

# Physical Education (PHYS ED)

---

## Courses

### PHYS ED 1 Physical Education Activities 0.5 Units

Instruction in a variety of sports, exercise, and conditioning activities is offered at the elementary level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

#### Rules & Requirements

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

#### Hours & Format

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

#### Summer:

6 weeks - 5 hours of laboratory per week

8 weeks - 4 hours of laboratory per week

#### Additional Details

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam not required.

### PHYS ED 2 Physical Education Activities 0.5 Units

Instruction in a variety of sports, exercise, and conditioning activities is offered at the low intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

#### Rules & Requirements

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

#### Hours & Format

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

#### Summer:

6 weeks - 5 hours of laboratory per week

8 weeks - 4 hours of laboratory per week

#### Additional Details

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam not required.

### PHYS ED 3 Physical Education Activities 0.5 Units

Instruction in a variety of sports, exercise, and conditioning activities is offered at the intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

#### Rules & Requirements

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

#### Hours & Format

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

#### Summer:

6 weeks - 5 hours of laboratory per week

8 weeks - 4 hours of laboratory per week

#### Additional Details

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam not required.

### PHYS ED 4 Physical Education Activities 0.5 Units

Instruction in a variety of sports, exercise, and conditioning activities is offered at the high intermediate level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

#### Rules & Requirements

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

#### Hours & Format

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

#### Summer:

6 weeks - 5 hours of laboratory per week

8 weeks - 4 hours of laboratory per week

#### Additional Details

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam not required.

**PHYS ED 5 Physical Education Activities 0.5 Units**

Instruction in a variety of sports, exercise, and conditioning activities is offered at the advanced level. Students select section by activity and time preferences. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

**Rules & Requirements**

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

**Summer:**

6 weeks - 5 hours of laboratory per week

8 weeks - 4 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam not required.

**PHYS ED 11 Physical Education Activities 0.5 Units**

Variety of intercollegiate sports for men. Students should select section by activity. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

**Rules & Requirements**

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Offered for pass/not pass grade only. Final exam not required.

**Instructor:** Scott

**PHYS ED 12 Physical Education Activities 0.5 Units**

Variety of intercollegiate sports for women. Students should select section by activity. Students should consult the Online Schedule of Classes each semester to determine the particular activities available.

**Rules & Requirements**

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Offered for pass/not pass grade only. Final exam not required.

**Instructor:** Scott

**PHYS ED 32 Fitness for Life: Physical Adaptations to Exercise 3 Units**

Develops the relationship between physical fitness and wellness through scientific evidence presented in the areas of exercise science and health. The body's adaptation to programs of aerobic conditioning and strength training are examined. Areas associated with health and fitness, including nutrition and weight control, maintaining fitness with age, heart disease, low back care, and stress reduction are discussed. The laboratory/discussion will provide students with opportunities to assess their own fitness and health.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 2 hours of laboratory per week

**Summer:**

6 weeks - 5 hours of lecture and 5 hours of laboratory per week

8 weeks - 4 hours of lecture and 4 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Johannessen

**PHYS ED 47A Introduction to Skin and SCUBA Diving 2 Units**

This course will prepare students to explore the marine environment. Lecture topics will include: diving physics and physiology, life support equipment, the marine environment, diving safety and planning, and dive rescue techniques. Students will be introduced to the skills needed to maximize safety and enjoyment for recreational diving. Practice dives will be completed in both pool sessions and several open water ocean dives. Upon completion of the course, students will be able to demonstrate proper techniques in skin diving, SCUBA equipment handling, emergency response, neutral buoyancy, navigation, buddy diving techniques and rescue skills. Student who successfully complete all the course requirements will receive the Basic Open Water SCUBA certificate.

**Rules & Requirements**

**Prerequisites:** Pass swim evaluation and medical examination for diving

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 2 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructors:** Hayward, Scott

**PHYS ED 47B Intermediate Skin and SCUBA Diving 2 Units**

This course is designed to continue the training and experiences of divers possessing a Basic Open Water certificate. Divers will be introduced to new diving environments and techniques, including night diving, nitrox diving, deeper diving, hazardous marine life, additional search and rescue techniques, etc. The weekend open water ocean dives will be conducted in Monterey and Carmel. This course will properly prepare students interested in underwater marine research and participation in PE/IB C407 - Introduction to Scientific Diving. Students who successfully complete all the course requirements will receive Advanced Diver and Enriched Air Nitrox Diver certifications from the National Association of Underwater Instructors (NAUI).

