

ATHLETICS

In keeping with the philosophy of providing programs to meet the diverse needs of students so that they may continue to develop physically, mentally, and emotionally throughout their lifetime, Victor Valley College supports and encourages students to participate in its athletic programs.

To meet this philosophic commitment, Victor Valley College athletic offerings include football, softball, men's and women's tennis, women's volleyball, men's and women's basketball, wrestling, golf, men's and women's soccer, men's and women's cross country, and baseball.

Victor Valley College is a member of the Inland Empire Athletic Conference, Southern California Football Association, and also competes with other community college conferences. A student must be enrolled in 12 units to participate in the intercollegiate athletic program. Student athletes are granted up to two years of eligibility per sport but must complete 24 units between seasons of competition with a "C" or better grade average in order to be eligible for the second year.

There are other factors that are essential in determining eligibility, and athletes should consult with the Eligibility Specialist regarding eligibility matters. All varsity athletic classes meet 10 laboratory hours per week for 3 units. CSU, UC (UC credit limitation).

Men's And Women's Sports by Season

Fall	Spring
Basketball (M & W)	Baseball (M)
Cross Country (M & W)	Golf (M)
Football (M)	Softball (W)
Soccer (M & W)	Tennis (M & W)
Volleyball (W)	
Wrestling (M)	

Athletics, Certificate of Achievement

This Certificate of Achievement is designed for students who wish to participate in intercollegiate athletics at Victor Valley College and works towards completing lower division general education. It provides student athletes the opportunity to develop skills related to leadership, teamwork, collaboration, and personal responsibility within a team environment. Students who complete this certificate will have demonstrated excellence in lower division general education coursework and in intercollegiate athletic courses.

State Control Number: 42750

Program Code: ATHL.AT.CA

Approved for Federal Financial Aid: Yes

Code	Title	Units
Required Courses		
<i>Athletic Varsity Courses</i>		
Complete 3 units from the following:		3.0
ATHL 120	Varsity Baseball	
ATHL 121	Varsity Basketball Men	
ATHL 122	Varsity Basketball Women	
ATHL 123	Women's Cross Country	
ATHL 124	Varsity Football	
ATHL 125	Varsity Golf	

Code	Title	Units
ATHL 126	Varsity Soccer Women	
ATHL 127	Varsity Softball	
ATHL 128	Varsity Tennis Women	
ATHL 129	Varsity Tennis Men	
ATHL 130	Varsity Volleyball Women	
ATHL 131	Varsity Golf (women)	
ATHL 132	Varsity Wrestling	
ATHL 133	Men's Cross Country	
ATHL 140	Varsity Soccer Men	
ATHL 144	Varsity Sand Volleyball Women	

Athletic Preparation Courses

Complete 3 units from the following:		3.0
ATHL 120P	Preparation for Intercollegiate Men's Baseball	
ATHL 121P	Preparation for Intercollegiate Men's Basketball	
ATHL 122P	Preparation for Intercollegiate Women's Basketball	
ATHL 123P	Preparation for Intercollegiate Women's Cross Country	
ATHL 124P	Preparation for Intercollegiate Football	
ATHL 125P	Preparation for Intercollegiate Golf	
ATHL 126P	Preparation for Intercollegiate Women's Soccer	
ATHL 127P	Preparation for Intercollegiate Women's Softball	
ATHL 128P	Preparation for Intercollegiate Women's Tennis	
ATHL 129P		
ATHL 130P	Preparation for Intercollegiate Volleyball	
ATHL 132P	Preparation for Intercollegiate Wrestling	
ATHL 133P	Preparation Intercollegiate Men's Cross Country	
ATHL 140P	Preparation for Intercollegiate Men's Soccer	
ATHL 144P	Preparation for Intercollegiate Sand Volleyball	

Electives

Complete 12 units from four different areas		12.0
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Social and Behavioral Sciences Courses

CJ 101	Introduction to Criminal Justice	
ECON 101	Principles of Economics: Macro	
PSYC 101	Introductory Psychology	
SOC 101	Introduction to Sociology	

