

# ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

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*Athletic Director: Bob Bowlsby*  
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*Senior Associate Athletic Director, External Relations: Chris Hutchins*  
*Senior Associate Athletic Director, Intercollegiate Sports: Earl Koberlein*  
*Senior Associate Athletic Director, Program Services: Darrin Nelson*  
*Senior Associate Athletic Director, Development: Jeff Shilling*  
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*Assistant Athletic Director, Facilities: Skip Braatz*  
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*Assistant Athletic Director, Marketing: Bob Carruesco*  
*Assistant Athletic Director, Human Resources: Ron Coverson*  
*Assistant Athletic Director, Facilities, Operations, and Events: Carl Reed*  
*Assistant Athletic Director, Capital Planning: David Schinski*  
*Senior Lecturer: Anne Gould*  
*Sport Directors: Al Acosta (Lightweight Crew, women), Craig Amerkhanian (Crew, men), Amy Bokker (Lacrosse), Johnny Dawkins (Basketball, men), Jason Dunn (Cross Country), John Dunning (Volleyball, women), Yasmin Farooq (Crew, women), Edrick Floreal (Track and Field, women), Lele Forood (Tennis, women), Thom Glielmi (Gymnastics, men), Jim Harbaugh (Football), Lesley Irvine (Field Hockey), Skip Kenney (Swimming, men), John Kosty (Volleyball, men), Mark Marquess (Baseball), Lea Maurer (Swimming, women), Caroline O'Connor (Golf, women), Heather Olson (Synchronized Swimming), George Pogosov (Fencing), Lisa Posthumus (Fencing), Paul Ratcliffe (Soccer, women), Conrad Ray (Golf, men), John Rittman (Softball), Richard Schavone (Diving), Bret Simon (Soccer, men), Kristen Smyth (Gymnastics, women), Mark Talbott (Squash, women), John Tanner (Water Polo, women), John Vandemoer (Sailing), Tara VanDerveer (Basketball, women), John Vargas (Water Polo, men), John Whitlinger (Tennis, men)*  
*Sport Assistant Coaches: Jessica Allister (Softball), Lance Anderson (Football), Jon Barnea (Water Polo, men), Alison Bartosik (Synchronized Swimming), Rob Becerra (Soccer, men), Jason Borrelli (Wrestling), Frankie Brennan (Tennis, women), Andy Buh (Football), Jay Cooney (Soccer, women), Denise Corlett (Volleyball, women), Brandon Coupe (Tennis, men), Chris Dalman (Football), Dick Davey (Basketball, men), Tim Drevno (Football), DJ Durkin (Football), Trisha Ford (Softball), Mandy Hart (Field Hockey), Vaclav Kacir (Crew, women), Bobbie Kelsey (Basketball, women), Ted Knapp (Swimming, men), Kris Mack (Track and Field), Jason Mansfield (Volleyball, women), Salimah Mussani (Golf, women), Dave Nakama (Baseball), Valeriy Naulo (Fencing), Andrew Ninow (Track and Field), Gregg Olson (Soccer, men), Susan Ortwein (Water Polo, women), Kate Paye (Basketball, women), J.D. Reive (Gymnastics, men), David Shaw (Football), Ken Shibuya (Volleyball, men), Jordan Steele Marotta (Field Hockey), Erik Storck (Sailing), Dean Stotz (Baseball), Katherine Sweet (Lightweight Crew, women), Chris Swircek (Gymnastics,*

women), Willie Taggart (Football),

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Courses offered by the Department of Athletics, Physical Education, and Recreation have the subject code ATHLETIC, and are listed in the "Athletics, Physical Education, and Recreation (ATHLETICS) Courses" section of this bulletin.

From the founding of the University, Stanford's leaders have believed physical activity is valuable for its own sake and complementary to the educational purpose of the University. The mission of the Department of Athletics, Physical Education, and Recreation is to offer the widest possible range of quality programs for athletic participation and physical fitness at all levels of skill and interest. Within the limitations of its resources, the department provides a broad range of instructional, recreational, and intramural competitive programs for all who wish to participate. The intrinsic value to the participant is the primary criterion by which the worth of the programs should be judged.

The goals of the department's programs are to promote understanding of the value and role of physical activity as an important dimension of the human condition, to develop performance skills in sport, to develop the habit of participation, and to provide leadership opportunities in aquatics, sports, and other physical activities. To this end, the program encompasses a diversity of learning and participating opportunities from informal recreation through organized intramural competition, basic instructional classes, and theoretical study to, and including, intercollegiate athletic competition.

## PROGRAMS IN ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

No degrees are offered in Physical Education.

### INTERCOLLEGIATE ATHLETICS

In keeping with American university tradition, Stanford offers a broad intercollegiate athletic program. The objectives are to provide the opportunity to compete at the highest possible level without jeopardizing the integrity of the individual or the institution; to adhere strictly to all University, association, and conference rules governing athletic participation; and to encourage effectively the achievement of academic goals by student athletes at the same rate as other University students. As a member of the National Collegiate Athletic Association (NCAA), Stanford fields both men's and women's varsity teams. Those for men are baseball, basketball, crew, cross country, fencing, football, golf, gymnastics, sailing, soccer, swimming and diving, tennis, track and field, volleyball, water polo, and wrestling. Those for women are basketball, crew, cross country, fencing, field hockey, golf, gymnastics, lacrosse, sailing, soccer, softball, squash, swimming and diving, synchronized swimming, tennis, track and field, volleyball, and water polo.

