

Note: Course Dates indicate Beginning and Ending Dates

M=Monday, T=Tuesday, W=Wednesday, R=Thursday, F=Friday, S=

CRN	Instructor	Days	Time	Room	D	CRN	Instructor	Days	Time	Room	D
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## Physical Education - Pro Prep

### PE 169 Introduction to Coaching 3 Units

This course is to study the different aspects of coaching including philosophies and techniques. It will provide the student with a basic understanding of coaching on all levels. The topics included will be recruiting, tryouts, pre and post season development, conditioning, weight training, practice organization, game strategies, motivation techniques, legal aspects, public relations, media, fundraising and ethics. 54 lecture hours. CSU

21507	Merandi, M.	TR	09:55 AM-11:20 AM	AQ 871	08/29-12/19
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### PE 170 Fitness For Life 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course explains the mechanics of a proper exercise and diet program through lecture and exercise activities. Various forms of exercise will be presented for trial by each student to develop a personal fitness prescription. 54 lecture hours. CSU UC

20344	Wurst, C.	MW	08:20 AM-09:45 AM	AQ 871	08/29-12/19
20057	Staff	MW	09:55 AM-11:20 AM	PE 808	08/29-12/19
20059	Brawner, M.	MW	11:30 AM-12:55 PM	AQ 871	08/29-12/19
20120	Wurst, C.	MW	01:05 PM-02:30 PM	PE 810	08/29-12/19
20366	Brawner, M.	TR	01:05 PM-02:30 PM	AQ 871	08/29-12/19
21496	Staff	W	06:00 PM-09:10 PM	PE 810	08/29-12/19
20051	Stone, T.	F	08:10 AM-11:20 AM	AQ 871	08/29-12/19
20073	Gomez, S.	HRS-ARRG			08/29-12/19

**DISTANCE EDUCATION HYBRID CLASS** After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de)

Class will meet on campus the following Mondays: September 14, 21 October 5, 12, 19, 26 November 2, 9, 16, 30 and December 7. 4:00 - 5:30 pm in PE 808.

20066	Brawner, M.	HRS-ARRG			10/26-12/19
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**DISTANCE EDUCATION HYBRID CLASS** On-Campus visits required.

After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de) - Second Eight Weeks

Class will meet on campus the following Tuesdays: October 27, November 3, 10, 17 and December 1, 8. 6:00 - 8:00 pm in AQ 871.

### PE 171 Health Science 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course is designed to explore the major areas of health that will have an effect on the well-being of the individual now and in the future. 54 lecture hours. CSU UC

20284	Merandi, M.	MW	01:05 PM-02:30 PM	AQ 871	08/29-12/19
20123	Hartman, S.	TR	09:55 AM-11:20 AM	PE 810	08/29-12/19
20297	Merandi, M.	TR	11:30 AM-12:55 PM	AQ 871	08/29-12/19
20313	Merandi, M.	M	03:50 PM-07:00 PM	AQ 871	08/29-12/19
20076	Gomez, S.	HRS-ARRG			08/29-12/19
21465	Hartman, S.	HRS-ARRG			08/29-12/19
20176	Hartman, S.	HRS-ARRG			10/26-12/19

**DISTANCE EDUCATION CLASS** After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de)  
**DISTANCE EDUCATION HYBRID CLASS** On-Campus visits required. Class will meet Mondays in PE 808 From 7:00 pm - 8:15 pm.  
**DISTANCE EDUCATION CLASS** After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de)  
 Second Eight Weeks

### PE 172 Introduction To Physical Education 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course explores the history and principles of physical education, exercise science, and sports. The objectives are to define and investigate the importance of modern physical education with a view toward developing a basic philosophy and background for professional education. 54 lecture hours. CSU UC

20128	Shaw, N.	TR	11:30 AM-12:55 PM	FH 224	08/29-12/19
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### PE 173 Nutrition for Fitness 3 Units

This course is designed to provide knowledge about the basic principles of nutrition and to study the role nutrition plays in health promotion. 54 lecture hours. CSU UC

21378	Gomez, S.	TR	08:20 AM-09:45 AM	AQ 871	08/29-12/19
21920	Shaw, N.	HRS-ARRG			08/29-10/24

**DISTANCE EDUCATION CLASS** After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de)  
 Fast Track - First Eight Weeks

22188	Shaw, N.	HRS-ARRG			10/26-12/19
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### PE 174 Introduction To Team Sports 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

