Physical Education

Overview

The Physical Education Program (PhysEd) is located within the historic Hearst Gymnasium and offers both lecture-laboratory courses and a wide range of physical activity courses for academic credit to the general student population. As part of the greater College of Letters & Science, Physical Education reports directly to the Dean of Biological Sciences. Lecture-laboratory courses are listed as breadth requirements in L&S and are also cross-listed through Integrative Biology.

The Physical Education Program provides a unique opportunity for Berkeley students to incorporate exercise and wellness into their weekly schedules under the guidance of expert Berkeley faculty. Offerings fall under the headings of Aquatics, Dance, Fitness, Martial Arts, Team and Individual sports, and Wellness. Sequential instruction in small-class and personalized atmospheres is the hallmark of this program, making our classes extremely popular and rewarding. Courses range from levels 1–5 so that learning is tailored to meet specific student needs. Students can expect to learn new skills, improve their technique, gain knowledge about themselves both physically and mentally, collaborate with one another, and reduce stress. In general, students will receive all the benefits of regular exercise that are essential to being a fit, focused, and successful student.

According to the Registrar, PhysEd courses are among the most impacted on campus. It is important to register early, get on waitlists, and attend the first class meetings in order to increase chances of enrolling. Please refer to our website: http://pe.berkeley.edu/ for FAQs and schedule of offerings. And consult the Online Schedule of Classes (http://registrar.berkeley.edu/sis-SC-message)

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

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://registrar.berkeley.edu/sis-SC-message).

Physical Education

Expand all course descriptions [+]Collapse all course descriptions [-]

PHYS ED 1 Physical Education Activities 0.5 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
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.
Physical Education Activities: Read More [+]
Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week
10 weeks - 3 hours of laboratory per week
12 weeks - 2.5 hours of laboratory per week
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.

Physical Education Activities: Read Less [-]

PHYS ED 2 Physical Education Activities 0.5 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
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.
Physical Education Activities: Read More [+]
Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week
10 weeks - 3 hours of laboratory per week
12 weeks - 2.5 hours of laboratory per week
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.

Physical Education Activities: Read Less [-]

PHYS ED 3 Physical Education Activities 0.5 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
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.
Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week
10 weeks - 3 hours of laboratory per week
12 weeks - 2.5 hours of laboratory per week
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.

Physical Education Activities: Read Less [-]

PHYS ED 4 Physical Education Activities 0.5 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
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.
Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week
10 weeks - 3 hours of laboratory per week
12 weeks - 2.5 hours of laboratory per week
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.

Physical Education Activities: Read Less [-]

PHYS ED 5 Physical Education Activities 0.5 Units

Terms offered: Spring 2020, Fall 2019, Spring 2019
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.
Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

Hours & Format

Fall and/or spring:
6 weeks - 5 hours of laboratory per week
8 weeks - 4 hours of laboratory per week
10 weeks - 3 hours of laboratory per week
12 weeks - 2.5 hours of laboratory per week
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.

Physical Education Activities: Read Less [-]

PHYS ED 11 Physical Education Activities 0.5 Units

Terms offered: Spring 2018, Spring 2017, Spring 2016
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.
Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

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

Physical Education Activities: Read Less [-]

PHYS ED 12 Physical Education Activities 0.5 Units

Terms offered: Spring 2018, Spring 2017, Spring 2016
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.
Physical Education Activities: Read More [+]

Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

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

Physical Education Activities: Read Less [-]

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

Terms offered: Fall 2020, Spring 2020, Fall 2019
This course explores the relationship between physical activity, health and fitness. The body's physiological responses and adaptations to exercise are examined. Principles of training are applied to design safe and appropriate exercise programs for each health-related component of physical fitness at any life stage. Lifestyle factors that affect diet, body composition and stress are discussed in how they relate to the quality of life. Students will have the opportunity to assess their own fitness and health practices.
Fitness for Life: Physical Adaptations to Exercise: Read More [+]

Hours & Format

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

Summer:
6 weeks - 8 hours of lecture per week
8 weeks - 6 hours of lecture per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

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

Instructor: Johannessen

Fitness for Life: Physical Adaptations to Exercise: Read Less [-]

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

Terms offered: Fall 2012, Fall 2011, Spring 2011
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.
Introduction to Skin and SCUBA Diving: Read More [+]

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

Introduction to Skin and SCUBA Diving: Read Less [-]

PHYS ED 47B Intermediate Skin and SCUBA Diving 2 Units

Terms offered: Fall 2016, Fall 2015, Fall 2014
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).
Intermediate Skin and SCUBA Diving: Read More [+]
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

Intermediate Skin and SCUBA Diving: Read Less [-]

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

Terms offered: Fall 2008, Spring 2008, Spring 2007
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.
Cultural Sources of Dance, Rhythm, and Movement: Read More [+]
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

Cultural Sources of Dance, Rhythm, and Movement: Read Less [-]

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

Terms offered: Spring 2015, Spring 2010, Spring 2009
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.
Cultural, Historical, Philosophical, and Social Impact of Martial Arts: Read More [+]
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

Cultural, Historical, Philosophical, and Social Impact of Martial Arts: Read Less [-]

PHYS ED 98 Supervised Group Study 1 - 4 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
Supervised studies by lower division students. Enrollment is restricted by regulations listed in the General Catalog.
Supervised Group Study: Read More [+]
Rules & Requirements

Prerequisites: Restricted to freshmen and sophomores with consent of instructor

Repeat rules: Course may be repeated for credit without restriction.

