

Archived

Fall 2017 Physical Education Classes

Updated 8/25/2017

Aquatics						
<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	19055	0.5	MW 1-2P	HEARST POOL	STEFKE, E J
1-2	Beg. Swimming	19308	0.5	TuTh 11-12P	HEARST POOL	STEFKE, E J
2-1	Lo-Int Swimming	19161	0.5	MW 11-12P	HEARST POOL	STEFKE, E J
2-2	Lo-Int Swimming	19162	0.5	TuTh 10-11A	HEARST POOL	STEFKE, E J
2-3	Lo-Int Swimming	19163	0.5	TuTh 1-2P	HEARST POOL	STEFKE, E J
3-1	Int Swimming	19003	0.5	TuTh 2-3P	HEARST POOL	STEFKE, E J
3-2	Int Swimming	19004	0.5	MW 10-11A	HEARST POOL	STEFKE, E J
3-3	Int Swimming	19005	0.5	MW 2-3P	HEARST POOL	STEFKE, E J
4-1	Hi-Int Swimming	18729	0.5	MW 9-10A	HEARST POOL	STEFKE, E J
4-2	Hi-Int Swimming	18730	0.5	MW 3-4P	HEARST POOL	STEFKE, E J
4-3	Hi-Int Swimming	18731	0.5	TuTh 3-4P	HEARST POOL	STEFKE, E J
Dance						
<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>
Dance		CMF Fee \$15				
1-3	Beg. Ballet	22242	0.5	Tu 12-2P	230 HEARST GYM	SHAH, V G
1-4	Beg. Ballet	19310	0.5	W 12-2P	230 HEARST GYM	LI-JUE, S Y
2-4	Lo-Int Ballet	19164	0.5	Th 12-2P	230 HEARST GYM	SHAH, V G
3-4	Int Ballet	19006	0.5	Tu 2-4P	230 HEARST GYM	SHAH, V G
2-5	Ballet Rehearsal & Performance	19165	0.5	Th 2-4P	230 HEARST GYM	SHAH, V G
1-5	Beg. Contemporary Dance	19311	0.5	M 12-2P	230 HEARST GYM	LI-JUE, S Y
1-6	Beg. Jazz Dance	19347	0.5	W 10-12P	230 HEARST GYM	BRITTON, J E
1-7	Beg. Lyrical Dance	19348	0.5	Tu 10-12P	230 HEARST GYM	BRITTON, J E
2-6	Lo-Int. Lyrical Dance	19166	0.5	Th 10-12P	230 HEARST GYM	BRITTON, J E

1-8	Beg. Tap Dance	19349	0.5	W 3-5P	234 HEARST GYM	LI-JUE, S Y
Fitness						
<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>
Fitness		CMF Fee \$15				
1-9	Beg. Aerobic Circuit Training	19350	0.5	MW 10-11A	251 HEARST GYM	JOHANNESSEN, S
1-10	Beg. Aerobic Circuit Training	19351	0.5	MW 11-12P	251 HEARST GYM	JOHANNESSEN, S
1-11	Beg. Circuit Weight Training	19321	0.5	MW 9-10A	125E REC SPRT FAC	WONG, D K
1-12	Beg. Circuit Weight Training	19322	0.5	MW 10-11A	125E REC SPRT FAC	WONG, D K
1-13	Beg. Circuit Weight Training	19323	0.5	TuTh 11-12P	125E REC SPRT FAC	WONG, D K
1-14	Beg. Circuit Weight Training	19324	0.5	TuTh 12-1P	125E REC SPRT FAC	WONG, D K
1-15	Beg. Core Conditioning	19325	0.5	MW 1-2P	234 HEARST GYM	MAR, T L
1-16	Beg. Core Conditioning	19326	0.5	TuTh 9-10A	234 HEARST GYM	MAR, T L
2-8	Lo-Int Core Conditioning	19168	0.5	TuTh 8-9A	234 HEARST GYM	MAR, T L
2-9	Lo-Int Core Conditioning	19174	0.5	MW 12-1P	234 HEARST GYM	MAR, T L
1-17	Beg. Interval Sports Training	19245	0.5	F 10-12P	RSF FLDHOUSE	WONG, D K
1-18	Beg. Reconditioning	19246	0.5	TuTh 10-11A	234 HEARST GYM	MAR, T L
1-19	Beg. Resistance Training	19247	0.5	TuTh 10-11A	125E REC SPRT FAC	WONG, D K
1-20	Beg. Resistance Training	19248	0.5	MW 11-12P	125E REC SPRT FAC	WONG, D K
1-21	Beg. Speed Agility Quicknss Tr	19249	0.5	TuTh 9-10A	RSF FLDHOUSE	WONG, D K
Martial Arts						
<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>
Martial Arts		CMF Fee \$15				
1-34	Beg. Martial Arts-Judo	19220	0.5	TuTh 9-10A	145 REC SPRT FAC	AHN, R C
1-35	Beg. Martial Arts-Judo	19221	0.5	TuTh 10-11A	145 REC SPRT FAC	AHN, R C