A course of study to give the student entering the field of physical education a survey and basic analysis of the team sports: football, baseball, basketball, softball, soccer, badminton, tennis, swimming, water polo and track. 54 lecture hours. CSU UC

20083	Greer, M.	MW	09:55 AM-11:20 AM	AQ 871	08/29-12/19
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### PE 177 First-Aid Responding To Emergencies 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

Complies with requirements as set forth by the American National Red Cross for first aid responding to emergencies. Students will receive the Responding to Emergencies and adult/child/infant CPR cards. 54 lecture hours. CSU UC

20043	Boxley, J.	TR	09:55 AM-11:20 AM	PE 808	08/29-12/19
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20075	Boxley, J.	HRS-ARRG			10/26-12/19
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**DISTANCE EDUCATION HYBRID CLASS** On Campus meetings required. After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de). Class meets Saturday November 7 and Saturday December 12 9:00am- 3:00pm. in PE808.  
 Second Eight Weeks

### PE 182 Care and Prevention of Athletic Injuries 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course is an overview of sports medicine, intended for those students in the fields of physical education, coaching and athletic training. This course covers the basics of exercise physiology, biomechanics, human motor learning, sports injuries and other special topics in sports medicine. 54 lecture hours. CSU UC

20413	Handy, S.	F	08:10 AM-11:20 AM	PE 808	08/29-12/19
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**FEE REQUIRED**

Class Team Taught by Handy and Norman

### PE 185 Softball Theory 2 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course prepares the student to administer a softball program. It will include practice organization, administration, and live game strategy. 36 lecture hours. CSU UC

22073	Boxley, J.	MW	12:00 PM-01:00 PM	PE 808	08/29-12/19
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### PE 187 Techniques and Strategies of Intercollegiate Football 2 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

A practical study of game techniques and strategy used in intercollegiate football, including techniques of offensive and defensive play. 36 lecture hours. CSU UC

20016	Ponciano, R.	MW	02:00 PM-03:00 PM	FH 224	08/29-12/19
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## Physical Education-Activities

### PE 101 Badminton 1 Units

Development of skills necessary to participate in a game of badminton. This course may be taken four times with the objective of improving proficiency in previously learned skills by further repetition and supervised instruction.

Elementary: Development of basic badminton skills and knowledge with an emphasis on footwork, clear, drop, smash, serve, blocking the smash shot and basic strategies of singles, doubles and mixed doubles play.

Intermediate: Intermediate techniques in badminton with an emphasis on skill development and the strategies of singles, doubles and mixed doubles play. 18 lecture hours, 18 lab hours. CSU UC

20130	Shaw, N.	M	10:00 AM-11:05 AM	PE 821	08/29-12/19
	Shaw, N.	W	10:00 AM-10:50 AM	PE 821	08/29-12/19

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**PE 102 Bowling 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course will provide a semi-competitive opportunity for the student with basic to advanced bowling skills. This program will provide an opportunity for the student to work on the fundamental and advanced skills of bowling. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC  
 20053 Boxley, J. R 04:00 PM-05:55 PM PE 821 08/29-12/19  
**Fee Required**

**PE 103 Golf 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if reading by reading level.

This course will offer a non-competitive environment in which the student can develop the basic fundamentals of golf. Instruction will emphasize woods, long and short irons, bunker play, putting, golf terminology, rules and etiquette. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC  
 20382 Wurst, C. T 11:30 AM-12:35 PM PE FLD1 08/29-12/19  
 Wurst, C. R 11:30 AM-12:20 PM PE FLD1 08/29-12/19  
**Elementary section.**

**PE 106 Racquetball 1 Units**

Instruction and practice in the various fundamental skills of racquetball. This course may be taken four times with the objective of improving proficiency in previously learned skills by further repetition and supervised instruction.

Elementary:  
 Basic racquetball skills are taught in serving, receiving, forehand and backhand. Rules and etiquette are taught.

Intermediate:  
 Designed to improve the skills of the intermediate player. Emphasis will be on improving the use of two and three walls in doubles and singles play.

Advanced:  
 Designed to apply and refine advanced skills and strategy. The intent is to maintain interest and perform at a higher level of skill.