Both men's and women's teams are affiliated with the Pacific Ten Conference, one of the premier athletic conferences in the nation. Additional or alternative intercollegiate athletic competition is available for all teams.

### CLUB SPORTS

The Stanford Club Sports program provides competition in sports not included in the intercollegiate varsity program and instruction in classes or activities not included in the Physical Education program. It also develops student leadership in organizing, administering, and funding activities. The club program is actively supervised by the Coordinator of Club Sports, but the emphasis is on student interest and leadership to initiate, organize, and conduct the respective clubs. Those students in clubs that meet the criteria for inclusion in the formal curriculum may apply for units of credit.

### INTRAMURAL SPORTS (IM)

Students interested in participating in intramural sports should visit the intramural web site: <http://www.stanford.edu/group/intramurals> for more information. They may visit the IM Office in

Ford/Burnham. The program includes formal competition in fifteen team and individual sports using both league and single elimination tournament play structure. Individuals are encouraged to check the web site at the beginning of each quarter to obtain registration and league information. Registration occurs on the second Monday and Tuesday of each quarter, with mandatory captain meetings held that Thursday evening. Intramural leagues are offered in Autumn, Winter, Spring, and Summer quarters.

## RECREATION

The department provides facility use for faculty, staff, and students (and, for some activities, their immediate families) to participate in aquatics, conditioning, and sports for general recreation. Specific recreation hours for all the facilities are posted throughout the year at the respective facilities and at <http://suwellness.stanford.edu>.

The golf course and driving range are available for faculty, staff, and student use on a fee basis; information is available from the Golf Pro Shop.

Recreational classes are offered in areas such as rock climbing, indoor cycling, and golf.

## FACILITIES

Athletic facilities are located throughout the campus. On the west side of campus are the Golf Course, the Golf Driving Range, the Red Barn Stables, Roble Field and Pool, the Sand Hill Intramural Fields, and the West Campus Tennis Courts. Centrally located is the Tresidder Fitness Center. On the east side of campus are the Arrillaga Center for Sports and Recreation, the Arrillaga Family Racquetball Center, the Arrillaga Family Sports Center, Avery Aquatic Center, Burnham Pavilion, Cobb Track and Angell Field, the Ford Center for Sports and Recreation, the Manzanita Basketball Court and Field, Maples Pavilion, Taube South Tennis Courts, and Taube Tennis Stadium.

Off-campus facilities include the Morrison Boathouse, a sailing and rowing facility.

## CURRICULUM AND SERVICES

The diverse instructional program strives to accommodate the sports interests of all undergraduate and graduate students. Only intercollegiate varsity men's and women's teams are limited to undergraduates. Skill groupings and limited class sizes enable the beginning student or the advanced performer to achieve success within the limits of individual motivation and potential. Skill level in, and knowledge about, a specific activity as well as available space are the only limitations to enrollment. Physically disabled students are encouraged to contact Eric Stein ([elstein@stanford.edu](mailto:elstein@stanford.edu)) for enrollment advice.

**Academic Credit**—Activity classes carry 1 unit of credit for satisfactory completion of work. Although there is no limitation on the number of activity classes in which a student may enroll, no more than 8 units of these activity classes (and/or other University activity classes) may be applied toward undergraduate graduation requirements (see the "Undergraduate Degrees" section of this bulletin).

**Auditing**—No auditing is allowed in activity classes. Faculty and staff may take an activity class as space is available with instructor consent after student enrollment is completed.

**Class Fees**—Fees are charged for enrollment in all physical education activity classes and club sports.

Class fees are payable only by check or money order payable to Stanford University. Cash is not acceptable. Fees are payable at the first, and are required by the second, class meeting for a student to remain in class. Late enrollees must submit fees no later than the second time they attend the class.

Full refund is given to students who drop a class during the first two weeks of classes and request a refund at that time. No refund is given if a student either neglects to request a refund under the conditions listed previously or drops the class after the second week.

**Class Sign-ups**—Students sign up for classes on Axess. For classes with limited enrollment, students must attend the first class meeting or contact the instructor to guarantee their space in class.

**Deadline for Adding a Class**—Students who have never appeared in a class may not enroll in that class after the fourth class meeting has passed. Students may add the class after the fourth meeting if they have been in attendance and, for whatever reason, did not get registered until the beginning of the fourth week (the University deadline for adding courses).

**Equipment**—Information on equipment and recommended class attire is available from the department or instructor.

**Lockers**—Lockers are available for rent to faculty/staff and students at the Arrillaga Family Sports Center and Roble Gym. The fee for faculty/staff is \$20 per quarter or \$50 per year. The fee for students is \$15 per quarter or \$35 per year.

