

PHIL 15 Asian Philosophies**Units:** 3.0 **Hours:** 3.0 Lecture**Transferable:** CSU; GAV-GE:F

This course is designed to introduce the student to the minor Asian philosophical traditions. This will consist of reviewing major East, South East, and South Asian philosophical traditions (e.g. Hinduism, Buddhism, Taoism, Confucianism) and the non-Western approach to epistemology, ethics, metaphysics, and logic. We shall attempt to evaluate, examine, and compare many important theoretical principles and the ways they have influenced each other as well as Asian and Asian-American cultures and societies. **ADVISORY:** Eligible for English 1A.

Photography: see Art, CSIS or Digital Media

PHYSICAL EDUCATION - ADAPTED

For other Physical Education classes: see Kinesiology

APE 34 Adapted Aquatic Exercise**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

This course is designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 34.

APE 35 Adapted Swimming for Total Fitness**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control of body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one's basic overall well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 35.

APE 36 Adapted Physical Education**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

An individualized program of adaptive physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one's overall well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 36.

APE 38 Adapted Cardiovascular Conditioning and Training**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** CSU, UC; CSU-GE:E1; GAV-GE:E1

An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course has the option of a letter grade or pass/no pass. Previously known as PE 38.

APE 534 Adapted Aquatic Exercise**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** No

Designed to help individuals who by the nature of their disability such as wheelchair use, back injury, cardiovascular impairment, multiple sclerosis or other disabling condition require a specific aquatic exercise program that will contribute to their physical well being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This is a pass/no pass course. Previously known as PE 534.

APE 535 Adapted Swimming for Total Fitness**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** No

An individualized program of activities designed for students with physical disabilities to improve flexibility and range-of-motion, increase joint movement, improve circulation, and improve control over body movement through water adjustment and activities. Develops an appreciation of physical activity as a regular planned contribution to one's overall well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This course is pass/no pass. Previously known as PE 535.

APE 536 Adapted Physical Education**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** No

An individualized program of adaptive physical education activities designed to meet the needs of students with physical disabilities. Develops an appreciation of physical activity as a regular planned contribution to one's physical well-being. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This is a pass/no pass course. Previously known as PE 536.

APE 538 Adapted Cardiovascular Conditioning and Training**Units:** .5 OR 1.0 **Hours:** 1.5 OR 3.0 Laboratory**Transferable:** No

An individualized program of adapted exercises in weight training, stretching and cardiovascular conditioning for those individuals who have been disabled through stroke, cardiovascular accident, arthritis, multiple sclerosis, or other condition. May be repeated as necessary based on measurable progress as documented in the student's educational contract. This is a pass/no pass course. Previously known as PE 538.

PHYSICAL SCIENCE

PSCI 1 Principles of Physical Science**Units:** 3.0 **Hours:** 3.0 Lecture**Transferable:** CSU, UC; CSU-GE:B1, IGETC:5A; GAV-GE:B1

An introduction to the physical sciences for the non-science major. Attention is focused on fundamental laws of nature, their development and relation to the physical world. **ADVISORY:** Mathematics 205 and eligible for English 250 and 260.

PSCI 2 Introduction to Meteorology**Units:** 3.0 **Hours:** 3.0 Lecture**Transferable:** CSU, UC; CSU-GE:B1, IGETC:5A; GAV-GE:B1

An introductory course in Meteorology that is both descriptive and analytical on the physical principles affecting the earth's weather. Topics covered include the nature of the atmosphere, solar energy, heat, temperature, pressure, stability, moisture, wind, storms, severe weather and forecasting. The course introduces climatology as a scientific study and will look at the earth's climatic history, current research in climate modeling and the possibility of global climate change. **ADVISORY:** MATH 205.

All courses listed here are part of Gavilan College's approved curriculum. All courses are not offered every semester. Check the Class Schedule for current offerings.