18 lecture hours, 18 lab hours. CSU UC  
 21663 Merandi, M. T 01:30 PM-02:35 PM PE 821 08/29-12/19  
 Merandi, M. R 01:30 PM-02:20 PM PE 821 08/29-12/19  
**FEE required.**

**PE 116 Yoga 1 Units**

This course focuses on the development of the body/mind through the use of specific Yoga postures, breathing techniques, stretches, mental exercises, and relaxation exercises. The goals are to instruct students to achieve greater concentration, self-discipline, and improved physical/emotional health through instruction and practice of these skills. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

20108 Shaw, N. HRS-ARRG 08/29-10/24  
**DISTANCE EDUATION HYBRID CLASS on-campus visits required. After registering go to www.citruscollege.edu. Class will meet Monday and Wednesday in AP110 @ 8:00am - 8:50am.**

**Fast Track Class - First Eight Weeks**  
 20111 Shaw, N. HRS-ARRG 10/26-12/19  
**DISTANCE EDUCATION HYBRID CLASS on-campus visits required. After registering go to www.citruscollege.edu/de. Class will meet Mondays and Wednesdays 8:00-8:50 in AP110.**

**Second Eight Weeks**  
 20108 Shaw, N. HRS-ARRG 08/29-10/24  
**DISTANCE EDUATION HYBRID CLASS on-campus visits required. After registering go to www.citruscollege.edu. Class will meet Monday and Wednesday in AP110 @ 8:00am - 8:50am.**

**Fast Track Class - First Eight Weeks**  
 20111 Shaw, N. HRS-ARRG 10/26-12/19  
**DISTANCE EDUCATION HYBRID CLASS on-campus visits required. After registering go to www.citruscollege.edu/de. Class will meet Mondays and Wednesdays 8:00-8:50 in AP110.**  
**Second Eight Weeks**

**PE 130 Basketball 1 Units**

Techniques in basketball such as ball handling, passing, receiving, screening, cutting, shooting, team play and strategy of the game. Rules are included. This course may be taken four times with the objective of improving proficiency in previously learned skills by further repetition and supervised instruction. 18 lecture hours, 18 lab hours. CSU UC

20013 Dunaj, J. F 09:00 AM-11:10 AM PE 821 08/29-12/19

**PE 135 Volleyball 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

Instruction will be centered upon improving proficiency on the development of basic volleyball skills with an emphasis on setting, digging, serving, spiking and team strategies. Development of offensive and defensive strategies for doubles, 3 on 3, on 4. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC  
 20096 Gunstream, M. R 06:50 PM-09:10 PM PE 821 08/29-12/19

**Physical Education-Aquatics**

**PE 142 Swimming - Beginning 1 Units**

This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic strokes needed to meet the prerequisites for the senior lifesaving and water safety instruction course. 18 lecture hours, 18 lab hours. CSU UC

20087 Gunstream, M. T 11:00 AM-12:05 PM AQ POOL 08/29-12/19  
 Gunstream, M. R 11:00 AM-11:50 AM AQ POOL 08/29-12/19

**PE 143 Swimming - Intermediate/Advanced 1 Units**

Prerequisite: Beginning swimming, or demonstrate swimming skills needed to perform at intermediate level instruction.

This course is designed to develop knowledge and skill in competitive swimming strokes. Swimming strokes to be taught are the American crawl, back stroke, breast stroke, and dolphin butterfly. The class will emphasize the development of cardiovascular aerobic conditioning. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

20090 Gunstream, M. TR 09:55 AM-10:50 AM AQ POOL 08/29-10/24  
 Gunstream, M. MW 09:55 AM-11:05 AM AQ POOL 08/29-10/24

**Fast Track Class - First Eight Weeks**

**Physical Education-Fitness**

**PE 147 Swimming for Cardiovascular Improvement 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course will emphasize swimming for health and physical fitness. The class is designed to decrease the risk of coronary heart disorders by increasing heart efficiency, vital lung capacity, and the knowledge of each through the use of aerobic and anaerobic conditioning. Participating adults and others seeking a fitness program may expect to improve their overall fitness level through aquatic training. This course may be taken four times. 9 lecture hours, 27 lab hours. CSU UC

20071 Gunstream, M. T 11:00 AM-12:05 PM AQ POOL 08/29-12/19  
 Gunstream, M. R 11:00 AM-11:50 AM AQ POOL 08/29-12/19

**PE 148 Adapted Aquatic Exercises 1 Units**

Designed for the student with a physical disability who is unable to participate in regular physical education classes. A medical doctor's written prescription of exercise limitations is required. This course may be taken unlimited times with instructors permission. 18 lecture hours, 36 lab hours. CSU UC

20324 Wurst, C. MW 10:00 AM-11:40 AM 08/29-12/04

**PE 150 Adapted Physical Education 1 Units**

Prerequisite: Physician's written diagnosis of physical disability and exercise limitations.

