

Archived

Spring 2018 Physical Education Classes

Updated 1/22/2018

| 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 | 28392 | 0.5 | MW 1-2P | HEARST POOL | STEFKE, E J |
| 1-2 | Beg. Swimming | 28393 | 0.5 | TuTh 11-12P | HEARST POOL | STEFKE, E J |
| 2-1 | Lo-Int Swimming | 28434 | 0.5 | MW 11-12P | HEARST POOL | STEFKE, E J |
| 2-2 | Lo-Int Swimming | 28435 | 0.5 | TuTh 10-11A | HEARST POOL | STEFKE, E J |
| 2-3 | Lo-Int Swimming | 28436 | 0.5 | TuTh 1-2P | HEARST POOL | STEFKE, E J |
| 3-1 | Int Swimming | 28450 | 0.5 | MW 10-11A | HEARST POOL | STEFKE, E J |
| 3-2 | Int Swimming | 28451 | 0.5 | MW 2-3P | HEARST POOL | STEFKE, E J |
| 3-3 | Int Swimming | 28452 | 0.5 | TuTh 2-3P | HEARST POOL | STEFKE, E J |
| 4-1 | Hi-Int Swimming | 28461 | 0.5 | MW 9-10A | HEARST POOL | STEFKE, E J |
| 4-2 | Hi-Int Swimming | 28462 | 0.5 | MW 3-4P | HEARST POOL | STEFKE, E J |
| 4-3 | Hi-Int Swimming | 28463 | 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 | 28394 | 0.5 | W 12-2P | 230 HEARST GYM | LI-JUE, S Y |
| 2-4 | Lo-Int Ballet | 28437 | 0.5 | Th 12-2P | 230 HEARST GYM | SHAH, V G |
| 2-5 | Lo-Int Ballet | 32796 | 0.5 | Tu 12-2P | 230 HEARST GYM | SHAH, V G |
| 3-4 | Int Ballet | 28453 | 0.5 | Tu 2-4P | 230 HEARST GYM | SHAH, V G |
| 2-6 | Ballet Rehearsal & Performance | 28438 | 0.5 | Th 2-4P | 230 HEARST GYM | SHAH, V G |
| 1-4 | Beg. Contemporary Dance | 28395 | 0.5 | M 12-2P | 230 HEARST GYM | LI-JUE, S Y |
| 1-5 | Beg. Jazz Dance | 28396 | 0.5 | Tu 10-12P | 230 HEARST GYM | BRITTON, J E |
| 1-6 | Beg. Jazz Dance | 28397 | 0.5 | W 10-12P | 230 HEARST GYM | BRITTON, J E |
| 2-7 | Lo-Int Jazz Dance | 28439 | 0.5 | Th 10-12P | 230 HEARST GYM | BRITTON, J E |

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| 2-8 | Lo-Int Tap Dance | 28440 | 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 | | | | |
| 1-8 | Beg. Circuit Weight Training | 32528 | 0.5 | MW 9-10A | 125E REC SPRT FAC | WONG, D K |
| 1-9 | Beg. Circuit Weight Training | 28399 | 0.5 | MW 10-11A | 125E REC SPRT FAC | WONG, D K |
| 1-10 | Beg. Circuit Weight Training | 28400 | 0.5 | TuTh 12-1P | 125E REC SPRT FAC | WONG, D K |
| 1-11 | Beg. Circuit Weight Training | 28401 | 0.5 | TuTh 11-12P | 125E REC SPRT FAC | WONG, D K |
| 1-12 | Beg. Core Conditioning | 28402 | 0.5 | MW 1-2P | 234 HEARST GYM | MAR, T L |
| 1-13 | Beg. Core Conditioning | 28403 | 0.5 | TuTh 9-10A | 234 HEARST GYM | MAR, T L |
| 2-9 | Lo-Int Core Conditioning | 28441 | 0.5 | MW 12-1P | 234 HEARST GYM | MAR, T L |
| 2-10 | Lo-Int Core Conditioning | 28442 | 0.5 | TuTh 8-9A | 234 HEARST GYM | MAR, T L |
| 1-14 | Beg. Interval Sports Training | 28404 | 0.5 | F 10-12P | RSF FLDHOUSE | WONG, D K |
| 1-7 | Beg. Reconditioning | 28398 | 0.5 | TuTh 10-11A | 234 HEARST GYM | MAR, T L |
| 1-15 | Beg. Resistance Training | 28405 | 0.5 | MW 11-12P | 125E REC SPRT FAC | WONG, D K |
| 1-16 | Beg. Resistance Training | 28406 | 0.5 | TuTh 10-11A | 125E REC SPRT FAC | WONG, D K |
| 1-17 | Beg. Speed Agility Quicknss Tr | 28407 | 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 | | | | |
| 1-30 | Beg. Martial Arts-Judo | 28419 | 0.5 | TuTh 9-10A | 145 REC SPRT FAC | AHN, R C |
| 1-31 | Beg. Martial Arts-Judo | 28420 | 0.5 | TuTh 10-11A | 145 REC SPRT FAC | AHN, R C |
| 2-13 | Lo-Int Taekwondo Olympic Style | 28445 | 0.5 | MW 12-1P | 145 REC SPRT FAC | AHN, R C |
| 1-32 | Beg. Taekwondo / Self-Defense | 28421 | 0.5 | MW 11-12P | 145 REC SPRT FAC | AHN, R C |

