

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

40652	Shaw, N.		HRS-ARRG		06/22-07/30
	Shaw, N.		HRS-ARRG		06/22-07/30

DISTANCE EDUCATION HYBRID CLASS On-Campus vistsis required. After registering go to [www.citruscollege.edu/de](http://www.citruscollege.edu/de). Class will meet Tuesdays and Thursdays 7:30 am - 8:30 am in AP110.

**Physical Education-Fitness**

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

Strongly recommended: READ 099 if required by reading placement level or if required by exam. 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. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

40080	Morrison, S.	MTWR	03:00 PM-04:15 PM	PE FLD4	06/22-07/30
Recommended for Varsity Athletes: Football OR 36 TOTAL HRS ARR G					
40656	Noonan, B.	MTWR	01:00 PM-02:15 PM	PE FLD4	06/22-07/30
Recommended for Varsity Athletes: Football OR 36 TOTAL HRS ARR G					
40665	Ponciano, R.	MTWR	01:00 PM-02:15 PM	PE FLD4	06/22-07/30
Recommended for Varsity Athletes: Football OR 36 TOTAL HRS ARR G					
40668	Tracey, T.	MTWR	05:00 PM-06:15 PM	PE FLD4	06/22-07/30
Recommended for Varsity Athletes: Men's and Women's Soccer OR 36 TOTAL HRS ARR G					

**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

40248	Wurst, C.	MW	10:30 AM-12:30 PM	AQ POOL	06/22-07/30
	Wurst, C.	TR	10:30 AM-12:35 PM		06/22-07/30

**PE 151 Body Conditioning 1 Units**

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

40238	Gunstream, M.	MTWR	08:30 AM-09:45 AM	AP 110	06/22-07/30
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**PE 156 Physical Conditioning for Intercollegiate Sports 1 Units**

This course is designed to provide an out-of-season physical conditioning program for the student interested in intercollegiate athletics. This course may be taken four times. 9 hours lecture, 27 hours lab or 18 hours lecture, 54 hours lab. CSU UC

40273	Greer, M.	MTWR	03:00 PM-04:05 PM		06/22-08/13
Recommended for Varsity Athletes: Men's and Women's Cross Country / Volleyball OR 36 HRS ARR G					

**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

40330	Gunstream, M.	MW	10:00 AM-11:15 AM	AP 109	06/22-07/30
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	Gunstream, M.	TR	10:00 AM-11:15 AM		06/22-07/30
During Summer this class is not arranged hours - student must meet at scheduled class time.					

**Physical Education-Varsity Ath**

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

Must be a college varsity athlete/college varsity propsect or with coach's permission. This course provides intermediate and advanced instruction and practice in the skills and stragegies of varsity athletics. 45 lab hours or 90 lab hours. CSU UC

40218	Dunaj, J.	MTWR	04:30 PM-06:05 PM	PE 822	06/22-07/30
Recommended for Student Athletes: Men's Basketball / Men's Water Polo OR 45 TOTAL HRS ARR G					

**Physics**

**PHYS 110 Introduction to College Physics 4 Units**

Strongly recommended: MATH 130. Also, READ 099 if required by reading placement exam or if required by reading level. A general physics course for non-majors that explores fundamental principles of the physical world; kinematics, fluid dynamics, thermodynamics, electricity, electromagnetism, sound propagation, and optics. 54 lecture hours. 72 lab hours. CSU UC

40266	Scott, C.	MTWR	08:00 AM-09:25 AM	PS 107	06/22-08/13
Lecture section only. Lab section also required.					
40268	Scott, C.	TR	09:35 AM-01:50 PM	PS 125	06/22-08/13
Lab section only. Lecture section also required.					

**Political Science**

**POLI 103 Government of the United States 3 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level. This course deals with the origins and functions of the government of the United States with special emphasis on the background and causes of present problems. It meets the United States Constitution graduation requirement and includes local and state government. 54 lecture hours. CSU UC

40069	Ross, G.	MTWR	08:00 AM-10:05 AM	LB 303	06/22-07/30
40070	Ross, G.	TWR	01:00 PM-03:50 PM	LB 303	06/22-07/30
40113	Peters, G.	TWR	06:00 PM-08:50 PM	LB 301	06/22-07/30
40170	Peters, G.	HRS-ARRG			06/22-07/30
DISTANCE EDUCATION CLASS After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a>					

**Psychology**

**PSY 101 Introduction to Psychology 3 Units**

Strongly recommended: READ 099 if required by reading placement exam or if required by reading level. An introduction to the field of psychology through involved learning, motivation, intelligence, and personality. 54 lecture hours. CSU UC

40049	Brown, R.	TWR	06:00 PM-08:50 PM	LB 310	06/22-07/30
40055	Brown, R.	TWR	01:00 PM-03:50 PM	LB 310	06/22-07/30
40056	Guttman, K.	MTWR	08:00 AM-10:05 AM	HH 754	06/22-07/30
40165	Kim, A.	HRS-ARRG			06/22-07/30
DISTANCE EDUCATION CLASS. After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a>					
40169	Shannon, J.	HRS-ARRG			06/22-07/30
DISTANCE EDUCATION CLASS. After registering go to <a href="http://www.citruscollege.edu/de">www.citruscollege.edu/de</a>					
40674	Kim, A.	MTWR	10:15 AM-12:20 PM	P3 105	06/22-07/30