# ATHLETICS, PHYSICAL EDUCATION, AND RECREATION (ATHLETIC) COURSES

See the "Athletics, Physical Education, and Recreation" section of this bulletin for more information on the Department of Athletics, Physical Education, and Recreation. See <http://www.stanford.edu/dept/pe> for further information on courses and sign-up procedures.

## UNDERGRADUATE COURSES IN ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

### ATHLETIC 2. Abs and Glutes

Lower body workout to strengthen glutes and thighs, and abdominal training. Fee. (AU)

1 unit, Aut (Sanders, B), Win (Sanders, B), Spr (Sanders, B), Sum (Conniff, N)

### ATHLETIC 4C. Archery Club Team (AU)

1 unit, Aut (Staff), Win (Staff), Spr (Staff)

### ATHLETIC 7. Badminton, Beginning/Intermediate

Skills, knowledge, and etiquette including fundamentals such as serving, forehand and backhand shots, drops, and smashes. Score keeping. Strategies for play in singles and doubles. Fee. (AU)

1 unit, Win (Mack, K)

### ATHLETIC 8C. Badminton Club Team (AU)

1 unit, Aut (Staff), Win (Staff), Spr (Staff)

### ATHLETIC 10. Band Sports Activity (AU)

1 unit, Aut (Aquilanti, G), Win (Aquilanti, G), Spr (Aquilanti, G)

### ATHLETIC 12V. Baseball. Varsity Men (AU)

1-2 units, Aut (Marquess, M; Stotz, D), Win (Marquess, M; Stotz, D), Spr (Marquess, M; Stotz, D)

### ATHLETIC 14V. Basketball. Varsity Men (AU)

1-2 units, Aut (Dawkins, J), Win (Dawkins, J)

### ATHLETIC 15V. Basketball. Varsity Women (AU)

1-2 units, Aut (VanDerveer, T), Win (VanDerveer, T)

### ATHLETIC 17. Body Blast and Sculpt

Full body workout using weights, bands, and body bars. Fee. (AU)

1 unit, Aut (Mandell, M), Win (Mandell, M), Spr (Mandell, M)

### ATHLETIC 19C. Canoe and Kayak Club (AU)

1 unit, Aut (Staff), Win (Staff), Spr (Staff)

### ATHLETIC 23. Core Training

Exercises to build muscular strength and body core endurance, focusing on balance and stability. Equipment includes stability and medicine balls. Fee. (AU)

1 unit, Aut (Conniff, N), Win (Conniff, N), Spr (Conniff, N), Sum (Mandell, M)

### ATHLETIC 25V. Crew. Varsity Men (AU)

1-2 units, Aut (Amerkhanian, C), Win (Amerkhanian, C), Spr (Amerkhanian, C)

**ATHLETIC 26V. Crew, Varsity Women (AU)**  
1-2 units, Aut (Farooq, Y), Win (Farooq, Y), Spr (Farooq, Y)

**ATHLETIC 28V. Cross Country, Varsity Men (AU)**  
1-2 units, Aut (Tegen, P)

**ATHLETIC 29V. Cross Country, Varsity Women (AU)**  
1-2 units, Aut (Tegen, P)

**ATHLETIC 31C. Cycling Club Team (AU)**  
1 unit, Aut (Staff), Win (Staff), Spr (Staff)

**ATHLETIC 34V. Diving, Varsity Men (AU)**  
1-2 units, Aut (Schavone, R), Win (Schavone, R), Spr (Schavone, R)

**ATHLETIC 35V. Diving, Varsity Women (AU)**  
1-2 units, Aut (Schavone, R), Win (Schavone, R), Spr (Schavone, R)

**ATHLETIC 37C. Equestrian Club Team (AU)**  
1 unit, Aut (Bartsch, V), Win (Bartsch, V), Spr (Bartsch, V)

**ATHLETIC 39. Fencing: Beginning**  
The sport of swordmanship develops quick hands, strong legs, and a strategic mind. Footwork, handwork, and bouting. Emphasis is on foil technique. All equipment provided. Fee. (AU)  
1 unit, Aut (Naulo, V), Win (Naulo, V), Spr (Naulo, V)

**ATHLETIC 40. Fencing, Advanced Beginning**  
Continuation of 39; learn advanced footwork and handwork. Strategy and bouting. Introduction to epee and saber. All equipment provided. Prerequisite: 39. Fee. (AU)  
1 unit, Aut (Naulo, V), Win (Naulo, V), Spr (Naulo, V)

**ATHLETIC 41V. Fencing, Varsity Men (AU)**  
1-2 units, Aut (Posthumus, E), Win (Posthumus, E), Spr (Posthumus, E)

**ATHLETIC 42V. Fencing, Varsity Women (AU)**  
1-2 units, Aut (Posthumus, E), Win (Posthumus, E), Spr (Posthumus, E)

**ATHLETIC 44. Fitness for Life**  
For improving overall fitness level. Workouts include brief periods of high intensity exercise interspersed with lower intensity exercise or rest. Short duration agility runs, weight lifting, and cardiovascular improvement. Proper stretching techniques, warm-ups, cool-downs, and monitoring heart rate. Fee. (AU)  
1 unit, Win (Irvine, L), Spr (Irvine, L)

