EXERCISE SCIENCE (ES)

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 Fitness Center class (ES 010, 011, 012) may be taken per semester. Courses Related in Content (see page 35)

UC credit limit: Maximum of four units of UC credit for physical activity courses (see page 45).

001* ADJUSTED PHYSICAL EXERCISE 1 UNIT
1 hour lecture, 1 hour 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

009A* BEGINNING AEROBIC DANCE EXERCISE 1 UNIT
1 hour lecture, 1 hour 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

009B* INTERMEDIATE AEROBIC DANCE EXERCISE 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 009A or equivalent or specified skill competencies.
1 hour lecture, 1 hour 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 credit limit

010* CARDIOVASCULAR FITNESS AND NUTRITION 1 UNIT
3 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 area 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

011* CIRCUIT TRAINING 1 UNIT
3 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

012* INDIVIDUALIZED SPORTS CONDITIONING 1 UNIT
3 hours laboratory
Kinesiology Lab course designed to provide advanced exercisers with the opportunity to increase their fitness 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

013* FLEXIBILITY FITNESS 1.5 UNITS
1 hour lecture, 2 hours laboratory
Flexibility program which provides students with knowledge of their optimal range of motion. Emphasizes programs that suit the needs of all age and ability levels including dancers, athletes, seniors and fitness enthusiasts.

CSU, UC credit limit

014A* BEGINNING BODY BUILDING 1.5 UNITS
1 hour lecture, 2 hours laboratory
Instruction and practice in conditioning, running and resistance exercises with an emphasis on total fitness of the individual.

CSU, UC credit limit

014B* INTERMEDIATE BODY BUILDING 1.5 UNITS
Recommended Preparation: “C” grade or higher or “Pass” in ES 014A or equivalent
1 hour lecture, 2 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

014C* ADVANCED BODY BUILDING 1.5 UNITS
Recommended Preparation: “C” grade or higher or “Pass” in ES 014B or equivalent
1 hour lecture, 2 hours laboratory
Advanced skills and techniques of body building.

CSU, UC credit limit

015* STRENGTH AND STRETCH 1.5 UNITS
1 hour lecture, 2 hours laboratory
Exercise class providing a progression toward increased flexibility while adding the element of weight training. Includes injury rehabilitation with a guest trainer. Addresses strengthening specific problem areas of muscle weakness. Students will tone areas not strengthened with dancing or other exercise activities and will focus on each specific area of the body to increase their knowledge of injury prevention. The fundamental principles of physical fitness and its impact on lifelong health and wellness will be studied. Emphasizes participation that suits the needs of all age and ability levels including dancers, athletes, seniors and fitness enthusiasts.

CSU, UC credit limit

018* CARDIO STRETCH 1.5 UNITS
1 hour lecture, 2 hours laboratory
Exercise class including injury rehabilitation with a guest trainer. Students will tone areas not strengthened with dancing or other exercise activities and will focus on each specific area of the body to increase their knowledge of total fitness. The fundamental principles of physical fitness and its impact on lifelong health and wellness will be studied. Emphasizes participation that suits the needs of all age and ability levels including dancers, athletes, seniors and fitness enthusiasts.

CSU, UC credit limit

019A* BEGINNING PHYSICAL FITNESS 1.5 UNITS
1 hour lecture, 2 hours laboratory
Instructor in physical conditioning, nutrition and weight control.

CSU, CSU GE, UC credit limit

019B* INTERMEDIATE PHYSICAL FITNESS 1.5 UNITS
Recommended Preparation: “C” grade or higher or “Pass” in ES 019A or equivalent
1 hour lecture, 2 hours laboratory
Further emphasis on personal physical conditioning, nutrition and weight control.

CSU, CSU GE, UC credit limit

019C* ADVANCED PHYSICAL FITNESS 1.5 UNITS
Recommended Preparation: “C” grade or higher or “Pass” in ES 019B or equivalent
1 hour lecture, 2 hours laboratory
Advanced skills and techniques of physical fitness with an emphasis on new concepts and techniques.

CSU, CSU GE, UC credit limit

020* ADJUSTED WEIGHT TRAINING 1-1.5 UNITS
1 hour lecture, 1 hour laboratory, 1 unit
1 hour lecture, 2 hours laboratory, 1.5 units
Weight training class for students who are either temporarily or permanently physically unable to participate in the regular physical education program. Emphasis is on an individual program based on each student’s limitations and needs. Exercises for general strengthening, body maintenance, relaxation, joint mobility, cardiovascular training, coordination, balance, and personal health care planning may be included. Pass/No Pass only. May be repeated.

