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<th>CRN</th>
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<tbody>
<tr>
<td>PE 169</td>
<td>Merandi, M.</td>
<td>TR</td>
<td>09:55 AM-11:20 AM</td>
<td>AQ 871</td>
<td>08/28-12/18</td>
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<tr>
<td>PE 170</td>
<td>Shaw, N.</td>
<td>MW</td>
<td>11:30 AM-12:55 PM</td>
<td>AQ 871</td>
<td>08/28-12/18</td>
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<tr>
<td>PE 171</td>
<td>Merandi, M.</td>
<td>TR</td>
<td>11:30 AM-12:55 PM</td>
<td>AQ 871</td>
<td>08/28-12/18</td>
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<tr>
<td>PE 172</td>
<td>Shaw, N.</td>
<td>MW</td>
<td>11:30 AM-12:55 PM</td>
<td>FH 224</td>
<td>08/28-12/18</td>
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<tr>
<td>PE 173</td>
<td>Shaw, N.</td>
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<td>FH 224</td>
<td>08/28-12/18</td>
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<tr>
<td>PE 174</td>
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<td>08:20 AM-09:45 AM</td>
<td>FH 224</td>
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12/6/2010

Note: Course Dates indicate Beginning and Ending Dates

Register online at citruscollege.edu/arb
WingSpan Registration Help Desk (626) 914-8833
Admissions and Records office (626) 914-8833

Physical Education-Aquatics

PE 142 Swimming - Beginning
1 Units
This course provides basic instruction and practice in the fundamental elements of swimming including beginning diving and water safety instruction. The class is designed to develop proficiency in the basic strokes needed to meet the prerequisites for the senior lifesaving and water safety instruction course. 18 lecture hours, 18 lab hours. CSU UC

20042 Gunstream, M. MW 10:30 AM-11:40 AM AQPOLL 08/28-10/23
Gunstream, M. TR 10:30 AM-11:25 AM AQPOLL 08/28-10/23
This Class is short term - 1st 8 weeks.

Physical Education-Fitness

PE 148 Adapted Aquatic Exercises
1 Units
Designed for the student with a physical disability who is unable to participate in regular physical education classes. A medical doctor's written prescription of exercise limitations is required. This course may be taken unlimited times with instructors permission. 18 lecture hours, 36 lab hours. CSU UC

20165 Wurst, C. M 11:35 AM-01:15 PM AQPOLL 08/28-12/04
Wurst, C. W 11:35 AM-01:30 PM AQPOLL 08/28-12/04
This Class meets 14 weeks.

PE 150 Adapted Physical Education
1 Units
Prerequisite: Physician's written diagnosis of physical disability and exercise limitations. Designed for the student with a physical disability who is unable to participate in regular physical education classes. A medical doctor's written prescription of exercise limitations is required. This course may be taken unlimited times with the instructor's permission. 18 lecture hours, 36 lab hours. CSU UC

20509 Hartman, S. W 11:00 AM-12:25 PM AP 109 08/28-12/18
Hartman, S. M 11:00 AM-12:25 PM AP 109 08/28-12/18
Recommended for disabled students.

20505 Hartman, S. W 12:30 PM-01:55 PM AP 109 08/28-12/18
Hartman, S. M 12:30 PM-01:55 PM AP 109 08/28-12/18
Recommended for disabled students.

20502 Hartman, S. R 11:00 AM-12:25 PM AP 109 08/28-12/18
Hartman, S. T 11:00 AM-12:25 PM AP 109 08/28-12/18
Recommended for disabled students.

PE 151 Body Conditioning
1 Units
Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
This course will include general conditioning exercises, aerobic exercises, and exercises to develop flexibility and strength. This course may be taken four times with the objective of improving the student's profficiencies and attitudes toward body conditioning through a supervised exercise program. 18 lecture hours, 18 lab hours. CSU UC

20030 Gunstream, M. M 09:15 AM-10:20 AM AP 110 08/28-12/18
Gunstream, M. W 09:15 AM-10:05 AM AP 110 08/28-12/18

20040 Boxley, J. T 10:00 AM-11:05 AM AP 110 08/28-12/18
Boxley, J. R 10:00 AM-10:50 AM AP 110 08/28-12/18

PE 152 Weight Training
1 Units
Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.

