

## Athletics and Competitive Sports (ACS)

Contact the Athletics Department for further information.  
(760) 744-1150, Ext. 2460  
Office: O-10

The intercollegiate athletics program at Palomar College is one of the most comprehensive and diverse among the California Community Colleges, featuring 22 varsity sport programs and over 450 student participants annually. Palomar fields intercollegiate teams in the following men's sports: baseball, basketball, cross country, football, golf, soccer, swimming and diving, tennis, volleyball, water polo, and wrestling. The list of women's sports includes: basketball, cross country, golf, sand volleyball, soccer, softball, swimming and diving, tennis, track and field, volleyball, and water polo. Additionally, the Athletic Department oversees a co-educational cheerleading program. Students must meet the eligibility standards of the California Community College Athletic Association in order to represent the institution athletically.

Prospects for Palomar College intercollegiate athletic teams may not participate in an official practice or competition, nor be issued equipment or apparel from athletic equipment management without departmental verification of the following items:

1. Current and active full-time enrollment in good standing at Palomar College. (Full-time enrollment defined as enrollment in a minimum of 12 semester units, nine (9) of which must be in academic course work leading to a certificated degree and/or transfer to the four-year level.
2. Qualification of CCCAA athletic and academic eligibility standards.
3. Satisfactory physical examination by a physician (medical doctor) approved by Palomar College.
4. Health insurance evaluation by the Palomar College Athletic Training Staff.
5. Participate in the Palomar College Athletic Academic Advisement Program which includes:
  - a. Establishment of an Individual Education Plan by October 15th for Fall-sport athletes and by March 15th for Spring-sport athletes.
  - b. Assessment of academic course progress conducted each semester.

### INTERCOLLEGIATE ATHLETIC COURSE OFFERINGS

Students enrolled in an Athletic and Competitive Sport are limited to 175 contact hours per year in Kinesiology courses that focus on conditioning or skill development for that respective sport. Specific information about enrollment limitations for Kinesiology classes is available at <http://www.palomar.edu/schedule/restrictions.htm>

Courses numbered under 100 are not intended for transfer credit.

#### ACS 50 Introduction to Collegiate Athletics (1)

1 hour lecture

Program for matriculation, eligibility rules, exploring and identifying major emphasis of study, academic success skills, educational planning as it relates to transfer as a student athlete.

#### ACS 55 Cheerleading (1, 2)

3 or 6 hours laboratory

**Prerequisite:** Enrollment subject to audition

**Note:** This is a TBA class and will require travel away from the college on weekends and other dates

Designed to teach the fundamentals of cheerleading. Explores practical and theoretical aspects of competitive and non-competitive cheerleading. Students will acquire knowledge of, and respect for, the skills needed to perform at college events and competition.

#### ACS 101 Intercollegiate Softball (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides women with the opportunity to develop advanced skills and strategies in intercollegiate softball which will be applied to competitive situations.

#### ACS 110 Intercollegiate Basketball (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate basketball which will be applied to competitive situations.

#### ACS 115 Intercollegiate Golf (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides students with the opportunity to develop advanced skills and strategies in intercollegiate golf which will be applied to competitive situations.

#### ACS 120 Intercollegiate Tennis (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate tennis which will be applied to competitive situations.

#### ACS 125 Intercollegiate Soccer (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate soccer which will be applied to competitive situations.

#### ACS 130 Intercollegiate Volleyball (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate volleyball which will be applied to competitive situations.

#### ACS 135 Intercollegiate Swimming and Diving (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

This course provides men and women with the opportunity to develop advanced skills and the strategies in intercollegiate swim/diving which will be applied to competitive situations.

#### ACS 140 Intercollegiate Water Polo (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate water polo which will be applied to competitive situations.

#### ACS 145 Intercollegiate Football (2)

175 instructional hours.

**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units

Provides students with the opportunity to develop advanced skills and strategies in intercollegiate football which will be applied to competitive situations.

**ACS 150 Intercollegiate Wrestling (2)**  
 175 instructional hours.  
**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units  
 Provides students with the opportunity to develop advanced skills and strategies in intercollegiate wrestling which will be applied to competitive situations.

**ACS 155 Intercollegiate Baseball (2)**  
 175 instructional hours.  
**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units  
 Provides students with the opportunity to develop advanced skills and strategies in intercollegiate baseball which will be applied to competitive situations.