**ATHLETIC 46. Field Hockey, Intermediate**  
For those with prior experience. Techniques, skills, and strategy. Scrimmages and game-like scenarios. Fee. (AU)  
1 unit, Win (Irvine, L)

**ATHLETIC 47V. Field Hockey, Varsity Women (AU)**  
1-2 units, Aut (Irvine, L), Spr (Irvine, L)

**ATHLETIC 49V. Football, Varsity (AU)**  
1-2 units, Aut (Harbaugh, J), Spr (Harbaugh, J)

**ATHLETIC 51. Golf: Beginning**  
Fundamentals of the golf swing; putting, chipping, and sand play. Golf etiquette and rules. Fee. (AU)  
1 unit, Aut (Miller, J), Win, Spr (Marrone, P), Sum (Miller, J)

**ATHLETIC 52. Golf: Advanced Beginning**  
Further development of the golf swing and short game. How to practice. Rules and etiquette. Prerequisite: 51 or golf experience. Fee. (AU)  
1 unit, Aut (Shaw, D), Win (Marrone, P), Spr, Sum (Miller, J)

**ATHLETIC 53. Golf: Intermediate**  
Drills and practice. How to lower scores and manage the game on the course. Prerequisite: 52 or equivalent. Fee. (AU)  
1 unit, Aut (Shaw, D), Win, Spr (Marrone, P), Sum (Miller, J)

**ATHLETIC 54. Golf: Advanced**  
Goal is to refine the golf swing and increase power, distance, and accuracy. Course management, mental preparation, visualization techniques. Prerequisites: 53 or experience playing and practicing, and the ability to hit shots with relative accuracy and distance. Fee. (AU)  
1 unit, Aut (Miller, J), Win (Miller, J), Spr (Miller, J)

**ATHLETIC 55V. Golf, Varsity Men (AU)**  
1-2 units, Aut (Ray, C), Win (Ray, C), Spr (Ray, C)

**ATHLETIC 56V. Golf, Varsity Women (AU)**  
1-2 units, Aut (O'Connor, C), Win (O'Connor, C), Spr (O'Connor, C)

**ATHLETIC 58. Gymnastics: Beginning**  
Fundamental gymnastics movement for men and women, including flexibility and strength exercises taught on the Olympic apparatus including floor, balance beam, bars, and rings. Fee. (AU)  
1 unit, Aut (Swircek, C), Win (Swircek, C), Spr (Swircek, C)

**ATHLETIC 59. Gymnastics: Intermediate**  
For students who have completed 58 or have a background in gymnastics. Emphasis is on tumbling and somersaulting. Group work and individualized instruction for men and women. Limited apparatus work. Fee. (AU)  
1 unit, Aut (Thompson, D), Win (Thompson, D), Spr (Thompson, D)

**ATHLETIC 60V. Gymnastics, Varsity Men (AU)**  
1-2 units, Aut (Glielmi, T), Win (Glielmi, T), Spr (Glielmi, T)

**ATHLETIC 61V. Gymnastics, Varsity Women (AU)**  
1-2 units, Aut (Smyth, K), Win (Smyth, K), Spr (Smyth, K)

**ATHLETIC 63. Hip Hop**  
Funky, jazzy, hip hop dance for fun and cardiovascular fitness. Fee. (AU)  
1 unit, Aut (Bell, M; Miller Bell, A), Win (Bell, M; Miller Bell, A), Spr (Bell, M; Miller Bell, A), Sum (Miller Bell, A)

**ATHLETIC 65. Horsemanship: Beginning Riding**  
No experience needed. Basic horsemanship and riding at the walk, trot and canter. Fee. (AU Bartsch)  
1 unit, Aut (Bartsch, V), Win (Bartsch, V), Spr (Bartsch, V)

**ATHLETIC 66. Horsemanship: Advanced Beginning Riding**  
Horsemanship and horse care; the canter and basic jumping. Prerequisite: 65 or equivalent. Fee. (AU)  
1 unit, Aut (Bartsch, V), Win (Bartsch, V), Spr (Bartsch, V)

**ATHLETIC 67. Horsemanship: Intermediate Riding**  
Basic veterinary skills and barn management. Riding at all gaits and completing horsemanship patterns (Western) or jumping basic courses (English). Fee. Prerequisite: 66 or equivalent. (AU)  
1 unit, Aut (Bartsch, V), Win (Bartsch, V), Spr (Bartsch, V)

**ATHLETIC 68. Horsemanship: Student Assistant (Bartsch)**  
1 unit, Aut (Bartsch, V), Win (Bartsch, V), Spr (Bartsch, V)

**ATHLETIC 70C. Horse Polo Club Team (AU)**  
1 unit, Aut (Staff), Win (Staff), Spr (Staff)

**ATHLETIC 72C. Ice Hockey Club Team Men (AU)**  
1 unit, Aut (Staff), Win (Staff)

**ATHLETIC 74C. Judo Club Team (AU)**  
1 unit, Aut (Staff), Win (Staff), Spr (Staff)

**ATHLETIC 76. Kickboxing**  
High intensity cardio workout incorporating kicks, punches, and elbow/knee and other combinations inspired by martial arts and boxing. Fee. (AU)  
1 unit, Aut (Mandell, M), Win (Mandell, M), Spr (Mandell, M), Sum (Mandell, M)

