

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

31737	Shaw, N.	M	10:00 AM-11:05 AM	PE 102	02/19-06/02
	Shaw, N.	W	10:00 AM-11:05 AM	PE 102	02/19-06/02

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.	T	10:00 AM-11:05 AM	PE GI	02/19-06/02
	Wurst, C.	R	10:00 AM-11:05 AM	PE GI	02/19-06/02

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

31427	Gunstream, M.	MW	11:00 AM-12:05 PM	PE TN	04/22-06/08
	Gunstream, M.	TR	11:00 AM-12:05 PM	PE TN	04/22-06/08
Late Start Class..					
31461	Wheeler, A.	F	08:30 AM-09:35 AM	PE TN	02/19-06/02
	Wheeler, A.	F	09:45 AM-10:50 AM	PE TN	02/19-06/02

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-08:10 AM	AP 110	02/19-04/06
	Shaw, N.	WR	07:00 AM-08:10 AM	AP 110	02/19-04/06
First 7 weeks.					
31897	Shaw, N.	T	12:15 PM-01:20 PM	AP 110	02/19-06/02
	Shaw, N.	R	12:15 PM-01:20 PM	AP 110	02/19-06/02

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	Victor, C.	F	08:30 AM-09:35 AM	PE 102	02/19-06/02
	Victor, C.	F	09:45 AM-10:50 AM	PE 102	02/19-06/02

KIN 134 Softball 1 Units

Instruction in the basic skills and techniques of play in softball. Students will be required to understand the statistical aspect of the game. Course will improve proficiency in skills by repetition and supervised instruction. 18 lecture hours, 18 lab hours. CSU UC

31412	Boxley, J.	W	05:00 PM-06:05 PM	PE SF	02/19-06/02
	Boxley, J.	W	06:20 PM-07:25 PM	PE SF	02/19-06/02

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-07:15 PM	PE 102	02/19-06/02
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Gunstream, M.	M	07:25 PM-08:40 PM	PE 102	02/19-06/02
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Kinesiology - Aquatics

KIN 143 Swimming - Intermediate/Advanced 1 Units

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

Strongly recommended: KIN 142.

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

31740	Gunstream, M.	MW	09:35 AM-10:40 AM	AQ POOL	04/22-06/09
	Gunstream, M.	TR	09:35 AM-10:40 AM	AQ POOL	04/22-06/09

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-03:05 PM	PE ST	02/19-06/02
	Lofthouse, P.	W	02:00 PM-03:05 PM	PE ST	02/19-06/02

Recommended for varsity athletics: Football

Course does not have waitlist.

31468	Ponciano, R.	T	02:00 PM-03:05 PM	PE 101	02/19-06/02
	Ponciano, R.	R	02:00 PM-03:05 PM	PE 101	02/19-06/02

Recommended for Varsity Athletics: Football

Course does not have Waitlist.

KIN 147 Swimming for Cardiovascular Improvement 1 Units

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

31741	Gunstream, M.	MW	09:35 AM-10:40 AM	AQ POOL	04/22-06/09
	Gunstream, M.	TR	09:35 AM-10:40 AM	AQ POOL	04/22-06/09

Late Start Class.

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.	M	11:45 AM-12:50 PM	AP 109	02/19-06/09
	Hartman, S.	MW	10:30 AM-11:35 AM	AP 109	02/19-06/09

Recommended for disabled students.

31438	Hartman, S.	M	02:15 PM-03:20 PM	AP 109	02/19-06/09
	Hartman, S.	MW	01:00 PM-02:05 PM	AP 109	02/19-06/09

Recommended for disabled students.

31439	Hartman, S.	T	11:05 AM-12:10 PM	AP 109	02/19-06/09
	Hartman, S.	TR	09:50 AM-10:55 AM	AP 109	02/19-06/09

Recommended for disabled students.

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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.

