

Fall 2016 Physical Education Classes

Elementary Activities						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Aquatics		CMF Fee \$15				
1-1	Beg. Swimming	21392	0.50	MW 1-2P	HEARST POOL	STEFKE, E J
1-2	Beg. Swimming	21665	0.50	TuTh 11-12P	HEARST POOL	STEFKE, E J
Dance		CMF Fee \$15				
1-3	Beg. Ballet	32241	0.50	Tu 12-2P	230 HEARST GYM	SHAH, V G
1-4	Beg. Ballet	21667	0.50	Th 12-2P	230 HEARST GYM	SHAH, V G
1-5	Beg. Contemporary Dance	21668	0.50	Tu 10-12P	230 HEARST GYM	BRITTON, J E
1-6	Beg. Jazz Dance	21705	0.50	W 10-12P	230 HEARST GYM	BRITTON, J E
1-7	Beg. Lyrical Jazz Dance	21706	0.50	Th 4-6P	230 HEARST GYM	BRITTON, J E
1-8	Beg. Tap Dance	21707	0.50	M 4-6P	234 HEARST GYM	LI-JUE, S Y
Fitness		CMF Fee \$15				
1-9	Beg. Aerobic Circuit Training	21708	0.50	MW 10-11A	251 HEARST GYM	JOHANNESSEN, S
1-10	Beg. Aerobic Circuit Training	21709	0.50	MW 11-12P	251 HEARST GYM	JOHANNESSEN, S
1-11	Beg. Circuit Weight Training	21678	0.50	MW 9-10A	125E REC SPRT FAC	WONG, D K
1-12	Beg. Circuit Weight Training	21679	0.50	MW 10-11A	125E REC SPRT FAC	WONG, D K
1-13	Beg. Circuit Weight Training	21680	0.50	TuTh 11-12P	125E REC SPRT FAC	WONG, D K
1-14	Beg. Circuit Weight Training	21681	0.50	TuTh 12-1P	125E REC SPRT FAC	WONG, D K
1-15	Beg. Core Conditioning	21682	0.50	MW 1-2P	234 HEARST GYM	MAR, T L
1-16	Beg. Core Conditioning	21683	0.50	TuTh 9-10A	234 HEARST GYM	MAR, T L
1-17	Beg. Interval Sports Training	21596	0.50	F 10-12P	RSF FLDHOUSE	WONG, D K
1-18	Beg. Resistance Training	21597	0.50	TuTh 10-11A	125E REC SPRT FAC	WONG, D K

1-19	Beg. Resistance Training	21598	0.50	MW 11-12P	125E REC SPRT FAC	WONG, D K
1-20	Beg. Speed Agility Quicknss Tr	21599	0.50	TuTh 9-10A	RSF FLDHOUSE	WONG, D K
1-21	Beg. Stretch, Strength & Align	21600	0.50	M 10-12P	230 HEARST GYM	LI-JUE, S Y
1-22	Beg. Yoga-Hatha	21601	0.50	F 10-12P	251 HEARST GYM	BRITTON, J E
1-23	Beg. Yoga-Hatha	21602	0.50	W 1-3P	251 HEARST GYM	BRITTON, J E
1-24	Beg. Yoga-Restorative	21603	0.50	F 1-3P	251 HEARST GYM	BRITTON, J E
1-25	Beg. Yoga-Restorative	21637	0.50	Tu 1-3P	251 HEARST GYM	BRITTON, J E
1-26	Beg. Yoga-Restorative	21638	0.50	Th 1-3P	251 HEARST GYM	BRITTON, J E
1-27	Beg. Yoga-Sport Conditioning	21639	0.50	TuTh 10-11A	251 HEARST GYM	MAR, T L
1-28	Beg. Yoga-Sport Conditioning	21640	0.50	MW 11-12P	234 HEARST GYM	MAR, T L
1-29	Beg. Yoga-Vinyasa	21641	0.50	TuTh 11-12P	251 HEARST GYM	MAR, T L
1-30	Beg. Yoga-Vinyasa	21567	0.50	MW 8-9A	251 HEARST GYM	MAR, T L
1-31	Beg. Yoga-Vinyasa	21568	0.50	MW 9-10A	251 HEARST GYM	MAR, T L
1-32	Beg. Yoga-Wellness Practices	21569	0.50	Tu 3-5P	251 HEARST GYM	BRITTON, J E
Martial Arts		CMF Fee \$15				
1-33	Beg. Martial Arts-Judo	21570	0.50	TuTh 9-10A	145 REC SPRT FAC	AHN, R C
1-34	Beg. Martial Arts-Judo	21571	0.50	TuTh 10-11A	145 REC SPRT FAC	AHN, R C
1-35	Beg. Taekwondo Olympic Style	21572	0.50	MW 9-10A	145 REC SPRT FAC	AHN, R C
1-36	Beg. Taekwondo Olympic Style	21573	0.50	MW 10-11A	145 REC SPRT FAC	AHN, R C
1-37	Beg. Taekwondo Self-Defense	21574	0.50	MW 12-1P	145 REC SPRT FAC	AHN, R C
1-38	Beg. Taekwondo Self-Defense	21604	0.50	MW 2-3P	145 REC SPRT FAC	AHN, R C
1-39	Beg. Taekwondo Self-Defense	21605	0.50	TuTh 2-3P	145 REC SPRT FAC	AHN, R C
1-40	Beg. Taekwondo Self-	21606	0.50	TuTh 3-4P	145 REC SPRT	AHN, R C