**ATHLETIC 77C. Lacrosse Club Team (Men) (AU)**  
1 unit, Aut (Staff), Win (Staff), Spr (Staff)

**ATHLETIC 78V. Lacrosse, Varsity Women (AU)**  
1-2 units, Aut (Bokker, A), Win (Bokker, A), Spr (Bokker, A)

**ATHLETIC 80. Lifeguard Training**  
Priority to those wanting to guard at Stanford during the year. Lifeguard characteristics and responsibilities, recognition of hazards and emergencies, patron and facility surveillance, interaction with the public, rescue skills. Community first aid and CPR for the professional rescuer. Fee. Prerequisite: pass swim test (swimmer/advanced swimmer level).  
2 units, Spr (Erdrich, M)

**ATHLETIC 82. Manager: Athletic Team**  
For student managers of intercollegiate teams. Prerequisite: consent

of respective varsity team head coach. (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 83. Introduction to Martial Arts**

Techniques, training methods, history, and culture of Asian martial arts. Three styles per quarter. Warm-ups, fundamental techniques, basic application, and conditioning. Fee.

*1 unit, Aut (Ghormley, T), Win (Ghormley, T), Spr (Ghormley, T)*

**ATHLETIC 84. Outdoor Leadership**

Skills needed to lead basic multi-day backpacking trips. Classroom sessions and wilderness trips. Topics include group dynamics and leadership, technical skills, and wilderness first aid. Class may require work over several quarters. See <http://www.stanford.edu/group/spot/training/>.

*1 unit, Aut (Moore, S; Nash-Webber, C), Win (Moore, S; Nash-Webber, C), Spr (Moore, S; Nash-Webber, C)*

**ATHLETIC 87. Rock Climbing: Strength and Conditioning**

For experienced climbers to improve climbing skills and overall fitness through rock climbing exercises that center on focus, endurance, power-endurance, and power. Prerequisite: intermediate climbing class or equivalent or consent of instructor. Fee. (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 89. Rowing, Beginning**

The ergometer rowing machine, spin bikes, and rowing shells. Sports nutrition and physiology. Fee.

*1 unit, Aut (Amerkhanian, C; Farooq, Y)*

**ATHLETIC 90. Pilates Mat**

Balanced sequence of exercises emphasizing grace and balance. Breath work and precision separate Pilates from traditional conditioning methods. Fee. (AU)

*1 unit, Aut (Conniff, N), Win (Conniff, N), Spr (Conniff, N), Sum (Conniff, N)*

**ATHLETIC 91C. Rugby Club Team (Men) (AU)**

*1 unit, Aut (Griffin, P), Win (Griffin, P), Spr (Griffin, P)*

**ATHLETIC 92C. Rugby Club Team (Women) (AU)**

*1 unit, Aut (Griffin, P), Win (Griffin, P), Spr (Griffin, P)*

**ATHLETIC 94C. Running Club (AU)**

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 97. Sailing, Beginning: Keelboat**

Basic skills, theory, and techniques enable beginners to sail a 24'-30' fixed keelboat with confidence. Emphasis is on safety and seamanship skills. Fee. (AU)

*1 unit, not given this year*

**ATHLETIC 98. Sailing, Beginning: Dinghy**

Skills, theory, and techniques to enable beginners to sail with confidence in small centerboard boats. Fee. (AU)

*1 unit, Aut (Staff), Spr (Storck, E)*

**ATHLETIC 99. Sailing, Intermediate: Dinghy**

Refine skills. Introduction to racing. Prerequisite: consent of instructor. Fee. (AU)

*1 unit, Aut (Staff), Spr (Storck, E)*

**ATHLETIC 101. Sailing: Beginning Dinghy Racing**

Racing rules, strategy, tactics, and more advanced boat handling. Enrollment limited to 14. Fee. (AU)

*1 unit, Spr (Staff)*

**ATHLETIC 102. Sailing: Assistant Instructor (Beginning Level)**

*2 units, Aut (Staff), Spr (Staff)*

**ATHLETIC 103. Sailing: Assistant Instructor (Intermediate/Advanced Level)**

*2 units, Aut (Staff), Spr (Staff)*

**ATHLETIC 104V. Sailing. Varsity Men (AU)**

*1-2 units, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 105V. Sailing. Varsity Women (AU)**

*1-2 units, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 107C. Ski Club Team (AU)**

*1 unit, Win (Staff)*

**ATHLETIC 109. Social Dance, Beginning**

Introduction to partner dancing. Steps, styling, and rhythms in popular social dances such as tango, salsa, waltz, cha-cha, and foxtrot. No experience or partner necessary. Fee. (AU)

*1 unit, Aut (Sun, R), Win (Sun, R), Spr (Sun, R)*

**ATHLETIC 112. Soccer: Intermediate/Advanced**

For the player with club or high school experience. Small group offensive and defensive tactics. Drills and small-sided games. Fee.