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.

Supervised Group Study: Read Less [-]

PHYS ED C129 Human Physiological Assessment 3 Units

Terms offered: Spring 2020, Spring 2019, Spring 2018
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).
Human Physiological Assessment: Read More [+]

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

Human Physiological Assessment: Read Less [-]

PHYS ED 130 History and Philosophy of Sport and Physical Activity 3 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
History and philosophy of sport and physical activity from antiquity to today. Special consideration is given to Olympism and the Olympic Games.
History and Philosophy of Sport and Physical Activity: Read More [+]

Objectives & Outcomes

Course Objectives: Categorize and compare the issues, challenges, and future of sport and physical activity.
Demonstrate how to research and to prepare a written, term paper on a topic in sport and physical activity.
Evaluate potential career paths in sport and physical activity.
Identify and describe the history of sport and physical activity from antiquity to today.
Identify and describe the professional organizations publications, and professional leaders in sport and physical activity.
Identify and relate the philosophical, physiological, psychological, sociological, political, and economic concepts for sport and physical activity.
Read, summarize, analyze, and appraise an article from a peer-reviewed journal and demonstrate how to cite properly the article's bibliographical information using the styles from the American Medical Association (AMA) and the American Psychological Association (APA).

Hours & Format

Fall and/or spring:
15 weeks - 1.5 hours of lecture and 1.5 hours of web-based lecture per week
15 weeks - 3 hours of lecture and 0 hours of web-based lecture per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

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

Instructor: Murray

History and Philosophy of Sport and Physical Activity: Read Less [-]

PHYS ED C165 Introduction to the Biomechanical Analysis of Human Movement 4 Units

Terms offered: Fall 2016, Fall 2015, Fall 2014, Fall 2013
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.
Introduction to the Biomechanical Analysis of Human Movement: Read More [+]

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

Introduction to the Biomechanical Analysis of Human Movement: Read Less [-]

PHYS ED C165L Introduction to the Biomechanical Analysis of Human Movement 4 Units

Terms offered: Fall 2010
Basic biomechanical and anatomical concepts of human movement and their application to fundamental movement patterns, exercise, and sport skills.
Introduction to the Biomechanical Analysis of Human Movement: Read More [+]

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

Introduction to the Biomechanical Analysis of Human Movement: Read Less [-]

PHYS ED 177 Wellness for Life 3 Units

Terms offered: Not yet offered
The course presents information concerning the benefits, positive effects, assessment, and implementation of healthy lifestyles through personal responsibility and lifestyle medicine to promote wellness over the lifespan.
Wellness for Life: Read More [+]

Objectives & Outcomes

Course Objectives: The goal of this course is to introduce students to wellness paradigms and how self-responsibility is paramount.

Student Learning Outcomes: Assess individual lifestyle choices and how they relate to a quality life.
Assess the six dimensions of wellness.
Compare sexually transmitted diseases.
Demonstrate how to research and to prepare a written paper on an approved topic in wellness, using the publication guidelines from either the American Medical Association (AMA) or the American Psychological Association (APA).
Determine the methods used to assess individual fitness and wellness levels.
Employ exercise cautions and other safety concerns.
Evaluate the value of social connection and positivity.
Identify abused substances and possible lifestyle interventions for addiction.
Identify qualities for good sleep and practices to develop restful sleep.
Practice general nutritional guidelines and weight management.
Summarize stressors and the methods to deal with them.

Hours & Format

Fall and/or spring:
15 weeks - 1.5 hours of lecture and 1.5 hours of web-based lecture per week
15 weeks - 3 hours of lecture and 0 hours of web-based lecture per week

Additional Details

Subject/Course Level: Physical Education/Undergraduate

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

Instructor: Murray

Wellness for Life: Read Less [-]

PHYS ED 197 Field Study in Physical Education 1 - 3 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
Supervised experience relevant to specific aspects of physical education, sport, and fitness. Regular individual meetings with faculty sponsor and written reports required.
Field Study in Physical Education: Read More [+]
Rules & Requirements

Repeat rules: Course may be repeated for credit without restriction.

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.

Field Study in Physical Education: Read Less [-]

PHYS ED 198 Supervised Group Study 1 - 4 Units

Terms offered: Fall 2020, Spring 2020, Fall 2019
Supervised studies by upper division students. Enrollment is restricted by regulations listed in the General Catalog.
Supervised Group Study: Read More [+]
Rules & Requirements

Prerequisites: Must have 60 units and consent of instructor

Repeat rules: Course may be repeated for credit without restriction.

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.

Supervised Group Study: Read Less [-]

PHYS ED C407 Introduction to Scientific Diving 3 Units

Terms offered: Spring 2017, Spring 2016, Spring 2015
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.
Introduction to Scientific Diving: Read More [+]
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

Additional Details

Subject/Course Level: Physical Education/Other professional

Grading: Letter grade.

Instructors: Hayward, Scott

Formerly known as: Integrative Biology C407/Physical Education C407

Also listed as: INTEGBI C407

Introduction to Scientific Diving: Read Less [-]