	Defense				FAC	
1-41	Beg. Martial Arts-Yongmudo	21607	0.50	TuTh 11-12P	145 REC SPRT FAC	AHN, R C
1-42	Beg. Martial Arts-Yongmudo	21541	0.50	TuTh 12-1P	145 REC SPRT FAC	AHN, R C
Sports		CMF Fee \$15				
1-43	Beg. Basketball	21542	0.50	MW 9-10A	RSF FLDHOUSE	RORK, L H
1-44	Beg. Tennis	21543	0.50	MW 9-10A	HEARSTGYMCTS	MORRIS, R A
1-45	Beg. Tennis	21523	0.50	MW 11-12P	HEARSTGYMCTS	MORRIS, R A
1-46	Beg. Tennis	21524	0.50	TuTh 9-10A	HEARSTGYMCTS	RORK, L H
1-47	Beg. Volleyball	21666	0.50	MW 11-12P	220 HEARST GYM	CARAWAY, W J
Low Intermediate Activities						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
Aquatics		CMF Fee \$15				
2-1	Lo-Int Swimming	21512	0.50	MW 11-12P	HEARST POOL	STEFKE, E J
2-2	Lo-Int Swimming	21513	0.50	TuTh 10-11A	HEARST POOL	STEFKE, E J
2-3	Lo-Int Swimming	21514	0.50	TuTh 1-2P	HEARST POOL	STEFKE, E J
Dance		CMF Fee \$15				
2-4	Lo-Int Ballet	21515	0.50	Tu 2-4P	230 HEARST GYM	SHAH, V G
2-5	Lo-Int Ballet	21516	0.50	W 12-2P	230 HEARST GYM	LI-JUE, S Y
2-6	Lo-Int Contemporary Dance	21517	0.50	Th 10-12P	230 HEARST GYM	BRITTON, J E
2-7	Lo-Int Jazz Dance	21518	0.50	W 4-6P	230 HEARST GYM	BRITTON, J E
Fitness		CMF Fee \$15				
2-8	Lo-Int Core Conditioning	21519	0.50	TuTh 8-9A	234 HEARST GYM	MAR, T L
2-9	Lo-Int Core Conditioning	21525	0.50	MW 12-1P	234 HEARST GYM	MAR, T L
2-10	Lo-Int Yoga-Vinyasa	21526	0.50	TuTh 12-1P	251 HEARST GYM	MAR, T L
2-11	Lo-Int Yoga-Vinyasa	21499	0.50	MW 7-8A	251 HEARST GYM	MAR, T L
Martial Arts		CMF Fee \$15				
2-12	Lo-Int Taekwondo Olympic Style	21500	0.50	MW 3-4P	145 REC SPRT FAC	AHN, R C
Sports		CMF Fee \$15				
2-13	Lo-Int Basketball	21501	0.50	MW 11-12P	RSF FLDHOUSE	RORK, L H

2-14	Lo-Int Basketball	21502	0.50	MW 8-9A	RSF FLDHOUSE	RORK, L H
2-15	Lo-int Tennis	21503	0.50	MW 12-1P	HEARSTGYMCTS	MORRIS, R A
2-16	Lo-int Tennis	21504	0.50	MW 10-11A	HEARSTGYMCTS	MORRIS, R A
2-17	Lo-int Tennis	21505	0.50	TuTh 10-11A	HEARSTGYMCTS	RORK, L H
2-18	Lo-Int Volleyball	21506	0.50	TuTh 11-12P	RSF FLDHOUSE	CARAWAY, W J