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| 1-33 | Beg. Taekwondo / Self-Defense | 28422 | 0.5 | MW 1-2P | 145 REC SPRT FAC | AHN, R C |
| 1-34 | Beg. Taekwondo / Self-Defense | 28423 | 0.5 | MW 2-3P | 145 REC SPRT FAC | AHN, R C |
| 1-35 | Beg. Taekwondo / Self-Defense | 28424 | 0.5 | MW 3-4P | 145 REC SPRT FAC | AHN, R C |
| 1-36 | Beg. Taekwondo / Self-Defense | 28425 | 0.5 | TuTh 11-12P | 145 REC SPRT FAC | AHN, R C |
| 1-37 | Beg. Taekwondo / Self-Defense | 28426 | 0.5 | TuTh 1-2P | 145 REC SPRT FAC | AHN, R C |
| 1-38 | Beg. Taekwondo / Self-Defense | 28427 | 0.5 | TuTh 2-3P | 145 REC SPRT FAC | AHN, R C |
| 2-14 | Lo-Int Taekwondo Self-Defense | 28446 | 0.5 | TuTh 3-4P | 145 REC SPRT FAC | AHN, R C |
| 1-39 | Beg. Yongmudo / Self-Defense | 28428 | 0.5 | MW 9-10A | 145 REC SPRT FAC | LINK, N G |
| 1-40 | Beg. Yongmudo / Self-Defense | 28429 | 0.5 | MW 10-11A | 145 REC SPRT FAC | LINK, N G |
| 1-41 | Beg. Yongmudo / Self-Defense | 41227 | 0.5 | MW 8-9A | 145 REC SPRT FAC | LINK, N G |

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 | | | | |
| 1-42 | Beg. Basketball | 28430 | 0.5 | MW 9-10A | RSF FLDHOUSE | RORK, L H |
| 2-15 | Lo-Int Basketball | 41228 | 0.5 | MW 11-12P | RSF FLDHOUSE | RORK, L H |
| 3-7 | Int Basketball | 28455 | 0.5 | MW 10-11A | RSF FLDHOUSE | RORK, L H |
| 3-8 | Int Basketball | 28456 | 0.5 | MW 12-1P | RSF FLDHOUSE | RORK, L H |
| 4-4 | Hi-Int Basketball | 28464 | 0.5 | MW 1-2P | RSF FLDHOUSE | RORK, L H |
| 1-43 | Beg. Tennis | 28431 | 0.5 | MW 9-10A | HEARSTGYMCTS | MORRIS, R A |
| 1-44 | Beg. Tennis | 28432 | 0.5 | TuTh 9-10A | HEARSTGYMCTS | RORK, L H |
| 2-16 | Lo-int Tennis | 28448 | 0.5 | MW 10-11A | HEARSTGYMCTS | MORRIS, R A |
| 2-17 | Lo-int Tennis | 28449 | 0.5 | TuTh 1-2P | HEARSTGYMCTS | RORK, L H |
| 2-18 | Lo-int Tennis | 32664 | 0.5 | TuTh 10-11A | HEARSTGYMCTS | RORK, L H |
| 3-9 | Int Tennis | 28457 | 0.5 | M 11-1P | HEARSTGYMCTS | MORRIS, R A |
| 3-10 | Int Tennis | 28458 | 0.5 | Tu 11-1P | HEARSTGYMCTS | RORK, L H |
| 3-11 | Int Tennis | 28459 | 0.5 | F 9-11A | HEARSTGYMCTS | RORK, L H |
| 4-5 | Hi-Int Tennis | 28465 | 0.5 | W 11-1P | HEARSTGYMCTS | MORRIS, R A |
| 4-6 | Hi-Int Tennis | 28466 | 0.5 | Th 11-1P | HEARSTGYMCTS | RORK, L H |
| 1-45 | Beg. Volleyball | 28433 | 0.5 | MW 12-1P | 220 HEARST GYM | CARAWAY, W J |
| 2-19 | Lo-Int Volleyball | 32665 | 0.5 | TuTh 11-12P | RSF FLDHOUSE | CARAWAY, W J |

