Transferable: CSU and private colleges.

PBHS B23 Health and Social Justice
3 units
Prerequisites: BC placement into reading level 06 or writing level 06 or successful completion of ENGL B50 or ACDV B50 or equivalent with a grade of C or better.
Description: This course provides an introduction to the health inequities in the United States that stem from unequal living and health conditions. Students will explore how education, socioeconomic status, racism and gender shape health epidemics and policy development. The course will provide the basic skills necessary for advocating for health and social justice, as well as provide the theoretical concepts on health disparities and the relationship with social justice.
C-ID: PHS 102
Hours: 54 lecture
Transferable: CSU and private colleges.

PHED - Physical Education Courses

PHED B1A Educational Planning for College Athletes
1 unit
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Designed to assist student athletes in understanding college matriculation, educational plans, and collegiate transfer requirements. Satisfies the 0.5 unit educational planning requirement for graduation from Bakersfield College.
Hours: 18 lecture
Transferable: Associate Degree Only. Not transferable.

PHED B2SB Aquatics: Beginning Swimming
1 unit
Description: A semester course in beginning swimming in which the focus is on the knowledge and skill necessary to handle the body with ease in the water. The course covers basic mechanical, physiological and psychological concepts, fundamental safety skills and basic swimming strokes for the 4 competitive swimming strokes. (Free, Back, Breast, Fly)
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B3ADP Adaptive Physical Education
1 unit
Description: Individualized fitness class for the physically challenged (as verified by D.S.P.S.) with activities designed to emphasize resistive circuit training combined, when possible, with aerobic training.
Note: Students who are physically challenged may contact DSPS to determine if they qualify to enroll in the course again. Justification must be documented by a DSPS counselor.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B6A Coeducational and Individual Activity: Archery
1 unit
Description: Archery as a lifelong physiological and social activity. An elementary course in archery to include target archery and field archery.
Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6BB Coeducational and Individual Activity: Basketball
1 unit
Description: Basketball as a lifelong physiological, psychological and social activity. Skills, strategies, rules and etiquette of basketball.
Note: UC campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6BLB Coeducational and Individual Activity: Beginning Ballet (DANC B6BLB)
1 unit
Description: Co-educational beginning ballet course. Includes warm-up exercises, technical skills and terminology.
Note: Not open to students who have completed DANC B6BLB.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6FCX Coeducational and Individual Activity: Fitness Center
1 unit
Description: Circuit training with resistance machines (weights), supplemented with a variety of aerobic based equipment. Stresses the development of muscle mass/tone, endurance and cardiovascular fitness. Not recommended for competitive weight lifters.
Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6G Coeducational and Individual Activity: Golf
1 unit
Description: This course includes instruction in technique, tactics, and physical conditioning related to the sport of golf.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6JD Coeducational Team and Individual Activity: Jazz Dance (DANC B6JD)
1 unit
Description: Fundamental Jazz techniques and fundamental terminology of ballet as they relate to jazz dancing; including warm-up exercises for the preparation of the human body as an instrument for dance. Different styles and rhythms of jazz dance and music for jazz dance will be introduced. Note: Not open to students who have completed DANC B6JD.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
PHED B6SC Coeducational and Individual Activity: Soccer
1 unit
Description: Soccer as a lifelong physiological, psychological and social activity. Training in the fundamental skills of soccer. Understanding of the rules of the game, safety and basic strategy of play.
Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6T Coeducational and Individual Activity: Tennis
1 unit
Description: Tennis as a lifelong physiological, psychological and social activity. Student will learn basic tennis skills, rules, strategies and etiquette.
Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6V Coeducational and Individual Activity: Beginning Volleyball
1 unit
Description: An elementary course in volleyball to include instruction in techniques, tactics, and physical conditioning related to the sport of volleyball.
Note: UC campuses give a maximum of four semester units of credit for appropriate Physical Education activity courses.
Hours: 54 lab
Transferable: UC, CSU and private colleges; BC GE E

PHED B6WT Coeducational and Individual Activity: Weight Training
1 unit
Description: Coeducational course stressing correct application of weight training principles used with “free weights.” Instruction in the correct and safe use of “free weights” to develop strength, endurance and general conditioning.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Repeat: 1
Transferable: UC, CSU and private colleges; BC GE E

Athletic Code Eligibility Requirements
An athlete must be continuously enrolled in a minimum of 12 units during the season of competition. Students competing in a sport must successfully complete 24 units to be eligible for a second season of competition. A 2.0 grade point average must be maintained to be eligible to participate.

NOTE: All intercollegiate sports may be substituted for physical education requirement for graduation. UC campuses give a maximum of four semester units of credit for appropriate physical education activity courses.