CSU, UC credit limit

021* ADJUSTED SWIMMING 1 UNIT
1 hour lecture, 1 hour laboratory
Instruction and practice in basic swimming skills structured to fit each student’s individual needs. May be repeated.

CSU, UC credit limit
080A*  BEGINNING BADMINTON  1 UNIT
1 hour lecture, 1 hour laboratory
Presentation of the official singles and doubles games including the six basic strokes, footwork, strategy and etiquette.
CSU, UC credit limit

080B*  INTERMEDIATE BADMINTON  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 080A or equivalent
1 hour lecture, 1 hour laboratory
Continuation of ES 080A with an emphasis on playing strategy and match play in singles and doubles.
CSU, UC credit limit

080C*  ADVANCED BADMINTON  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 080B or equivalent
1 hour lecture, 1 hour laboratory
Advanced playing techniques, strategy, knowledge and attitudes for students who wish to excel in badminton and increase aerobic capacity.
CSU, UC credit limit

076A*  BEGINNING TENNIS  1 UNIT
1 hour lecture, 1 hour laboratory
Presentation of the official singles and doubles games including basic strokes, rules, strategy and etiquette.
CSU, UC credit limit

076B*  INTERMEDIATE TENNIS  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 076A or equivalent
1 hour lecture, 1 hour laboratory
Continuation of ES 076A with an emphasis on individual stroke analysis, playing strategy and match play, singles and doubles.
CSU, UC credit limit

076C*  ADVANCED TENNIS  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 076B or equivalent
1 hour lecture, 1 hour 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

080A*  MODERN DANCE I  1.5 UNITS
1 hour lecture, 2 hours laboratory
Dance as an artistic expression. Covers beginning modern dance technique using an eclectic approach; movement fundamentals including torso, legs and other parts of the body; floor, exercises, fall and recovery; locomotion patterns, locomotion progressing from basic to variations; and short dance sequences using pure movement. Includes the history of modern dance and its place in the world of dance as well as beginning vocabulary of modern dance.
CSU, UC

080B*  MODERN DANCE II  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 080A or equivalent
1 hour lecture, 2 hours laboratory
Continuation of ES 080A. Covers modern dance technique using an eclectic approach; center exercises of the torso using various movement qualities such as stretches, contractions and releases; movements of the feet, legs and combinations; floor exercises; fall and recoveries; locomotor movement patterns; and dances using various themes. Reviews the history of modern dance and the leading exponents of modern dance in the United States.
CSU, UC

080C*  MODERN DANCE III  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 080B or equivalent
1 hour lecture, 2 hours laboratory
Dance as an art form. Covers more advanced dance skills using the torso in combination with stretches, swings, contractions and releases; longer combinations at center involving the feet and legs; floor and recovery sequences combined with floor work and balances; movement patterns based on spatial design and rhythms; and dances based on different ideas and set to music. Includes the work of leading modern dance companies, choreographers and dancers, locally and nationally.
CSU, UC

084A*  JAZZ DANCE I  1.5 UNITS
1 hour lecture, 2 hours laboratory
Introduces and develops movement principles and skills necessary to prepare the body as an instrument of expression in the jazz dance style with both historical and current dance trends. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the beginning level.
CSU, UC

084B*  JAZZ DANCE II  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 084A or equivalent
1 hour lecture, 2 hours laboratory
Introduces and develops movement principles and skills necessary to prepare the body as an instrument of expression in the jazz dance style with both historical and current dance trends. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the intermediate level.
CSU, UC

084C*  JAZZ DANCE III  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 084B or equivalent
1 hour lecture, 2 hours laboratory
Introduces and develops movement principles and skills necessary to prepare the body as an instrument of expression in the jazz dance style with both historical and current dance trends. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the advanced level.
CSU, UC

085A*  BALLET I  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 085A or equivalent
1 hour lecture, 2 hours laboratory
Covers ballet. Includes ballet terminology, use of "turnout" position of feet and legs, alignment of spine, and placement of weight at the barre, in center floor and traveling patterns. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the beginning level.
CSU, UC