31430	Gunstream, M.	MW	09:35 AM-10:40 AM	AP 110	02/19-04/06
	Gunstream, M.	TR	09:35 AM-10:40 AM	AP 110	02/19-04/06
First 7 weeks					
31694	Shaw, N.	MW	07:00 AM-08:05 AM	AP 110	04/22-06/09
	Shaw, N.	TR	07:00 AM-08:05 AM	AP 110	04/22-06/09

Late Start Class.

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

31830	Merandi, M.	M	10:40 AM-11:45 AM	PE 101	02/19-06/02
	Merandi, M.	W	10:40 AM-11:45 AM	PE 101	02/19-06/02
31829	Merandi, M.	M	12:05 PM-01:10 PM	PE 101	02/19-06/02
	Merandi, M.	W	12:05 PM-01:10 PM	PE 101	02/19-06/02
31422	Gomez, S.	T	08:20 AM-09:25 AM	PE 101	02/19-06/02
	Gomez, S.	R	08:20 AM-09:25 AM	PE 101	02/19-06/02

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

31898	Hartman, S.	M	09:00 AM-10:05 AM	PE ST	02/19-06/02
	Hartman, S.	W	09:00 AM-10:05 AM	PE ST	02/19-06/02
31417	Brawner, M.	MT	11:30 AM-12:35 PM	PE ST	02/19-04/06
	Brawner, M.	WR	11:30 AM-12:35 PM	PE ST	02/19-04/06

First 8 weeks

KIN 156A Physical Conditioning for Intercollegiate Sports 1 Units

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

31465	McDonald, T.	TR	06:30 AM-07:20 AM	PE 102	02/19-04/14
	McDonald, T.	MWF	03:30 PM-04:20 PM	PE 102	02/19-04/14

Varsity Athletics: Men's and Women's Basketball

Team taught: McDonald, Victor

First 8 weeks

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

31827	Gunstream, M.	M	08:00 AM-09:10 AM	AP 109	02/19-06/02
	Gunstream, M.	W	08:00 AM-09:10 AM	AP 109	02/19-06/02
31834	Merandi, M.	M	09:15 AM-10:20 AM	AP 109	02/19-06/02
	Merandi, M.	W	09:15 AM-10:20 AM	AP 109	02/19-06/02
31828	Gunstream, M.	T	08:00 AM-09:05 AM	AP 109	02/19-06/02
	Gunstream, M.	R	08:00 AM-09:05 AM	AP 109	02/19-06/02

31831	Merandi, M.	T	01:05 PM-02:10 PM	AP 109	02/19-06/02
	Merandi, M.	R	01:05 PM-02:10 PM	AP 109	02/19-06/02

Kinesiology - Pro Prep

KIN 169 Introduction to Coaching 3 Units

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

31445	Merandi, M.	TR	09:55 AM-11:20 AM	AQ 100	02/19-06/15
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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

31419	Brawner, M.	MW	09:55 AM-11:20 AM	PE 138	02/19-06/15
31454	Wurst, C.	MW	11:30 AM-12:55 PM	PE 138	02/19-06/15
31455	Rodriguez, T.	TR	11:30 AM-12:55 PM	PE 138	02/19-06/15
31453	Wurst, C.	TR	08:20 AM-09:45 AM	PE 138	02/19-06/15
31418	Brawner, M.	TR	09:55 AM-11:20 AM	PE 138	02/19-06/15
31420	Norman, S.	F	08:10 AM-11:20 AM	PE 138	02/19-06/15

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

31446	Merandi, M.	MW	01:30 PM-02:55 PM	AQ 100	02/19-06/15
31984	Boxley, J.	TR	08:20 AM-09:45 AM	AQ 100	02/19-06/15
31435	Gunstream, M.	MW	03:50 PM-05:15 PM	PE 138	02/19-06/15
31447	Merandi, M.	TR	11:30 AM-12:55 PM	AQ 100	02/19-06/15
31458	Gunstream, M.	TR	01:05 PM-02:30 PM	PE 140	02/19-06/15
31440	Hartman, S.	TR	01:05 PM-02:30 PM	PE 138	02/19-06/15
31434	Gunstream, M.	TR	03:50 PM-05:15 PM	PE 138	02/19-06/15
31441	Hartman, S.	T	05:00 PM-05:50 PM	PE 140	02/19-06/15
	Hartman, S.	HRS-ARRG			02/19-06/15

