

ATHLETICS

ATH 10 Athletic Conditioning ①/③

Provides the opportunity for students to cross train and to improve fitness levels for intercollegiate competition. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all PE Activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 65071 | M | 08:15AM-09:05AM | 1.00 | J.Thomas | 1116 |
| & | W | 08:15AM-09:20AM | | J.Thomas | 1116 |

While open to all students, Section 65071 is primarily for intercollegiate men/women waterpolo, men/women swimming, womens' basketball and womens' volleyball.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 65072 | M | 02:15PM-03:05PM | 1.00 | P.Carbone | 1116 |
| & | W | 02:15PM-03:20PM | | P.Carbone | 1116 |

While open to all students, Section 65072 is primarily for intercollegiate men/women tennis athletes, womens' softball, and men and womens' soccer.

ATH 11 Football Conditioning ①/③

Provides instruction in upper and lower body power training. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC with limits: Any or all PE Activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|--------------|
| 65073 | MW | 03:30PM-05:35PM | 2.00 | W.Garrison | 1116/STADIUM |

While open to all students, Section 65073 is primarily for students enrolled in the Intercollegiate Football program.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|--------------|
| 65074 | TTH | 03:30PM-05:35PM | 2.00 | W.Garrison | 1116/STADIUM |

While open to all students, Section 65074 is primarily for students enrolled in the Intercollegiate Football program.

ATH 151 Intercollegiate Athletics–Basketball: Men ①/③

For men interested in intercollegiate competition in basketball. Open entry/Open exit. Corequisite: ATH 18 in fall semester. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|--------------|------|
| 65075 | Arr. | Arr. | 1.00 | A.Marcopulos | 1101 |

Meets 5 weeks 2/8-3/14. Holiday 2/12 and 2/15. 34 hr arranged per week.

ATH 15J Intercollegiate Athletics–Basketball: Women ①/③

For women interested in intercollegiate competition in basketball. Open entry/Open exit. Corequisite: ATH 19 in fall semester. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|------|
| 65076 | Arr. | Arr. | 1.00 | K.Netto | 1101 |

Meets 5 weeks 2/8-3/14, Holiday 2/12 and 2/15. 34 hr arranged per week.

ATH 15K Intercollegiate Athletics–Baseball ①/③

For students interested in intercollegiate competition in baseball. Open entry/Open Exit. Recommended Preparation: ATH 15KK. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|----------|
| 65077 | Arr. | Arr. | 2.00 | R.Kittle | BASFIELD |

Meets 15 weeks 2/8-5/30. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 11 hr 10 min arranged per week.

ATH 15L Intercollegiate Athletics–Golf ①/③

For students interested in intercollegiate competition in golf. Open entry/Open exit. Recommended Preparation: ATH 15LL. Repeatability: May be taken 4 times for credit. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|--------|
| 65078 | Arr. | Arr. | 2.00 | T.Pera | OFFCAM |

Meets 14 weeks 2/8-5/18. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 12 hr 5 min arranged per week.

ATH 15M Intercollegiate Athletics–Softball ①/③

For students interested in intercollegiate competition in softball. Open entry/Open exit. Recommended Preparation: ATH 15MM. Repeatability: May be taken 4 times for credit. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|----------|
| 65079 | Arr. | Arr. | 2.00 | H.Johnson | SOFFIELD |

Meets 13 weeks 2/8-5/16. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 13 hr 5 min arranged per week.

ATH 15N Intercollegiate Athletics–Swimming and Diving: Men ①/③

For men interested in intercollegiate competition in swimming and diving. Open entry/Open exit. Recommended Preparation: ATH 15NN. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|------|
| 65080 | Arr. | Arr. | 2.00 | J.Thomas | POOL |

Meets 11 weeks 2/8-5/1. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 15 hr 20 min arranged per week.

①/③ indicate open entry classes—open through the 12th week of instruction; 🗨 indicate writing factor classes; 🏆 Honors classes; 🌍 indicate multicultural classes; 🧘 indicate health and wellness classes; 📺 some sections of this course are taught in a distance education format.

Cabrillo College *Schedule of Classes* – Spring 2010

ATH 15P Intercollegiate Athletics–Swimming and Diving: Women 0/E

For women interested in intercollegiate competition in swimming and diving. Open entry/ Open exit. Recommended Preparation: ATH 15PP. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|----------------------------------------------------------------------------------------------------|------|-------|-------|------------|------|
| 65081 | Arr. | Arr. | 2.00 | J.Thomas | POOL |
| Meets 11 weeks 2/8-5/1. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 15 hr 20 min arranged per week. | | | | | |

ATH 15Q Intercollegiate Athletics–Tennis: Men 0/E

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate tennis in a pre-season setting. Open entry/Open exit. Recommended Preparation: ATH 15QQ. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------------------------------------------------------------------------------------------------|------|-------|-------|------------|----------|
| 65082 | Arr. | Arr. | 2.00 | D.Van Ness | TENCOURT |
| Meets 12 weeks 2/8-5/9. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 14 hr 5 min arranged per week. | | | | | |

ATH 15R Intercollegiate Athletics–Tennis: Women 0/E

For women interested in intercollegiate competition in tennis. Open entry/Open exit. Recommended Preparation: ATH 15RR. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC with limits: Any or all PE activity courses combined: maximum credit–4 units.

| Section | Days | Times | Units | Instructor | Room |
|---------------------------------------------------------------------------------------------------|------|-------|-------|------------|----------|
| 65083 | Arr. | Arr. | 2.00 | D.Van Ness | TENCOURT |
| Meets 12 weeks 2/8-5/9. Holiday 2/12, 2/15, Spring Break 3/29-4/3. 14 hr 5 min arranged per week. | | | | | |