

Take the next step.  
Learn more.

For detailed information regarding the Health and Physical Education program, class schedules, or course descriptions, log on to:  
[www.columbiabasin.edu/pe&healthed](http://www.columbiabasin.edu/pe&healthed)  
or call:  
**509.542.4369**



For information about applying to  
and attending CBC, visit:

[www.columbiabasin.edu/newstudents](http://www.columbiabasin.edu/newstudents)

To learn more about how to pay for college, visit  
[www.columbiabasin.edu/payingforcollege](http://www.columbiabasin.edu/payingforcollege)



2600 North 20th Ave.  
Pasco, WA 99301-3379

Visit us on the Internet at [www.columbiabasin.edu/pe&healthed](http://www.columbiabasin.edu/pe&healthed)

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Columbia Basin College complies with the spirit and letter of state and federal laws, regulations and executive orders pertaining to civil rights. Questions regarding the college's policies and procedures for students with disabilities, including but not limited to physical, mental or sensory disability, sexual orientation or veteran status in its educational programs or employment. Questions may be referred to Camilla Galt, Vice President for Human Resources & Legal Affairs, (509) 542-5548.

Individuals with disabilities are encouraged to participate in all college sponsored events and programs. If you have a disability and require an accommodation, please contact the CBC Resource Center, (509) 542-4412, or TTY/TDD at 542-2400.



Columbia  
Basin  
College

**HEALTH  
AND PHYSICAL  
EDUCATION**

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# HEALTH AND PHYSICAL EDUCATION

## CURRICULUM

The Health and Physical Education Division at Columbia Basin College is dedicated to providing opportunities to obtain physical and emotional well-being through instruction, information, and motivation. Courses are structured to give students the knowledge to develop healthy lifestyles, understand the concepts and benefits of lifelong fitness, and prepare for careers in the health and physical education discipline. The Division also provides a variety of intramural sports, leisure activities, skills classes, and fitness activities.



## HEALTH COURSES

Diet, Exercise and Weight Control  
Health and Wellness  
Exercise Prescription  
Sports Nutrition  
Health and Fitness for Life  
Drugs and Health  
First-Aid Safety  
Sports Psychology  
Stress Management  
Sports Management

## PHYSICAL EDUCATION COURSES

Aerobics Step Training  
Aerobic Dance  
Body Mechanics  
Pilates  
Yoga  
Step Aerobic Interval Training  
Weight Training  
Fitness Center  
Golf  
Golf Swing Analysis Strategies  
Softball  
Soccer  
Jogging  
Basketball  
Volleyball  
Adaptive PE  
Baseball  
Cardio Kickboxing  
Exercise and Weights

## PHYSICAL EDUCATION PROFESSIONAL COURSES

Care and Prevention of Athletic Injuries  
Athletic Training Internship  
Fundamentals of Basketball  
Fundamentals of Volleyball  
Fundamentals of Golf  
Theory of Basketball  
Theory of Volleyball  
Theory of Baseball  
Theory of Golf  
Baseball Fundamentals

## CAREER OPPORTUNITIES

- Physical Education
- Health Promotion
- Coaching
- Sports Medicine
- Athletic Training
- Recreation Management
- Personal Training

## FITNESS CENTER

The Columbia Basin College Fitness Center is a 12,000 square foot facility serving students, faculty, staff, and the community. It has areas dedicated to stretching, core strengthening, circuit training, free weights, and cardiovascular machines. It also features a full set of state-of-the-art Cybex and Hammer Strength machines, and new machines are added yearly. Aerobics, weight training, and other public classes are also offered at the Fitness Center. For Fitness Center hours and other information, call 542-4258.