PHED B10 Intercollegiate Competition for Men: Football
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men's Football team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B11 Intercollegiate Competition for Men: Basketball
1.5 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men's Basketball team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 81 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B12 Intercollegiate Competition: Track and Field
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for the Track and Field team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B13 Intercollegiate Competition for Men: Tennis
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men's Tennis team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E
PHED B14 Intercollegiate Competition for Men: Baseball
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men’s Baseball team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B15 Intercollegiate Competition Cheer
1 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Practice, participation and competition on cheer, dance and stunt teams for Bakersfield College. Includes development of skills, both individual and group, for successful public performance. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 36 lab
Repeat: 3
Transferable: Not transferable.

PHED B16 Intercollegiate Competition for Men: Golf
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men’s Golf team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B17 Intercollegiate Competition Cross Country
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for the Cross Country team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B20 Intercollegiate Competition for Men Wrestling
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Men’s Wrestling team. Student must meet athletic code eligibility requirements. Field trips may be required. UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B23 Intercollegiate Competition for Women Soccer
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women’s Soccer team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B23M Intercollegiate Competition for Men Soccer
3 units
Prerequisite: Limitation on Enrollment: Student must meet athletic code eligibility requirements.
Description: Intercollegiate competition for Men’s Soccer team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: Pending transferability. BC GE E

PHED B24 Intercollegiate Competition for Women: Golf
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women’s Golf team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B25 Intercollegiate Competition for Women Volleyball
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women’s Volleyball team. Student must meet athletic code eligibility requirements. Field trips may be required. UC campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B25B Intercollegiate Competition for Women Beach Volleyball
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women’s Beach Volleyball. Student must meet athletic code eligibility requirements. Field trips may be required. UC Campuses give a maximum of four semester units credits for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: Pending transferability. BC GE E
PHED B28 Intercollegiate Competition for Women: Basketball
1.5 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women’s Basketball team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 81 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B29 Intercollegiate Competition for Women Softball
3 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate competition for Women's Softball team. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B32 Shape Up
3 units
Description: An integration of physiological, psychological and sociological understandings of the human being in relationship to physical activity as a lifelong pursuit. Topics include physical fitness, stress reduction benefits of exercise, nutrition, socialization and individual differences in human behavior.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 18 lecture, 108 lab
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B33 Intercollegiate Swimming
3 units
Prerequisite: Limitation on Enrollment, Must meet athletic code eligibility requirement
Description: Intercollegiate competition for Swimming. Student must meet athletic code eligibility requirements. Field trips may be required.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 162 lab
Repeat: 3
Transferable: UC, CSU and private colleges; CSU GE E; BC GE E

PHED B34C Intercollegiate Conditioning
1 unit
Description: Intercollegiate athletics course emphasizing preseason conditioning. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic conditioning, drill technique, strength conditioning, speed development and game play. Students who repeat this course will improve skills and fitness through further instruction and practice.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 54 lab
Repeat: 3
Transferable: UC, CSU and private colleges.

PHED B34WT Intercollegiate Weight Training
0.5-2 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate athletics course emphasizing weight training. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic weight training, appropriate technique, strength conditioning, speed development and explosive exercises. Students who repeat this course will improve strength, flexibility, and fitness through detailed instruction and practice.
Note: UC Campuses give a maximum of four semester units of credit for Physical Education activity units.
Hours: 81 lab
Repeat: 3
Transferable: UC, CSU and private colleges

PHED B36 First Aid and CPR
3 units
Recommended: BC placement into reading level 06.
Description: This course involves the theory and detailed demonstration of the first aid care of the injured. The student will learn to assess a victim's condition and incorporate proper treatment. Standard first aid, C.P.R. and AED certification(s) will be granted upon successful completion of requirements.
Materials Fee: $27.00
Hours: 54 lecture
C-ID: KIN 101
Transferable: UC, CSU and private colleges; BC GE E

PHED B39A Prevention and Care of Athletic Injuries
3 units
Recommended: Successful completion of BIOL B32 and BIOL B33 with a grade of C or better and Recommended: BC placement into reading level 06 and writing level 06.
Description: An introduction to the field of sports medicine. Evaluation, rehabilitation and prevention of athletic injuries. Major emphasis will be on prevention of injuries and performance enhancement, through pre-screening for potential biomechanical deficiencies, strength training, conditioning, flexibility, nutrition and proper hydration techniques. The instructor will properly advise students who take this course of limitations and proper skills applications. Field trip required.
Hours: 36 lecture, 54 lab
Transferable: UC, CSU and private colleges

PHED B39B Advanced Athletic Training
3 units
Recommended: Successful completion of BIOL B32 and BIOL B33 with a grade of C or better.
Description: Evaluation and rehabilitation of athletic injuries; exposure to various physical therapy modalities and prevention of injuries will be discussed. The athletic trainer will properly advise students who take this course of limitations and proper skills applications. Field trips required.
Hours: 36 lecture, 54 lab
Transferable: UC, CSU and private colleges
PHED B41 Recreation Leadership
3 units
Description: Survey of employment opportunities in the field of recreation. Students will learn the meaning and scope of recreation leadership, the problems of organization, types of activities and elements of leadership.
Hours: 54 lecture
Transferable: CSU and private colleges.

