

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 |
|---------|------|-----------------|-------|------------|------|
| 64009 | TTH | 09:30AM-10:50AM | 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 |
|---------|------|-----------------|-------|-------------|------|
| 64074 | M | 06:00PM-09:05PM | 2.00 | G.Marcoccia | 715 |

Meets 11 weeks 8/31-11/23. Holiday 9/7 and 11/9.

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 |
|---------|------|-----------------|-------|---------------|------|
| 64600 | M | 11:15AM-12:05PM | 3.00 | K. Dobberpuhl | 1118 |
| & | M | 12:15PM-01:05PM | | K. Dobberpuhl | 1118 |
| & | W | 11:15PM-12:20PM | | 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.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 64076 | MW | 09:30AM-10:50AM | 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.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-------|-------|------------|------|
| 63984 | Arr. | Arr. | 3.00 | V.Pulido | OL |

Section 63984 is an ONLINE course. Meets Saturday, 9/12 from 10:00AM-12:00PM on pool deck for MANDATORY orientation. On campus meetings are in conference room next to the pool on Saturdays, 10/3, 10/24, 11/7 from 9:00AM-1:00PM. Saturday, 11/21 first written test from 10:00AM-12:00PM. Saturday, 12/5 retest for certification from 10:00AM-12:00PM. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|------------|------|
| 63982 | MW | 11:10AM-12:30PM | 3.00 | D.Murray | 1118 |

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 |
|---------|------|-----------------|-------|------------|------|
| 63985 | S | 09:00AM-01:05PM | 0.50 | D.Murray | 1118 |
| & | SU | 10:00AM-02:05PM | | D.Murray | 1118 |

Meets Saturday, 10/10 from 09:00AM-01:05PM and Sunday, 10/11 from 10:00AM-2:05PM. First class meeting held in conference room next to the pool.

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 |
|---------|------|-----------------|-------|------------|------|
| 63989 | TTH | 06:30AM-07:50AM | 1.50 | D.Liotta | POOL |
| 63990 | MW | 08:00AM-09:20AM | 1.50 | M.Adas | POOL |
| 63991 | TTH | 08:00AM-09:20AM | 1.50 | J.Thomas | POOL |
| 64508 | MW | 09:30AM-10:50AM | 1.50 | M.Adas | POOL |
| 63988 | TTH | 09:30AM-10:50AM | 1.50 | J.Thomas | POOL |
| 63987 | TTH | 11:10AM-12:30PM | 1.50 | J.Thomas | POOL |

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 |
|---------|------|-----------------|-------|------------|------|
| 63994 | TTH | 06:30AM-07:50AM | 1.50 | D.Liotta | POOL |
| 63993 | MW | 08:00AM-09:20AM | 1.50 | M.Adas | POOL |
| 64006 | TTH | 08:00AM-09:20AM | 1.50 | J.Thomas | POOL |
| 63998 | MW | 09:30AM-10:50AM | 1.50 | M.Adas | POOL |
| 63996 | TTH | 09:30AM-10:50AM | 1.50 | J.Thomas | POOL |
| 63999 | MW | 11:10AM-12:30PM | 1.50 | J.Furman | POOL |
| 63997 | TTH | 11:10AM-12:30PM | 1.50 | J.Thomas | 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 |
|---------|------|-----------------|-------|------------|------|
| 64008 | MW | 11:10AM-12:30PM | 1.50 | J.Furman | POOL |

