

PHYSICAL EDUCATION

PE 3 Introduction to College and Intercollegiate Athletics

Introduces college requirements, college services, community college eligibility requirements, and NCAA/NAIA transfer regulations for intercollegiate student athletes. Study skills instruction and academic planning included.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
59054	TTH	09:30AM-11:00AM	3.00	W.Garrison	1118

PE 7 Human Performance and Sports Nutrition

Explores the science of sports nutrition and how to apply nutrition principles to benefit athletic performance. Repeatability: May be taken 2 times.

Transfer Credit: CSU; UC.

Section	Days	Times	Units	Instructor	Room
59115	M	06:00PM-09:10PM	2.00	G.Marcoccia	715

Meets 11 weeks 9/8-11/17.

PE 8 Weight Management

Provides education, instruction, and support in weight management that uses an integrated approach among the disciplines of exercise science, nutrition, and behavioral modification.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
59116	MW	11:10AM-12:45PM	2.00	K.Dobberpuhl	1118

PE 9 Introduction to Physical Education

Presents an overview of physical education as a discipline for students interested in careers in PE or related fields.

Transfer Credit: CSU; UC. CAN KINE/PE2.

Section	Days	Times	Units	Instructor	Room
59117	MW	09:30AM-11:00AM	3.00	J.Furman	1118

First class meeting held in conference room next to the pool.

PE 12A First Aid: Responding to Emergencies 

Provides certification in American Red Cross "Responding to Emergencies and Community CPR" for students who want training in accident prevention and treatment of the injured. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: PE 12A & 12B combined: maximum credit, 1 course. CAN KINE/PE8.

Section	Days	Times	Units	Instructor	Room
59027	Arr.	Arr.	3.00	V.Pulido	OL

Section 59027 is an ONLINE course. Meets Tuesday, 9/2 from 6:00PM-7:00PM in conference room next to the pool for MANDATORY orientation. On campus meetings are Tuesdays, 9/9, 9/30, 10/14, and 11/18. Tuesday, 12/2 will be an optional meeting. Wednesdays, 12/10 and 12/17 will be dates for written finals from 6:00PM-9:00PM. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

59025	TTH	12:40PM-02:10PM	3.00	J.Furman	1118
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First class meeting held in conference room next to the pool.

59026	M	05:00PM-08:10PM	3.00	V.Pulido	1118
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First class meeting held in conference room next to the pool.

PE 12B Community Cardio Pulmonary Resuscitation 

Provides certification in American Red Cross Community CPR. Provides training care for the adult, child, and infant victim. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC with limits: PE 12A & 12B combined: maximum credit, 1 course.

Section	Days	Times	Units	Instructor	Room
59028	S	09:00AM-02:00PM	0.50	D.Murray	1118
&	SU	10:00AM-02:30PM		D.Murray	1118

Meets Saturday, 10/11 from 09:00AM-02:00PM and Sunday, 10/12 from 10:00AM-2:30PM. First class meeting held in conference room next to the pool.

PE 14 Advanced First Aid: Emergency Response 

Provides American Red Cross certification in Emergency Response and CPR for the Professional Rescuer. Repeatability: May be taken 4 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
59029	Arr.	Arr.	4.00	V.Pulido	OL

Section 59029 is an ONLINE class. Meets Tuesday, 9/2 from 7:00PM-8:30PM in conference room next to the pool for MANDATORY orientation. On campus meetings are Tuesdays, 9/16, 10/7, 11/4, and 11/25 are from 06:00PM-09:00PM, in conference room next to the pool. Tuesday, 12/9 and 12/16 will be dates for written finals from 6:00PM-09:00PM, in conference room next to the pool. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

PE 20 Swimming

Emphasizes development of aquatic skills and conditioning appropriate for the non-swimmer, beginning swimmer, or intermediate swimmer. 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
59032	MW	06:30AM-08:00AM	1.50	J.Thomas	POOL
59033	MW	08:00AM-09:30AM	1.50	J.Thomas	POOL
59034	TTH	08:00AM-09:30AM	1.50	M.Adas	POOL
59030	MW	09:30AM-11:00AM	1.50	J.Thomas	POOL
59031	TTH	09:30AM-11:00AM	1.50	J.Furman	POOL

