47961 MW 6:00AM - 7:25AM M Perez PE 9 1.00
NOTE: EMPHASIS WOMEN'S INTERCOLLEGIATE VOLLEYBALL
47963 MW 6:00AM - 7:25AM J Winkler PE 9 1.00
NOTE: EMPHASIS INTERCOLLEGIATE FOOTBALL
47968 MW 6:00AM - 7:25AM M Perez PE 9 1.00
NOTE: EMPHASIS INTERCOLLEGIATE WRESTLING
N 47962 MW 4:15PM - 5:40PM L Renteria PE 9 1.00
NOTE: EMPHASIS M&W INTERCOLLEGIATE CROSS COUNTRY

PE 4.12 FITNESS-STRETCH AND FLEX
Body flexibility through stretching exercises and slow movements.
N 47979 M 6:30PM - 9:40PM A Malmuth-Onn PE 7 1.00
NOTE: Emphasis Flamenco
47980 MTTH 6:00AM - 7:05AM B Kuhn PE 11 1.00
NOTE: Emphasis Fitness Boot Camp
47977 MW 7:45AM - 9:10AM C Knight PE 7 1.00
NOTE: Emphasis Yoga for Health
47978 MW 10:55AM - 12:20PM A Malmuth-Onn PE 7 1.00
NOTE: Emphasis Flamenco
47972 MWF 3:40PM - 4:45PM M Perez BSBFLD 1.00
NOTE: Section #38840 Emphasis Intercollegiate Baseball
47976 TTH 6:15AM - 7:40AM P Chan PE 8 1.00
NOTE: Emphasis Tai Chi
43596 TTH 12:30PM - 1:55PM J Lowry PE 7 1.00
NOTE: Section #43596 Emphasis Tap Dance-Intermediate
N 47973 TTH 7:30PM - 8:55PM S McCann PE 11 1.00
NOTE: Emphasis Advanced Karate
T 47974 Wkly hrs by arr J Worley TV 1.00
NOTE: Fitness- Stretch & Flex is a full college credit transferable course offered by television. Videos are available to rent through the West Valley Library MANDATORY ORIENTATION in PE 8 on Friday, September 1 at 7:30am OR 4: 00pm In addition, students will be required on campus for the final exam Dress for stretch evaluation
W 48542 S 9:00AM - 12:10PM L Hensler PE 7 1.00
NOTE: Emphasis: Ballet

PE 4.13 FITNESS WALKING
Enjoy the benefits of exercise through fitness walking.
48499 MW 10:55AM - 12:20PM C Knight TRACK 1.00
NOTE: Emphasis: Hiking
48500 TTH 10:55AM - 12:20PM C Knight TRACK 1.00
NOTE: Emphasis: Hiking
47982 MW 12:30PM - 1:55PM G Silveira TRACK 1.00

PE 4.14 FITNESS, WATER EXERCISE
Use specific muscles while the body is submerged in water.
47985 MW 9:20AM - 10:45AM N Dunagan POOL 1.00
47986 TTH 9:20AM - 10:45AM M Smith POOL 1.00

PE 4.16 FITNESS WEIGHT TRAINING

PE 4.25 FITNESS-TOTAL-WOMEN
Cardiovascular conditioning, muscular strength and endurance, and body flexibility.
48855 MW 10:55AM - 12:20PM N Dunagan PE 8 1.00
48004 TTH 7:45AM - 9:10AM J Vlahos PE 10 1.00
N 48508 M 6:30PM - 9:40PM PE 7 1.00
NOTE: Emphasis: Flamenco Dance

PE 4.28 FITNESS JOGGING
Students are exposed to the benefits of exercise through fitness jogging. The principles of exercise which will increase cardiovascular conditioning, endurance, flexibility and methods of releasing body tensions will be introduced.
48510 MW 12:30PM - 1:55PM G Silveira TRACK 1.00
48006 MW 7:45AM - 9:10AM J Kerwin TRACK 1.00
48005 MW 12:30PM - 1:55PM G Silveira TRACK 1.00