085B*  BALLET II  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 085B or equivalent
1 hour lecture, 2 hours laboratory
Covers ballet. Includes ballet terminology, use of "turnout" position of feet and legs, alignment of spine, and placement of weight at the barre, in center floor and traveling patterns. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the intermediate level.
CSU, UC

085C*  BALLET III  1.5 UNITS
Recommended Preparation: "C" grade or higher or "Pass" in ES 085C or equivalent
1 hour lecture, 2 hours laboratory
Continues ballet. Includes ballet terminology, use of "turnout" position of feet and legs, alignment of spine, and placement of weight at the barre, in center floor and traveling patterns. Emphasizes enjoyment of dance as a form of exercise. Instruction is at the advanced level.
CSU, UC

086A*  INTERMEDIATE TENNIS  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 125A or equivalent
1 hour lecture, 1 hour laboratory
Instruction and practice in basic golf skills required to play a small executive course. Students must furnish their own equipment.
CSU, UC credit limit

086B*  BEGGINING GOLF  1 UNIT
1 hour lecture, 1 hour laboratory
Instruction and practice in basic golf skills required to include course conduct, rules and self-evaluation of skills. Practice is limited to development of swing, stance and grip.
CSU, UC credit limit

087A*  INTERMEDIATE BADMINTON  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 125A or equivalent
1 hour lecture, 2 hours laboratory
Continuation of ES 125A with an emphasis on advanced techniques, strategies and tournament play. Students must furnish their own equipment.
CSU, UC credit limit

088A*  BEGGINING BADMINTON  1 UNIT
Recommended Preparation: "C" grade or higher or "Pass" in ES 088A or equivalent
1 hour lecture, 2 hours laboratory
Continues ES 080A with an emphasis on playing strategy and match play in singles and doubles.
CSU, UC credit limit
fundamental principles of physical fitness and their impact on lifelong health and wellness.

CSU, UC credit limit

155A* BEGINNING BASKETBALL 1 UNIT
1 hour lecture, 1 hour laboratory
Instruction and practice in the basic skills of basketball with an 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

155B* INTERMEDIATE BASKETBALL 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 155A or equivalent
1 hour lecture, 1 hour laboratory
Continuation of ES 155A with an 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

155C* ADVANCED BASKETBALL 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 155B or equivalent
1 hour lecture, 1 hour laboratory
Continuation of ES 155B with an 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

170A* BEGINNING SOCCER 1 UNIT
1 hour lecture, 1 hour laboratory
Basic skills and strategy of soccer with an emphasis on team play and individual skills.

CSU, UC credit limit

170B* INTERMEDIATE SOCCER 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 170A or equivalent
1 hour lecture, 1 hour laboratory
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

170C* ADVANCED SOCCER 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 170B or equivalent
1 hour lecture, 1 hour laboratory
Advanced individual soccer skills and team play. Emphasizes techniques and team strategy.

CSU, UC credit limit

171A* BEGINNING SOFTBALL 1 UNIT
1 hour lecture, 1 hour 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

171C* ADVANCED SOFTBALL 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 171B or equivalent
1 hour lecture, 1 hour 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

175A* BEGINNING VOLLEYBALL 1 UNIT
1 hour lecture, 1 hour laboratory
Competency development in the team sport of volleyball with an emphasis on individual techniques and team strategy.

CSU, UC credit limit

175B* INTERMEDIATE VOLLEYBALL 1 UNIT
Recommended Preparation: “C” grade or higher or “Pass” in ES 175A or equivalent
1 hour lecture, 1 hour laboratory
Continuation of ES 175A with an emphasis on intermediate level individual skill, and team play. Emphasizes individual position skill, and offense and defense strategies.

CSU, UC credit limit

181B* KARATE IV 1.5 UNITS
Prerequisite: “C” grade or higher or “Pass” in ES 181C or equivalent or possession of equivalent proficiency (6th kyu ranking in Shotokan karate from ASKA, JKA, AJKA)
1 hour lecture, 2 hours laboratory
Continuation and practice in the advanced skills and philosophy of Shotokan karate. Introduces advanced level blocks and strikes, four-move combinations, one-step sparring without a count for five techniques, and kata Heian Yondan.

CSU, UC credit limit

206 INTERCOLLEGIATE BASKETBALL 2 UNITS
Prerequisite: Tryout
5 hours lecture, 5 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. Repeatable.

