

# ATHLETICS

## Contact Information

### Division

Kinesiology and Athletics

### Dean

Lucas Moosman

### Associate Dean

Rachel Johnson

### Division Office

Ft, Rocklin Campus

## Overview

Athletics courses are designed to provide healthy, competitive athletic experiences for student-athletes in a variety of men's and women's sports. The athletics teams compete at the intercollegiate level and function as part of the California Community College Athletic Association.

## Faculty

### Darci D. Brownell

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., California State University, Sacramento  
M.S., National University

### Mary V. Conway

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

A.A., Packer Collegiate Institute  
B.S., City University of New York, Brooklyn College  
M.S., University of Illinois, Chicago

### Scott R. Decker

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., University of California, Davis  
M.A., United States Sports Academy

### Edward C. Eaton

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.S., San Jose State University  
M.A.T., San Jose State University

### Heather Eubanks

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., California Lutheran University  
M.A., Azusa Pacific University

### John C. Fusano

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., California State University, Sacramento  
M.A., Saint Mary's College of California

### Jason S. Gantt

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.S., California State University, Sacramento  
M.S., California State University, Sacramento

### Roz C. Goldenberg

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., California State University, Northridge  
M.A., Humboldt State University

### Brandie Murrish

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.S., California Lutheran University  
M.S., California State University, Northridge  
M.Ed., Grand Canyon University

### Vera Nelson

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.A., California Polytechnic State University, San Luis Obispo  
M.S., California State University, Sacramento

### Ben S. Noonan

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

A.A. Santa Rosa Junior College  
B.A., Bemidji State University  
M.S., Texas A and M University-Kingsville

### Jeff M. Tisdell

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

B.S., University of Nevada, Reno

### Robert B. Willson

**Professor, Athletics/Health Education/Kinesiology/Recreation Management**

A.A., Laney College  
B.A., Sonoma State University  
M.A., Saint Mary's College of California

## Courses

Understanding course descriptions (<http://catalog.sierracollege.edu/archive/2016-2017/student-resources/course-information/understanding-course-descriptions>)

### ATHL 0100. Baseball Training

*Units: 0.5-3*

Formerly known as PHED 0102

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced baseball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses baseball training, skills, knowledge, strategy, and appreciation.

Intended for students with varsity high school experience who are preparing for competitive intercollegiate baseball. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0101. Basketball Training**

*Units: 0.5-3*

Formerly known as PHED 0106

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced basketball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses basketball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate basketball. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0105. Springboard Diving Training**

*Units: 0.5-3*

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced diving skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses diving training, skills, knowledge, strategy, and appreciation. Intended for students with high school and/or recreational experience who are preparing for competitive intercollegiate diving. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0106. Football Training**

*Units: 0.5-3*

Formerly known as PHED 0101

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced football skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses football training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate football. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0107. Golf Training**

*Units: 0.5-3*

Formerly known as PHED 0103

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced golfing skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses golf training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate golf. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0109. Soccer Training**

*Units: 0.5-3*

Formerly known as PHED 0116

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced soccer skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses soccer training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate soccer. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0110. Softball Training**

*Units: 0.5-3*

Formerly known as PHED 0111

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced softball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses softball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate softball. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0111. Swimming Training**

*Units: 0.5-3*

Formerly known as PHED 0107

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced swimming skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses swimming training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate swimming. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0112. Tennis Training**

*Units: 0.5-3*

Formerly known as PHED 0104

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced tennis skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses tennis training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate tennis. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0116. Volleyball Training**

*Units: 0.5-3*

Formerly known as PHED 0110

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced volleyball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses volleyball training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate volleyball. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0117. Water Polo Training**

*Units: 0.5-3*

Formerly known as PHED 0108

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced water polo skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses water polo training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate water polo. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0118. Wrestling Training***Units: 0.5-3*