*1 unit, Aut (Staff), Spr (Becerra II, R; Cooney Jr, J)*

**ATHLETIC 113. Soccer: Indoor, Beginning/Intermediate**

For those with little or no playing experience. Skills, rules, small sided games. Fee. (AU)

*1 unit, Win (Cooney Jr, J; Becerra II, R)*

**ATHLETIC 114. Soccer, Indoor: Intermediate/Advanced**

Smaller ball and playing area. Emphasis is on individual ball skills through small sided games. Fee. (AU)

*1 unit, Win (Cooney Jr, J)*

**ATHLETIC 115. Soccer: Advanced for Men**

Techniques under pressure; small group and team tactics. Fitness for the soccer player. Prerequisites: consent of instructor, tryouts. Fee. (AU)

*1 unit, Win (Simon, B)*

**ATHLETIC 116. Soccer: Intermediate/Advanced for Women**

Techniques under pressure; small group and team tactics. Fitness for the soccer player. Prerequisites: consent of instructor, tryouts. Fee. (AU)

*1 unit, Win (Ratcliffe, P)*

**ATHLETIC 118V. Soccer. Varsity Men (AU)**

*1-2 units, Aut (Simon, B), Spr (Simon, B)*

**ATHLETIC 119V. Soccer. Varsity Women (AU)**

*1-2 units, Aut (Ratcliffe, P), Spr (Ratcliffe, P)*

**ATHLETIC 121V. Softball, Varsity Women (AU)**

*1-2 units, Aut (Rittman, J), Win (Rittman, J), Spr (Rittman, J)*

**ATHLETIC 123. Squash, Beginning**

Techniques, rules and practice matches. Racquets, balls, and eye guards provided. Limited enrollment. Fee.

*1 unit, Aut (Talbot, M), Win (Talbot, M), Spr (Talbot, M)*

**ATHLETIC 124. Squash: Intermediate/Advanced**

Continuation of 123. Fee. May be repeated for credit. (AU)

*1 unit, Aut (Talbot, M), Spr (Talbot, M)*

**ATHLETIC 125C. Squash Club Team (Men) (AU)**

*1 unit, Aut (Talbot, M), Win (Talbot, M), Spr (Talbot, M)*

**ATHLETIC 126V. Squash. Varsity Women (AU)**

*1-2 units, Aut (Talbot, M), Win (Talbot, M), Spr (Talbot, M)*

**ATHLETIC 129. Swimming: Beginning**

For non-swimmers or those who can swim about 10 yards but are not comfortable in deep water. Safety skills, front crawl, and back stroke. Additional strokes introduced as ability warrants. Fee. (AU)

*1 unit, Aut (Neuhold-Huber, Z), Spr (Vargas, J), Sum (Neuhold-Huber, Z)*

**ATHLETIC 130. Swimming: Advanced Beginning**

For those with limited swimming and safety skills. Safety skills, crawl, and elementary backstroke or back crawl. Introduction to sidestroke and breaststroke. Increase time and distance of swim. Prerequisite: ability to swim 25-50 yards on front and back. Fee. (AU)

*1 unit, Aut (Whildin, S), Win (Neuhold-Huber, Z), Spr (Neuhold-Huber, Z), Sum (Neuhold-Huber, Z)*

**ATHLETIC 131. Swimming: Intermediate**

Crawl, elementary backstroke, backstroke, and sidestroke. Safety skill work as needed. Introduction to or review of breaststroke. Open turns. Introduction to butterfly, flip turn, and conditioning. Prerequisites: crawl, elementary backstroke, backstroke; some sidestroke and breaststroke; ability to swim approximately 100-200 yards continuously by mixing strokes. Fee. (AU)

*1 unit, Aut (Neuhold-Huber, Z), Win (Neuhold-Huber, Z), Spr (Whildin, S), Sum (Neuhold-Huber, Z)*

**ATHLETIC 132. Swimming: Advanced**

Review and refine all basic strokes and safety skills. Introduction to or review of butterfly and flip turn. Stroke drills and information on conditioning and designing individual workouts. Prerequisite: average to good strokes; ability to swim approximately 400-500 yards continuously. Fee. (AU)

*1 unit, Aut (Tanner, J), Spr (Maurer, L)*

**ATHLETIC 133. Swim Conditioning**

Improve cardio-respiratory endurance through directed swimming workouts. Technique corrections as needed. Prerequisite: advanced swimmer. Fee. (AU)

*1 unit, Aut (Kenney, A), Win (Vargas, J), Spr (Knapp, T)*

**ATHLETIC 134. Synchronized Swimming, Beginning**

Basic skills and techniques. Prerequisite: intermediate to advanced swimming skills. Fee. (AU)

*1 unit, Aut (Olson, H), Spr (Olson, H)*

**ATHLETIC 135V. Swimming, Synchronized: Varsity** (AU)

*1-2 units, Aut (Olson, H), Win (Olson, H), Spr (Olson, H)*

**ATHLETIC 136V. Swimming, Varsity Men** (AU)

*1-2 units, Aut (Kenney, A), Win (Kenney, A), Spr (Kenney, A)*

**ATHLETIC 137V. Swimming, Varsity Women** (AU)

*1-2 units, Aut (Maurer, L), Win (Maurer, L), Spr (Maurer, L)*

**ATHLETIC 139. Table Tennis**

Basic counters, topspins, and chops with both the forehand and backhand. Serve and return, emphasizing game situations and match play. All equipment provided. Fee.

