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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 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. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

31452	Wurst, C.	M	10:00 AM-11:05 AM	PE GI	02/22-06/09
	Wurst, C.	W	10:00 AM-11:05 AM	PE GI	02/22-06/09

**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. 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

31461	Wheeler, A.	F	08:30 AM-09:35 AM	PE TN	02/22-06/09
	Wheeler, A.	F	09:36 AM-10:40 AM	PE TN	02/22-06/09
31427	Gunstream, M.	MW	10:55 AM-12:05 PM	PE TN	04/23-06/09
	Gunstream, M.	TR	10:55 AM-12:00 PM	PE TN	04/23-06/09

**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

31449	Shaw, N.	MT	07:00 AM-08:05 AM	AP 110	02/22-04/14
	Shaw, N.	WR	07:00 AM-08:05 AM	AP 110	02/22-04/14

First 8 weeks

**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

31460	Urbick, K.	F	08:30 AM-09:35 AM	PE 102	02/22-06/09
	Urbick, K.	F	09:36 AM-10:40 AM	PE 102	02/22-06/09

**KIN 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

31412	Boxley, J.	W	05:00 PM-06:00 PM	PE SF	02/22-06/09
	Boxley, J.	W	06:01 PM-07:10 PM	PE SF	02/22-06/09

**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. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

31428	Gunstream, M.	M	06:00 PM-07:05 PM	PE 102	02/22-06/09
	Gunstream, M.	M	07:05 PM-08:20 PM	PE 102	02/22-06/09

### Kinesiology - Fitness

**KIN 145 Strength Training, Balance and Agility 1 Units**

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English level.  
 Designed to introduce students to proprioceptive training. Proprioceptive training can improve balance, core strength, quickness, and agility and reduce the risk of injury. This type of training can benefit all movements performed in our daily life, not just those dealing with sports or athletic movements. 18 lecture hours, 18 lab hours. CSU UC

31464	Lofthouse, P.	M	02:00 PM-03:10 PM	PE 101	02/22-06/16
	Lofthouse, P.	W	02:00 PM-03:00 PM	PE 101	02/22-06/16

Varsity Athletics: Football  
 OR HRS ARRG

31468	Noonan, B.	T	02:00 PM-03:10 PM	PE 101	02/22-06/16
	Noonan, B.	R	02:00 PM-03:00 PM	PE 101	02/22-06/16

Varsity Athletics: Football  
 OR HRS ARRG

**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. 18 lecture hours, 36 lab hours. CSU UC

31437	Hartman, S.	MW	10:40 AM-11:15 AM	AP 109	02/22-06/16
	Hartman, S.	MW	11:15 AM-12:20 PM	AP 109	02/22-06/16

Recommended for disabled students.

31438	Hartman, S.	MW	12:40 PM-01:15 PM	AP 109	02/22-06/16
	Hartman, S.	MW	01:16 PM-02:20 PM	AP 109	02/22-06/16

Recommended for disabled students.

31439	Hartman, S.	TR	10:40 AM-11:15 AM	AP 109	02/22-06/16
	Hartman, S.	TR	11:16 AM-12:20 PM	AP 109	02/22-06/16

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. 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