Cabrillo College *Schedule of Classes* – Fall 2009

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 |
|------------------------------|------|-----------------|-------|-------------|-------|
| 64509 | S | 09:00AM-11:05AM | 1.00 | K.Belliveau | RANGE |
| Meets at the Cabrillo Range. | | | | | |
| 64010 | MW | 11:10AM-12:30PM | 1.50 | K.Belliveau | RANGE |
| Meets at the Cabrillo Range. | | | | | |
| 64510 | S | 11:15AM-01:20PM | 1.00 | 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 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------|-------|-------------|--------|
| 64011 | T | 11:00AM-05:25PM | 2.00 | K.Belliveau | OFFCAM |
| Meets 11 weeks 9/1-11/10. Students must have own equipment and transportation. Mandatory first class meets at Cabrillo Range; thereafter, meets at Spring Hills Golf Course, 31 Smith Road, Watsonville. \$25 green fee per class. | | | | | |
| 64012 | M | 02:00PM-05:05PM | 1.50 | T.Pera | OFFCAM |
| For intermediate to advanced golfers. Mandatory first class meets at Cabrillo Range; students must have own equipment and transportation. | | | | | |

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 |
|---------------------------------------------------|------|-----------------|-------|---------------|----------|
| 64014 | F | 09:00AM-11:05AM | 1.00 | O.Killefer | TENCOURT |
| Intermediate to advanced level players. | | | | | |
| 64575 | S | 09:00AM-11:05AM | 1.00 | T.Silverstein | TENCOURT |
| Meets 15 weeks 9/5-12/19. No class meeting 11/28. | | | | | |
| 64015 | MW | 09:30AM-10:50AM | 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 |
|-------------------------------------------|------|-----------------|-------|------------|--------|
| 64016 | W | 09:30AM-01:35PM | 2.00 | P.Kaplan | OFFCAM |
| First class meets in the gymnasium lobby. | | | | | |
| 64017 | F | 09:30AM-01:35PM | 2.00 | P.Kaplan | OFFCAM |
| 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 |
|---------|------|-----------------|-------|-------------|---------|
| 64018 | M | 06:00PM-08:55PM | 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 |
|---------|------|-----------------|-------|---------------|----------|
| 64019 | MW | 02:00PM-04:05PM | 2.00 | A.Messersmith | BASFIELD |
| 64020 | F | 02:00PM-04:05PM | 1.00 | A.Messersmith | BASFIELD |

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 |
|---------|------|-----------------|-------|--------------|------|
| 64021 | TTH | 12:40PM-02:00PM | 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 |
|---------|------|-----------------|-------|------------|---------|
| 64022 | MW | 07:30PM-09:35PM | 2.00 | 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 |
|---------|------|-----------------|-------|------------|---------|
| 64534 | S | 09:00AM-11:05AM | 1.00 | M.Arzabal | STADIUM |
| 64513 | MW | 11:10AM-12:30PM | 1.50 | M.Arzabal | STADIUM |
| 64023 | TTH | 11:10AM-12:30PM | 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 |
|-------------------------|------|-----------------|-------|------------|------|
| 64024 | F | 10:00AM-12:05PM | 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 |
|---------|------|-----------------|-------|------------|----------|
| 64025 | MW | 12:40PM-02:00PM | 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 |
|---------|------|-----------------|-------|------------|--------------------------------------------------------------------|
| 64026 | TTH | 01:00PM-03:05PM | 2.00 | PKaplan | OFFCAM Beach volleyball. Class meets at Main Beach, Santa Cruz. |
| 64027 | M | 08:00PM-10:05PM | 1.00 | STAFF | 1101 |

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 |
|---------|------|-----------------|-------|--------------|------|
| 64028 | TTH | 11:10AM-12:30PM | 1.50 | 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 |
|---------|------|-----------------|-------|--------------|------|
| 64029 | T | 06:30AM-07:20AM | 1.00 | K.Dobberpuhl | 1101 |
| & | TH | 06:30AM-07:35AM | | 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 |
|---------|------|-----------------|-------|------------|------|
| 64032 | MW | 11:10AM-12:30PM | 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 |
|---------|------|-----------------|-------|------------|----------|
| 64033 | MW | 04:00PM-05:20PM | 1.50 | C.Smith | MULTIFLD |