DISTANCE EDUCATION HYBRID CLASS After registering go to

www.citruscollege.edu/de

Class will meet on campus every Tuesday 5:00 p.m. - 5:50 p.m. in PE 140.

Online work also required.

31442	Hartman, S.	HRS-ARRG			04/22-06/15
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DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de

Second 8 weeks

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

31450	Shaw, N.	TR	08:20 AM-09:45 AM	P3 100	02/19-06/15
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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

31459	Shaw, N.	MW	08:20 AM-09:45 AM	PE 138	02/19-06/15
31424	Gomez, S.	MW	09:55 AM-11:20 AM	FH 224	02/19-06/15
31451	Silva, A.	MW	11:30 AM-12:55 PM	PE 140	02/19-06/15
31896	Gomez, S.	M	07:00 PM-10:05 PM	FH 224	02/19-06/15
31759	Silva, A.	TR	08:20 AM-09:45 AM	FH 224	02/19-06/15
31425	Shaw, N.	TR	09:55 AM-11:20 AM	FH 224	02/19-06/15
31423	Gomez, S.	HRS-ARRG			02/19-06/15
DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de					
31983	Swatek, C.	T	08:00 PM-10:05 PM	PE 138	02/19-06/15
32020	Shaw, N.	HRS-ARRG			04/22-06/15
DISTANCE EDUCATION CLASS After registering go to www.citruscollege.edu/de					

Second 8 weeks

KIN 175 Introduction to Individual and Dual 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 individual sports: archery, badminton, bowling, golf, handball, karate, angling, skateboarding, swimming, tennis, track and field, weightlifting and wrestling. 54 lecture hours. CSU UC

31421	Brawner, M.	MW	08:20 AM-09:45 AM	AQ 100	02/19-06/15
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Class team taught: Brawner, Wurst

KIN 176 Elementary School Physical Education 3 Units

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

31413	Boxley, J.	TR	09:55 AM-11:20 AM	PE 140	02/19-06/15
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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

31414	Boxley, J.	MW	08:20 AM-09:45 AM	PE 140	02/19-06/15
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Additional fee required 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.

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. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. 45 lab hours. CSU

31462	Bruce-Oliver, F.	MTWR	03:00 PM-05:25 PM	PE 102	02/19-04/28
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Varsity Athletics: Men's Soccer & Men's Water Polo.

Class team taught: Bruce-Oliver, Staff.

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. Students in this course must provide a current copy of a physical to the athletic trainers prior to participation. 45 lab hours. CSU

31463	Jung, S.	MTWR	07:00 AM-08:05 AM	AQ POOL	02/19-04/28
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Varsity Athletics: Women's Soccer, Women's Volleyball, Women's Water Polo.

Class team taught: Dorman, Jung, Silva.

KIN 212 Varsity Swimming 2 Units

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

Intercollegiate competition in varsity swimming. 160 lab hours. CSU UC

31739	Silva, A.	MTWRF	03:00 PM-05:10 PM	AQ POOL	02/19-06/02
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Recommended for student athletes: Women's Swim

Course does not have Waitlist.

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-04:10 PM	PE SF	02/19-06/02
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Recommended for student athletes: Softball

Course does not have Waitlist.

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-04:10 PM	PE BF	02/19-06/02
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Recommended for student Athletes: Baseball

Course does not have waitlist.

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

31467	Horton, J.	MTWRF	04:00 PM-06:10 PM	PE GI	02/19-06/02
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Varsity Athletics: Men's Golf

Course does not have Waitlist.