

Team Sports

(See also Aquatics, Dance, Fitness, Individual Sports, Kinesiology, and Varsity Sports)

(Please make sure to see repeatability statement listed at the beginning of the Kinesiology, Athletics and Dance section)

TEAM 105 ADVANCED BASEBALL

Focuses on mastering individual skills and team concepts. This course is designed to improve the individual technique of students wishing to play intercollegiate community college baseball. Students also participate in numerous competitive drills and baseball conditioning. Demonstrated ability is required. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 111.1 BASKETBALL I

Instruction at a beginning level in the rules, strategies and skills of basketball. Includes round-robin play during the last half of the semester. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 111.2 BASKETBALL II

Instruction at an intermediate level in the rules, strategies and skills of basketball. Includes round-robin play during the last half of the semester. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 111.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 111.3 BASKETBALL III

Instruction at an advanced intermediate level in the rules, strategies and skills of basketball. Includes round-robin play

during the last half of the semester. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 111.2

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 111.4 BASKETBALL IV

Instruction at an advanced level in the rules, strategies and skills of basketball. Includes round-robin play during the last half of the semester. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 111.3

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 132.1 FLAG FOOTBALL I

This course provides beginning skills in flag football, including catching, running with the ball, strategies, blocking, and rules of the game. Drills and competitions are used. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 132.2 FLAG FOOTBALL II

Continuation of TEAM 132.1. Provides intermediate skills in flag football, including catching, running with the ball, strategies, blocking, and rules of the game. Drills and competitions are used. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 132.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*



TEAM 132.3 FLAG FOOTBALL III

Continuation of TEAM 132.2. This course provides advanced intermediate skills in flag football, including catching, running with the ball, strategies, blocking, and rules of the game. Drills and competitions are used. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 132.2

AA/AS Degree Requirements: Area E1; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 141.1 SOCCER I

Covers instruction in and practice of the basic fundamentals essential for team play including dribbling, passing, trapping, throw-ins and defending. The rules and game etiquette are taught for an understanding of team play. Tournament play is included. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 141.2 SOCCER II

Continuation of TEAM 141.1. Provides the intermediate student the opportunity to refine and perfect the basic soccer skills essential to team play. Topics include ball possession in small sided group exercises, defending and tournament play. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 141.1 or demonstrated ability.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 141.3 SOCCER III

Continuation of TEAM 141.2. Intermediate/advanced skills are combined with group tactics essential for team play. Topics include intermediate/advanced passing and receiving, combination play, group defending and ball possession. Introduction to the 4-4-2 system of play. Round robin team play is involved. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 141.2 or demonstrated ability.

AA/AS Degree Requirements: Area E2

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 141.4 SOCCER IV

Continuation of TEAM 141.3. Competitive team play with emphasis on advanced skills and tactics. Topics include speed of play, group defending and systems of play. Tournament play is involved. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 141.3 or demonstrated ability.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 148.1 INDOOR SOCCER I

A course designed to provide instruction and practice in the fundamentals of indoor soccer and Futsal, team competition, specialized tactics and beginning systems of play. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 148.2 INDOOR SOCCER II

Continuation of TEAM 148.1. Provides the intermediate student the opportunity to refine and perfect the basic indoor soccer skills essential to team play. Topics include indoor soccer and Futsal, team competition, specialized tactics and beginning systems of play. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 148.1

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 148.3 INDOOR SOCCER III

Continuation of TEAM 148.2. Provides the intermediate student the opportunity to refine and perfect the indoor soccer skills essential to team play. Topics include indoor



soccer and Futsal, team competition, specialized tactics, and systems of play. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 148.2

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 148.4 INDOOR SOCCER IV

Continuation of TEAM 148.3. Provides the expert student the opportunity to perfect the indoor soccer skills essential for team play. Topics include indoor soccer and Futsal, team competition, specialized tactics, and systems of play. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 148.3

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 171.1 VOLLEYBALL I

Instruction and practice of the fundamentals of the game including serving, passing, setting, spiking, and the basic defensive and offensive strategies. Emphasis is placed on the rules and etiquette of the game. Round robin play is included. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 171.2 VOLLEYBALL II

Continuation of TEAM 171.1. Provides the intermediate student with the opportunity to refine and perfect the basic volleyball skills and to master individual positions when using the 6-2 volleyball system. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 171.1 or demonstrated skill.

AA/AS Degree Requirements: Area E2

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 171.3 VOLLEYBALL III

Continuation of TEAM 171.2. Emphasis is placed on refinement of the basic fundamentals of the game as well as the more advanced aspects of setting, hitting, and serving. The 6-2 and 5-1 offensive and defensive systems of play are emphasized. Round robin team play is involved. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 171.2 or demonstrated skill.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 171.4 VOLLEYBALL IV

Continuation of TEAM 171.3. Designed to teach advanced skills, principles and techniques necessary and fundamental to understanding and playing at an advanced level. Emphasis is placed on the 6-2 and 5-1 team offensive/defensive systems and strategies. Includes participation in organized round-robin competition preceded by a brief period of appropriate warm-up activities. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Prerequisites: TEAM 171.3 or demonstrated skill.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 183 GOLF: SKILL DEVELOPMENT

Focuses on mastering individual golf skills and concepts. It is designed to improve the individual technique of students wishing to play intercollegiate community college golf. A minimum skill level must be demonstrated to remain in the course. Major emphasis is placed on actual competition played on local golf courses. Included are both on and off course drills and discussion for skills and strategy. May be repeated for credit up to 3 times. *Letter Grade Only. Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*



TEAM 184 SOCCER: SKILL DEVELOPMENT AND CONDITIONING

Focuses on mastering individual skills and team concepts. It is designed to improve the individual technique of students wishing to play intercollegiate community college soccer. Students also participate in numerous competitive drills and soccer conditioning. May be repeated for credit up to 3 times. *Letter Grade Only. Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 185 EXPERT VOLLEYBALL TRAINING

Focuses on mastering individual skills and team concepts. It is designed to improve the individual technique of students wishing to play intercollegiate community college volleyball. Students also participate in numerous competitive drills and volleyball conditioning. Demonstration of appropriate skill level is required, and monitored by instructor. May be repeated for credit up to 3 times. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 186 BASKETBALL: INDIVIDUAL SKILL DEVELOPMENT

This course focuses on mastering individual skills rather than team concepts. It is designed to improve the individual skills of students wishing to play intercollegiate community college basketball. Students spend considerable time working on the fundamentals of the game: ball handling, passing and shooting. Students also participate in numerous competitive drills and basketball conditioning. May be repeated once for credit. *Grade Option (Letter Grade or Pass/No Pass). Degree Credit.*

Units: 1

Hours/semester: 48-54 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

TEAM 187 TENNIS: SKILL DEVELOPMENT AND CONDITIONING

Focuses on mastering individual skills and doubles team concepts. It is designed to improve the individual techniques of students wishing to play intercollegiate community college tennis. Students also participate in numerous competitive drills and tennis conditioning. May be repeated for credit up to 3 times. *Letter Grade Only. Degree Credit.*

Units: 2

Hours/semester: 96-108 Lab

Recommended: Demonstrated ability is required.

AA/AS Degree Requirements: Area E2; Physical Education

Transfer Credit: CSU (CSU GE Area E2), UC*

