

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 UC
30743 Merandi, M. TR 09:55 AM-11:20 AM AQ 871 02/17-06/12

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
30766 Wurst, C. MW 08:20 AM-09:45 AM FH 224 02/17-06/12
30469 Gomez, S. MW 09:55 AM-11:20 AM FH 224 02/17-06/12
30415 Brawner, M. MW 11:30 AM-12:55 PM AQ 871 02/17-06/12
30411 Brawner, M. TR 09:55 AM-11:20 AM FH 224 02/17-06/12
30767 Wurst, C. TR 11:30 AM-12:55 PM FH 224 02/17-06/12
30425 Brawner, M. HRS-ARRG 04/19-06/12

Second 8 weeks
DISTANCE EDUCATION HYBRID CLASS. On-Campus visits required. Class will meet every Tuesday in AQ 871 6:00 pm -8:00 pm. Beginning April 20th through June 8, 2010.

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
30733 Merandi, M. MW 01:05 PM-02:30 PM AQ 871 02/17-06/12
30738 Merandi, M. TR 11:30 AM-12:55 PM AQ 871 02/17-06/12
30864 Hartman, S. TR 01:05 PM-02:30 PM AQ 871 02/17-06/12
30739 Merandi, M. M 03:50 PM-07:00 PM AQ 871 02/17-06/12
30793 Hartman, S. HRS-ARRG 02/17-06/12

DISTANCE EDUCATION HYBRID CLASS On-Campus visits required. Class will meet every Monday in AQ 871 From 7:00 pm - 8:15 pm. Beginning February 22nd through June 7, 2010.

30731 Hartman, S. HRS-ARRG 04/19-06/12

Second 8 weeks.
DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de

PE 171H Health Science/Honors 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 in the future. Students are expected to work and participate at an honors level which includes strong critical thinking skills, through analysis of readings, presentation, and leadership skills demonstrated through class participation/presentation during the investigation of health/fitness topics. 54 lecture hours. CSU UC
30745 Shaw, N. HRS-ARRG 02/17-06/12

DISTANCE EDUCATION HYBRID CLASS On-Campus visits required. Class will meet every Tuesday in AQ 871 From 8:20 am - 9:55 am. Beginning February 23 through June 1, 2010.

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
30744 Shaw, N. MW 11:30 AM-12:55 PM FH 224 02/17-06/12
30444 Gomez, S. TR 08:20 AM-09:45 AM FH 224 02/17-06/12
30667 Gomez, S. HRS-ARRG 02/17-06/12

DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de

PE 175 Introduction To Ind/Dual 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 individual sports: archery, badminton, bowling, golf, handball, karate, angling, skateboarding, swimming, tennis, track and field, weightlifting and wrestling. 54 lecture hours. CSU UC
30565 Greer, M. MW 09:55 AM-11:20 AM AQ 871 02/17-06/12

PE 176 Elementary School Physical Education 3 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
An introductory course that will acquaint students with physical education programs for grades K-6. The course will include observation and visitation with elementary age students. The course will include methods, skills, and activities used in teaching elementary physical education. The class is recommended for elementary education and physical education majors. 54 lecture hours. CSU UC
30341 Boxley, J. MW 09:55 AM-11:20 AM PS 107 02/17-06/12

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
30336 Boxley, J. MW 08:20 AM-09:45 AM AQ 871 02/17-06/12

Fee for students wishing to receive CPR card.

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
30358 Boxley, J. T 09:15 AM-10:20 AM PE 821 02/17-06/12
Boxley, J. R 09:15 AM-10:10 AM PE 821 02/17-06/12

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
30769 Wurst, C. W 10:00 AM-10:55 AM PE GI 02/17-06/12
Wurst, C. M 10:00 AM-11:05 AM PE GI 02/17-06/12

PE 108 Tennis 1 Units

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
Instruction will be concerned with individual growth of fundamentals and techniques of tennis that will allow the student to participate in a lifetime activity. This course may be taken four times with the objective of improving proficiency in previously learned skills by further repetition and supervised instruction. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC
30654 Gunstream, M. R 10:40 AM-11:35 AM PE TN 02/17-06/12
Gunstream, M. T 10:40 AM-11:45 AM PE TN 02/17-06/12
30643 Gunstream, M. M 05:00 PM-07:05 PM PE TN 02/17-06/12

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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