*1 unit, Aut (Shodhan, S), Win (Shodhan, S), Spr (Shodhan, S)*

**ATHLETIC 141C. Tae Kwon Do Club** (AU)

*1 unit, Aut (Ghormley, T), Win (Ghormley, T), Spr (Ghormley, T)*

**ATHLETIC 144. Tennis: Beginning**

Forehand, backhand, serve, and net play; rules and scoring. (AU)

*1 unit, Aut (Coupe, B), Win (Coupe, B), Spr (Sarsfield, T), Sum (McRoberts, S)*

**ATHLETIC 145. Tennis: Low Intermediate**

Fundamental strokes and their use in a game situation. Prerequisites: 144, or knowledge of rules and scoring and average ability in fundamental strokes but limited playing experience. Fee. (AU)

*1 unit, Aut (Coupe, B), Win (Brennan, F), Spr (Sarsfield, T), Sum (McRoberts, S)*

**ATHLETIC 146. Tennis: Intermediate**

Fundamental stroke review. Singles and doubles tactics. Prerequisites: 145 or average ability in fundamental strokes, and regular playing experience; NTRP rating of 3.0 or equivalent. (AU)

*1 unit, Aut (Brennan, F), Win (Gould, A), Spr (Sarsfield, T), Sum (McRoberts, S)*

**ATHLETIC 147. Tennis: Advanced**

Drills emphasize footwork, serve and return, approach shots, volleys, lobs, and overheads. Strategy for competition in singles and doubles. Prerequisites: above average stroking and game playing ability; NTRP rating above 4.0 or equivalent. (AU)

*1 unit, Aut (Brennan, F), Win (Gould, A), Spr (Sarsfield, T), Sum (McRoberts, S)*

**ATHLETIC 148V. Tennis, Varsity Men** (AU)

*1-2 units, Aut (Whitlinger, J), Win (Whitlinger, J), Spr (Whitlinger, J)*

**ATHLETIC 149V. Tennis, Varsity Women** (AU)

*1-2 units, Aut (Forood, L), Win (Forood, L), Spr (Forood, L)*

**ATHLETIC 151. Total Body Workout**

For all fitness levels; tone and strengthen the entire body. Different equipment used to target all major muscle groups. (AU)

*1 unit, Aut (Sanders, B), Win (Sanders, B), Spr (Sanders, B)*

**ATHLETIC 153V. Track and Field, Varsity Men** (AU)

*1-2 units, Aut (Floreal, E), Win (Floreal, E), Spr (Floreal, E)*

**ATHLETIC 154V. Track and Field, Varsity Women** (AU)

*1-2 units, Aut (Floreal, E), Win (Floreal, E), Spr (Floreal, E)*

**ATHLETIC 156C. Triathlon Club Team** (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 158C. Ultimate Frisbee Club Team (Men)** (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 159C. Ultimate Frisbee Club Team (Women)** (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 162. Volleyball**

Drills to improve skills and game playing strategy. As ability indicates, more emphasis on team play and strategy. Fee. (AU)

*1 unit, Aut (Corlett, D)*

**ATHLETIC 163. Volleyball: Introduction to Sand**

Fundamental skills and rules. Strategy in two- and four-person sand volleyball. Fee. (AU)

*1 unit, not given this year*

**ATHLETIC 164. Volleyball: Intermediate Sand**

Further development of skills and rules. Strategy in two- and four-person sand volleyball. Fee. (AU)

*1 unit, Aut (Shibuya, K), Spr (Shibuya, K)*

**ATHLETIC 165. Volleyball: Advanced Sand**

Refine and improve skills and game playing strategy in two- and four-person sand volleyball. Must have strong skills and general knowledge of team concepts. Prerequisite: 164 or consent of the instructor. Fee. (AU)

*1 unit, Aut (Shibuya, K), Spr (Shibuya, K)*

**ATHLETIC 166V. Volleyball, Varsity Men** (AU)

*1-2 units, Aut (Kosty, J), Win (Kosty, J), Spr (Kosty, J)*

**ATHLETIC 167V. Volleyball, Varsity Women** (AU)

*1-2 units, Aut (Dunning, J), Win (Dunning, J), Spr (Dunning, J)*

**ATHLETIC 169. Water Polo: Beginning**

Introduction to basic skills and game play. For those who have never played or have had limited experience. Fee. (AU)

*1 unit, Spr (Barnea, J)*

**ATHLETIC 170. Water Polo: Intermediate/Advanced**

Further work on skills. Game strategies. Fee. (AU)