PE 4.29 BODY SCULPTING
This course will provide students the opportunity to gain improved muscular strength and endurance through the use of free weights and resistive types of exercises. The workout is structured and the movements are set to music. Credit/No Credit Option.
48008 TTH 10:55AM - 12:20PM N Dunagan PE 8 1.00
N 48494 MW 6:00PM - 7:25PM N Dunagan PE 8 1.00

PE 4.32 FITNESS, BOOT CAMP
This course will provide students the opportunity to gain improved fitness, muscle strength and endurance. It will utilize the campus grounds and incorporate exercise stations such as obstacle courses, hurdles and rope climbing. Other training activities will include running, calisthenics, and jumping rope.
48011 TTH 9:20AM - 10:45AM J Winkler PE 8 1.00
48010 MTTH 6:00AM - 7:05AM B Kuhn PE 11 1.00

PE 4.35 TRAIL RUNNING
Students will be exposed to the benefits of exercise through trail running. The principles of exercise which will increase cardiovascular conditioning, endurance, flexibility and methods releasing body tensions will be introduced.
48012 F 8:30AM - 11:50AM J Kerwin TRACK 1.00
NOTE: First class meeting in room PE4. Other classes will be off campus.

OTHER CLASSES INCLUDED IN FITNESS ARE:

PE 6.09 Cardio Kickboxing
See sections #48026

PE 7.26 Studio Cyclian
See sect 48095, 48856, 48060

Should be:
48059

PHYSICAL EDUCATION— COMBATIVE AND MARTIAL ARTS

PE 6.02 KARATE-BEGINNING

PE 6.09 CARDIO KICKBOXING
This course will provide the student with the opportunity to gain improved cardio-respiratory fitness, flexibility, and muscle strength while learning kickboxing skills. Credit/No Credit Option.
N 48026 TTH 6:00PM - 7:25PM H Ingvardsen PE 8 1.00

PHYSICAL EDUCATION—LIFETIME SPORTS

PE 7.02 BADMINTON-BEGINNING
Fundamentals & strategies of badminton.
48027 MW 9:20AM - 10:45AM D Yo 0 1.00

PE 7.03 BADMINTON-INTERMEDIATE
Rec prep: PE 7.02. Further mastery of the specific indivi les.
48028 MW 9:20AM - 10:45AM D Yoshikawa PE 1 1.00

PE 7.07 FENCING-BEGINNING
Basic skills, officiating techniques, & beg bouting.
48029 MW 12:30PM - 1:55PM J Ambrose PE 8 1.00

PE 7.08 FENCING-INTERMEDIATE
Preq: PE 7.07. Further mastery of techniques & rules.
48030 MW 12:30PM - 1:55PM J Ambrose PE 8 1.00

PE 7.09 FENCING-ADVANCED
Preq: PE 7.07 or 7.08. Further mastery of techniques involving bouting, officiating standard & electrical foil

Should be:
48059

48057 W 12:30PM - 2:05PM S Chapman PE 5 2.00
W 2:05PM - 3:40PM S Chapman POOL 2.00
+1.3 Wkly hrs by arr
NOTE: Equipment provided for pool training.
N 48055 W 6:30PM - 8:05PM S McCann PE 4 2.00
W 8:05PM - 9:40PM S McCann POOL 2.00
+1.3 Wkly hrs by arr
NOTE: Scuba equipment provided for pool training.

PE 7.24 SCUBA DIVING-ADVANCED
Rec. prep: Open Water or higher SCUBA certification from any nationally recognized SCUBA agency or instructor consent. This course will present advanced skills of SCUBA and Marine Diving Technology, including Nitrox and Rescue training. Credit/No Credit Option.
N 48058 M 6:30PM - 8:05PM S McEvoy PE 4 2.00
M 8:05PM - 9:40PM S McCann POOL 2.00
NOTE: Skill prerequisite to be assessed in the first two weeks.

PE 7.26 STUDIO CYCLING
This course will provide students with the opportunity to gain muscular strength and cardio-vascular endurance through stationary cycling.
48095 MW 9:20AM - 10:45AM J Kerwin PE 17 1.00
48846 MW 3:40PM - 5:05PM W Bowers-Gachesa PE 17 1.00
48060 TTH 9:20AM - 10:45AM D Yoshikawa PE 17 1.00

PHYSICAL EDUCATION—TEAM SPORTS

PE 8.04 BASKETBALL, MEN