Cabrillo College *Schedule of Classes* – Fall 2008

PE 21 Swim Fitness

Improve and maintain physical fitness using all the competitive swim strokes. 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
59037	MW	06:30AM-08:00AM	1.50	J.Thomas	POOL
59035 &	MW F	06:30AM-08:00AM 10:00AM-11:05AM	2.00	J.Thomas T.Bockman	POOL POOL
59036	MW	08:00AM-09:30AM	1.50	J.Thomas	POOL
59038 &	MW F	08:00AM-09:30AM 10:00AM-11:05AM	2.00	J.Thomas T.Bockman	POOL POOL
59050	TTH	08:00AM-09:30AM	1.50	M.Adas	POOL
59049 &	TTH F	08:00AM-09:30AM 10:00AM-11:05AM	2.00	M.Adas T.Bockman	POOL POOL
59041	MW	09:30AM-11:00AM	1.50	J.Thomas	POOL
59044 &	MW F	09:30AM-11:00AM 10:00AM-11:05AM	2.00	J.Thomas T.Bockman	POOL POOL
59039	TTH	09:30AM-11:00AM	1.50	J.Furman	POOL
59045 &	TTH F	09:30AM-11:00AM 10:00AM-11:05AM	2.00	J.Furman T.Bockman	POOL POOL
59043	F	10:00AM-11:05AM	0.50	T.Bockman	POOL
59042	MW	11:10AM-12:40PM	1.50	J.Furman	POOL
59046 &	MW F	11:10AM-12:40PM 10:00AM-11:05AM	2.00	J.Furman T.Bockman	POOL POOL
59040	TTH	11:10AM-12:40PM	1.50	J.Furman	POOL
59047 &	TTH F	11:10AM-12:40PM 10:00AM-11:05AM	2.00	J.Furman T.Bockman	POOL POOL

PE 21AR Water Aerobics

Provides cardiovascular conditioning, muscle strengthening, and flexibility through water exercise (not swimming) emphasizing low impact on joints. 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
59052	MW	11:10AM-12:40PM	1.50	J.Furman	POOL
59051	TTH	11:10AM-12:40PM	1.50	J.Furman	POOL

PE 31 Golf

Provides instruction in the development of basic golf swing techniques including chipping, bunker shots, uneven lie positions, swing correction techniques, putting, elements of golf course management, rules, and golf etiquette. 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
59055	MW	11:10AM-12:40PM	1.50	K.Belliveau	RANGE

Meets at the Cabrillo Range.

PE 32B Golf Course Play

Development of advanced golf skills through instruction and practice on local golf courses. Repeatability: May be taken 4 times for credit, 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
59056	T	11:00AM-05:45PM	2.00	K.Belliveau	OFFCAM

Meets 11 weeks 9/2-11/18. Holiday 11/11. Students must have own equipment and transportation. Mandatory first class meets at Cabrillo Range; thereafter, meets at specified golf courses. \$25 green fee per class.

59057	M	02:00PM-05:10PM	1.50	T.Pera	OFFCAM
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For intermediate to advanced golfers. Mandatory first class meets at Cabrillo Range; students must have own equipment and transportation.

PE 33 Gymnastics

Provides instruction in men's and women's artistic gymnastics including exercises on the balance beam, parallel bars, vault, floor, rings, horizontal bar, and pommel horse. Repeatability: May be taken a total of 4 times for credit, 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
59058	TTH	11:10AM-12:40PM	1.50	J.Kinney	1101

PE 36 Tennis

Provides instruction in the development of stroke production, footwork, strategy, rules, and etiquette for singles and doubles play. 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
59060	F	09:00AM-11:10AM	1.00	O.Killefer	TENCOURT

Intermediate to advanced level players.

59059	S	09:00AM-11:10AM	1.00	T.Silverstein	TENCOURT
59061	MW	09:30AM-11:00AM	1.50	O.Killefer	TENCOURT

Beginning to intermediate level players.

PE 37 Hiking

Introduces concepts of safe hiking using the Santa Cruz county parks, trails, and surrounding areas and includes local history, flora and fauna, emergency procedures, safety rules, health issues, and environmental considerations. Hikes will be fun and challenging, averaging 5-8 miles on moderate to steep terrain and require a 20-minute per mile pace. 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
59062	W	09:30AM-01:45PM	2.00	P.Kaplan	OFFCAM

First class meets in the gymnasium lobby.

