

Spring 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	Swimming	67803	0.5	MW 1-2P	HEARST POOL	STEFKE, E J
1-2	Swimming	67806	0.5	TuTh 11-12P	HEARST POOL	STEFKE, E J
Basketball		CMF Fee \$15				
1-3	Basketball	67809	0.5	MW 9-10A	RSF FLDHOUSE	RORK, L H
Dance		CMF Fee \$15				
1-4	Ballet	67812	0.5	Tu 12-2P	230 HEARST GYM	SHAH, V G
1-5	Ballet	67815	0.5	Th 12-2P	230 HEARST GYM	SHAH, V G
1-6	Contemporary Dance	67818	0.5	Tu 10-12P	230 HEARST GYM	BRITTON, J E
1-7	Jazz Dance	67821	0.5	W 10-12P	230 HEARST GYM	BRITTON, J E
1-8	Tap Dance	67824	0.5	W 3-5P	234 HEARST GYM	LI-JUE, S Y
Fitness		CMF Fee \$15				
1-9	Circuit Weight Training	67827	0.5	MW 9-10A	125E REC SPRT FAC	WONG, D K
1-10	Circuit Weight Training	67830	0.5	MW 10-11A	125E REC SPRT FAC	WONG, D K
1-11	Circuit Weight Training	67833	0.5	TuTh 10-11A	125E REC SPRT FAC	WONG, D K
1-12	Circuit Weight Training	67836	0.5	TuTh 11-12P	125E REC SPRT FAC	WONG, D K
1-13	Core Conditioning	67839	0.5	MW 1-2P	234 HEARST GYM	MAR, T L
1-14	Core Conditioning	67842	0.5	TuTh 9-10A	234 HEARST GYM	MAR, T L
1-15	Interval Sports Training	67845	0.5	F 10-12P	RSF FLDHOUSE	WONG, D K
1-16	Resistance Training	67848	0.5	MW 11-12P	125E REC SPRT FAC	WONG, D K
1-17	Resistance Training	67851	0.5	MW 12-1P	125E REC SPRT FAC	WONG, D K

1-18	Resistance Training	67854	0.5	TuTh 12-1P	125E REC SPRT FAC	WONG, D K
1-19	Stretch, Strength, and Alignment	67857	0.5	M 10-12P	230 HEARST GYM	LI-JUE, S Y
1-20	Yoga-Restorative	67860	0.5	Tu 1-3P	251 HEARST GYM	BRITTON, J E
1-21	Yoga-Restorative	67863	0.5	Th 1-3P	251 HEARST GYM	BRITTON, J E
1-22	Yoga-Restorative	67866	0.5	F 1-3P	251 HEARST GYM	BRITTON, J E
1-23	Yoga-Hatha	67869	0.5	W 1-3P	251 HEARST GYM	BRITTON, J E
1-24	Yoga-Hatha	67872	0.5	F 10-12P	251 HEARST GYM	BRITTON, J E
1-25	Yoga-Sport Conditioning	67875	0.5	MW 11-12P	234 HEARST GYM	MAR, T L
1-26	Yoga-Sport Conditioning	67878	0.5	TuTh 10-11A	234 HEARST GYM	MAR, T L
1-27	Yoga-Vinyasa	67881	0.5	MW 9-10A	251 HEARST GYM	MAR, T L
1-28	Yoga-Vinyasa	67884	0.5	TuTh 11-12P	251 HEARST GYM	MAR, T L
1-29	Yoga-Vinyasa	67887	0.5	MW 8-9A	251 HEARST GYM	MAR, T L
1-30	Yoga-Wellness Practices	67890	0.5	Tu 4-6P	251 HEARST GYM	BRITTON, J E
Martial Arts		CMF Fee \$15				
1-31	Judo	67893	0.5	TuTh 9-10A	145 REC SPRT FAC	AHN, R C
1-32	Judo	67896	0.5	TuTh 10-11A	145 REC SPRT FAC	AHN, R C
1-33	Kumdo	67899	0.5	TuTh 3-4P	145 REC SPRT FAC	AHN, R C
1-34	Taekwondo	67902	0.5	MW 11-12P	145 REC SPRT FAC	AHN, R C
1-35	Taekwondo	67905	0.5	MW 12-1P	145 REC SPRT FAC	AHN, R C
1-36	Taekwondo	67908	0.5	MW 1-2P	145 REC SPRT FAC	AHN, R C
1-37	Taekwondo	67911	0.5	MW 2-3P	145 REC SPRT FAC	AHN, R C
1-38	Taekwondo	67914	0.5	MW 3-4P	145 REC SPRT FAC	AHN, R C
1-39	Taekwondo	67917	0.5	TuTh 11-12P	145 REC SPRT FAC	AHN, R C