**ACS 160 Intercollegiate Cross Country (2)**  
 175 instructional hours.  
**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units  
 Provides men and women with the opportunity to develop advanced skills and strategies in intercollegiate cross country which will be applied to competitive situations.

**ACS 165 Intercollegiate Track and Field (2)**  
 175 instructional hours.  
**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units.  
 This course provides students with the opportunity to develop advanced skills and the strategies in intercollegiate track and field which will be applied to competitive situations.

**ACS 180 Intercollegiate Sand Volleyball (3)**  
 9 hours laboratory  
**Transfer acceptability:** CSU; UC  
 Provides women with the opportunity to develop advanced skills and strategies in intercollegiate sand volleyball which will be applied to competitive situations.

**ACS 197 Topics in Athletics and Competitive Sports (.5 - 4)**  
 Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.  
**Transfer acceptability:** CSU; UC - max credit combined with KINE activity courses, 4 units.  
 Topics in Athletics and Competitive Sports. See Class Schedule for specific topic offered. Course title will designate subject covered.

## Auto Body (AB)

Contact the Trade and Industry Department for further information.  
 (760) 744-1150, ext. 2545  
 Office: T-102A

**AB 50 Auto Body Repair I (3)**  
 (Formerly AT 50)  
 1½ hours lecture - 4½ hours laboratory  
 Automotive body work with emphasis on repair. Includes welding; working with small damage points; restoring contour of body panels and sections; and realigning bumpers, fenders, doors, and hoods.

**AB 51 Auto Body Repair II (3)**  
 (Formerly AT 51)  
 1½ hours lecture - 4½ hours laboratory  
**Recommended preparation:** AB 50  
 Automotive body work with emphasis on increasing diagnostic, estimating and repair skills and updating techniques and related technologies. Introduction to collision industry standards including I-CAR and ASE.

**AB 55 Auto Refinishing I (3)**  
 (Formerly AT 55)  
 1½ hours lecture - 4½ hours laboratory  
 Introduction to auto refinishing. Preparation of auto surfaces for refinishing: tapping, cleaning, and sanding. Refinishing auto surfaces: sanding, application of primers and paint.

**AB 56 Auto Refinishing II (3)**  
 (Formerly AT 56)  
 1½ hours lecture - 4½ hours laboratory  
**Recommended preparation:** AB 55  
 Skill development in automotive refinishing techniques, including base-coat, clear-coat application; color matching concepts; and identification, prevention and correction of painting problems. New products, techniques, and trends will be covered.

**AB 97 Auto Body Repair/Auto Refinishing Topics (.5 - 4)**  
 (Formerly AT 97)  
 Units awarded in topics courses are dependent upon the number of hours required of the student. Any combination of lecture and/or laboratory may be scheduled by the department. Refer to Class Schedule.  
 Topics in auto body repair and auto refinishing. See Class Schedule for specific topic offered. Course title will designate subject covered.

**AB 105 Chassis Restoration and Assembly (3)**  
 (Formerly AT 150)  
 1½ hours lecture - 4½ hours laboratory  
**Prerequisite:** A minimum grade of 'C' in AT 100  
**Transfer acceptability:** CSU  
 Covers basic disassembly and documentation of antique automotive chassis and components. Lab activities will focus on correct detailing and reassembly of vintage automobile chassis and related undercarriage elements.

**AB 110 Body Restoration and Assembly (3)**  
 (Formerly AT 155)  
 1½ hours lecture - 4½ hours laboratory  
**Prerequisite:** A minimum grade of 'C' in AB 50  
**Transfer acceptability:** CSU  
 Covers basic disassembly and documentation of antique automotive bodies and components. Lab activities will focus on correct detailing, restoration and reassembly of vintage automobiles and related elements, using historically authentic materials and techniques.

## Automotive Technology (AT)

Contact the Trade and Industry Department for further information.  
 (760) 744-1150, ext. 2545  
 Office: T-102A

### Associate in Science Degrees -

AS Degree requirements are listed in Section 6 (green pages).

- Auto Chassis and Drive Lines
- Auto Collision Repair
- Electronic Tune Up and Computer Control Systems
- Mechanics - General

### Certificates of Achievement -

Certificate of Achievement requirements are listed in Section 6 (green pages).

- Auto Chassis and Drive Lines
- Auto Collision Repair
- Electronic Tune Up and Computer Control Systems
- Mechanics - General