31430	Gunstream, M.	MW	09:35 AM-10:40 AM	AP 110	02/22-04/14
	Gunstream, M.	TR	09:35 AM-10:40 AM	AP 110	02/22-04/14

First 8 weeks

31694	Gunstream, M.	MW	09:35 AM-10:40 AM	AP 110	04/23-06/16
	Gunstream, M.	TR	09:35 AM-10:40 AM	AP 110	04/23-06/16

Second 8 weeks

**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

31422	Gomez, S.	T	09:55 AM-11:00 AM	PE 101	02/22-06/09
	Gomez, S.	R	09:55 AM-11:00 AM	PE 101	02/22-06/09

**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

31417	Brawner, M.	MT	11:30 AM-12:35 PM	PE ST	02/22-04/14
	Brawner, M.	WR	11:30 AM-12:35 PM	PE ST	02/22-04/14

First 8 weeks

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<b>KIN 154</b>	<b>Advanced Weight Training</b>				<b>2 Units</b>	31420	Brawner, M.	T	06:00 PM-09:10 PM	PE 138	04/23-06/16
Strongly recommended: KIN 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. 18 lecture hours, 54 lab hours. CSU UC						Brawner, M. HRS-ARRG <b>DISTANCE EDUCATION HYBRID CLASS After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a></b> Second 8 weeks					
31443	Merandi, M.	MW	10:40 AM-11:20 AM	PE 101	02/22-06/09						04/23-06/16
	Merandi, M.	MW	11:21 AM-12:55 PM	PE 101	02/22-06/09						
<b>KIN 156A</b>	<b>Physical Conditioning for Intercollegiate Sports</b>				<b>1 Units</b>	<b>KIN 171</b>	<b>Health Science</b>				<b>3 Units</b>
Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English level. Other: Must be a varsity college athlete/varsity college prospect or with coach's permission. This course is designed to provide an out of season physical conditioning program for the student interested in intercollegiate athletics. KIN 156A and KIN 156B can be taken a combined total of four times. Students must provide a current copy of a physical to the athletic trainers prior to participation. 9 lecture hours, 27 lab hours. CSU						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					
31465	McDonald, T.	TR	06:30 AM-07:20 AM	PE 102	02/22-04/14	31456	Noonan, B.	MW	11:30 AM-12:55 PM	PE 138	02/22-06/16
	McDonald, T.	MWF	03:30 PM-04:20 PM	PE 102	02/22-04/14	31446	Merandi, M.	MW	01:05 PM-02:30 PM	AQ 100	02/22-06/16
<b>OR 36 HRS ARR</b> <b>Varsity Athletics: Men's and Women's Basketball</b> <b>Team taught: McDonald, Victor</b> <b>First 8 weeks</b>						31435 Gunstream, M. MW 03:50 PM-05:15 PM PE 138 02/22-06/16 31447 Merandi, M. TR 11:30 AM-12:55 PM AQ 100 02/22-06/16 31440 Hartman, S. TR 01:05 PM-02:30 PM PE 138 02/22-06/16 31434 Gunstream, M. TR 03:50 PM-05:15 PM PE 138 02/22-06/16 31458 Rodriguez, T. F 08:10 AM-11:20 AM PE 140 02/22-06/16 31441 Hartman, S. T 05:00 PM-06:55 PM PE 140 02/22-06/16 Hartman, S. HRS-ARRG 02/22-06/16 <b>DISTANCE EDUCATION HYBRID CLASS After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a></b> <b>Class will meet on campus on Tuesdays at 5:00 p.m. - 6:55 p.m. in PE 140.</b> <b>Online work also required.</b> 31442 Hartman, S. HRS-ARRG 04/23-06/16 <b>DISTANCE EDUCATION CLASS After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a></b> Second 8 weeks					
<b>KIN 159</b>	<b>Cardiovascular Training</b>				<b>1 Units</b>	<b>KIN 171H</b>	<b>Health Science - Honors</b>				<b>3 Units</b>
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. 9 hours lecture, 27 hours lab. CSU UC						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					
31431	Gunstream, M.	MW	08:20 AM-08:39 AM	AP 109	02/22-06/09	31450	Shaw, N.	TR	08:20 AM-09:45 AM	P3 100	02/22-06/16
	Gunstream, M.	MW	08:40 AM-09:30 AM	AP 109	02/22-06/09						
31685	Gunstream, M.	MW	02:30 PM-02:49 PM	AP 109	02/22-06/09						
	Gunstream, M.	MW	02:50 PM-03:40 PM	AP 109	02/22-06/09						
31432	Urbick, K.	MW	03:45 PM-04:04 PM	AP 109	02/22-06/09						
	Urbick, K.	MW	04:05 PM-04:55 PM	AP 109	02/22-06/09						
31433	Gunstream, M.	TR	08:20 AM-08:39 AM	AP 109	02/22-06/09						
	Gunstream, M.	TR	08:40 AM-09:30 AM	AP 109	02/22-06/09						
31444	Merandi, M.	MW	09:25 AM-09:44 AM	AP 109	02/22-06/09						
	Merandi, M.	MW	09:45 AM-10:35 AM	AP 109	02/22-06/09						
31553	Merandi, M.	TR	01:10 PM-01:29 PM	AP 109	02/22-06/09						
	Merandi, M.	TR	01:30 PM-02:20 PM	AP 109	02/22-06/09						