30749	Shaw, N.	W	10:00 AM-10:55 AM	AP 110	02/17-06/12
	Shaw, N.	M	10:00 AM-11:05 AM	AP 110	02/17-06/12
30752	Shaw, N.	R	10:00 AM-10:55 AM	AP 110	02/17-06/12
	Shaw, N.	T	10:00 AM-11:05 AM	AP 110	02/17-06/12

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

30768	Wurst, C.	M	11:20 AM-12:25 PM	PE 821	02/17-06/12
	Wurst, C.	W	11:20 AM-12:15 PM	PE 821	02/17-06/12

PE 134 Softball 1 Units

Instruction in the basic skills and techniques of play in softball. Each student will be required to understand the statistical aspect of the game. 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

30355	Boxley, J.	W	05:00 PM-07:05 PM	PE SF	02/17-06/12
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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

30579	Gunstream, M.	R	07:00 PM-09:05 PM	PE 821	02/17-06/12
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Physical Education-Aquatics

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

30792	Gunstream, M.	MTW	09:25 AM-10:30 AM	AQ POOL	04/19-06/12
	Gunstream, M.	R	09:25 AM-10:20 AM		04/19-06/12

Second 8 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

30664	Gunstream, M.	R	09:25 AM-10:20 AM	AQ POOL	04/19-06/12
	Gunstream, M.	MTW	09:25 AM-10:30 AM	AQ POOL	04/19-06/12

Second 8 weeks.

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

30726	Hartman, S.	W	11:00 AM-12:25 PM		02/17-06/12
	Hartman, S.	M	11:00 AM-12:25 PM	AP 109	02/17-06/12
30730	Hartman, S.	W	12:30 PM-01:55 PM		02/17-06/12
	Hartman, S.	M	12:30 PM-01:55 PM	AP 109	02/17-06/12
30729	Hartman, S.	T	11:00 AM-12:25 PM	AP 109	02/17-06/12
	Hartman, S.	R	11:00 AM-12:25 PM		02/17-06/12

Recommended for disabled students.

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

30666	Gunstream, M.	MTW	09:15 AM-10:20 AM	AP 110	02/17-04/10
	Gunstream, M.	R	09:15 AM-10:10 AM	AP 110	02/17-04/10
30346	Boxley, J.	R	08:00 AM-08:55 AM	AP 110	02/17-06/12
	Boxley, J.	T	08:00 AM-09:05 AM	AP 110	02/17-06/12

Fast Track

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

30474	Gomez, S.	W	08:20 AM-09:15 AM	PE 822	02/17-06/12
	Gomez, S.	M	08:20 AM-09:25 AM	PE 822	02/17-06/12
30476	Greer, M.	T	08:05 AM-09:10 AM	PE 822	02/17-06/12
	Greer, M.	R	08:05 AM-08:55 AM	PE 822	02/17-06/12
30770	Wurst, C.	T	09:15 AM-10:20 AM	PE 822	02/17-06/12
	Wurst, C.	R	09:15 AM-10:10 AM	PE 822	02/17-06/12
30479	Greer, M.	T	10:30 AM-11:35 AM	PE 822	02/17-06/12
	Greer, M.	R	10:30 AM-11:25 AM	PE 822	02/17-06/12

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

30439	Brawner, M.	W	09:30 AM-10:25 AM	PE FP	02/17-06/12
	Brawner, M.	M	09:30 AM-10:35 AM	PE FP	02/17-06/12
30443	Brawner, M.	TR	08:45 AM-09:50 AM	PE FP	04/19-06/12
	Brawner, M.	MW	08:45 AM-09:40 AM	PE FP	04/19-06/12

Second 8 weeks.
Team Taught: Mary Brawner and Nicki Shaw

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

30740	Merandi, M.	W	10:30 AM-12:35 PM	PE 822	02/17-06/12
	Merandi, M.	M	10:30 AM-12:35 PM	PE 822	02/17-06/12

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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

30712 Dunaj, J. MTWR 03:30 PM-04:35 PM PE 821 01/15-03/14
 Or 36 TOTAL HRS ARRG.

Recommended for varsity athletes: Men's and Women's Basketball.

31272 Shaw, N. M 03:00 PM-04:05 PM PE 821 02/17-06/12
 Shaw, N. T 03:00 PM-04:05 PM 02/17-06/12

Recommended for Varsity Athletes: Track & Field and Swimming OR 36 HRS ARRG.