59063	F	09:30AM-01:45PM	2.00	P.Kaplan	OFFCAM
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First class meets in the gymnasium lobby.

PE 39 Beginning Self-Defense for Women

Provides basic self defense skills and psychological techniques for confronting threatening situations. Repeatability: May be taken 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
59064	M	06:00PM-09:15PM	2.00	K.Belliveau	Wat4330

PE 40 Baseball

Provides instruction in individual offensive and defensive skills and team strategies of baseball. 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
59065	MW	02:00PM-04:10PM	2.00	A.Messersmith	BASFIELD

First class meets in the gymnasium.

59066	F	02:00PM-03:30PM	0.75	A.Messersmith	BASFIELD
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First class meets in the gymnasium.

PE 41 Basketball

Provides instruction in offensive and defensive skills and team strategies of basketball. 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
59067	TTH	12:40PM-02:10PM	1.50	A.Marcopulos	1101

PE 42R Rugby

Provides instruction in the offensive and defensive skills and strategies of rugby. Repeatability: May be taken 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
59828	M	07:00PM-09:10PM	1.00	J.Hansen	STADIUM

PE 43 Soccer

Provides instruction in individual and team soccer skills and strategies. 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
59068	TTH	11:10AM-12:40PM	1.50	P.Carbone	STADIUM

PE 43F Indoor Soccer–Futsal

Provides instruction in individual and team indoor soccer/futsal skills and strategies. Repeatability: May be taken 4 times; thereafter, may be audited.

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

Section	Days	Times	Units	Instructor	Room
59069	F	10:00AM-12:10PM	1.00	M.Arzabal	1101

Indoor Soccer (futsal).

PE 44 Softball

Provides instruction in offensive and defensive skills and team strategies of softball. 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
59070	MW	12:40PM-02:10PM	1.50	H.Johnson	SOFFIELD

PE 45 Volleyball

Provides instruction on the individual and team skills and strategies of volleyball. 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
59071	TTH	01:00PM-03:10PM	2.00	P.Kaplan	OFFCAM

Beach volleyball. Class meets at Main Beach, Santa Cruz.

59072	T	08:00PM-10:10PM	1.00	J.Furman	1101
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PE 46 Core Performance–Be Your Own Trainer

Provides education and instruction in an approach to fitness using functional and core training. Repeatability: May be taken 4 times.

Transfer Credit: CSU.

Section	Days	Times	Units	Instructor	Room
59671	TTH	11:10AM-12:40PM	3.00	K.Dobberpuhl	1101

PE 46F Fit Camp

Provides instruction in functional fitness using body weight and light weight equipment to challenge each individual in a supportive environment. Repeatability: May be taken 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
59827	TTH	06:25AM-07:30AM	1.00	K.Dobberpuhl	1101

PE 48 Total Fitness 

Provides cardiovascular conditioning, strength training, flexibility exercises, and education in concepts relative to physical fitness. 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
59075	MW	11:10AM-12:40PM	1.50	O.Killefer	1116

PE 49 Ultimate Frisbee

Provides instruction in throwing, catching, and passing skills of ultimate frisbee and their application to team play. 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
59076	MW	04:00PM-05:30PM	1.50	C.Smith	MULTIFLD

Cabrillo College *Schedule of Classes* – Fall 2008

PE 51C Aerobic Fitness–Low Impact

Provides cardiovascular conditioning, flexibility, strength, coordination, and endurance training performed to music. 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
59078	TTH	08:00AM-09:05AM	1.00	M.Van Buuren	SV05
59077	TTH	09:00AM-10:05AM	1.00	R.Martyn	1101

