

PHYSICAL EDUCATION (PE) SOLANO CAMPUS

undefined

PE Courses

PE 1101 Swim Competency Exam (0 units)

Term Typically Offered: F

CR/NC

Swim assessments, completed during Orientation, indicate which of our new cadets may participate in Marine Safety and Survival Programs immediately, and let us know which members of the incoming class require Beginning/Intermediate Swimming before they can begin more intensive training. Swim assessments should be considered a "challenge exam" that if passed fulfills the prerequisite requirement for many of the classes offered at the academy. Student who pass the assessment will receive a "CR" grade. Students who do not pass exam or do not take test will be required to enroll in Beginning/Intermediate Swimming. Credit/No Credit grading only. Formerly PE 101 at Cal Maritime.

PE 1102 Beginning/Intermediate Swimming (0.5 units)

Term Typically Offered: F, SP

CR/NC

Individual instruction for everyone, from beginning swimmers who need help in learning basic fundamentals and techniques to intermediate swimmers who want to improve their swimming technique and/or conditioning. Credit/No Credit grading only. Formerly PE 102 at Cal Maritime.

PE 1111 Sports Conditioning (1 unit)

Term Typically Offered: TBD

CR/NC

Total body/cardiovascular workout designed to condition and cross train athletes during the off- season. Intermediate-level fitness class. Credit/No credit grading only. 1 activity. Formerly PE 111 at Cal Maritime.

PE 1120 Weight Training (1 unit)

Term Typically Offered: TBD

CR/NC

Weight and circuit training will concentrate on endurance, strength, and flexibility through programs that can be adopted for bodybuilding or specific fitness for individual sports. Recommended as an off-season conditioning program for intercollegiate athletes. Credit/No credit grading only. 1 activity. Formerly PE 120 at Cal Maritime.

PE 1125 Martial Arts (1 unit)

Term Typically Offered: TBD

CR/NC

A rigorous martial arts program designed to create discipline, flexibility, and fitness while teaching the fundamentals and techniques of Karate. Students can earn belt ranks. Credit/No credit grading only. 1 activity. Formerly PE 125 at Cal Maritime.

PE 1133 Dance (1 unit)

Term Typically Offered: TBD

CR/NC

Introduction of specific dance movement skills and terminology, while improving physical endurance. Dance styles include Ballet, Latin, and Ballroom. Focuses on partner dancing and proper manners on the dance floor. Credit/No credit grading only. 1 activity. Formerly PE 133 at Cal Maritime.

PE 1160 Beginning Sailing (1 unit)

Term Typically Offered: TBD

CR/NC

Prerequisite: PE 101, PE 1101, PE 102 or PE 1102.

Classroom and practical instruction in sailing theory and skills for individuals with little to no sailing experience. Leads to eligibility to take the CA Boater Card exam. Credit/No Credit grading only. 1 activity. Formerly PE 160 at Cal Maritime.

PE 1195 Special Topics (1-3 units)

Term Typically Offered: F, SP, SU

CR/NC

Prerequisite: Consent of instructor.

Special topic courses are intended to enable each department to offer an elective course of study when faculty scholarship activities, the expertise of visiting faculty, or off-campus educational programs may afford a unique and worthwhile learning experience. Credit/No Credit grading only. 1 to 3 activities. Formerly PE 195 at Cal Maritime.

PE 2210 Intercollegiate Soccer (Men) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school, and the season ends in mid November. Practices are from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 210 at Cal Maritime.

PE 2211 Intercollegiate Soccer (Women) (1 unit)

Term Typically Offered: F, SP

CR/NC

Practice begins on the first day of school, and the season ends in mid November. Practices are from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 211 at Cal Maritime.

PE 2220 Intercollegiate Swimming (1 unit)

Term Typically Offered: TBD

CR/NC

Credit/No Credit grading only. 1 activity. Formerly PE 220 at Cal Maritime.

PE 2225 Intercollegiate Water Polo (Men) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school, and the season ends in mid November. Practices are from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 225 at Cal Maritime.

PE 2226 Intercollegiate Water Polo (Women) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school, and the season ends in mid November. Practices are from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 226 at Cal Maritime.

PE 2230 Intercollegiate Sailing (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school of each semester. Practices are normally from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 230 at Cal Maritime.