Communications Courses

CMST 105	Intercultural Communication	
CMST 106	Interpersonal Communication	
CMST 109	Public Speaking	

Science Courses

ANTH 101	Introduction to Physical Anthropology	
BIOL 107	Introduction to Human Biology	
CHEM 100	Introductory Chemistry	
GEOG 101	Introduction to Physical Geography	

Health/Kinesiology Courses

HLTH 102	Contemporary Problems in Personal and Community Health	
KIN 101	Introduction to Exercise Science and Kinesiology	

Math Courses

MATH 105	College Algebra	
MATH 120	Introduction to Statistics	

Code	Title	Units
MATH 226	Analytic Geometry and Calculus I	
PSYC 215	Introduction to Statistics in Social and Behavioral Sciences	
<i>English Courses</i>		
ENGL 101.0	English Composition and Reading	
ENGL 104	Critical Thinking & Composition	
<i>Arts Courses</i>		
ART 101	Survey of Art History	
ART 104	Film As an Art Form	
ART 102	Survey Art History	
KIN 103	History and Appreciation of Dance	
TA 101	Introduction to Theatre	
<i>Political Science Courses</i>		
POLS 102	Introduction to American Government And Politics	
<i>History Courses</i>		
HIST 117	History of U.S to 1876	
HIST 118	History of U.S From 1876	
HIST 153	African American History	
HIST 155	Women in U.S. History	
Total Units		18

Athletics Courses

ATHL 091 Strategies of Sport (0.0 Units)

This class is designed for the student who wants to learn strategy and scheme required to play various sports such as softball, baseball, basketball, soccer, volleyball and football. Film evaluation, schematic strategy of the game, play design, fundamentals of the game, and rules of the game will be taught and practiced. This course may lead student athletes to pursue a career in professional athletics or be a sports competitor.

Lab Hours: 54.0

Transfer: Not transferable

ATHL 099 Student Athlete Orientation (0.0 Units)

This course is designed to assist Victor Valley College (VVC) Student Athletes with transitioning into intercollegiate sports. Students will be introduced to the VVC graduation requirements, CCCAA eligibility, NCAA and NAIA transfer requirements, and student athlete identity. Furthermore, this course will focus on educational planning, special programs, student support services, making a career out of athletics, and give VVC student athletes the resources necessary to successfully transition into Victor Valley College.

Lecture Hours: 36.0

Transfer: Not transferable

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. CSU

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. CSU

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. CSU

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). CSU/UC

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. CSU,UC

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. CSU

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. CSU,UC

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. CSU

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. CSU

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 tennis. (UC maximum credit allowed: 4 units). CSU/UC

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. CSU

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 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). CSU,UC

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. CSU

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. CSU/UC

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). CSU/UC

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. CSU

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). UC,CSU

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. CSU

Lab Hours: 54.0

Transfer: Transfers to CSU only

ATHL 138 Work Experience Education Athletics (1-8 Units)

Work Experience Education is a key element of Victor Valley College's comprehensive approach to career development. Work Experience 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. Work Experience 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. More details are available in the Work Experience Education Office, (760) 245-4271, ext. 2281. The office, located in the Academic Commons, is open Monday-Thursday, 8:00 a.m.-1:00 p.m., 2:00-6:00 p.m., and by appointment. Please refer to the Work Experience Education section in this catalog for more information. CSU

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. CSU

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. CSU,UC

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. CSU 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. CSU/UC

Lab Hours: 54.0

Transfer: Transfers to both UC/CSU

Program Learning Outcomes (PLOs) are statements of the kind of learning a program hopes a student will achieve. The PLOs describe the knowledge, skills, problem-solving, communication and values that apply to all certificates and/or degrees within that program.

Upon completion of this program, students should be able to:

1. Demonstrate successful completion of intercollegiate athletic competition.
2. Demonstrate successful completion of a foundational general education knowledge.