PE 53 Weight Training

Provides instruction on the biomechanics of strength training, muscle trainability and training principles using both machines and free weights. 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
59731	TTH	06:55AM-08:00AM	1.00	A.Marcopulos	1116
59084	MW	08:00AM-09:30AM	1.50	V.Pulido	1116
59090	MW & F	08:00AM-09:30AM 09:00AM-10:05AM	2.00	V.Pulido J.Thomas	1116 1116
59079	TTH	08:00AM-09:30AM	1.50	W.Garrison	1116
59087	TTH & F	08:00AM-09:30AM 09:00AM-10:05AM	2.00	W.Garrison J.Thomas	1116 1116
59082	MW	09:30AM-11:00AM	1.50	A.Marcopulos	1116
59086	MW & F	09:30AM-11:00AM 09:00AM-10:05AM	2.00	A.Marcopulos J.Thomas	1116 1116
59080	TTH	09:30AM-11:00AM	1.50	A.Marcopulos	1116
59088	TTH & F	09:30AM-11:00AM 09:00AM-10:05AM	2.00	A.Marcopulos J.Thomas	1116 1116
59083	TTH	11:10AM-12:40PM	1.50	O.Killefer	1116
59089	TTH & F	11:10AM-12:40PM 09:00AM-10:05AM	2.00	O.Killefer J.Thomas	1116 1116
59081	MW	12:40PM-02:10PM	1.50	A.Marcopulos	1116
59091	MW & F	12:40PM-02:10PM 09:00AM-10:05AM	2.00	A.Marcopulos J.Thomas	1116 1116
59092	TTH	02:30PM-04:00PM	1.50	V.Pulido	1116
59729	TTH	04:00PM-05:30PM	1.50	V.Pulido	1116
59085	MW	06:05PM-07:35PM	1.50	C.Smith	1116

PE 55 Hatha Yoga

Provides instruction on asanas (postures) with attention to breath awareness and detail of postural alignment of the body to develop strength, endurance, flexibility, balance, and to reduce stress. 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
59095	MW	08:00AM-09:30AM	1.50	K.Belliveau	1101
59104	S	08:00AM-09:30AM	0.75	B.England	1117
59107	MW	08:30AM-10:00AM	1.50	L.Broderick-Burr	SV05
59100	TTH	08:30AM-10:00AM	1.50	L.Broderick-Burr	OFFCAM

Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz. For beginning to intermediate level students.

59102	MW	09:30AM-11:00AM	1.50	K.Belliveau	1101
59098	F	09:30AM-11:00AM	0.75	R.Martyn	SV05

59097 TTH 10:00AM-11:30AM 1.50 L.Broderick-Burr OFFCAM
Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz. For intermediate to advanced level students.

59101 MW 12:40PM-02:10PM 1.50 K.Belliveau 1101

59093 TTH 03:30PM-05:00PM 1.50 P.Saraga OFFCAM
Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz.

59105 M 04:15PM-05:45PM 0.75 J.Klein OFFCAM
Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz.

59111 T 05:00PM-07:10PM 1.00 D.Bard SV05
Vinyasa or flow style yoga.

59108 TH 05:00PM-06:30PM 0.75 D.Bard SV05
Vinyasa or flow style yoga.

59106 F 05:00PM-06:30PM 0.75 D.Bard SV05
Vinyasa or flow style yoga.

59099 W 05:30PM-07:00PM 0.75 J.Klein OFFCAM
Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz.

59094 M 06:00PM-08:10PM 1.00 J.Klein OFFCAM
Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz.

59103 TTH 06:10PM-07:15PM 1.00 H.Jackson-Jones 1117

59096 W 06:20PM-08:30PM 1.00 H.Jackson-Jones Wat4330

59752 T 07:10PM-08:40PM 0.75 P.Saraga SV05

59112 W 07:40PM-09:10PM 0.75 P.Saraga SV05

PE 55G Gyrokinesis Movement Yoga

Re-educates and invigorates the body to move with fluidity, relaxation, and power by rhythmic exercise. 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
59114	TTH	07:30AM-09:00AM	1.50	S.Spencer	1101

PE 55SR Yoga and Stress Reduction

Introduces physical postures, meditation, breathing techniques and other methods for reducing stress, improving well-being, and cultivating the connection of mind and body. 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
59743	F	09:00AM-11:10AM	1.00	J.Klein	OFFCAM

Meets at the Veterans Memorial Hall, 846 Front St., Santa Cruz.

PE 56CK Chi Kung

Introduces the student to the practice and principles of Chi Kung an related energy work. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC pending review.

Section	Days	Times	Units	Instructor	Room
59795	M	10:00AM-11:30AM	0.75	M.Mulligan	SV05