CSU, UC credit limit

209 INTERCOLLEGIATE CROSS-COUNTRY 2 UNITS
Prerequisite: Tryout
5 hours lecture, 5 hours laboratory
Open to students with advanced cross-country skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. Repeatable.

CSU, UC credit limit

218 INTERCOLLEGIATE SOCCER 2 UNITS
Prerequisite: Tryout
5 hours lecture, 5 hours laboratory
Open to students with advanced soccer skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. Repeatable.

CSU, UC credit limit

224 INTERCOLLEGIATE TENNIS 2 UNITS
5 hours lecture, 5 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. Repeatable.

CSU, UC credit limit

227 INTERCOLLEGIATE TRACK 2 UNITS
Prerequisite: Tryout
5 hours lecture, 5 hours laboratory
Open to students with advanced track skills who wish to compete at the intercollegiate level. Athletic insurance fee is required. Repeatable.

CSU, UC credit limit
<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Prerequisites</th>
<th>Description</th>
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<tr>
<td>230</td>
<td>INTERCOLLEGIATE VOLLEYBALL</td>
<td>2</td>
<td>Tryout</td>
<td>Intercolligiate competition in the sport of volleyball. Focus on specific skills, performance techniques and strategies, as well as daily practice, development of physical fitness, teamwork and competition against other collegiate institutions. Open to all students who wish to compete at the intercollegiate level. Athletic insurance fee is required. Repeatable. CSU, UC credit limit</td>
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<tr>
<td>248</td>
<td>CONDITIONING FOR INTERCOLLEGIATE ATHLETES</td>
<td>1</td>
<td>Recommendation of Intercollegiate Coach</td>
<td>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. Athletic insurance fee is required. Repeatable. CSU</td>
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<tr>
<td>249</td>
<td>COMPETENCIES FOR INTERCOLLEGIATE ATHLETES</td>
<td>2-4</td>
<td>Recommendation of Intercollegiate Coach</td>
<td>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</td>
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<tr>
<td>250</td>
<td>INTRODUCTION TO KINESIOLOGY</td>
<td>3</td>
<td>Recommendation of Intercollegiate Coach</td>
<td>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. CSU, UC</td>
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<tr>
<td>253</td>
<td>PHYSICAL EDUCATION IN ELEMENTARY SCHOOLS</td>
<td>3</td>
<td>Recommendation of Intercollegiate Coach</td>
<td>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</td>
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<tr>
<td>254</td>
<td>PRINCIPLES OF PERSONAL TRAINING</td>
<td>3</td>
<td></td>
<td>Identification and study of the techniques, responsibilities and skills necessary to perform the duties of a personal trainer. Emphasizes current knowledge of health principles that pertain to fitness and wellness. Provides the necessary information to pass the Personal Trainer Certification Exams for national certifying organizations (ACE, NSCA, etc.). Hands-on lab training in the use of fitness equipment. CSU</td>
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<tr>
<td>254L</td>
<td>FIELD EXPERIENCE FOR PERSONAL TRAINERS</td>
<td>1</td>
<td>“C” grade or higher or “Pass” in ES 254 or equivalent</td>
<td>Volunteer work experience in the field of personal training in selected fitness facilities. Students will work under the direct supervision of a certified Exercise Science instructor or commercially certified personal trainer. CSU</td>
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<tr>
<td>255</td>
<td>CARE AND PREVENTION OF ATHLETIC INJURIES</td>
<td>3</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>270</td>
<td>COOPERATIVE GAMES</td>
<td>1</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>271</td>
<td>FITNESS WALKING WITH CHILDREN</td>
<td>1</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>272</td>
<td>ISSUES IN CHILDHOOD OBESITY</td>
<td>1</td>
<td></td>
<td>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</td>
</tr>
<tr>
<td>273</td>
<td>FIELD EXPERIENCE IN SCHOOL-BASED RECREATIONAL LEADERSHIP</td>
<td>1</td>
<td></td>
<td>Under supervision at approved field placement sites, students will participate in all outdoor recreational activities: develop and supervise fitness and recreational experiences, conduct group activities, handle routines, and respond to individual and group needs of school-age children in a school-based, day care or school day environment. CSU</td>
</tr>
</tbody>
</table>