

ATHLETICS (ATHL)

ATHL 120 Varsity Baseball (1-3 Units)

Students will learn the intermediate and advanced skills, rules, and strategies for competition in baseball. (UC maximum credit allowed: 4 units)

Recommended Preparation: ATHL 120P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 120P Preparation for Intercollegiate Men's Baseball (0.5-1 Units)

This men's baseball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 121 Varsity Basketball Men (1-3 Units)

Students will learn the basic skills, rules, and strategies for competition in basketball. (UC maximum credit allowed: 4 units)

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 121P Preparation for Intercollegiate Men's Basketball (0.5-1 Units)

This men's basketball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 122 Varsity Basketball Women (1-3 Units)

Students will learn the basic skills, rules, and strategies for competition in basketball. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 122P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 122P Preparation for Intercollegiate Women's Basketball (0.5-1 Units)

This women's basketball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 123 Women's Cross Country (0.5-3 Units)

A cross country course designed to develop the knowledge, skills and strategy for the serious and recreational competitive athlete in collegiate long distance running. The course is designed to emphasize competition and will help the athlete achieve a higher level of competitive ability through instruction of skills, techniques, strategy, and personal evaluation during or after competition. Students will be given an opportunity to compete at a wide range of competitive levels. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 123P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 123P Preparation for Intercollegiate Women's Cross Country (0.5-1 Units)

This course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 124 Varsity Football (1-3 Units)

Students will learn the intermediate/advanced skills, rules, and strategies for competition in football. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 124P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 124P Preparation for Intercollegiate Football (0.5-3 Units)

This football course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition.

Lab Hours: 162.0

Transfer: Transfers to CSU only

ATHL 125 Varsity Golf (1-3 Units)

Students will learn the basic skills, rules, and strategies for competition in golf. (UC maximum credit allowed: 4 units)

Recommended Preparation: ATHL 125P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 125P Preparation for Intercollegiate Golf (0.5-1 Units)

This course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 126 Varsity Soccer Women (1-3 Units)

Students will learn the intermediate/advanced skills, rules, and strategies for competition in soccer. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 126P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 126P Preparation for Intercollegiate Women's Soccer (0.5-1 Units)

This women's soccer course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 127 Varsity Softball (1-3 Units)

Students will learn the intermediate/advanced skills, rules, and strategies for competition in softball. (UC maximum credit allowed: 4 units)

Recommended Preparation: ATHL 127P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 127P Preparation for Intercollegiate Women's Softball (0.5-1 Units)

This women's softball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 128 Varsity Tennis Women (1-3 Units)

Students will learn the intermediate/advanced skills, rules, and strategies for competition in football. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 124P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 128P Preparation for Intercollegiate Women's Tennis (0.5-1 Units)

This course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 129 Varsity Tennis Men (1-3 Units)

Students will learn the intermediate/advanced skills, rules, and strategies for competition in tennis. (UC maximum credit allowed: 4 units)

Recommended Preparation: ATHL 129P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 129P Preparation for Intercollegiate Men's Tennis (0.5-1 Units)

This men's tennis course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 130 Varsity Volleyball Women (3.0 Units)

Students will learn the intermediate to advanced skills, rules, and strategies for competition in intercollegiate volleyball. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 130P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 130P Preparation for Intercollegiate Volleyball (0.5-1 Units)

This volleyball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 131 Varsity Golf (women) (1-3 Units)

This golf course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition.

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 132 Varsity Wrestling (1-3 Units)

In order to participate in intercollegiate athletics, a participant MUST be enrolled in twelve or more units at the time of participation and MUST maintain the twelve units for that semester. High school or club wrestling recommended. Students will learn the basic skills, rules, and strategies for competition in wrestling. Recommended preparation: Experience in high school or club level competition. (UC maximum credit allowed: 4 units).

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 132P Preparation for Intercollegiate Wrestling (0.5-1 Units)

This wrestling course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 133 Men's Cross Country (1-3 Units)

A cross country course designed to develop the knowledge, skills and strategy for the serious and recreational competitive athlete in college long distance running. The course is designed to emphasize competition and will help the athlete achieve a higher level of competitive ability through instruction of skills, techniques, strategy, and personal evaluation during or after competition. Students will be given an opportunity to compete. (UC maximum credit allowed: 4 units).

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 133P Preparation Intercollegiate Men's Cross Country (0.5-1 Units)

This course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 138 Cooperative Education Athletics (1-8 Units)

Cooperative Education is a key element of Victor Valley College's comprehensive approach to career development. Cooperative Education is a 16-, 12-, or 8-week course that enables students to receive college credit for paid or unpaid work opportunities. This course helps students gain valuable on-the-job work experience while providing practical education, best practices in professional development, and academic guidance through the course of their work opportunity. The combination of practical experience and curricular development empowers students to be more competitive, efficient and valuable employees upon completion of this program and/or their academic program trajectory. The course is ideal for students who are cross-training at their current worksite for upward mobility or seeking career changes, as well as those looking for entry-level occupational training through work-based learning experiences such as through an internship. Cooperative Education transforms community businesses, industries, and public agencies into expanded educational training laboratories. Credit is awarded on the basis of learning objectives completed and the number of hours the student trains. Students must create/complete new learning objectives each semester they enroll. Students may utilize their present work sites.

Transfer: Transfers to CSU only

ATHL 140 Varsity Soccer Men (3.0 Units)

Students will demonstrate knowledge of rules, intermediate/advanced skills, and offensive and defensive strategies necessary to compete at collegiate level for soccer. (UC maximum credit allowed: 4 units).

Recommended Preparation: ATHL 140P

Lab Hours: 162.0

Transfer: Transfers to both UC/CSU

ATHL 140P Preparation for Intercollegiate Men's Soccer (0.5-1 Units)

This men's soccer course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition. Grade Option.

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 143 Sports Performance Training (1.0 Units)

During this course, student athletes will use a wide variety of effective power training principles to achieve maximum athletic performance and conditioning. Grade option.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

ATHL 144 Varsity Sand Volleyball Women (1-3 Units)

Students will learn the intermediate to advanced skills, rules and strategies for competition in intercollegiate sand volleyball.

Recommended Preparation: ATHL 144P

Lab Hours: 162.0

Transfer: Transfers to CSU only

ATHL 144P Preparation for Intercollegiate Sand Volleyball (0.5-1 Units)

This volleyball course is designed to satisfy the interest, development and needs of the highly skilled student athlete. It will provide students with high level instruction and experience required for intercollegiate competition.

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU