

PHYSICAL EDUCATION

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
66692	M	12:40PM-01:30PM	2.00	K.Dobberpuhl	1118
&	M	01:40PM-02:30PM		K.Dobberpuhl	1118
&	W	12:40PM-01:45PM		K.Dobberpuhl	1118

PE 10 Introduction to Athletic Training 

Introduces the profession of athletic training including recognition, initial care, rehabilitation, and taping techniques of common athletic injuries. Recommended Preparation: BIO 4.

Transfer Credit: CSU; UC.

Section	Days	Times	Units	Instructor	Room
66159	TTH	09:30AM-10:50AM	3.00	M.Ramsey	1118

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
66162	Arr.	Arr.	3.00	V.Pulido	OL

Section 66162 is an ONLINE course. Meets Saturday, 2/20 from 10:00AM-12:00PM in conference room next to the pool for mandatory orientation. Also meets Saturdays, 3/6, 3/20, 4/24 from 9:00AM-1:00PM, 5/1 from 10:00AM-1:00PM, and 5/8 from 10:00AM-12:00PM, in conference room next to pool. For details, see instructor's web page at www.cabrillo.edu/services/disted/ "Distance Courses."

Section	Days	Times	Units	Instructor	Room
66160	TTH	11:10AM-12:30PM	3.00	M.Ramsey	1118

First class meeting held in conference room next to 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
66706	WTH	06:00PM-10:05PM	0.50	D.Murray	1118

Meets Wednesday, 2/17 and Thursday, 2/18. 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
66163	MW	08:00AM-09:20AM	1.50	M.Adas	POOL
66164	MW	09:30AM-10:50AM	1.50	J.Thomas	POOL
66693	MW	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
66168	TTH	07:45AM-09:05AM	1.50	J.Thomas	POOL
66176	MW	08:00AM-09:20AM	1.50	M.Adas	POOL
66169	MW	09:30AM-10:50AM	1.50	J.Thomas	POOL
66166	TTH	09:30AM-10:50AM	1.50	J.Thomas	POOL
66170	MW	11:10AM-12:30PM	1.50	J.Thomas	POOL
66177	TTH	11:10AM-12:30PM	1.50	J.Furman	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
66179	TTH	11:10AM-12:30PM	1.50	J.Furman	POOL

PE 23 Water Polo

Provides instruction on the individual offensive and defensive skills and team strategies of water polo. 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
66180	TTH	09:30AM-10:50AM	1.50	J.Thomas	POOL

While open to all students, class is primarily for returning and potential intercollegiate men/women water polo athletes.

PE 24 Lifeguard Training

Provides American Red Cross certification in Lifeguarding, First Aid, and CPR. Recommended Preparation: Ability to swim 500 yards continuously, demonstrating stroke proficiency with crawl and breaststroke. Ability to surface dive to a depth of 7' and recover a 10-pound brick. Repeatability: May be taken 2 times; thereafter, may be audited.

Transfer Credit: CSU; UC.

Section	Days	Times	Units	Instructor	Room
66181	TTH	07:45AM-08:15AM	2.00	J.Thomas	POOL
&	T	08:15AM-09:05AM		J.Thomas	POOL
&	TH	08:15AM-09:20AM		J.Thomas	POOL

Cabrillo College *Schedule of Classes* – Spring, 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
66183	S	09:00AM-11:05AM	1.00	K.Belliveau	RANGE
Meets at the Cabrillo Range.					
66182	MW	11:10AM-12:30PM	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
66185	S	12:00PM-04:35PM	1.00	K.Belliveau	OFFCAM
Meets 7 weeks 2/13-3/27. Nine hole golf course play; basic skills of playing on the course. Meets at Spring Hills Golf Course, 31 Smith Road, Watsonville. \$25 green fee per class.					
66184	W	01:30PM-05:35PM	1.50	K.Belliveau	OFFCAM
Meets 12 weeks 2/10-5/5. Holiday 3/31. Nine hole golf course play; basic skills of playing on the course. Mandatory first class meets at Cabrillo College Range; thereafter, meets at Spring Hills Golf Course, 31 Smith Road, Watsonville. \$18 green fee per class.					

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
66876	S	09:00AM-11:05AM	1.00	T.Silverstein	TENCOURT
66187	MW	09:30AM-10:50AM	1.50	O.Killefer	TENCOURT
For beginning to intermediate level players.					
66188	TTH	09:30AM-10:50AM	1.50	O.Killefer	TENCOURT
For intermediate to advanced 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
66189	W	09:30AM-01:35PM	2.00	P.Kaplan	OFFCAM
First class meets in the Gymnasium lobby.					
66190	F	09:30AM-01:50PM	2.00	P.Kaplan	OFFCAM
Meets 15 weeks 2/19-6/4. Holiday 4/2. 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
66191	M	06:00PM-08:55PM	2.00	K.Belliveau	1101

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
66193	MW	11:10AM-12:30PM	1.50	A.Marcopulos	1101
66192	MWF	03:00PM-04:35PM	1.00	A.Marcopulos	1101
Meets 6 weeks 4/19-5/28. While open to all students, class is primarily for returning and potential intercollegiate men basketball athletes.					
66194	TTH	03:00PM-05:05PM	1.00	K.Netto	1101
Meets 8 weeks 4/6-5/27. While open to all students, class is primarily for returning and potential intercollegiate women basketball athletes.					

