

**PERALTA COMMUNITY COLLEGE DISTRICT**  
**PHYSICAL EDUCATION CLASSES**

	ALAMEDA	BERKELEY	LANEY	MERRITT
<b>INTERCOLLEGIATE ATHLETICS – 3 units</b>				
Baseball – Men	-	-	Y	-
Basketball – Men	Y	-	-	Y
Basketball – Women	-	-	-	Y
Cross Country – Men/Women	-	-	-	Y
Football – Men	-	-	Y	-
Soccer – Men	Y	-	-	-
Softball – Women	-	-	Y	-
Swimming/Diving – Women	-	-	Y	-
Tennis – Men/Women	Y	-	-	-
Track and Field – Men/Women	-	-	Y	Y
Volleyball – Women	Y	-	Y	-
Water Polo	-	-	Y	-
<b>PREPROFESSIONAL COURSES – 1 to 3 units</b>				
Adaptive Physical Education	Y	-	-	-
Basketball – Fundamentals	Y	-	-	Y
Basketball – Officiating	Y	-	-	Y
Basketball – Theory and Practice	Y	-	-	Y
Sports Officiating	Y	-	Y	-
Tennis – Theory and Practice	Y	-	-	-
Baseball – Fundamentals	-	-	Y	-
Baseball - Officiating	-	-	Y	-
Baseball – Theory and Practice	-	-	Y	-
Football – Fundamentals	-	-	Y	-
Football – Officiating	-	-	Y	-
Football – Physiological and Team Development	-	-	Y	-
Football – Theory and Practice	-	-	Y	-
Sports Officiating	-	-	Y	-
Swimming – Fundamentals	-	-	Y	-
Volleyball – Fundamentals	-	-	Y	-
Water Polo Strategy and Practice	-	-	Y	-
Athletic Injuries – Care and Prevention	-	-	Y	-
Introduction to Physical Education	-	-	Y	-
Lifeguard Training	-	-	Y	-
Water Safety Instructor	-	-	Y	-
Adaptive Weight Training and Conditioning	-	-	-	Y
Aerobics of Jogging	-	-	-	Y
Golf – Theory and Practice	-	-	-	Y
Track and Field – Officiating	-	-	-	Y
Physical Fitness for Public Safety Personnel	-	-	-	Y
Fitness and Health Maintenance Activities	-	-	-	Y
<b>ACTIVITY CLASSES – 0.5 units</b>				
Aerobics	Y	Y	Y	-
Aerobic Weight Lifting	Y	-	Y	-
Activities for Fitness	-	-	-	Y
Aquatic Exercise	-	-	Y	-
Archery	-	-	Y	-
Badminton	Y	-	Y	Y
Baseball	-	-	Y	-
Basketball	Y	-	Y	Y
Body Building	Y	-	Y	-

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	ALAMEDA	BERKELEY	LANEY	MERRITT
Body Conditioning	Y	-	Y	Y
Bowling	Y	-	Y	-
Diving	-	-	Y	-
Flag Football	Y	-	Y	Y
General Exercise	Y	-	Y	Y
Golf	Y	-	Y	Y
Kayaking	-	-	Y	-
Karate	-	-	Y	-
Live Longer Fitness	Y	-	Y	-
Live Longer Activities	-	-	Y	-
Lifelong Health through Fitness and Conditioning	-	-	Y	-
Pilates	-	Y	-	-
Self Defense – Beginning	-	Y	-	-
Soccer	Y	-	Y	Y
Softball	-	-	Y	Y
Stretch Aerobics	-	-	Y	Y
Swimming	-	-	Y	-
Swimming for the Disabled	-	Y	-	-
Swimming – Lap	-	-	Y	-
Swimming – Long Distance	-	-	Y	-
Tai Chi Chuan	-	Y	-	Y
Techniques of Hitting	-	-	Y	-
Tennis	Y	-	Y	Y
Track and Field	-	-	Y	Y
Volleyball	Y	-	Y	Y
Water Polo	-	-	Y	-
Water Running	-	-	Y	-
Weight Training	Y	-	Y	Y
Yoga	-	Y	Y	Y

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