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| 3-12 | Int Volleyball | 28460 | 0.5 | Tu 12-2P | RSF FLDHOUSE | CARAWAY, W J |
| 4-7 | Hi-Int Volleyball | 28467 | 0.5 | Th 12-2P | RSF FLDHOUSE | CARAWAY, W J |
| 5-1 | Adv Volleyball-Def Techniques | 28468 | 0.5 | MW 1-2P | 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 | | | | |
| 1-19 | Beg. Yoga-Hatha | 28409 | 0.5 | W 1-3P | 251 HEARST GYM | BRITTON, J E |
| 1-20 | Beg. Yoga-Hatha | 28410 | 0.5 | F 10-12P | 251 HEARST GYM | BRITTON, J E |
| 1-21 | Beg. Yoga-Restorative | 28411 | 0.5 | Tu 1-3P | 251 HEARST GYM | BRITTON, J E |
| 1-22 | Beg. Yoga-Restorative | 28412 | 0.5 | Th 1-3P | 251 HEARST GYM | BRITTON, J E |
| 1-23 | Beg. Yoga-Restorative | 28413 | 0.5 | F 1-3P | 251 HEARST GYM | BRITTON, J E |
| 1-24 | Beg. Yoga-Sport Conditioning | 28414 | 0.5 | MW 11-12P | 251 HEARST GYM | MAR, T L |
| 1-25 | Beg. Yoga-Vinyasa | 41226 | 0.5 | MW 9-10A | 251 HEARST GYM | MAR, T L |
| 1-26 | Beg. Yoga-Vinyasa | 28415 | 0.5 | TuTh 11-12P | 251 HEARST GYM | MAR, T L |
| 1-27 | Beg. Yoga-Vinyasa | 28416 | 0.5 | MW 8-9A | 251 HEARST GYM | MAR, T L |
| 2-11 | Lo-Int Yoga-Vinyasa | 28443 | 0.5 | TuTh 7-8A | 251 HEARST GYM | MAR, T L |
| 2-12 | Lo-Int Yoga-Vinyasa | 28444 | 0.5 | MW 7-8A | 251 HEARST GYM | MAR, T L |
| 1-28 | Beg. Yoga-Wellness Practices | 28417 | 0.5 | Tu 3-5P | 251 HEARST GYM | BRITTON, J E |
| 1-18 | Flexibility & Strength Wrkshop | 28408 | 0.5 | M 10-12P | 230 HEARST GYM | LI-JUE, S Y |
| 1-29 | Walking for Wellness | 28418 | 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 | 28525 | 3 | M 10-12P | 242 HEARST GYM | JOHANNESSEN, S |
| 32-101 | Fitness: Phs Ada/Ex | 28526 | 0 | Tu 8-10A | 210 HEARST | JOHANNESSEN, |

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| | | | | | GYM | S |
| 32-102 | Fitness: Phs Ada/Ex | 28527 | 0 | Tu 10-12P | 210 HEARST GYM | JOHANNESSEN, S |
| PE C129 | | | | | | |
| <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 C129 | | | | | | |
| C129-1 | Human Physiol Assmt | 28529 | 3 | MW 8-9A | 242 HEARST GYM | JOHANNESSEN, S |
| C129-101 | Human Physiol Assmt | 28530 | 0 | W 10-1P | 3047 VALLEY LSB | JOHANNESSEN, S |
| C129-102 | Human Physiol Assmt | 28531 | 0 | W 1-4P | 3047 VALLEY LSB | JOHANNESSEN, S |
| PE C407 | | | | | | |
| <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 C407 | | | | | | |
| C407-1 | INTRO TO SCI DIVING | 41896 | 3 | Tu 410-6P | 188 HEARST GYM | HAYWARD, J M |
| C407-101 | INTRO TO SCI DIVING | 41897 | 3 | W 7-9P | SPIEKER POOL | HAYWARD, J M |
| PE 197 | | | | | | |
| <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 197 | | | | | | |
| 197-1 | FIELD STUDY | 18654 | 1.00 - 3.00 | 0-00A | | LI-JUE, S Y |
| 197-2 | FIELD STUDY | 18655 | 1.00 - 3.00 | 0-00A | | 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 | Beg Ballet with Pointe | 28528 | 1.00 - 4.00 | M 6-829P | 230 HEARST GYM | SHAH, V G |
| 98-2 | Swing Dance | 33290 | 1.00 - 4.00 | F 6-829P | 234 HEARST GYM | BRITTON, J E |
| PE 198 | | | | | | |
| <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 198 | | CMF Fee \$15 | | | | |
| 198-1 | Beg Ballet with Pointe | 28534 | 1.00 - 4.00 | M 6-829P | 230 HEARST GYM | SHAH, V G |
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| 198-2 | Swing Dance | 33291 | 1.00 - 4.00 | F 6-829P | 234 HEARST GYM | BRITTON, J E |
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