

Archived

Spring 2019 Physical Education Classes

Updated 1/28/2019

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	23650	0.5	MW 1-2P	HEARST POOL	STEFKE, E J
1-2	Beg. Swimming	23651	0.5	TuTh 11-12P	HEARST POOL	STEFKE, E J
2-1	Lo-Int Swimming	23692	0.5	MW 11-12P	HEARST POOL	STEFKE, E J
2-2	Lo-Int Swimming	23693	0.5	TuTh 10-11A	HEARST POOL	STEFKE, E J
2-3	Lo-Int Swimming	23694	0.5	TuTh 1-2P	HEARST POOL	STEFKE, E J
3-1	Int Swimming	23707	0.5	MW 10-11A	HEARST POOL	STEFKE, E J
3-2	Int Swimming	23708	0.5	MW 2-3P	HEARST POOL	STEFKE, E J
3-3	Int Swimming	23709	0.5	TuTh 2-3P	HEARST POOL	STEFKE, E J
4-1	Hi-Int Swimming	23717	0.5	MW 9-10A	HEARST POOL	STEFKE, E J
4-2	Hi-Int Swimming	23718	0.5	MW 3-4P	HEARST POOL	STEFKE, E J
4-3	Hi-Int Swimming	23719	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				
1-10	Beg. Ballet	23658	0.5	Tu 12-2P	230 HEARST GYM	SHAH, V G
1-11	Beg. Jazz Dance	23659	0.5	Tu 10-12P	230 HEARST GYM	BRITTON, J E
1-12	Beg. Dance Production	23660	0.5	Th 10-12P	228 HEARST GYM	BRITTON, J E
1-13	Beg. Contemporary Dance	23661	0.5	Th 10-12P	230 HEARST GYM	BARNES, K L
1-14	Beg. Hip Hop Dance	23662	0.5	Th 12-2P	234 HEARST GYM	BARNES, K L
1-15	Beg. Afro Hits Jam	23663	0.5	M 5-7P	234 HEARST GYM	BIBENE, C B
1-16	Beg. African Dance	23664	0.5	M 3-5P	230 HEARST GYM	BIBENE, C B
1-17	Beg. Tap Dance	23665	0.5	W 12-2P	234 HEARST GYM	CUMMINS, A B
1-18	Beg. Broadway Jazz Dance	23666	0.5	W 2-4P	230 HEARST GYM	CUMMINS, A B

1-19	Beg. Ballroom Amer Smooth	23667	0.5	W 4-6P	234 HEARST GYM	CUMMINS, A B
1-20	Beg. Flamenco	23668	0.5	Th 5-7P	234 HEARST GYM	STANLEY, C C
1-22	Beg. Ballroom Dance	23670	0.5	W 12-2P	228 HEARST GYM	YOO, K
1-23	Beg. Salsa	23671	0.5	W 2-4P	234 HEARST GYM	YOO, K
1-24	Beg. Swing Dance	23672	0.5	Th 12-2P	228 HEARST GYM	YOO, K
2-10	Lo-Int Ballet	23700	0.5	Tu 2-4P	230 HEARST GYM	SHAH, V G
2-11	Lo-Int Ballet	23701	0.5	Th 12-2P	230 HEARST GYM	SHAH, V G
2-12	Lo-Int Salsa Dance	23702	0.5	Th 2-4P	228 HEARST GYM	YOO, K
3-10	Int Ballet	23714	0.5	Th 2-4P	230 HEARST GYM	SHAH, V G
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				
1-31	Beg. Resistance Training	23678	0.5	MW 10-11A	125E REC SPRT FAC	BARBER J J
1-32	Beg. Resistance Training	23679	0.5	MW 11-12P	125E REC SPRT FAC	BARBER J J
1-33	Beg. Resistance Training	23680	0.5	TuTh 10-11A	125E REC SPRT FAC	WONG, D K
1-34	Beg. Circuit Weight Training	23681	0.5	TuTh 11-12P	125E REC SPRT FAC	WONG, D K
1-35	Beg. Circuit Weight Training	23682	0.5	TuTh 12-1P	125E REC SPRT FAC	WONG, D K
1-36	Beg. Interval Sports Training	23683	0.5	F 10-12P	RSF FLDHOUSE	WONG, D K
1-37	Beg. Speed Agility Quicknss Tr	23684	0.5	TuTh 9-10A	RSF FLDHOUSE	WONG, D K
1-38	Beg. General Conditioning	23685	0.5	MW 8-9A	234 HEARST GYM	MAR, T L
1-39	Beg. Reconditioning	23686	0.5	MW 9-10A	234 HEARST GYM	MAR, T L
1-40	Beg. Core Conditioning	23687	0.5	TuTh 11-12P	234 HEARST GYM	MAR, T L
2-30	Lo-Int Interval Sport Training	26575	0.5	F 8-10A	RSF FLDHOUSE	WONG, D K

