

PHED - Physical Education Courses

PHED B2SB Aquatics: Beginning Swimming

1 unit

Description: A semester course in beginning swimming in which the focus is on the knowledge and skill necessary to handle the body with ease in the water. The course covers basic mechanical, physiological and psychological concepts, fundamental safety skills and basic swimming strokes for the 4 competitive swimming strokes. (Free, Back, Breast, Fly)

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B3ADP Adaptive Physical Education

1 unit

Description: Individualized fitness class for the physically challenged (as verified by D.S.P.S.) with activities designed to emphasize resistive circuit training combined, when possible, with aerobic training.

Note: Students who are physically challenged may contact DSPS to determine if they qualify to enroll in the course again. Justification must be documented by a DSPS counselor.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B6A Coeducational and Individual Activity: Archery

1 unit

Description: Archery as a lifelong physiological and social activity. An elementary course in archery to include target archery and field archery.

Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6BB Coeducational and Individual Activity: Basketball

1 unit

Description: Basketball as a lifelong physiological, psychological and social activity. Skills, strategies, rules and etiquette of basketball.

Note: UC campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6BLB Coeducational and Individual Activity: Beginning Ballet (DANC B6BLB)

1 unit

Description: Co-educational beginning ballet course. Includes warm-up exercises, technical skills and terminology.

Note: Not open to students who have completed DANC B6BLB.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6FCX Coeducational and Individual Activity: Fitness Center

1 unit

Description: Circuit training with resistance machines (weights), supplemented with a variety of aerobic based equipment. Stresses the development of muscle mass/tonne, endurance and cardiovascular fitness. Not recommended for competitive weight lifters.

Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6G Coeducational and Individual Activity: Golf

1 unit

Description: This course includes instruction in technique, tactics, and physical conditioning related to the sport of golf.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6JD Coeducational Team and Individual Activity: Jazz Dance (DANC B6JD)

1 unit

Description: Fundamental Jazz techniques and fundamental terminology of ballet as they relate to jazz dancing: including warm-up exercises for the preparation of the human body as an instrument for dance. Different styles and rhythms of jazz dance and music for jazz dance will be introduced. Note: Not open to students who have completed DANC B6JD.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6SC Coeducational and Individual Activity: Soccer

1 unit

Description: Soccer as a lifelong physiological, psychological and social activity. Training in the fundamental skills of soccer. Understanding of the rules of the game, safety and basic strategy of play.

Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6T Coeducational and Individual Activity: Tennis

1 unit

Description: Tennis as a lifelong physiological, psychological and social activity. Student will learn basic tennis skills, rules, strategies and etiquette.

Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6V Coeducational and Individual Activity: Beginning Volleyball

1 unit

Description: An elementary course in volleyball to include instruction in techniques, tactics, and physical conditioning related to the sport of volleyball.

Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.

Hours: 54 lab

Transferable: CSU, UC, and private colleges; BC GE E

PHED B6WT Coeducational Team and Individual Activity Weight Training

1 unit

Description: Coeducational course stressing the safe and effective application of Weight Training as a form of physical activity to enhance overall health and wellness. Instruction will include the development of various physical abilities (i.e. endurance, strength, power) through the safe and effective performance of Weight Training. Note: UC campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 54 lab

Repeat: 1

Transferable: CSU, UC, and private colleges; BC GE E

Athletic Code Eligibility Requirements

An athlete must be continuously enrolled in a minimum of 12 units during the season of competition. Students competing in a sport must successfully complete 24 units to be eligible for a second season of competition. A 2.0 grade point average must be maintained to be eligible to participate.

NOTE: All intercollegiate sports may be substituted for physical education requirement for graduation. UC campuses give a maximum of four semester units of credit for appropriate physical education activity courses.