PE 2235 Intercollegiate Crew (Men) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school of each semester. Practices are normally from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 210 at Cal Maritime.

PE 2236 Intercollegiate Crew (Women) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins on the first day of school of each semester. Practices are normally from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 236 at Cal Maritime.

PE 2240 Intercollegiate Basketball (Men) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins in early October, and the season continues into February. Practices are normally from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 240 at Cal Maritime.

PE 2241 Intercollegiate Basketball (Women) (1 unit)

Term Typically Offered: TBD

CR/NC

Practice begins in early October, and the season continues into February. Practices are normally from 4:30-6:30 PM daily. Credit/No Credit grading only. 1 activity. Formerly PE 241 at Cal Maritime.

PE 2250 Intercollegiate Golf (Men's) (1 unit)

Term Typically Offered: TBD

CR/NC

Practices are by arrangement and begin in mid-September through November in the fall and from mid-January through March in the spring. Credit/No Credit grading only. 1 activity. Formerly PE 250 at Cal Maritime.

PE 2251 Intercollegiate Golf (Women's) (1 unit)

Term Typically Offered: TBD

CR/NC

Practices are by arrangement and begin in mid-September through November in the fall and from mid-January through April in the spring. Credit/No Credit grading only. 1 activity. Formerly PE 251 at Cal Maritime.

PE 2255 Intercollegiate Rugby (1 unit)

Term Typically Offered: TBD

CR/NC

Practices begin in early October and continue through November in the fall and from early January through March in the spring. Credit/No Credit grading only. 1 activity. Formerly PE 255 at Cal Maritime.

PE 2260 Intermediate Sailing (1 unit)

Term Typically Offered: TBD

CR/NC

Prerequisite: PE 160 or PE 1160.

Advanced practical instruction on sailing theory and the skills to skipper single-handed a day sailing keelboat in familiar waters in light to moderate wind and sea conditions. Further training on use of Tide and Current Tables and the proper filing of a Float Plan. Credit/No Credit grading only. 1 activity. Formerly PE 260 at Cal Maritime.

PE 2270 Intercollegiate Cross Country (Women) (1 unit)

Term Typically Offered: TBD

CR/NC

Intercollegiate cross country running is a sport which takes place outside on terrains of different layouts and complexities in which teams and individuals attempt to complete a course faster than one another. Cross country has both men and women categories. NAIA courses are 5 kilometers for the women and 8 kilometers for the men. Practices are daily with meets scheduled on the weekends. All athletes must pass a complete physical and must be certified by the Play NAIA player eligibility center. Athletes must be registered as full time students at the California Maritime Academy and maintain a 2.0 GPA. Practices include strength training, plyometrics, core conditioning, interval training and long distance running. Practices will be held on Bodnar Field track and at select off campus locations. All intercollegiate athletes are expected to participate in all practices and competitions. Athletes are also required to sign a contract acknowledging all of the specifics including time commitment and school representation. The Coach/Instructor will use multimedia aids, lecture and lab to instruct the Student Athlete. Athletes are expected to dress for running with the appropriate shoes to be discussed by the Coach. Credit/No Credit grading only. 1 activity. Formerly PE 270 at Cal Maritime.

PE 2271 Intercollegiate Cross Country (Men) (1 unit)

Term Typically Offered: TBD

CR/NC

Intercollegiate cross country running is a sport which takes place outside on terrains of different layouts and complexities in which teams and individuals attempt to complete a course faster than one another. Cross country has both men and women categories. The NAIA courses are 5 kilometers for the women and 8 kilometers for the men. Practices are daily with meets scheduled on the weekends. All athletes must pass a complete physical and must be certified by the Play NAIA player eligibility center. Athletes must be registered as full time students at the California Maritime Academy and maintain a 2.0 GPA. Practices include strength training, plyometrics, core conditioning, interval training and long distance running. Practices will be held on Bodnar Field track and at select off campus locations. All intercollegiate athletes are expected to participate in all practices and competitions. Athletes are also required to sign a contract acknowledging all of the specifics including time commitment and school representation. The Coach/Instructor will use multimedia aids, lecture and lab to instruct the Student Athlete. Athletes are expected to dress for running with the appropriate shoes to be discussed by the Coach. Credit/No Credit grading only. 1 activity. Formerly PE 271 at Cal Maritime.