## Kinesiology - Pro Prep

<b>KIN 169</b>	<b>Introduction to Coaching</b>				<b>3 Units</b>	<b>KIN 175</b>	<b>Introduction to Individual and Dual Sports</b>				<b>3 Units</b>
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						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 individual sports: archery, badminton, bowling, golf, handball, karate, angling, skateboarding, swimming, tennis, track and field, weightlifting and wrestling. 54 lecture hours. CSU UC Class team taught: Brawner, Wurst					
31445	Merandi, M.	TR	09:55 AM-11:20 AM	AQ 100	02/22-06/16	31421	Brawner, M.	MW	08:20 AM-09:45 AM	AQ 100	02/22-06/16
<b>KIN 170</b>	<b>Fitness for Life</b>				<b>3 Units</b>	<b>KIN 176</b>	<b>Elementary School Physical Education</b>				<b>3 Units</b>
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						Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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					
31419	Brawner, M.	MW	09:55 AM-11:20 AM	PE 138	02/22-06/16	31413	Boxley, J.	MW	09:55 AM-11:20 AM	PE 140	02/22-06/16
31454	Wurst, C.	MW	01:05 PM-02:30 PM	FH 224	02/22-06/16						
31453	Wurst, C.	TR	08:20 AM-09:45 AM	AQ 100	02/22-06/16						
31418	Brawner, M.	TR	09:55 AM-11:20 AM	PE 138	02/22-06/16						
31455	Wurst, C.	TR	09:55 AM-11:20 AM	PE 140	02/22-06/16						
31457	Norman, S.	F	08:10 AM-11:20 AM	PE 138	02/22-06/16						

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**KIN 177 First-Aid Responding To Emergencies 3 Units**

31467 Horton, J. MTWRF 04:00 PM-06:05 PM PE GI 02/22-06/09  
 OR 160 TOTAL HRS ARR.  
 Varsity Athletics: Men's Golf

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

31414 Boxley, J. TR 08:20 AM-09:45 AM PE 138 02/22-06/16

Required fee for Red Cross CPR card.

31415 Boxley, J. HRS-ARRG 02/22-06/16

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

Mandatory on campus meetings on the following Thursdays for CPR training:

March 15 and April 12 at 6:00 pm - 9:00 pm in PE 140.

Required fee for Red Cross CPR card.

## Kinesiology - Varsity Athletic

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

Strongly recommended: ENGL 099 or READ 099 if required by English placement exam or if required by English 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. KIN 207A and KIN 207B can be taken a combined total of four times. ST45 lab hours. CSU

31462 Bruce-Oliver, F. MTWRF 03:00 PM-04:10 PM PE 102 02/22-04/28

OR 45 TOTAL HRS ARR.

Varsity Athletics: Men's Soccer & Men's Water Polo.

Class team taught: Bruce-Oliver, Rivas.

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

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

This course provides intermediate and advanced instruction and practice in the skills and strategies of varsity athletics. KIN 208A and KIN 208B can be taken a combined total of four times. 45 lab hours. CSU

31463 Jung, S. MTWRF 04:30 PM-05:40 PM PE 101 02/22-04/28

OR 45 TOTAL HRS ARR.

Varsity Athletics: Women's Soccer, Women's Volleyball, Women's Water Polo.

Class team taught: Jung, Dorman, Rivas.

**KIN 214 Women's Varsity Softball 2 Units**

Strongly recommended: Advanced softball skills to participate in a competitive collegiate experience.

Intercollegiate competition in women's varsity softball. 160 lab hours. CSU UC

31416 Boxley, J. MTWRF 02:00 PM-03:50 PM PE SF 02/22-06/09

OR 160 TOTAL HRS ARR.

Varsity Athletics: Women's Softball

**KIN 215 Varsity Track and Field 2 Units**

Strongly recommended: Advanced Track and Field skills to participate in a competitive collegiate experience. Must be a varsity college athlete/varsity college prospect or have coach's permission.

Varsity athletics. Involves intercollegiate competition for two units of credit. 160

lab hours. CSU UC

31466 Nila, R. MTWRF 03:00 PM-05:05 PM PE ST 02/22-06/09

OR 160 TOTAL HRS ARR.

Varsity Athletics: Mens & Women's Track & Field.

**KIN 224 Men's Varsity Baseball 2 Units**

Strongly recommended: Advanced baseball skills to participate in a competitive collegiate experience.

Intercollegiate competition in men's varsity baseball. 160 lab hours. CSU UC

31426 Gomez, S. MTWRF 02:00 PM-03:50 PM PE BF 02/22-06/09

OE 160 TOTAL HRS ARR.

Varsity Athletics: Men's Baseball.

**KIN 225 Men's Varsity Golf 2 Units**

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

Intercollegiate competition in men's varsity golf. 160 lab hours. CSU UC