PHED B10 Intercollegiate Competition for Men: Football

3 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Intercollegiate competition for Men's Football team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B11 Intercollegiate Competition for Men: Basketball

1.5 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Intercollegiate competition for Men's Basketball team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 81 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B12 Intercollegiate Competition: Track and Field

3 units

Prerequisites: Limitation on Enrollment, this class is designed for

identified student athletes.

Description: Intercollegiate competition for the Track and Field team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B13 Intercollegiate Competition for Men: Tennis

3 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Intercollegiate competition for Men's Tennis team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B14 Intercollegiate Competition for Men: Baseball

3 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Intercollegiate competition for Men's Baseball team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B15 Intercollegiate Competition Cheer

1 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Practice, participation and competition on cheer, dance and stunt teams for Bakersfield College. Includes development of skills, both individual and group, for successful public performance. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 36 lab

Repeat: 3

Transferable: CSU, UC, and private colleges.

PHED B16 Intercollegiate Competition for Men: Golf

3 units

Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.

Description: Intercollegiate competition for Men's Golf team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B17 Intercollegiate Competition Cross Country*3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for the Cross Country team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B20 Intercollegiate Competition for Men Wrestling***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Men's Wrestling team. Student must meet athletic code eligibility requirements. Field trips may be required. UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B23 Intercollegiate Competition for Women Soccer***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Soccer team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B23M Intercollegiate Competition for Men Soccer***3 units***Prerequisite:** Limitation on Enrollment: Student must meet athletic code eligibility requirements.**Description:** Intercollegiate competition for Men's Soccer team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges.**PHED B24 Intercollegiate Competition for Women: Golf***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Golf team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B25 Intercollegiate Competition for Women Volleyball***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Volleyball team. Student must meet athletic code eligibility requirements. Field trips may be required. UC campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B25B Intercollegiate Competition for Women Beach Volleyball***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Beach Volleyball. Student must meet athletic code eligibility requirements. Field trips may be required. UC Campuses give a maximum of four semester units credits for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges.**PHED B28 Intercollegiate Competition for Women: Basketball***1.5 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Basketball team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 81 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B29 Intercollegiate Competition for Women Softball***3 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate competition for Women's Softball team. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B32 Shape Up***3 units***Description:** An integration of physiological, psychological and sociological understandings of the human being in relationship to physical activity as a lifelong pursuit. Topics include physical fitness, stress reduction benefits of exercise, nutrition, socialization and individual differences in human behavior.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 18 lecture, 108 lab**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E

PHED B33 Intercollegiate Swimming*3 units***Prerequisite:** Limitation on Enrollment, Must meet athletic code eligibility requirement**Description:** Intercollegiate competition for Swimming. Student must meet athletic code eligibility requirements. Field trips may be required.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 162 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges; CSU GE E; BC GE E**PHED B34C Intercollegiate Conditioning***1 unit***Description:** Intercollegiate athletics course emphasizing preseason conditioning. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic conditioning, drill technique, strength conditioning, speed development and game play. Students who repeat this course will improve skills and fitness through further instruction and practice.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 54 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges.**PHED B34WT Intercollegiate Weight Training***0.5-2 units***Prerequisites:** Limitation on Enrollment, this class is designed for identified student athletes.**Description:** Intercollegiate athletics course emphasizing weight training. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic weight training, appropriate technique, strength conditioning, speed development and explosive exercises. Students who repeat this course will improve strength, flexibility, and fitness through detailed instruction and practice.**Note:** UC Campuses give a maximum of four semester units of credit for Physical Education activity units.**Hours:** 81 lab**Repeat:** 3**Transferable:** CSU, UC, and private colleges**PHED B36 First Aid and CPR***3 units***Recommended:** BC placement into reading level 06.**Description:** This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, C.P.R. and AED certification(s) will be granted upon successful completion of requirements.**Materials Fee:** \$27.00**Hours:** 54 lecture**C-ID:** KIN 101**Transferable:** CSU, UC, and private colleges; BC GE E**PHED B39A Prevention and Care of Athletic Injuries***3 units***Recommended:** Successful completion of BIOL B32 and BIOL B33 with a grade of C or better and Recommended: BC placement into reading level 06 and writing level 06.**Description:** An introduction to the field of sports medicine.