**Rules & Requirements**

**Prerequisites:** Basic SCUBA certification; pass swim evaluation and medical examination for SCUBA

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 2 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructors:** Hayward, Scott

**PHYS ED 60 Cultural Sources of Dance, Rhythm, and Movement 3 Units**

This course examines the many roles dance plays in various cultures around the world. Students will explore dance with respect to folklore, religion, sociology, geography, body types, and lifestyles. Dances for birth, death, marriage, war, harvest, religion, and pleasure will be dissected, discussed, and related back to society. Course material will bring focus to ideas pertaining to American culture and the use of the body in art and contemporary society. Lectures will identify how and why humans dance, and why certain rhythms and movements are inherent to each culture. With lectures will be a two-hour laboratory where students will personally experience movement styles, rhythms, and sounds of the world. No prior dance experience needed.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 2 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Li-Jue

**PHYS ED 64 Cultural, Historical, Philosophical, and Social Impact of Martial Arts 2 Units**

This course is designed for students to learn historical and cultural contexts in which various martial arts have emerged; how they have been influenced by historical, philosophical, cultural, social, political, and educational developments; what functions they once performed; and the place they hold in contemporary societies. Recent research will be studied regarding the physiological and psychological dimensions of martial arts and their contribution to physical and mental health. An essential component of such martial arts as Judo and Taekwondo is the development of strong moral and ethical values. Students will study why and how these are developed and how to be able to use this information in bettering their own lives.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Ahn

**PHYS ED 98 Supervised Group Study 1 - 4 Units**

Supervised studies by lower division students. Enrollment is restricted by regulations listed in the General Catalog.

**Rules & Requirements**

**Prerequisites:** Restricted to freshmen and sophomores with consent of instructor

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 1-4 hours of directed group study per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Offered for pass/not pass grade only. Final exam required.

**PHYS ED C129 Human Physiological Assessment 3 Units**  
Principles and theories of human physiological assessment in relation to physical activity and conditioning. Performance of laboratory procedures in the measurement and interpretation of physiological fitness (cardiorespiratory endurance, body composition, musculoskeletal fitness).

**Rules & Requirements**

**Prerequisites:** BIOLOGY 1A (<http://guide.berkeley.edu/search/?P=BIOLOGY%201A>), IB 132 (may be taken concurrently); IB 123AL is recommended

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 3 hours of laboratory per week

**Summer:** 6 weeks - 5 hours of lecture and 7.5 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Johannessen

**Also listed as:** INTEGBI C129L

**PHYS ED C165 Introduction to the Biomechanical Analysis of Human Movement 4 Units**  
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.

**Rules & Requirements**

**Prerequisites:** Physical Education 9 and Integrative Biology 131 and 131L

**Hours & Format**

**Fall and/or spring:** 15 weeks - 3 hours of lecture and 3 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Scott

**Also listed as:** INTEGBI C125L

**PHYS ED C165L Introduction to the Biomechanical Analysis of Human Movement 4 Units**  
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.

**Rules & Requirements**

**Prerequisites:** 9 and Integrative Biology 131 and 131L

**Hours & Format**

**Fall and/or spring:** 15 weeks - 3 hours of lecture and 3 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Letter grade. Final exam required.

**Instructor:** Scott

**Formerly known as:** C165

**PHYS ED 197 Field Study in Physical Education 1 - 3 Units**  
Supervised experience relevant to specific aspects of physical education, sport, and fitness. Regular individual meetings with faculty sponsor and written reports required.

**Rules & Requirements**

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 0 hours of fieldwork per week

**Summer:**

6 weeks - 2.5-7.5 hours of fieldwork per week

8 weeks - 1.5-5.5 hours of fieldwork per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Offered for pass/not pass grade only. Final exam not required.

**PHYS ED 198 Supervised Group Study 1 - 4 Units**

Supervised studies by upper division students. Enrollment is restricted by regulations listed in the General Catalog.

**Rules & Requirements**

**Prerequisites:** Must have 60 units and consent of instructor

**Repeat rules:** Course may be repeated for credit. Course may be repeated for credit when topic changes.

**Hours & Format**

**Fall and/or spring:** 15 weeks - 1-4 hours of directed group study per week

**Additional Details**

**Subject/Course Level:** Physical Education/Undergraduate

**Grading/Final exam status:** Offered for pass/not pass grade only. Final exam not required.

**PHYS ED C407 Introduction to Scientific Diving 3 Units**

Diving physics, physiology, medicine, rescue, decompression, theory, navigation, environment, marine life, research methods, equipment, and University regulations. Course leads to University certification to use underwater life support apparatus for study or research under University auspices.

**Rules & Requirements**

**Prerequisites:** Advanced scuba certification, swim test, medical exam, and consent of instructor

**Hours & Format**

**Fall and/or spring:** 15 weeks - 2 hours of lecture and 3 hours of laboratory per week

**Summer:** 3 weeks - 2 hours of lecture and 6 hours of laboratory per week

**Additional Details**

**Subject/Course Level:** Physical Education/Other professional

**Grading:** Letter grade.

**Also listed as:** INTEGBI C407