Designed for the student with a physical disability who is unable to participate in regular physical education classes. A medical doctor's written prescription of exercise limitations is required. This course may be taken unlimited times with the instructor's permission.. 18 lecture hours, 36 lab hours. CSU UC

20098 Hartman, S. MW 11:30 AM-12:55 PM AP 109 08/29-12/19  
 20109 Hartman, S. TR 11:30 AM-12:55 PM AP 109 08/29-12/19  
 20101 Hartman, S. TR 01:00 PM-02:25 PM AP 109 08/29-12/19

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**PE 151 Body Conditioning 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course will include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength. This course may be taken four times with the objective of increasing and expanding the student's proficiencies and attitudes toward body conditioning through a supervised exercise program.

18 lecture hours, 18 lab hours. CSU UC

20084	Gunstream, M.	T	08:15 AM-09:20 AM	AP 110	08/29-12/19
20069	Gunstream, M.	TR	09:55 AM-10:50 AM	AP 110	10/26-12/19
<b>Second Eight Weeks</b>					
20084	Gunstream, M.	R	08:15 AM-09:10 AM	AP 110	08/29-12/19
20069	Gunstream, M.	MW	09:55 AM-11:05 AM	AP 110	10/26-12/19
<b>Second Eight Weeks</b>					

**PE 152 Weight Training 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

This course is designed to develop both the large and small group skeletal muscles through a program of weight lifting, circuit training, power lifting, Olympic lifting, and conditioning. This course may be taken four times with the objective of improving proficiency in previously learned skills by further repetition and supervised instruction. A student may not earn more than four units through the combination of PE 152 and 154. 18 lecture hours, 18 lab hours. CSU UC

20012	Greer, M.	M	08:20 AM-09:25 AM	PE 822	08/29-12/19
20028	Gomez, S.	M	09:55 AM-11:00 AM	PE 822	08/29-12/19
20094	Greer, M.	T	11:00 AM-12:05 PM	PE 822	08/29-12/19
20385	Wurst, C.	T	09:55 AM-11:00 AM	PE 822	08/29-12/19
20012	Greer, M.	W	08:20 AM-09:10 AM	PE 822	08/29-12/19
20028	Gomez, S.	W	09:55 AM-10:50 AM	PE 822	08/29-12/19
20094	Greer, M.	R	11:00 AM-11:50 AM	PE 822	08/29-12/19
20385	Wurst, C.	R	09:55 AM-10:45 AM		08/29-12/19

**PE 153 Walking/Jogging 1 Units**

A Walking/Jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well being. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

20063	Brawner, M.	MW	08:20 AM-09:30 AM	PE FLD5	08/29-10/24
<b>Fast Track Class - First Eight Weeks</b>					
21857	Brawner, M.	MTW	09:55 AM-11:00 AM	PE FLD5	10/26-12/19
<b>Second Eight Weeks</b>					
20063	Brawner, M.	TR	08:20 AM-09:10 AM	PE FLD5	08/29-10/24
<b>Fast Track Class - First Eight Weeks</b>					
21857	Brawner, M.	R	09:55 AM-10:45 AM	PE FLD5	10/26-12/19
<b>Second Eight Weeks</b>					

**PE 154 Advanced Weight Training 2 Units**

Strongly recommended: PE 152.

This course is designed to study methods applicable to power lifting, Olympic lifting, and conditioning. Students will participate in formulation of individual workout sessions. Emphasis will be on increasing strength, flexibility, and quickness. This course may be taken four times. 18 lecture hours, 54 lab hours. CSU UC

20275	Merandi, M.	M	10:55 AM-01:00 PM	PE 822	08/29-12/19
	Merandi, M.	W	10:55 AM-01:00 PM	PE 822	08/29-12/19

**PE 156A Physical Conditioning for Intercollegiate Sports 1 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

Other: Must be a varsity college athlete/varsity college prospect or with coaches permission.