*1 unit, Aut (Ortwein, S), Spr (Barnea, J)*

**ATHLETIC 171V. Water Polo, Varsity Men** (AU)

*1-2 units, Aut (Vargas, J), Win (Vargas, J), Spr (Vargas, J)*

**ATHLETIC 172V. Water Polo, Varsity Women** (AU)

*1-2 units, Aut (Tanner, J), Win (Tanner, J), Ortwein, S), Spr (Tanner, J; Ortwein, S)*

**ATHLETIC 174. Weight Training: Beginning**

Improve fitness level through progressive resistance exercises using machines and free weights. Individualized weight training programs once basic exercises are learned. Stretching program. Basics of exercise physiology. Fee. (AU)

*1 unit, Aut (Borrelli, J), Spr (Borrelli, J)*

**ATHLETIC 175. Weight Training: Intermediate**

Review of exercises and techniques. Emphasis is on individualized programs and learning the use of all available machines and free weights. Exercise physiology. Prerequisite: 174 or equivalent. Fee. (AU)

*1 unit, Aut (Staff)*

**ATHLETIC 176. Weight Training for Women**

All levels welcome, but designed for the beginner. Techniques and equipment for weight training. Emphasis is on stretching, proper form and progressions, and injury prevention. The basics of the physiology of strength training and planning individual programs. Fee. (AU)

*1 unit, Aut (Allister, J), Win (Allister, J)*

**ATHLETIC 177. Circuit Aerobic Weight Training**

A full-body conditioning workout with weight lifting and aerobic components. Weight training equipment organized into a circuit to maximize workout intensity in a short amount of time. Fee. (AU)

*1 unit, Aut (Nelson, D), Win (Nelson, D), Spr (Nelson, D)*

**ATHLETIC 179. Wrestling: Beginning/Intermediate**

Intercollegiate wrestling. Conditioning, cultivating the spirit of one-on-one competition. Basic skills and high-level sequences of upper- and lower-body technique. Fee. (AU)

*1 unit, Spr (Staff)*

**ATHLETIC 180V. Wrestling, Varsity**

(AU)

*1-2 units, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 182. Yoga**

Mind, body, and spirit meet in yoga. Increase flexibility and restore health to the body. Fee. (AU)

*1 unit, Aut (Carlow, A), Win (Carlow, A), Spr (Carlow, A), Sum (Conniff, N)*

**ATHLETIC 184. Yoga/Pilates Fusion**

Combination of power and restorative yoga with strength building Pilates exercises. Fee.

*1 unit, Aut (Conniff, N), Win (Conniff, N), Spr (Conniff, N), Sum (Conniff, N)*

**ATHLETIC 185. Yoga: Theory and Practice**

The intellectual and experiential understanding of the more than 4,000 year history of mind-body-spirit traditions and practices; their applications in medicine, health promotion, psychology, business, athletics, and the creative arts. Movements and exercises that promote physical and emotional health, reduce stress, and optimize performance.

*2 units, Win (Staff)*

**ATHLETIC 186. Zumba**

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine. Interval and resistance training to maximize caloric output, fat burning, and total body toning. (AU)

*1 unit, Aut (Staff), Win (Staff), Spr (Staff)*

**ATHLETIC 187. Analysis of Human Movement**

Overview of skeletal and muscular anatomy. The mechanical principles of movement as related to efficient performance in aquatics, dance, and sports.

*2-4 units, Win (Wilson, C)*

**ATHLETIC 189. Business Practices in Sport**

Planning and management of intercollegiate sports and recreation. Elements of business contracts, finance, facility development, legal issues, risk management, human resources, security, and operations and event management. How an athletic and recreation department is organized. Career opportunities in sports and recreation administration.

*2 units, Spr (Purpur, R)*

**ATHLETIC 190. Introduction to Nutrition**

How to optimize nutrition for health and performance. Topics include macronutrients, fad diets, sugar addiction, low-calorie sweeteners, caloric restriction, disease prevention, and nutrition.

*1-2 units, Aut (Wilson, C), Spr (Wilson, C), Sum (Wilson, C)*

**ATHLETIC 193. Lifestyle Fitness Challenge**

Exploration and improvement of overall health. Wellness, physical fitness, nutrition, cardio endurance, muscular strength and endurance, flexibility, and stress management. Introductions to weight and cardio equipment, outdoor workouts, spinning, strength and tone workouts, and yoga.

*2 units, Aut (Spanier, J), Win (Staff), Spr (Spanier, J)*

**ATHLETIC 195. Mind, Body, Spirit**

Spiritual features of everyday life primarily from a psychological perspective with a focus on health. Topics include cultivating gratitude, forgiveness, life purpose, and kindness; mind/body/spirit solutions to everyday problems. Meditation and other stress management practices.

*2 units, Aut (Luskin, F)*

**ATHLETIC 199. Sports Nutrition with Clinical Applications**

Nutrition topics. Mechanisms by which nutrition positively impacts sports performance and relates to the mechanisms of health and disease. Student presentations. Prerequisites: ATHLETIC 190 and HUMBIO 130 or 135, or consent of instructor.

*1-3 units, Spr (Wilson, C)*