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

30572 Gunstream, M. M 07:00 AM-08:05 AM AP 109 02/17-06/12
 Gunstream, M. W 07:00 AM-07:55 AM 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30583 Gunstream, M. W 08:05 AM-09:00 AM 02/17-06/12
 Gunstream, M. M 08:05 AM-09:10 AM AP 109 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30742 Merandi, M. M 09:15 AM-10:20 AM AP 109 02/17-06/12
 Merandi, M. W 09:15 AM-10:10 AM 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30581 Gunstream, M. T 07:00 AM-08:05 AM AP 109 02/17-06/12
 Gunstream, M. R 07:00 AM-07:55 AM 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30622 Gunstream, M. R 08:05 AM-09:00 AM 02/17-06/12
 Gunstream, M. T 08:05 AM-09:10 AM AP 109 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30539 Greer, M. T 09:15 AM-10:20 AM AP 109 02/17-06/12
 Greer, M. R 09:15 AM-10:10 AM 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30624 Gunstream, M. W 04:30 PM-06:35 PM AP 109 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30641 Gunstream, M. R 04:30 PM-06:35 PM AP 109 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30550 Greer, M. F 07:00 AM-09:05 AM AP 109 02/17-06/12

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30503 Greer, M. MWR 03:25 PM-04:30 PM 02/17-04/10
 Greer, M. T 03:25 PM-04:20 PM AP 109 02/17-04/10

Or 36 HOURS ARRG.

Must attend one orientation the first week of class:

W-R-F 7:15, 8:15 or 9:15 or W-R 3:30, 4:30, 5:30

30554 Greer, M. MTW 03:25 PM-04:30 PM AP 109 04/19-06/12
 Greer, M. R 03:25 PM-04:20 PM 04/19-06/12

Second 8 weeks.

OR 36 TOTAL HOURS ARRG.

Must attend one orientation the first day of class: Monday at 3:30

Physical Education-Varsity Ath

PE 207A Off-Season Men's Varsity Athletics .5 Units

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. 45 lab hours. CSU UC

30847 Smith, S. TWR 05:00 PM-06:10 PM 02/17-04/30
 Or 45 Hours ARRG

Recommended for varsity athletes: Men's Soccer, Men's Water Polo.

Team taught: Bruce-Oliver, Smith.

PE 208A Off-Season Women's Varsity Athletics .5 Units

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. 45 lab hours.

30843 Kyle, T. TWR 05:00 PM-06:10 PM PE FP 02/17-04/30
 OR 45 HOURS ARRG.

Recommended for varsity athletes: Women's soccer, Volleyball, Women's Water Polo.

Team taught: Tracey, Jung, Kyle.

PE 212 Women's Varsity Swimming 2 Units

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

30710 Kyle, T. MTWRF 01:00 PM-03:10 PM AQ POOL 01/15-05/01
 OR 160 TOTAL HRS ARRG

Recommended for varsity athletes.

PE 214 Women's Varsity Softball 2 Units

Strongly recommended: Advance softball 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

30703 Boxley, J. MTWRF 02:00 PM-03:50 PM 01/15-05/22
 OR 160 TOTAL HRS ARRG.

Recommended for varsity athletes.

PE 215 Women's Varsity Track and Field 2 Units

Strongly recommended: Advanced Track and Field 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

30707 Shaw, N. MTWRF 03:00 PM-04:50 PM PE ST 01/15-05/22
 OR 160 TOTAL HRS ARRG

Recommended for varsity athletes.

PE 222 Men's Varsity Track and Field 2 Units

Strongly recommended: Advanced Track and Field 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

30708 Shaw, N. MTWRF 03:00 PM-04:50 PM 01/15-05/22
 OR 160 TOTAL HRS ARRG

Recommended for varsity athletes.

PE 224 Men's Varsity Baseball 2 Units

Strongly recommended: Advanced baseball 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

30705 Gomez, S. MTWRF 01:00 PM-02:25 PM 01/15-05/30
 OR 160 TOTAL HRS ARRG

Recommended for varsity athletes.

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PE 225 Men's Varsity Golf 2 Units

Strongly recommended: Advanced golf skills to participate in a competitive collegiate program.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

30711 Horton, J. MTWRF 04:00 PM-06:10 PM PE GI 01/15-05/01

OR 160 TOTAL HRS ARRG

Recommended for Varsity athletes.

PE 228 Men's Varsity Swimming 2 Units

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

30709 Kyle, T. MTWRF 01:00 PM-03:10 PM AQ POOL 01/15-05/01

OR 160 HRS ARRG

Recommended for varsity athletes.