This course is designed to provide an out of season physical conditioning program for the student interested in intercollegiate athletics. PE 156A and PE156B can be taken a combined total of four times. 9 lecture hours, 27 lab hours. CSU UC

22284	Dunaj, J.	M	03:30 PM-04:40 PM	PE 821	08/31-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Recommended for Varsity Athletes: Men's and Women's Basketball</b>					
22285	Staff	TW	02:30 PM-03:45 PM	PE 822	10/26-12/19
<b>OR 36 HOURS ARR</b>					
<b>Recommended for Varsity Athletes - Men's and Women's Track &amp; Field.</b>					
<b>Second Eight Weeks</b>					

22284	Dunaj, J.	W	03:30 PM-04:30 PM	PE 821	08/31-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Recommended for Varsity Athletes: Men's and Women's Basketball</b>					
22285	Staff	R	02:30 PM-04:00 PM	PE 822	10/26-12/19
<b>OR 36 HOURS ARR</b>					
<b>Recommended for Varsity Athletes - Men's and Women's Track &amp; Field.</b>					
<b>Second Eight Weeks</b>					

**PE 159 Cardiovascular Training 1 Units**

This course will offer a non competitive, flexible, scheduled environment in which the student can develop a total fitness program. This program will promote areas of muscular strength, flexibility, and cardiovascular endurance. A philosophy of "Fitness for Life" will be the ultimate objective. Every student will be encouraged to regulate his/her program so that it will be enjoyable on a long term basis. This course may be taken four times. 9 hours lecture, 27 hours lab. CSU UC

22079	Gunstream, M.	M	07:00 AM-08:05 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
22076	Gunstream, M.	T	07:00 AM-08:05 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20062	Gunstream, M.	M	08:05 AM-09:10 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20038	Merandi, M.	M	09:15 AM-10:20 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20339	Greer, M.	T	08:05 AM-09:10 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation in the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20092	Greer, M.	T	09:15 AM-10:20 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
21274	Gunstream, M.	T	04:30 PM-06:40 PM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20117	Gunstream, M.	W	04:30 PM-06:40 PM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20097	Greer, M.	F	07:00 AM-09:05 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
22079	Gunstream, M.	W	07:00 AM-07:50 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
22076	Gunstream, M.	R	07:00 AM-07:55 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20062	Gunstream, M.	W	08:05 AM-08:55 AM		08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20038	Merandi, M.	W	09:15 AM-10:05 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20339	Greer, M.	R	08:05 AM-08:55 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation in the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					
20092	Greer, M.	R	09:15 AM-10:05 AM	AP 109	08/29-12/19
<b>OR 36 TOTAL HRS ARR.</b>					
<b>Must attend one mandatory orientation the first week of class: M-F 7:00, 8:00 or 9:00 am or MW 4:00 pm.</b>					