Formerly known as PHED 0112

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced wrestling skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Stresses wrestling training, skills, knowledge, strategy, and appreciation. Intended for students with varsity high school experience who are preparing for competitive intercollegiate wrestling. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0150. Intercollegiate Baseball (M)***Units: 1-3*

Formerly known as PHED 0161

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced baseball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate baseball competition conducted through NCAA and California Community College Athletic Association (CCCAA) rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0151. Intercollegiate Basketball (M)***Units: 1-3*

Formerly known as PHED 0143

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced basketball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate men's basketball competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0152. Intercollegiate Basketball (W)***Units: 1-3*

Formerly known as PHED 0123

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced basketball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's basketball competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0153. Intercollegiate Football (M)***Units: 1-3*

Formerly known as PHED 0142

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced football skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate football competition conducted through NFCA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0154. Intercollegiate Golf (M)***Units: 1-3*

Formerly known as PHED 0162

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced golf skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate men's golf competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0155. Intercollegiate Golf (W)***Units: 1-3*

Formerly known as PHED 0127

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced golf skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's golf competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0156. Intercollegiate Soccer (W)***Units: 1-3*

Formerly known as PHED 0124

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced soccer skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's soccer competition conducted through FIFA laws of the game and CCCAA rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0157. Intercollegiate Softball (W)***Units: 1-3*

Formerly known as PHED 0131

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced softball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's softball competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0158. Intercollegiate Swimming (M)***Units: 1-3*

Formerly known as PHED 0165

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced swimming skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate men's swimming and diving competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0159. Intercollegiate Swimming (W)***Units: 1-3*

Formerly known as PHED 0134

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced swimming skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's swimming and diving competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0160. Intercollegiate Tennis (M)***Units: 1-3*

Formerly known as PHED 0163

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced tennis skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate men's tennis competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0161. Intercollegiate Tennis (W)***Units: 1-3*

Formerly known as PHED 0132

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced tennis skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's tennis competition conducted through NCAA and California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0162. Intercollegiate Volleyball (W)***Units: 1-3*

Formerly known as PHED 0122

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced volleyball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's volleyball competition conducted through the California Commission on Athletics rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0163. Intercollegiate Water Polo (M)***Units: 1-3*

Formerly known as PHED 0146

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced water polo skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate men's water polo competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0164. Intercollegiate Water Polo (W)***Units: 1-3*

Formerly known as PHED 0137

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced water polo skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's water polo competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0165. Intercollegiate Wrestling (M)***Units: 1-3*

Formerly known as PHED 0145

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced wrestling skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate wrestling competition conducted through NCAA and California Community College Athletic Association rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0166. Intercollegiate Sand Volleyball (W)***Units: 1-3*

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced sand volleyball skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Intercollegiate women's sand volleyball competition conducted through NCAA and California Community College Athletic Association Rules. May be taken four times for credit. (CSU, UC-with unit limitation)

**ATHL 0199. Intercollegiate Sports Conditioning***Units: 0.5-2.5*

Prerequisite: Enrollment limitation: permission of instructor required; for students with advanced sport specific skills, conditioning and previous competitive experience

Hours: 58 laboratory per unit

Instruction in sport-specific strength and conditioning protocols related to improving muscular strength, power, agility, and speed. Principles of sport-specific technical and tactical methodology presented. May be taken four times for credit. (CSU, UC-with unit limitation)

## Program Student Learning Outcomes (PSLOs)

- Identify and practice high safety standards, support environmental needs, and provide a safe positive experience for other participants (students, student athletes, visiting athletes, community, and faculty).
- Demonstrate a measurable improvement in one or more fitness or sport specific components.
- Demonstrate essential motor skills to fit a variety of activities. Student will be able to describe and perform activities reflecting increased knowledge and ability over the semester.
- Develop personal responsibility and the importance of different leadership roles.
- Distinguish principles of healthy weight management through exercise and nutrition.
- Create a balance between physical fitness, social well-being, health, and academic success.