Physical Education-Fitness

PE 153 Walking/Jogging
1 Units
A Walking/Jogging program that consists of activity alternately at a slow to moderate pace. This program is designed to build cardiorespiratory stamina and endurance, attack excessive weight, relieve psychological tension, and enhance one's sense of well being. This course may be taken four times. 18 lecture hours, 18 lab hours. CSU UC

20027 Brawner, M. TR 09:55 AM-11:00 AM PE ST 10/25-12/18
Brawner, M. MW 09:55 AM-10:55 AM PE ST 10/25-12/18
Late Start - Second Eight Week Class
This Class Team Taught
20954 Brawner, M. MW 08:20 AM-09:20 AM PE ST 08/28-10/23
Brawner, M. TR 08:20 AM-09:30 AM PE ST 08/28-10/23
First 8 weeks class

PE 154 Advanced Weight Training
2 Units
Strongly recommended: PE 152.
This course is designed to study methods applicable to power lifting, Olympic lifting, and conditioning. Students will participate in formulation of individual workout sessions. Emphasis will be on increasing strength, flexibility, and quickness. This course may be taken four times. 18 lecture hours, 54 lab hours. CSU UC

20139 Merandi, M. M 10:55 AM-01:00 PM PE 822 08/28-12/18
Merandi, M. W 10:55 AM-01:00 PM PE 822 08/28-12/18

PE 156A Physical Conditioning for Intercollegiate Sports
1 Units
Strongly recommended: READ 099 if required by reading placement exam or if required by reading level.
Other: Must be a varsity college athlete/varsity college prospect or with coaches permission.
This course is designed to provide an out of season physical conditioning program for the student interested in intercollegiate athletics. PE 156A and PE156B can be taken a combined total of four times. 9 lecture hours, 27 lab hours. CSU UC

21132 Nila, R. TW 02:30 PM-03:45 PM PE 822 10/26-12/18
Nila, R. OR 02:30 PM-04:00 PM PE 822 10/25-12/18
OR 36 HOURS ARRG
Recommended for Varsity Athletes - Men's and Women's Track & Field. Second Eight Weeks
### Schedule of Credit Classes - Fall 2010

Note: Course Dates indicate Beginning and Ending Dates

<table>
<thead>
<tr>
<th>CRN</th>
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<th>Days</th>
<th>Time</th>
<th>Room</th>
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#### PE 159 Cardiovascular Training 1 Units
This course will offer a non-competitive, flexible, scheduled environment in which the student can develop a total fitness program. This program will promote areas of muscular strength, flexibility, and cardiovascular endurance. A philosophy of "Fitness for Life" will be the ultimate objective. Every student will be encouraged to regulate his/her program so that it will be enjoyable on a long term basis. This course may be taken four times. 9 hours lecture, 27 hours lab. CSU UC

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<tr>
<th>CRN</th>
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<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>21157</td>
<td>Gunstream, M.</td>
<td>M</td>
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<td>AP 109</td>
<td>08/28-12/18</td>
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<td>Gunstream, M.</td>
<td>W</td>
<td>07:00 AM-08:05 AM</td>
<td>AP 109</td>
<td>08/28-12/18</td>
</tr>
</tbody>
</table>

Or 36 TOTAL HRS ARRG.

Must attend one mandatory orientation the first week of class:

M-F 7:00, 8:00 OR M-R 9:00 am OR M-T 3:30 pm OR WR 4:30 pm.

