performance or interview with respective coach) to succeed in intercollegiate athletics. Students will be required to participate in lab hours within the intercollegiate sport of their choice. Athletic insurance fee may be required upon enrollment. 1 hour lecture, 3 hours laboratory (2 units), 1 hour lecture, 6 hours laboratory (3 units), 1 hour lecture, 9 hours laboratory (4 units). (CSU, UC)

ES-250**Introduction to Kinesiology****3 UNITS**

3.0 hours lecture

Introduction to the interdisciplinary approach to the study of human movement. An overview of the concepts within and importance of the sub-disciplines in kinesiology will be discussed, along with career opportunities in the areas of teaching, coaching, allied health, dietetic, and fitness professions. (C-ID KIN 100) (CSU, UC)

ES-253**Physical Education in Elementary Schools****3 UNITS**

2.5 hours lecture, 1.5 hours laboratory

The statewide program in physical education for elementary schools forms the basis for this course. Includes the study of child development, personality development, analysis and practice of fundamental skills, selection of activities, organizational materials, and evaluation of teaching ability. (CSU)

ES-255**Care and Prevention of Athletic and Recreational Injuries****3 UNITS**

3.0 hours lecture, 1.0 hours laboratory

Designed to (1) provide a background for individuals interested in an athletic training career, (2) develop an understanding of athletic injuries in terms of prevention, recognition, evaluation, treatment, first aid and emergency care for coaches and/or teachers in athletic settings, and (3) provide athletes with an understanding of how to manage their own injuries and methods of prevention. (CSU, UC credit limit)

ES-270**Cooperative Games****1 UNITS**

1.0 hours lecture

Instruction in planning and implementing cooperative games for physical education/activities involving pre-school and elementary school-age children in a variety of settings. The philosophy behind the need for cooperative games will be explored, as well as the importance of incorporating movement into daily life. (CSU, UC credit limit)

ES-271**Fitness Walking with Children****1 UNITS**

1.0 hours lecture

Instruction in planning and implementing a walking program for children in a variety of settings. Lifelong fitness activities and walking as a form of appropriate and challenging exercise will be emphasized. (CSU)

ES-272**Issues in Childhood Obesity****1 UNITS**

1.0 hours lecture

Survey of current knowledge relating to the cause and prevention of childhood obesity. Content will include suggested physical activity planning and nutrition guidelines, as well as historically relevant trends in regards to childhood obesity, diet and physical activity. (CSU)

Exercise Science Degree Requirements

Courses which meet the activity requirement for graduation have an asterisk (*). Intercollegiate athletics courses, ES 206, 209, 213, 218, 224, 227, 230, 248, 249, are repeatable. Intercollegiate sports do not meet the activity requirement for graduation. A physical examination is recommended for all classes if the student has medical problems or is over the age of 30. *Due to health and safety considerations, only one Kinesiology Lab class (ES 010, 011, 012) may be taken per semester.*