1-36	Beg. Taekwondo Olympic Style	19222	0.5	MW 9-10A	145 REC SPRT FAC	AHN, R C
1-37	Beg. Taekwondo Olympic Style	19223	0.5	MW 10-11A	145 REC SPRT FAC	AHN, R C
2-12	Lo-Int Taekwondo Olympic Style	19149	0.5	MW 3-4P	145 REC SPRT FAC	AHN, R C
1-38	Beg. Taekwondo / Self-Defense	19253	0.5	MW 12-1P	145 REC SPRT FAC	AHN, R C
1-39	Beg. Taekwondo / Self-Defense	19254	0.5	MW 2-3P	145 REC SPRT FAC	AHN, R C
1-40	Beg. Taekwondo / Self-Defense	19255	0.5	TuTh 2-3P	145 REC SPRT FAC	AHN, R C
1-41	Beg. Taekwondo / Self-Defense	19256	0.5	TuTh 3-4P	145 REC SPRT FAC	AHN, R C
1-42	Beg. Yongmudo / Self-Defense	19190	0.5	TuTh 11-12P	145 REC SPRT FAC	AHN, R C
1-43	Beg. Yongmudo / Self-Defense	19191	0.5	TuTh 12-1P	145 REC SPRT FAC	AHN, R C

Sports

<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>
Sports		CMF Fee \$15				
1-44	Beg. Basketball	19192	0.5	MW 9-10A	RSF FLDHOUSE	RORK, L H
2-13	Lo-Int Basketball	46610	0.5	MW 11-12P	RSF FLDHOUSE	RORK, L H
3-6	Int Basketball	19020	0.5	MW 12-1P	RSF FLDHOUSE	RORK, L H
3-7	Int Basketball	19021	0.5	MW 10-11A	RSF FLDHOUSE	RORK, L H
4-4	Hi-Int Basketball	18732	0.5	MW 1-2P	RSF FLDHOUSE	RORK, L H
1-45	Beg. Tennis	19172	0.5	MW 9-10A	HEARSTGYMCTS	MORRIS, R A
1-46	Beg. Tennis	19173	0.5	MW 11-12P	HEARSTGYMCTS	MORRIS, R A
1-47	Beg. Tennis	19309	0.5	TuTh 9-10A	HEARSTGYMCTS	RORK, L H
2-14	Lo-int Tennis	19151	0.5	F 9-11A	HEARSTGYMCTS	RORK, L H
2-15	Lo-int Tennis	19152	0.5	MW 12-1P	HEARSTGYMCTS	MORRIS, R A
2-16	Lo-int Tennis	19153	0.5	MW 10-11A	HEARSTGYMCTS	MORRIS, R A
2-17	Lo-int Tennis	19154	0.5	TuTh 10-11A	HEARSTGYMCTS	RORK, L H
3-8	Int Tennis	19022	0.5	M 1-3P	HEARSTGYMCTS	MORRIS, R A
3-9	Int Tennis	19009	0.5	TuTh 1-2P	HEARSTGYMCTS	RORK, L H
3-10	Int Tennis	19024	0.5	Tu 11-1P	HEARSTGYMCTS	RORK, L H
4-5	Hi-Int Tennis	18733	0.5	W 1-3P	HEARSTGYMCTS	MORRIS, R A
4-6	Hi-Int Tennis	18734	0.5	Th 11-1P	HEARSTGYMCTS	RORK, L H
1-48	Beg. Volleyball	46387	0.5	MW 11-12P	220 HEARST GYM	CARAWAY, W J