#### PE 208B Off-Season Women's Varsity Athletics 1 Units
Recommended for Varsity Athletes: Softball

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<tr>
<th>CRN</th>
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<tbody>
<tr>
<td>22134</td>
<td>Bosley, J.</td>
<td>MTWR</td>
<td>02:40 PM-03:50 PM</td>
<td>PE SF</td>
<td>08/28-12/18</td>
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</table>

Or 90 TOTAL HRS ARGG

Recommended for Varsity Athletes: Baseball

### Physical Education-Varsity Ath

#### PE 207B Off-Season Men's Varsity Athletics 1 Units

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<tr>
<th>CRN</th>
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<tbody>
<tr>
<td>21133</td>
<td>Gomez, S.</td>
<td>MTWR</td>
<td>02:40 PM-03:50 PM</td>
<td>PE BF</td>
<td>08/28-12/18</td>
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</tbody>
</table>

Recommended for Varsity Athletes: Baseball

#### PE 209 Women's Varsity Soccer 2 Units
Strongly recommended: Advanced Soccer skills to participate in a competitive collegiate experience.

Intercollegiate competition in women's varsity soccer. This course may be taken four times. 160 lab hours. CSU UC

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<tbody>
<tr>
<td>21073</td>
<td>Tracey, T.</td>
<td>MTWR</td>
<td>05:00 PM-06:46 PM</td>
<td>PE ST</td>
<td>08/28-12/18</td>
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</table>

Or 160 TOTAL HRS ARRG

#### PE 211 Women's Varsity Volleyball 2 Units
Strongly recommended: Advanced volleyball skills to participate in a competitive collegiate experience.

Volleyball athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 160 lab hours. CSU UC

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<tr>
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<tbody>
<tr>
<td>20633</td>
<td>McDonald, T.</td>
<td>MTWR</td>
<td>04:00 PM-06:00 PM</td>
<td>PE 821</td>
<td>08/28-12/18</td>
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</table>

Or 160 TOTAL HRS ARRG

#### PE 212 Women's Varsity Cross Country 2 Units
Strongly recommended: Advanced cross country skills to participate in a competitive collegiate experience.

Cross country athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 160 lab hours. CSU UC

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<tr>
<th>CRN</th>
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<tr>
<td>21067</td>
<td>Shaw, N.</td>
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<td>07:00 AM-08:39 AM</td>
<td>PE ST</td>
<td>08/28-12/18</td>
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</tbody>
</table>

Or 160 TOTAL HRS ARRG

#### PE 220 Men's Varsity Football 2 Units
Strongly recommended: Advanced football skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 160 lab hours. CSU UC

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<tr>
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<tr>
<td>21068</td>
<td>Ponciano, R.</td>
<td>MTWR</td>
<td>03:15 PM-05:01 PM</td>
<td>PE ST</td>
<td>08/28-12/18</td>
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</tbody>
</table>

Or 160 TOTAL HRS ARRG

#### PE 221 Men's Varsity Basketball 2 Units
Strongly recommended: Advanced basketball skills to participate in a competitive collegiate experience.

Basketball athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 160 lab hours. CSU UC

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<tbody>
<tr>
<td>20002</td>
<td>Vicer, C.</td>
<td>MTWR</td>
<td>01:30 PM-03:30 PM</td>
<td>PE ST</td>
<td>08/28-12/18</td>
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</table>

Or 160 TOTAL HRS ARRG

#### PE 226 Men's Varsity Cross Country 2 Units
Strongly recommended: Advanced cross country skills to participate in a competitive collegiate experience.

Cross country athletics. Involves intercollegiate competition for two units of credit. This course may be taken four times. 160 lab hours. CSU UC

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<tr>
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<tr>
<td>21066</td>
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<td>PE ST</td>
<td>08/28-12/18</td>
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</table>

Or 160 TOTAL HRS ARRG

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<tr>
<td>21069</td>
<td>Horton, J.</td>
<td>MWF</td>
<td>01:00 PM-04:20 PM</td>
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<td>21070</td>
<td>Rivas, B.</td>
<td>MTWRF</td>
<td>02:30 PM-04:16 PM</td>
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<td>21071</td>
<td>Kyle, T.</td>
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<td>01:00 PM-02:46 PM</td>
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<td>08/28-12/18</td>
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<td>21072</td>
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<td>MTWRF</td>
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**PE 227**  Women's Varsity Golf  2 Units

Strongly recommended: Advanced golf skills to participate in a competitive collegiate experience.

Varsity athletics. Involves intercollegiate competition for two units of credit.

This course may be taken four times. 160 lab hours. CSU UC

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