Evaluation, rehabilitation and prevention of athletic injuries.

Major emphasis will be on prevention of injuries and performance enhancement, through pre-screening for potential biomechanical deficiencies, strength training, conditioning, flexibility, nutrition and proper hydration techniques. The instructor will properly advise students who take this course of limitations and proper skills applications. Field trip required.

Hours: 36 lecture, 54 lab**Transferable:** CSU, UC, and private colleges**PHED B39B Advanced Athletic Training***3 units***Prerequisite:** Successful completion of BIOL B32 and BIOL B33 and PHED B39A with a grade of C or better.**Description:** Evaluation and rehabilitation of athletic injuries; exposure to various physical therapy modalities and prevention of injuries will be discussed. The athletic trainer will properly advise students who take this course of limitations and proper skills applications. Field trips required.**Hours:** 36 lecture, 54 lab**Transferable:** CSU, UC, and private colleges**PHED B41 Recreation Leadership***3 units***Description:** Survey of employment opportunities in the field of recreation. Students will learn the meaning and scope of recreation leadership, the problems of organization, types of activities and elements of leadership.**Hours:** 54 lecture**Transferable:** CSU and private colleges.**PHED B42 Introduction to Kinesiology***3 units***Recommended:** BC placement into reading level 06 and writing level 06.**Description:** This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.**C-ID:** KIN 100**Hours:** 54 lecture**Transferable:** CSU, UC, and private colleges.

Courses *(continued)*

MFGT B56 CNC Metal Fabrication Systems

3 units

Prerequisite: Successful completion of MFGT B1AB and WELD B54B with a grade of C or better.

Description: This course is designed for people working in or aspiring to enter the metalworking trades in the fields of construction Fabrication and manufacturing. This is a comprehensive course on CNC metal fabrication software as it relates to press brake, plasma cutter, Water-Jet cutting, use of a router, and tube bending. The course will cover the use of software to design metal components as they relate to the construction fabrication and manufacturing fields, with additional emphasis placed on the design of metal products used in the emerging “green energy” and Agriculture & Food Processing fields.

Hours: 27 Lecture, 81 Lab

Transferable: Not transferable. Degree applicable.

MUSC - Music Courses

MUSC B15 Beginning Ear Training and Sight Singing

1 unit

Co-requisite: MUSC B2 must be taken concurrently.

Description: This course applies and develops the rhythmic, melodic, and harmonic materials of basic music theory through ear training, sight singing, analysis, keyboard exercises and dictation

Hours: 54 lab

C-ID: MUS 125

Transferable: CSU and private colleges.

PBHS - Public Health Science Courses

PBHS B48WE Occupational Work Experience Education/ Internship

1-8 units

Prerequisites: Declared major or occupational goal and evaluation of student’s qualifications and objectives.

Description: College credit for public health science related learning experiences obtained on the job in accordance with a training plan developed cooperatively between the employer, college, and student. Occupational work experience credit may accrue at the rate of 1 to 8 units per semester for a total of sixteen units, and students must work 75 paid hours or 60 non-paid hours per unit. Repetition allowed per Title 5 55253

Hours: Non-paid 60 hours for each 1 unit (60-480). Paid 75 hours for each 1 unit (75-600).

Transferable: Not transferable. Degree applicable

PHED - Physical Education Courses

PHED B13 Intercollegiate Competition Tennis

3 units

Prerequisites: Limitation on Enrollment, this class is designed for

identified student athletes.

Description: Intercollegiate competition for Men’s Tennis team. Student must meet athletic code eligibility requirements. Field trips may be required.

Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.

Hours: 162 lab

Repeat: 3

Transferable: CSU, UC, and private colleges; CSU GE E; BC GE E