2-18	Lo-Int Volleyball	19155	0.5	TuTh 11-12P	RSF FLDHOUSE	CARAWAY, W J
3-11	Int Volleyball	19011	0.5	Tu 12-2P	RSF FLDHOUSE	CARAWAY, W J
4-7	Hi-Int Volleyball	18738	0.5	Th 12-2P	RSF FLDHOUSE	CARAWAY, W J
5-1	Adv Volleyball	20101	0.5	MW 12-1P	220 HEARST GYM	CARAWAY, W J

Wellness and Yoga

<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>
Wellness and Yoga		CMF Fee \$15				
1-24	Beg. Yoga-Hatha	19252	0.5	F 10-12P	251 HEARST GYM	BRITTON, J E
1-25	Beg. Yoga-Hatha	19280	0.5	W 1-3P	251 HEARST GYM	BRITTON, J E
1-26	Beg. Yoga-Restorative	19281	0.5	F 1-3P	251 HEARST GYM	BRITTON, J E
1-27	Beg. Yoga-Restorative	19282	0.5	Tu 1-3P	251 HEARST GYM	BRITTON, J E
1-28	Beg. Yoga-Restorative	19283	0.5	Th 1-3P	251 HEARST GYM	BRITTON, J E
1-29	Beg. Yoga-Sport Conditioning	19284	0.5	MW 11-12P	234 HEARST GYM	MAR, T L
1-30	Beg. Yoga-Vinyasa	19216	0.5	TuTh 11-12P	251 HEARST GYM	MAR, T L
1-31	Beg. Yoga-Vinyasa	19217	0.5	MW 8-9A	251 HEARST GYM	MAR, T L
1-32	Beg. Yoga-Vinyasa	19218	0.5	MW 9-10A	251 HEARST GYM	MAR, T L
2-10	Lo-Int Yoga-Vinyasa	19175	0.5	TuTh 7-8A	251 HEARST GYM	MAR, T L
2-11	Lo-Int Yoga-Vinyasa	19148	0.5	MW 7-8A	251 HEARST GYM	MAR, T L
1-33	Beg. Yoga-Wellness Practices	19219	0.5	Tu 3-5P	251 HEARST GYM	BRITTON, J E
1-22	Flexibility & Strength Wrkshop	19250	0.5	M 10-12P	230 HEARST GYM	LI-JUE, S Y
1-23	Wellness: Walking for Wellness	19251	0.5	Th 3-5P	251 HEARST GYM	BRITTON, J E

PE 32

<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	20166	3	M 8-10A	60 BARROWS HALL	JOHANNESSEN, S

32-101	Fitness: Phs Ada/Ex	20167	0	Tu 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-102	Fitness: Phs Ada/Ex	20168	0	Tu 10-12P	210 HEARST GYM	JOHANNESSEN, S
32-103	Fitness: Phs Ada/Ex	20169	0	W 8-10A	210 HEARST GYM	JOHANNESSEN, S
32-104	Fitness: Phs Ada/Ex	20170	0	Th 8-10A	210 HEARST GYM	JOHANNESSEN, S

PE 197

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PE 197						
197-1	FIELD STUDY	19292	1.00 - 3.00	0		LI-JUE, S Y
197-2	FIELD STUDY	19333	1.00 - 3.00	0		LI-JUE, S Y

PE 98

<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 98		CMF Fee \$15				
98-1	Swing Dancing	19140	1.00 - 4.00	F 6-829P	234 HEARST GYM	BRITTON, J E
98-2	Beginning Ballet with Pointe	56257	1.00 - 4.00	M 6-8P	230 HEARST GYM	

PE 198

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PE 198		CMF Fee \$15				
198-1	Swing Dancing	19177	1.00 - 4.00	F 6-829P	234 HEARST GYM	BRITTON, J E
198-2	Beginning Ballet with Pointe	23086	1.00 - 4.00	M 6-8P	230 HEARST GYM	