1-40	Taekwondo	67920	0.5	TuTh 1-2P	145 REC SPRT FAC	AHN, R C
1-41	Taekwondo	67923	0.5	TuTh 2-3P	145 REC SPRT FAC	AHN, R C
1-42	Yongmudo/Self-Defense	67926	0.5	MW 9-10A	145 REC SPRT FAC	LINK, N
1-43	Yongmudo/Self-Defense	67929	0.5	MW 10-11A	145 REC SPRT FAC	LINK, N
Tennis		CMF Fee \$15				
1-44	Tennis	67932	0.5	MW 9-10A	HEARSTGYMCTS	MORRIS, R A
1-45	Tennis	67935	0.5	TuTh 9-10A	HEARSTGYMCTS	RORK, L H
Volleyball		CMF Fee \$15				
1-46	Volleyball	67937	0.5	MW 12-1P	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	Swimming	67938	0.5	MW 11-12P	HEARST POOL	STEFKE, E J
2-2	Swimming	67941	0.5	TuTh 10-11A	HEARST POOL	STEFKE, E J
2-3	Swimming	67944	0.5	TuTh 1-2P	HEARST POOL	STEFKE, E J
Basketball		CMF Fee \$15				
2-4	Basketball	67947	0.5	MW 8-9A	RSF FLDHOUSE	RORK, L H
2-5	Basketball	67950	0.5	MW 11-12P	RSF FLDHOUSE	RORK, L H
Dance		CMF Fee \$15				
2-6	Contemporary Dance	67953	0.5	Th 10-12P	230 HEARST GYM	BRITTON, J E
Dance		CMF Fee \$15				
2-7	Ballet	67956	0.5	W 12-2P	230 HEARST GYM	LI-JUE, S Y
2-8	Ballet	67959	0.5	M 2-4P	230 HEARST GYM	LI-JUE, S Y
2-9	Jazz Dance	67962	0.5	W 4-6P	230 HEARST GYM	BRITTON, J E
Fitness		CMF Fee \$15				
2-10	Core Conditioning	67965	0.5	MW 12-1P	234 HEARST GYM	MAR, T L
2-11	Core Conditioning	67968	0.5	TuTh 8-9A	234 HEARST	MAR, T L