Intermediate Activities

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
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Aquatics **CMF Fee \$15**

3-1	Int Swimming	21329	0.50	TuTh 2-3P	HEARST POOL	STEFKE, E J
3-2	Int Swimming	21330	0.50	MW 10-11A	HEARST POOL	STEFKE, E J
3-3	Int Swimming	21331	0.50	MW 2-3P	HEARST POOL	STEFKE, E J

Dance **CMF Fee \$15**

3-4	Int Ballet	21332	0.50	Th 2-4P	230 HEARST GYM	SHAH, V G
3-5	Int Dance Production	21333	0.50	W 4-6P	228 HEARST GYM	LI-JUE, S Y

Sports **CMF Fee \$15**

3-6	Int Basketball	21349	0.50	MW 12-1P	RSF FLDHOUSE	RORK, L H
3-7	Int Basketball	21350	0.50	MW 10-11A	RSF FLDHOUSE	RORK, L H
3-8	Int Tennis	21351	0.50	M 1-3P	HEARSTGYMCTS	MORRIS, R A
3-9	Int Tennis	21335	0.50	TuTh 1-2P	HEARSTGYMCTS	RORK, L H
3-10	Int Tennis	21353	0.50	Tu 11-1P	HEARSTGYMCTS	RORK, L H
3-11	Int Volleyball	21337	0.50	Tu 12-2P	RSF FLDHOUSE	CARAWAY, W J

High Intermediate Activities

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
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Aquatics **CMF Fee \$15**

4-1	Hi-Int Swimming	20999	0.50	MW 9-10A	HEARST POOL	STEFKE, E J
4-2	Hi-Int Swimming	21000	0.50	MW 3-4P	HEARST POOL	STEFKE, E J
4-3	Hi-Int Swimming	21001	0.50	TuTh 3-4P	HEARST POOL	STEFKE, E J

Sports **CMF Fee \$15**

4-4	Hi-Int Basketball	21002	0.50	MW 1-2P	RSF FLDHOUSE	RORK, L H
4-5	Hi-Int Tennis	21003	0.50	W 1-3P	HEARSTGYMCTS	MORRIS, R A
4-6	Hi-Int Tennis	21004	0.50	Th 11-1P	HEARSTGYMCTS	RORK, L H
4-7	Hi-Int Volleyball	21008	0.50	Th 12-2P	RSF FLDHOUSE	CARAWAY, W J

Advanced Activities

<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
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Sports		CMF Fee \$15				
5-1	Adv Volleyball	22701	0.50	MW 12-1P	220 HEARST GYM	CARAWAY, W J
Lecture Courses						
<i>Class Lev / Sec</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and Time</i>	<i>Class Location</i>	<i>Class Instructor</i>
PE 32						
32-1	Fitness: Phs Ada/Ex	22808	3.00	M 8-10A	170 BARROWS	JOHANNESSEN, S
32-101	Fitness: Phs Ada/Ex	22809		Tu 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-102	Fitness: Phs Ada/Ex	22810		Tu 10-12P	210 HEARST GYM	JOHANNESSEN, S
32-103	Fitness: Phs Ada/Ex	22811		W 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-104	Fitness: Phs Ada/Ex	22812		Th 8-10A	210 HEARST GYM	JOHANNESSEN, S
PE 47B		CMF Fee \$142				
47B-1	Intermediate Scuba	22788	2.00	Cancelled		HAYWARD, J M
47B-101	Intermediate Scuba	22789		Cancelled		HAYWARD, J M
PE 98						
98-1	Directed Group Stdy	21488	1.00 - 4.00	F 6-830P	234 HEARST GYM	BRITTON, J E
98-2	Directed Group Stdy	21489	1.00 - 4.00			
PE C165						
C165-1	Intro Biomech Anal	21490	4.00	Cancelled		
C165-101	Intro Biomech Anal	21478		Cancelled		
PE 197						
197-1	Field Study	21649	1.00 - 3.00			LI-JUE, S Y
197-2	Field Study	21691	1.00 - 3.00			LI-JUE, S Y
PE 198						
198-1	Directed Group Stdy	21528	1.00 - 4.00	F 6-830P	234 HEARST GYM	BRITTON, J E