

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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Kinesiology - Activities

KIN 101 Badminton 1 Units

Development of skills necessary to participate in a game of badminton. Course will improve skills through repetition and supervised instruction. 18 lecture hours, 18 lab hours. CSU UC

21032	Boxley, J.	T	08:30 AM-09:35 AM	PE 102	08/23-11/27
	Boxley, J.	R	08:30 AM-09:35 AM	PE 102	08/23-11/27

KIN 103 Golf 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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. 18 lecture hours, 18 lab hours. CSU UC

21568	Wurst, C.	MW	10:00 AM-11:05 AM	PE GI	08/23-10/11
	Wurst, C.	TR	10:00 AM-11:05 AM	PE GI	08/23-10/11

Short term 7 week course.

KIN 108 Tennis 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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. 18 lecture hours, 18 lab hours. CSU UC

21053	Gunstream, M.	MW	11:00 AM-12:05 PM	PE TN	08/23-10/11
	Gunstream, M.	TR	11:00 AM-12:05 PM	PE TN	08/23-10/11

Short term 7 week course.

21611	Wheeler, A.	F	08:30 AM-09:35 AM	PE TN	08/23-11/27
	Wheeler, A.	F	09:45 AM-10:55 AM	PE TN	08/23-11/27

KIN 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. 18 lecture hours, 18 lab hours. CSU UC

21577	Shaw, N.	MW	07:00 AM-08:10 AM	AP 110	10/21-12/06
	Shaw, N.	TR	07:00 AM-08:10 AM	AP 110	10/21-12/06

Late Start Class.

KIN 130 Basketball 1 Units

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

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

21123	Dinneen, G.	F	08:30 AM-09:35 AM	PE 102	08/23-11/27
	Dinneen, G.	F	09:45 AM-10:55 AM	PE 102	08/23-11/27

21888	Dinneen, G.	M	08:20 AM-09:35 AM	PE 102	08/26-11/27
	Dinneen, G.	W	08:20 AM-09:25 AM	PE 102	08/26-11/27

KIN 135 Volleyball 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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, 4 on 4. 18 lecture hours, 18 lab hours. CSU UC

21061	Gunstream, M.	M	06:25 PM-07:35 PM	PE 102	08/23-11/27
	Gunstream, M.	M	07:45 PM-09:00 PM	PE 102	08/23-11/27

Kinesiology - Aquatics

KIN 142 Swimming - Beginning 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement or if required by English level.

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 swim strokes. 18 lecture hours, 18 lab hours. CSU UC

21059	Gunstream, M.	MW	09:35 AM-10:40 AM	AQ POOL	08/23-10/11
	Gunstream, M.	TR	09:35 AM-10:40 AM	AQ POOL	08/23-10/11

Short term 7 week course.

Kinesiology - Fitness

KIN 148 Adapted Aquatic Exercises 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 instructors permission. 18 lecture hours, 18 lab hours. CSU UC

21090	Silva, A.	T	10:30 AM-11:45 AM	AQ POOL	08/23-11/16
	Silva, A.	R	10:30 AM-11:45 AM	AQ POOL	08/23-11/16

Recommended for disabled students.

KIN 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. 54 lab hours. CSU

21569	Hartman, S.	MW	10:50 AM-12:10 PM	AP 109	08/23-12/14
	Hartman, S.	MW	12:40 PM-02:05 PM	AP 109	08/23-12/14

Recommended for disabled students.

21571	Hartman, S.	TR	10:50 AM-12:10 PM	AP 109	08/23-12/14
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Recommended for disabled students.

KIN 151 Body Conditioning 1 Units

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

This course will include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength. 18 lecture hours, 18 lab hours. CSU UC

21054	Gunstream, M.	MW	09:25 AM-10:35 AM	AP 109	10/22-12/06
	Gunstream, M.	TR	09:25 AM-10:35 AM	AP 109	10/22-12/06

Late Start Class.

21576	Shaw, N.	MW	07:00 AM-08:05 AM	AP 110	08/23-10/11
	Shaw, N.	TR	07:00 AM-08:05 AM	AP 110	08/23-10/11

Short term 7 week course.

KIN 152 Weight Training 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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 KIN 152 and KIN 154. 18 lecture hours, 18 lab hours. CSU UC

21342	Merandi, M.	M	12:05 PM-01:15 PM	PE 101	08/23-11/27
	Merandi, M.	W	12:05 PM-01:15 PM	PE 101	08/23-11/27

21643	Merandi, M.	M	10:35 AM-11:45 AM	PE 101	08/26-11/27
	Merandi, M.	W	10:35 AM-11:45 AM	PE 101	08/26-11/27

21049	Gomez, S.	T	08:30 AM-09:35 AM	PE 101	08/26-11/27
	Gomez, S.	R	08:30 AM-09:35 AM	PE 101	08/26-11/27

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KIN 153 Walking/Jogging 1 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English level.
 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. 18 lecture hours. 18 lab hours. CSU UC
 21034 Brawner, M. MW 11:30 AM-12:40 PM PE ST 10/22-12/06
 Brawner, M. TR 11:30 AM-12:40 PM PE ST 10/22-12/06
 Late start class.