					GYM	
2-12	Yoga-Vinyasa	67971	0.5	TuTh 12-1P	251 HEARST GYM	MAR, T L
2-13	Yoga-Vinyasa	67974	0.5	MW 7-8A	251 HEARST GYM	MAR, T L
Tennis		CMF Fee \$15				
2-14	Tennis	67977	0.5	MW 10-11A	HEARSTGYMCTS	MORRIS, R A
2-15	Tennis	67980	0.5	TuTh 10-11A	HEARSTGYMCTS	RORK, L H
Volleyball		CMF Fee \$15				
2-16	Volleyball	67983	0.5	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>
Aquatics		CMF Fee \$15				
3-1	Swimming	67989	0.5	MW 10-11A	HEARST POOL	STEFKE, E J
3-2	Swimming	67992	0.5	MW 2-3P	HEARST POOL	STEFKE, E J
3-3	Swimming	67995	0.5	TuTh 2-3P	HEARST POOL	STEFKE, E J
Basketball		CMF Fee \$15				
3-4	Basketball	67998	0.5	MW 10-11A	RSF FLDHOUSE	RORK, L H
3-5	Basketball	68001	0.5	MW 12-1P	RSF FLDHOUSE	RORK, L H
Dance		CMF Fee \$15				
3-6	Ballet	68004	0.5	M 12-2P	230 HEARST GYM	SHAH, V G
3-7	Dance Production	68007	0.5	Th 4-6P	230 HEARST GYM	LI-JUE, S Y
3-8	Lyrical Jazz	68010	0.5	Th 4-6P	234 HEARST GYM	BRITTON, J E
Tennis		CMF Fee \$15				
3-9	Tennis	68013	0.5	M 11-1P	HEARSTGYMCTS	MORRIS, R A
3-10	Tennis	68016	0.5	Tu 11-1P	HEARSTGYMCTS	RORK, L H
3-11	Tennis	68019	0.5	TuTh 1-2P	HEARSTGYMCTS	RORK, L H
Volleyball		CMF Fee \$15				
3-12	Volleyball	68022	0.5	Tu 12-2P	RSF FLDHOUSE	CARAWAY, W J
High Intermediate Activities						
<i>Class Lev /</i>	<i>Activity</i>	<i>CCN</i>	<i>Units</i>	<i>Class Day and</i>	<i>Class Location</i>	<i>Class Instructor</i>

<i>Sec</i>				<i>Time</i>		
Aquatics		CMF Fee \$15				
4-1	Swimming	68025	0.5	MW 9-10A	HEARST POOL	STEFKE, E J
4-2	Swimming	68028	0.5	MW 3-4P	HEARST POOL	STEFKE, E J
4-3	Swimming	68031	0.5	TuTh 3-4P	HEARST POOL	STEFKE, E J
Basketball		CMF Fee \$15				
4-4	Basketball	68034	0.5	MW 1-2P	RSF FLDHOUSE	RORK, L H
Tennis		CMF Fee \$15				
4-5	Tennis	68037	0.5	W 11-1P	HEARSTGYMCTS	MORRIS, R A
4-6	Tennis	68040	0.5	Th 11-1P	HEARSTGYMCTS	RORK, L H
Volleyball		CMF Fee \$15				
4-7	Volleyball	68043	0.5	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>
Volleyball		CMF Fee \$15				
5-1	Defensive Techniques	68046	0.5	MW 1-2P	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		CMF Fee \$15				
32-1	Lec - Fitness for Life: Physical Adaptations to Exercise	68217	3	M 10-12P	242 HEARST GYM	JOHANNESSEN, S
32-101	Lab - Fitness for Life: Physical Adaptations to Exercise	68220	0	Tu 8-10A	245 HEARST GYM	JOHANNESSEN, S
32-102	Lab - Fitness for Life: Physical Adaptations to Exercise	68223	0	Th 8-10A	245 HEARST GYM	JOHANNESSEN, S
PE C129						
C129-1	Lec - Human Physiol Assmt... (CL w/ IB C129L sec 1)	68229	3	MW 8-9A	242 HEARST GYM	JOHANNESSEN, S
C129-101	Lab - Human Physiol Assmt	68232	0	W 10-1P	3047 VALLEY LSB	JOHANNESSEN, S
C129-102	Lab - Human Physiol Assmt	68235	0	W 1-4P	3047 VALLEY LSB	JOHANNESSEN, S
PE C407						
C407-1	Lec - Intro to Scientific Diving...(CL w/ IB C407 sec 1)	68247	3	Tu 4-6P	188 HEARST GYM	HAYWARD, J M
C407-101	Lab - Intro to Scientific Diving	68250	0	W 7-10P	SPIEKER POOL	HAYWARD, J M

