Physical Education

Overview

The Physical Education Program is under the jurisdiction of the College of Letters and Science and reports to the college through the Dean of Biological Sciences. The program consists of a wide range of physical activity classes, as well as various lecture/laboratory courses described in the course listings. The physical activity offerings are designed to provide sequenced instruction in such classes as aquatics, combatives, dance, fitness, and sports. Instruction is planned to enable participants to develop and improve performance skills, gain knowledge and concepts relevant to the activity, receive relevant information concerning the health benefits of regular exercise, and attain an appropriate level of fitness. All activity classes are for credit and are open to women and men. Students should consult the Online Schedule of Classes (http://schedule.berkeley.edu) for specific information regarding each semester's offerings.

No undergraduate majors or minors or graduate degrees are offered in Physical Education.

Scientific Diving

The Division of Diving Safety ensures that all underwater diving conducted under the auspices of UC Berkeley is done in accordance with the standards and policies established by the American Academy of Underwater Sciences and the Berkeley campus. The program is administered by the diving safety officer, in association with the Vice Chancellor for Research, Environmental Health and Safety, the Physical Education Program, the College of Natural Resources, and the Richard Gump South Pacific Biological Research Station. A University scientific diver permit is required for anyone diving for science using University equipment, diving from University-owned property, or diving as a student or employee of the University. The Diving Safety Program provides opportunities for students, faculty, and staff to pursue SCUBA certification or a scientific diver permit. There are fees associated with these services. Further information can be found on the Scuba Diving website. (http://pe.berkeley.edu/scubadiving)

Fees

A course materials fee is assessed to every student enrolled in a physical education activity class. The fees are listed by class in the Online Schedule of Classes (http://schedule.berkeley.edu) .

Physical Education

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, 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