2-31	Lo-Int Core Conditioning	23705	0.5	TuTh 10-11A	234 HEARST GYM	MAR, T L
2-32	Lo-Int Core Conditioning	31828	0.5	MW 10-11A	234 HEARST GYM	MAR, T L
3-51	Int Core Conditioning	31851	0.5	MW 7-8A	234 HEARST GYM	MAR, T L
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				
1-50	Beg. Martial Arts-Judo	31794	0.5	TuTh 9-10A	145 REC SPRT FAC	AHN, R C
1-51	Beg. Martial Arts-Judo	31795	0.5	TuTh 10-11A	145 REC SPRT FAC	AHN, R C
1-52	Beg. Taekwondo / Self-Defense	31796	0.5	MW 11-12P	145 REC SPRT FAC	AHN, R C
1-53	Beg. Taekwondo / Self-Defense	31797	0.5	MW 1-2P	145 REC SPRT FAC	AHN, R C
1-54	Beg. Taekwondo / Self-Defense	31798	0.5	MW 2-3P	145 REC SPRT FAC	AHN, R C
1-55	Beg. Taekwondo / Self-Defense	31799	0.5	MW 3-4P	145 REC SPRT FAC	AHN, R C
1-56	Beg. Taekwondo / Self-Defense	31800	0.5	TuTh 11-12P	145 REC SPRT FAC	AHN, R C
1-57	Beg. Taekwondo / Self-Defense	31801	0.5	TuTh 1-2P	145 REC SPRT FAC	AHN, R C
1-58	Beg. Taekwondo / Self-Defense	31802	0.5	TuTh 2-3P	145 REC SPRT FAC	AHN, R C
1-59	Beg. Yongmudo / Self-Defense	31803	0.5	MW 9-10A	145 REC SPRT FAC	LINK, N G
1-60	Beg. Yongmudo / Self-Defense	31804	0.5	MW 10-11A	145 REC SPRT FAC	LINK, N G
2-70	Lo-Int Taekwondo Self-Defense	31836	0.5	MW 12-1P	145 REC SPRT FAC	AHN, R C
2-71	Lo-Int Taekwondo Self-Defense	31837	0.5	TuTh 3-4P	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				
1-90	Beg. Basketball	31820	0.5	MW 9-10A	RSF FLDHOUSE	RORK, L H
1-91	Beg. Tennis	31821	0.5	MW 9-10A	HEARSTGYMCTS	MORRIS, R A
1-92	Beg. Badminton	31822	0.5	TuTh 9-10A	220 HEARST GYM	RORK, L H