PE 42 Football

Provides instruction in the individual offensive and defensive skills and team strategies of football. 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
66196	TTH	05:30PM-07:45PM	1.00	B.Faltas	1118
Meets 7 weeks 2/9-3/25. While open to all students, class is primarily for returning and potential intercollegiate football athletes. Film analysis.					
66197	TTH	05:45PM-07:50PM	1.00	J.Hansen	STADIUM
Meets 8 weeks 4/6-5/27. While open to all students, class is primarily for returning and potential intercollegiate football athletes.					

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
66198	MW	08:00PM-09:20PM	1.50	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
66199	S	09:00AM-11:05AM	1.00	M.Arzabal	STADIUM
66201	MW	12:40PM-02:00PM	1.50	P.Carbone	STADIUM
Intermediate to advanced level players.					
66200	TTH	12:40PM-02:00PM	1.50	M.Arzabal	STADIUM
Beginning to intermediate level players.					
66704	TTH	05:45PM-07:20PM	0.75	P.Carbone	STADIUM
Meets 7 weeks 2/9-3/25.					

Cabrillo College Schedule of Classes – Spring, 2010

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
66204	F	09:35AM-11:00AM	0.75	P.Carbone	1101
Meets 15 weeks 2/19-6/4. Holiday 4/2.					
66203	F	11:10AM-12:35PM	0.75	P.Carbone	1101
Meets 15 weeks 2/19-6/4. Holiday 4/2.					

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
66205	TTH	01:00PM-03:05PM	2.00	PKaplan	OFFCAM
Beach volleyball. Class meets at Main Beach, Santa Cruz.					
66206	TTH	07:30PM-09:35PM	2.00	G.Houston	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
66207	TTH	11:10AM-12:30PM	1.50	K.Dobberpuhl	1101

PE 47 Sports Conditioning

Provides a setting to improve cardiovascular fitness, muscular strength, flexibility, and specific sport movement patterns to minimize injury potential during competitive seasons for male and female intercollegiate athletes. 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
66209	MW	05:45PM-07:50PM	2.00	P.Carbone	STADIUM

While open to all students, class is primarily for returning and potential intercollegiate men soccer athletes.

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
66210	MW	11:10AM-12:30PM	1.50	O.Killefer	1116

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
66212	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
66216	TTH	08:00AM-09:20AM	1.50	J.Hansen	1116
66226	TTH & F	08:00AM-09:20AM 09:00AM-09:50AM	2.00	J.Hansen W.Garrison	1116 1116
66217	MW	09:30AM-10:50AM	1.50	A.Marcopulos	1116
66222	MW & F	09:30AM-10:50AM 09:00AM-09:50AM	2.00	A.Marcopulos W.Garrison	1116 1116
66215	TTH	09:30AM-10:50AM	1.50	A.Marcopulos	1116
66223	TTH & F	09:30AM-10:50AM 09:00AM-09:50AM	2.00	A.Marcopulos W.Garrison	1116 1116
66218	TTH	11:10AM-12:30PM	1.50	O.Killefer	1116
66213	TTH & F	11:10AM-12:30PM 09:00AM-09:50AM	2.00	O.Killefer W.Garrison	1116 1116
66224	MW	12:40PM-02:00PM	1.50	W.Garrison	1116
Intermediate to advanced level students.					
66225	MW & F	12:40PM-02:00PM 09:00AM-09:50AM	2.00	W.Garrison W.Garrison	1116 1116
Intermediate to advanced level students					
66228	TTH	12:40PM-02:00PM	1.50	A.Marcopulos	1116
66229	TTH & F	12:40PM-02:00PM 09:00AM-09:50AM	2.00	A.Marcopulos W.Garrison	1116 1116
66214	T & TH	02:15PM-03:05PM 02:15PM-03:20PM	1.00	K.Dobberpuhl K.Dobberpuhl	1116 1116
66221	T & TH & F	02:15PM-03:05PM 02:15PM-03:20PM 09:00AM-09:50AM	1.50	K.Dobberpuhl K.Dobberpuhl W.Garrison	1116 1116 1116
66227	MW	05:45PM-07:05PM	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
66237	M & W	06:45AM-07:35AM 06:45AM-07:50AM	1.00	P.Saraga P.Saraga	1101 1101
66230	MW	08:00AM-09:20AM	1.50	K.Belliveau	1101
66236	F	08:00AM-09:25AM	0.75	D.Bard	1101
Meets 15 weeks 2/19-6/4. Holiday 4/2. Vinyasa or flow style yoga.					
66234	S	08:00AM-09:20AM	0.75	B.England	1117
66238	MW	09:30AM-10:50AM	1.50	K.Belliveau	1101
66241	TTH	12:40PM-02:00PM	1.50	L.Broderick-Burr	1101
66232	M	06:00PM-08:05PM	1.00	R.Martyn	Wat4330
Section 66232 is taught bilingually.					
66235	T & TH	06:10PM-07:00PM 06:10PM-07:15PM	1.00	H.Jackson-Jones H.Jackson-Jones	1117 1117

Ⓞ/Ⓟ 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, 2009

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

<u>Section</u>	<u>Days</u>	<u>Times</u>	<u>Units</u>	<u>Instructor</u>	<u>Room</u>
66242	TTH	07:30AM-08:50AM	1.50	S.Spencer	1101