KIN 159 Cardiovascular Training 1 Units

This course will offer a non-competitive, 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. 18 lecture hours, 18 lab hours. CSU UC
 21055 Gunstream, M. M 08:00 AM-09:10 AM AP 109 08/26-11/27
 Gunstream, M. W 08:00 AM-09:10 AM AP 109 08/26-11/27
 21085 Merandi, M. M 09:15 AM-10:25 AM AP 109 08/26-11/27
 Merandi, M. W 09:15 AM-10:25 AM AP 109 08/26-11/27
 21056 Gunstream, M. T 08:00 AM-09:05 AM AP 109 08/23-11/27
 Gunstream, M. R 08:00 AM-09:05 AM AP 109 08/23-11/27
 21057 Merandi, M. T 01:05 PM-02:10 PM AP 109 08/23-11/27
 Merandi, M. R 01:05 PM-02:10 PM AP 109 08/23-11/27

Kinesiology - Pro Prep

KIN 169 Introduction to Coaching 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement or if required by English level.
 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
 21082 Merandi, M. TR 09:55 AM-11:20 AM AQ 100 08/23-12/14

KIN 170 Fitness for Life 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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
 21036 Brawner, M. MW 09:55 AM-11:20 AM PE 138 08/23-12/14
 21641 Victor, C. MW 08:20 AM-09:45 AM FH 224 08/23-12/14
 21039 Wurst, C. TR 08:20 AM-09:45 AM FH 224 08/23-12/14
 21038 Wurst, C. MW 11:30 AM-12:55 PM FH 224 08/23-12/14
 21339 Gomez, S. HRS-ARRG 08/23-12/14
 Gomez, S. W 04:00 PM-05:50 PM FH 224 08/23-12/14
 DISTANCE EDUCATION HYBRID CLASS After registering go to www.citruscollege.edu/de
 Class will meet Wednesdays in FH 224 from 4:00 p.m. - 5:50 p.m.
 21037 Brawner, M. W 06:00 PM-07:20 PM PE 138 08/23-12/14
 Brawner, M. HRS-ARRG 08/23-12/14
 DISTANCE EDUCATION HYBRID CLASS After registering go to www.citruscollege.edu/de
 Class will meet on campus every Wednesday in PE 138 from 6:00pm-8:00pm.
 21040 Rodriguez, T. F 08:10 AM-11:20 AM PE 138 08/23-12/14
 Class team taught: Norman, Rodriguez
 21846 Hallman, J. TR 11:30 AM-12:55 PM PE 138 08/23-12/14
 21847 Hallman, J. TR 01:05 PM-02:30 PM PE 140 08/23-12/14

KIN 171 Health Science 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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
 21575 Gunstream, M. MW 01:05 PM-02:30 PM PE 138 08/23-12/14

21068	Merandi, M.	MW	01:30 PM-02:55 PM	AQ 100	08/23-12/14
21052	Gunstream, M.	MW	03:50 PM-05:15 PM	PE 138	08/23-12/14
21060	Boxley, J.	TR	09:55 AM-11:20 AM	PE 140	08/23-12/14
21079	Merandi, M.	TR	11:30 AM-12:55 PM	AQ 100	08/23-12/14
21065	Hartman, S.	TR	01:05 PM-02:30 PM	PE 138	08/23-12/14
21051	Gunstream, M.	TR	03:50 PM-05:15 PM	PE 138	08/23-12/14
21066	Hartman, S.		HRS-ARRG		10/21-12/14
	Hartman, S.	T	03:00 PM-06:05 PM	AQ 100	10/21-12/14

DISTANCE EDUCATION HYBRID CLASS After registering go to www.citruscollege.edu/de
 Second Eight Weeks
 Class will meet every Tuesday on campus 3:00 p.m. - 6:05 p.m. in classroom AQ 100.
 21067 Hartman, S. HRS-ARRG 08/23-12/14
 DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de

KIN 171H Health Science - Honors 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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
 21572 Shaw, N. MW 08:20 AM-09:45 AM P3 100 08/23-12/14

KIN 172 Introduction to Physical Education 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English level.
 This course explores the history and principles of kinesiology, exercise science, and sports. The objectives are to define and investigate the importance of kinesiology education with a view toward developing a basic philosophy and background for professional education. 54 lecture hours. CSU UC
 21087 Shaw, N. TR 09:55 AM-11:20 AM PE 138 08/23-12/14

KIN 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
 21178 Silva, A. MW 08:20 AM-09:45 AM PE 138 08/23-12/14
 21042 Gomez, S. MW 09:55 AM-11:20 AM FH 224 08/23-12/14
 21043 Shaw, N. MW 11:30 AM-12:55 PM PE 140 08/23-12/14
 21340 Gomez, S. TR 09:55 AM-11:20 AM FH 224 08/23-12/14
 21045 Swatek, C. T 03:40 PM-06:50 PM PE 140 08/23-12/14
 21341 Swatek, C. T 07:00 PM-10:10 PM PE 140 08/23-12/14
 21044 Gomez, S. HRS-ARRG 08/23-12/14
 DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de

KIN 174 Introduction to Team Sports 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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
 21081 Brawner, M. MW 08:20 AM-09:45 AM AQ 100 08/23-12/14
 Class team taught: Brawner, Wurst

KIN 177 First-Aid Responding To Emergencies 3 Units

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English level.
 Complies with requirements as set forth by the American National Red Cross for first aid responding to emergencies. Students have the option to receive certification cards in Adult CPR/AED, Child and Infant CPR and First Aid. There is a lab fee to receive the certification that will be collected in class. 54 lecture hours. CSU UC
 21047 Boxley, J. MW 08:20 AM-09:45 AM PE 140 08/23-12/14
 Additional fee required for Red Cross CPR Card.
 21046 Boxley, J. MW 09:55 AM-11:20 AM PE 140 08/23-12/14
 Additional fee required for Red Cross CPR card.