PHED B42 Introduction to Kinesiology
3 units
Recommended: BC placement into reading level 06 and writing level 06.
Description: This course is an introduction to the interdisciplinary approach to the study of human movement. An overview of the importance of the sub-disciplines in kinesiology will be discussed along with career opportunities in the areas of teaching, coaching, allied health, and fitness professions.
C-ID: KIN 100
Hours: 54 lecture
Transferable: UC, CSU and private colleges; IGETC 3.B; CSU GE C.2; BC GE C.2

PHED B50 Intercollegiate Conditioning
1 unit
Description: Pre-season intercollegiate athletics. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic conditioning, drill technique, strength conditioning, speed development and game play. Students who repeat this course will improve skills and fitness through further instruction and practice.
Hours: 54 activity
Repeat: 3
Transferable: Not transferable. Not degree applicable.

PHED B53 Intercollegiate Weight Training
.5 – 2 units
Prerequisites: Limitation on Enrollment, this class is designed for identified student athletes.
Description: Intercollegiate athletics course emphasizing weight training. Enrollment is limited to athletic team candidates and includes, sport specific aerobic and anaerobic weight training, appropriate technique, strength conditioning, speed development and explosive exercises. Students who repeat this course will improve strength, flexibility, and fitness through detailed instruction and practice.
Hours: 27 – 108 activity
Not degree applicable. Not transferable.

PHIL - Philosophy Courses

PHIL B6A Introduction to Philosophy
3 units
Recommended: BC placement into reading level 06 and writing level 06.
Description: A method, problems, multicultural and historical approach to philosophy. Epistemology (the study of knowledge), metaphysics (the study of reality), ethics (the study of morality), and philosophy of religion are covered from both traditional Western and non-Western sources.
Hours: 54 lecture
C-ID: PHIL 100
Transferable: UC, CSU and private colleges; IGETC 3.B; CSU GE C.2; BC GE C.2

PHIL B7 Introduction to Logic
3 units
Recommended: BC placement into reading level 06 and writing level 06.
Description: Traditional basics of correct reasoning with an emphasis on their relationships to language, thought and argument.
Hours: 54 lecture
C-ID: PHIL 110
Transferable: UC, CSU and private colleges; CSU GE A.3; BC GE B.2

PHIL B9 Critical Thinking and Advanced Composition
3 units
Prerequisites: Successful completion of ENGL B1A or equivalent with a grade of C or better.
Recommended: BC placement into reading level 06.
Description: Development of critical thinking skills necessary for evaluating and formulating argumentative/persuasive essays, and practice in applying those skills.
Hours: 54 lecture
C-ID: PHIL 120
Transferable: UC, CSU and private colleges; IGETC 1.B; CSU GE A.3; CSU GE C.2; BC GE B.2

PHIL B10 Introduction to Ethics
3 units
Recommended: BC placement into reading level 06 and writing level 06.
Description: Examination of the philosophical approach to morality. Study of the meaning of ethics and morality and methods used in ethical theorizing and reasoning. Emphasizes major ethical issues and theories. Discusses how to set up an ethical system.
Hours: 54 lecture
C-ID: PHIL 130
Transferable: UC, CSU and private colleges; IGETC 3.B; CSU GE C.2; BC GE C.2

PHIL B12 Ethics of Living and Dying
3 units
Recommended: BC placement into reading level 06 and writing level 06.
Description: A philosophical yet practical approach to some of the major medical-ethical problems facing human beings today, such as: what patients should be told, the nature and importance of informed consent, the meaning and criteria for living, dying, and death including caring for the dying, and allowing to die, mercy killing. Permeating these problems will be a study of the basis for ethical relationships among human beings through a study of what morality is, consequentialist and nonconsequentialist theories of morality, and how to set up an ethical system. Special emphasis will be placed on the relationship of the professional and the well to the sick, dying, and bereaved.
Hours: 54 lecture
Transferable: UC, CSU and private colleges; CSU GE C.2; CSU GE E; BC GE C.2

PHIL B18 History of Ancient Philosophy
3 units
Recommended: BC placement into reading level 06 and writing level 06.