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 |
|---------|------|-----------------|-------|--------------|------|
| 64034 | T | 09:00AM-09:50AM | 1.00 | M.Van Buuren | 1101 |
| & | TH | 09:00AM-10:05AM | | M.Van Buuren | 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 |
|---------|------|-----------------|-------|--------------|------|
| 64051 | M | 07:15AM-08:05AM | 1.00 | J.Hansen | 1116 |
| & | W | 07:15AM-08:20AM | | J.Hansen | 1116 |
| 64039 | MW | 09:30AM-10:50AM | 1.50 | A.Marcopulos | 1116 |
| 64043 | MW | 09:30AM-10:50AM | 2.00 | A.Marcopulos | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64037 | TTH | 09:30AM-10:50AM | 1.50 | A.Marcopulos | 1116 |
| 64045 | TTH | 09:30AM-10:50AM | 2.00 | A.Marcopulos | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64040 | TTH | 11:10AM-12:30PM | 1.50 | O.Killefer | 1116 |
| 64046 | TTH | 11:10AM-12:30PM | 2.00 | O.Killefer | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64038 | MW | 12:40PM-02:00PM | 1.50 | A.Marcopulos | 1116 |
| 64048 | MW | 12:40PM-02:00PM | 2.00 | A.Marcopulos | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64036 | TTH | 12:40PM-02:00PM | 1.50 | W.Garrison | 1116 |
| 64044 | TTH | 12:40PM-02:00PM | 2.00 | W.Garrison | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64049 | TTH | 02:30PM-03:50PM | 1.50 | K.Dobberpuhl | 1116 |
| 64050 | TTH | 02:30PM-03:50PM | 2.00 | K.Dobberpuhl | 1116 |
| & | F | 09:00AM-09:50AM | | A.Marcopulos | 1116 |
| 64042 | MW | 06:00PM-07:20PM | 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 |
|---------|------|-----------------|-------|------------------|------|
| 64066 | M | 07:00AM-07:50AM | 1.00 | P.Saraga | 1101 |
| & | W | 07:00AM-08:05AM | | P.Saraga | 1101 |
| 64054 | MW | 08:00AM-09:20AM | 1.50 | K.Belliveau | 1101 |
| 64063 | S | 08:00AM-09:20AM | 0.75 | B.England | 1117 |
| 64057 | F | 08:30AM-09:50AM | 0.75 | L.Broderick-Burr | 1101 |
| 64061 | MW | 09:30AM-10:50AM | 1.50 | K.Belliveau | 1101 |
| 64064 | S | 09:30AM-10:50AM | 0.75 | R.Martyn | 1101 |
| 64060 | MW | 12:40PM-02:00PM | 1.50 | K.Belliveau | 1101 |

Ⓞ/Ⓟ 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 – Fall 2009

| | | | | | |
|-------|----|-----------------|------|-----------------|---------|
| 64062 | T | 06:15PM-07:05PM | 1.00 | H.Jackson-Jones | 1117 |
| & | TH | 06:15PM-07:20PM | | H.Jackson-Jones | 1117 |
| 64055 | W | 06:20PM-08:25PM | 1.00 | H.Jackson-Jones | Wat4330 |
| 64067 | TH | 06:45PM-08:50PM | 1.00 | D.Bard | Wat4330 |

Vinyasa or flow style yoga.

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 |
|---------|------|-----------------|-------|------------|------|
| 64072 | TTH | 07:30AM-08:50AM | 1.50 | S.Spencer | 1101 |

PE 108 Fitness Over Fifty 

Provides education, instruction, and support in creating sustainable fitness programs for an aging population (50+) that are appropriate and relevant to daily living activities. Repeatability: May be taken 4 times.

| Section | Days | Times | Units | Instructor | Room |
|---------|------|-----------------|-------|--------------|---------|
| 64572 | TTH | 08:30AM-09:50AM | 0.75 | K.Dobberpuhl | STADIUM |

Meets 8 weeks 9/1-10/22.