

ATHLETICS

Contact Information

Division

Wellness and Athletics

Dean

Rachel Johnson

Associate Dean

Darci Brownell

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

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

Daniel Diaz Romero

Assistant Professor, Athletics/Health Education/Kinesiology/Recreation Management/Assistant Football Coach

B.S., University of California, Davis

M.A., Western Governor's University

M.S., University of Central Missouri

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

Alanna Jackson

Professor, Athletics/Health Education/Kinesiology/Recreation Management

B.A., University of Nevada, Reno

M.S., California State University, Sacramento

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

Courses

Understanding course descriptions (<https://catalog.sierracollege.edu/archive/2025-2026/student-resources/course-information/understanding-course-descriptions/>)

ATHL 0100. Baseball Training

Units: 0.5-3

Formerly known as PHED 102

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 106

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 0102. Cross Country Training

Units: 0.5-3

Formerly known as PHED 115

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

Hours: 58 laboratory per unit

Stresses knowledge of running and training skills, strategy, and appreciation for developing improved fitness awareness through distance training. Intended for students with varsity high school experience who are preparing for competitive intercollegiate cross country. 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 101

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 103

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 116

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 111

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 107

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 104

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 0113. Track and Field Training*Units: 0.5-3*

Formerly known as PHED 105

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

Hours: 58 laboratory per unit

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

ATHL 0115. Beach Volleyball Training*Units: 0.5-3*

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

Hours: 58 laboratory per unit

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

ATHL 0116. Volleyball Training*Units: 0.5-3*

Formerly known as PHED 110

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 108

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 112

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 161

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 143

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 123

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 142

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 162

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 127

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 124

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 131

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 165

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 134

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

Formerly known as PHED 132

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 122

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 146

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 137

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 145

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 Beach Volleyball (W)*Units: 1-3*

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

Hours: 58 laboratory per unit

Intercollegiate women's beach 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 0167. Intercollegiate Cross Country (W)*Units: 1-3*

Formerly known as PHED 126

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

Hours: 58 laboratory per unit

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

ATHL 0169. Intercollegiate Track and Field (W)*Units: 1-3*

Formerly known as PHED 133

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

Hours: 58 laboratory per unit

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

ATHL 0170. Intercollegiate Wrestling (W)*Units: 1-3*

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

Hours: 58 laboratory per unit

Intercollegiate women's 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 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.