**Physical Education-Varsity Ath**

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<b>PE 160A</b>	<b>Advanced Physical Conditioning for Intercollegiate Sports</b>				<b>1 Units</b>						
<p>Strongly recommended: PE 156A. A second season varsity college athlete or with coaches permission.                      This course is designed to provide an out of season physical conditioning program for the second season intercollegiate athlete. PE 160A and PE 160B can be taken a combined total of four times. 9 lecture hours, 27 lab hours. CSU UC                      22290 Dunaj, J. M 03:30 PM-04:40 PM PE 821 08/31-12/19                      Dunaj, J. W 03:30 PM-04:30 PM PE 821 08/31-12/19  <b>OR 36 TOTAL HRS ARRG</b>  <b>Recommended for Varsity Athletes - Men's and Women's Basketball.</b></p>											
<b>PE 160B</b>	<b>Advanced Physical Conditioning for Intercollegiate Sports</b>				<b>2 Units</b>						
<p>Strongly recommended: PE 156A. A second season varsity college athlete or with coaches permission.                      This course is designed to provide an out of season physical conditioning program for the second season intercollegiate athlete. PE 160A and PE 160B can be taken a combined total of four times. 18 lab hours, 54 lecture hours. CSU UC                      22288 Staff MW 02:00 PM-03:10 PM PE 822 08/31-12/19  <b>OR TOTAL 72 HRS ARRG</b>  <b>Recommended for Varsity Athletes - Football</b>                      22289 Noonan, B. MW 02:00 PM-03:10 PM PE 822 08/31-12/19  <b>OR TOTAL 72 HRS ARRG</b>  <b>Recommended for Varsity Athletes - Football</b>                      22288 Staff TR 02:00 PM-02:50 PM PE 822 08/31-12/19  <b>OR TOTAL 72 HRS ARRG</b>  <b>Recommended for Varsity Athletes - Football</b>                      22289 Noonan, B. TR 02:00 PM-02:50 PM PE 822 08/31-12/19  <b>OR TOTAL 72 HRS ARRG</b>  <b>Recommended for Varsity Athletes - Football</b></p>											
<b>PE 207B</b>	<b>Off-Season Men's Varsity Athletics</b>				<b>1 Units</b>						
<p>Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.                      Other: Must be a college varsity athlete/college varsity prospect or with coaches permission.                      This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity athletics. PE207A and PE207B can be taken a combined total of four times. 90 lab hours.                      22286 Gomez, S. MTWR 02:40 PM-03:50 PM PE FLD2 08/31-12/19  <b>OR 90 TOTAL HRS ARRG</b>  <b>Recommended for Varsity Athletes: Baseball</b></p>											
<b>PE 208B</b>	<b>Off-Season Women's Varsity Athletics</b>				<b>1 Units</b>						
<p>Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.                      Other: Must be a college varsity athlete/college varsity prospect or with coaches permission.                      This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity athletics. PE208A and PE208B can be taken a combined total of four times. 90 lab hours.                      22287 Boxley, J. MTWR 02:40 PM-03:50 PM PE FLD3 08/31-12/19  <b>OR 90 TOTAL HR ARRG</b>  <b>Recommended for Varsity Athletes: Softball</b></p>											
<b>PE 209</b>	<b>Women's Varsity Soccer</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced Soccer skills to participate in a competitive collegiate experience.                      Intercollegiate competition in women's varsity soccer. This course may be taken four times. 160 lab hours. CSU UC                      22180 Tracey, T. MTWRF 05:00 PM-07:00 PM PE FLD4 08/15-12/05  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 211</b>	<b>Women's Varsity Volleyball</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced volleyball skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22179 Jung, S. MTWRF 11:30 AM-01:30 PM PE 821 08/15-12/05  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 213</b>	<b>Women's Varsity Basketball</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      20987 Anderson, E. MTWRF 04:50 PM-06:30 PM PE 821 08/29-12/19  <b>Or 180 TOTAL HRS ARRG</b></p>											
<b>PE 216</b>	<b>Women's Varsity Cross Country</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced cross country skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22174 Greer, M. MTWRF 03:00 PM-05:00 PM PE FLD4 08/15-11/21  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 220</b>	<b>Men's Varsity Football</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced football skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22175 Ponciano, R. MTWRF 03:30 PM-05:30 PM PE FLD5 08/15-12/12  <b>Or 160 TOTAL HRS ARRG.</b></p>											
<b>PE 221</b>	<b>Men's Varsity Basketball</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      20009 Croy, R. MTWRF 02:30 PM-04:30 PM PE 821 08/29-12/19  <b>Or 180 TOTAL HRS ARRG</b></p>											
<b>PE 226</b>	<b>Men's Varsity Cross Country</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced Cross Country skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22173 Greer, M. MTWRF 03:00 PM-05:00 PM PE FLD4 08/15-11/21  <b>Or 160 TOTAL HRS ARRG.</b></p>											
<b>PE 227</b>	<b>Women's Varsity Golf</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced golf skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22176 Horton, J. MTWRF 02:00 PM-04:00 PM PE FLD1 08/15-11/21  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 229</b>	<b>Men's Varsity Water Polo</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22177 Smith, S. MTWRF 02:30 PM-04:30 PM AQ POOL 08/15-11/21  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 230</b>	<b>Women's Varsity Water Polo</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced swimming skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22178 Kyle, T. MTWRF 01:00 PM-03:00 PM AQ POOL 08/15-11/21  <b>Or 160 TOTAL HRS ARRG</b></p>											
<b>PE 231</b>	<b>Men's Varsity Soccer</b>				<b>2 Units</b>						
<p>Strongly recommended: Advanced soccer skills to participate in a competitive collegiate experience.                      Varsity athletics. Involves intercollegiate competition for two units of credit.                      This course may be taken four times. 160 lab hours. CSU UC                      22181 Bruce-Oliver, F. MTWRF 03:30 PM-05:30 PM PE FLD4 08/15-12/05  <b>Or 160 TOTAL HRS ARRG</b></p>											