1-93	Beg. Volleyball	31823	0.5	MW 12-1P	220 HEARST GYM	CARAWAY, W J
1-94	Beg. Tennis	31824	0.5	TuTh 10-11A	HEARSTGYMCTS	RORK, L H
2-90	Lo-Int Basketball	31841	0.5	MW 11-12P	RSF FLDHOUSE	RORK, L H
2-91	Lo-int Tennis	31842	0.5	Tu 1-3P	HEARSTGYMCTS	RORK, L H
2-93	Lo-int Tennis	31844	0.5	MW 10-11A	HEARSTGYMCTS	MORRIS, R A
2-94	Lo-Int Volleyball	31845	0.5	TuTh 11-12P	RSF FLDHOUSE	CARAWAY, W J
3-90	Int Basketball	31852	0.5	MW 10-11A	RSF FLDHOUSE	RORK, L H
3-91	Int Basketball	31853	0.5	MW 12-1P	RSF FLDHOUSE	RORK, L H
3-92	Int Tennis	31854	0.5	Tu 11-1P	HEARSTGYMCTS	RORK, L H
3-93	Int Tennis	31855	0.5	Th 1-3P	HEARSTGYMCTS	RORK, L H
3-94	Int Tennis	31856	0.5	M 11-1P	HEARSTGYMCTS	MORRIS, R A
3-95	Int Volleyball	31857	0.5	Tu 12-2P	RSF FLDHOUSE	CARAWAY, W J
4-90	Hi-Int Basketball	23720	0.5	MW 1-2P	RSF FLDHOUSE	RORK, L H
4-91	Hi-Int Tennis	23721	0.5	Th 11-1P	HEARSTGYMCTS	RORK, L H
4-92	Hi-Int Tennis	23722	0.5	W 11-1P	HEARSTGYMCTS	MORRIS, R A
4-93	Hi-Int Volleyball	23723	0.5	Th 12-2P	RSF FLDHOUSE	CARAWAY, W J
5-90	Adv Volleyball-Def Techniques	23724	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				
1-30	Beg. Stretch, Strength & Align	23677	0.5	W 10-12P	230 HEARST GYM	BRITTON, J E
1-70	Beg. Yoga-Restorative	31807	0.5	W 1-3P	251 HEARST GYM	BRITTON, J E
1-71	Beg. Yoga-Hatha	31808	0.5	F 10-12P	251 HEARST GYM	BRITTON, J E
1-72	Beg. Yoga-Restorative	31809	0.5	Tu 1-3P	251 HEARST GYM	BRITTON, J E
1-73	Beg. Yoga-Restorative	31810	0.5	Th 1-3P	251 HEARST GYM	BRITTON, J E
1-74	Beg. Yoga-Restorative	31811	0.5	F 1-3P	251 HEARST GYM	BRITTON, J E
1-75	Beg. Yoga-Wellness Practices	31812	0.5	Tu 3-5P	251 HEARST GYM	BRITTON, J E
1-76	Beg. Yoga-Wellness Practices	31813	0.5	Th 3-5P	251 HEARST GYM	BRITTON, J E
1-77	Beg. Yoga-Vinyasa	31814	0.5	TuTh 8-9A	251 HEARST GYM	MAR, T L

1-78	Beg. Yoga-Vinyasa	31815	0.5	TuTh 9-10A	251 HEARST GYM	MAR, T L
1-79	Beg. Yoga-Vinyasa	31816	0.5	MW 12-1P	251 HEARST GYM	MAR, T L
2-50	Lo-Int Yoga-Vinyasa	31832	0.5	MW 11-12P	251 HEARST GYM	MAR, T L
3-50	Int Yoga-Vinyasa	31850	0.5	TuTh 7-8A	251 HEARST GYM	MAR, T L

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	23781	3	M 10-12P	242 HEARST GYM	JOHANNESSEN, S
32-101	Fitness: Phs Ada/Ex	23782	0	Tu 8-10A	TBA	JOHANNESSEN, S
32-102	Fitness: Phs Ada/Ex	23783	0	Tu 10-12P	TBA	JOHANNESSEN, S

PE 130

<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 130						
130-1	HIST PHIL SPORT PHY	32266	3	TuTh 930-11A	188 HEARST GYM	MURRAY, S R

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	23785	3	MW 8-9A	242 HEARST GYM	JOHANNESSEN, S
C129-101	Human Physiol Assmt	23786	0	W 10-1P	3047 VALLEY LSB	JOHANNESSEN, S
C129-102	Human Physiol Assmt	23787	0	W 1-4P	3047 VALLEY LSB	JOHANNESSEN, S

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	18673	1.00 - 3.00	0-00A	TBA	MURRAY, S R
197-2	FIELD STUDY	18674	1.00 - 3.00	0-00A	TBA	MURRAY, S R

PE 98

PE 98						
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<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						
98-2	DIRECTED GROUP STDY	25771	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						
198-2	DIRECTED GROUP STDY	25772	1.00 - 4.00	F 6-829P	TBA	BRITTON, J E