

PHYSICAL EDUCATION CLASSES

Classes run 10 weeks, September 25-December 8, 2006. Classes are 50 minutes long, unless otherwise specified. Students enroll with the instructor at the first class meeting, Monday, September 25th, or Tuesday, September 26th. For popular classes with limited space, registration will be by first letter of a student's last name: The priority listing for Autumn Quarter is: (H-O, P-Z, A-G). Once accepted into a class, students may register for that class on Axess.

- Please bring your current student I.D.
- You must be a *currently registered* Stanford student to take PE classes.
- No auditing.*
- Faculty/staff/student spouses may take PE classes on a space-available basis. (Fees for most PE classes for faculty/staff will be \$50, with the exception of: Fencing, \$60, Golf, \$200.)

AQUATICS

Lifeguard Training (83)

Following the Red Cross Lifeguard Certification process, this class will cover various aspects of professional lifeguarding.

Prerequisites: Strong swimming skills, high intermediate or advanced level.

Fee: \$35

M/W	3:30 pm-5:30 pm	Chuck Hornbeck	Roble Pool
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Swimming I: Beginning (131)

At least half the quarter is spent in shallow water: from getting your face in the water to floating on your back, treading water and swimming one length of the pool.

Prerequisites: None

Fee: \$15

T/Th	1:15 pm	Zora Neuhold-Huber	Roble Pool
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Swimming II: Advanced Beginning (132)

Tread water and float on back for 1-2 minutes, bob in deep water and learn more strokes: sidestroke, elementary backstroke and breaststroke. Swim underwater. Dive from deck.

Prerequisites: Beginning Swim or competency at all the skills under Beginning Swim. Comfortable in deep water.

Fee: \$15

M/W	11:00 am	Shane Whildin	Avery Aquatic Cener
M/W	1:15 pm	Zora Neuhold-Huber	Roble Pool

Swimming III: Intermediate (133)

Improve all strokes: crawl, backstroke, sidestroke, elementary backstroke and breaststroke and all safety skills. Work towards swimming approx. 200 yards in each stroke. Introduction to butterfly, flip turn, conditioning workouts, and alternate breathing for crawl.

Prerequisites: Tread water for 2-3 minutes, back float 2-3 minutes. Fairly good crawl.

Fee: \$15

M/W	11:00 am	Zora Neuhold-Huber	Roble Pool
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Swimming IV: Advanced (134)

Continue to work on all basic strokes. Learn butterfly. Learn competitive turns. Improve conditioning level.

Prerequisites: Strokes are good but need more refinement. Can swim approx 200 yards.

Fee: \$15

T/Th	10:00 am	John Tanner	Avery Aquatic Center
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Swim Conditioning (135)

Learn how to put a workout together. Improve conditioning level. Receive help in technique as needed to improve conditioning level.

Prerequisites: Intermediate or Advanced Swimming. Strokes are good. Can swim 200 yards each stroke (except butterfly).

Fee: \$15

M/W 11:00 am Skip Kenney Avery Aquatic Center

Water Polo: Intermediate/Advanced (169)

Further work on skills and game playing strategies. Includes conditioning and drills.

Prerequisites: Beginning Water Polo (168) or some playing experience.

Fee: \$15

T/Th 11:00 am John Tanner Avery Aquatic Center

FITNESS

Agility and Plyometrics (3)

Introduction to plyometrics. Build explosiveness, power, speed and agility through conditioning drills.

Fee: \$15

M/W 9:00 am Michele Uhlfelder Manzanita Field

Weight Training: Beginning (174)

Introduction to improving fitness level through progressive resistance exercises using machines and free weights. Individualized weight training programs once basic exercises are learned.

Fee: \$20

T/Th 9:00 am Robert Weir ACSR Fitness Center

Weight Training: Intermediate (175)

Emphasis is on individualized programs and learning the use of all available machines and free weights. Further discussion on exercise physiology.

Prerequisites: Beginning Weight Training or thorough knowledge of basic weight training principles.

Fee: \$20

M/W 9:00 am Bret Simon ACSR Fitness Center
T/Th 10:00 am Ray Blake ACSR Fitness Center

Weight Training for Women (176)

All levels welcome, but class is designed for the beginner. Introduction to the techniques and equipment for weight training. The basics of the physiology of strength training and planning individual programs.

Fee: \$20

M/W 11:00 am Jessica Allister ACSR Fitness Center
T/Th 2:15 pm Michele Uhlfelder ACSR Fitness Center

GROUP FITNESS

Abs and Glutes (2)

Tone your torso and sculpt your lower body. Participants will engage in exercises using both free weights as well as their body weight to achieve results.

Fee: \$15

T/Th 5:15pm Staff ACSR Studio

Body Blast and Sculpt (14)

Get a full-body workout designed to build lean muscle mass, increase strength and improve muscle definition. Weights, bands, steps, and body bars will be the tools of choice.

Fee: \$15

M/W 6:15 pm Michele Mandell ACSR Studio

Core Concentration (17)

This class will incorporate various exercises to build muscular strength and endurance of the body's core region. A large portion of the class will involve performing exercises on/with a stability ball.

Fee: \$15

M/W	12:00 pm	Nanci Conniff	ACSR Studio
M/W	6:15 pm	Doni Reive	ACSR Studio

Hip Hop (64)

Syncopated dance moves set to the latest Hip Hop music help you build your cardiovascular fitness. Come in, hang out, feel the flow, move to the groove, and have a good time!

Fee: \$15

T/Th	3:15 pm	Andre Bobo	ACSR Basketball Courts
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Kickboxing (78)

This high energy workout incorporates kicks, punches, elbow/knee and other combinations used in martial arts and boxing as well as effective athletic drills. It is a fun and energizing workout. Beginning and advanced level exercisers can follow the challenging combinations, release stress and have fun.

Fee: \$15

M/W	3:15 pm	Michele Mandell	ACSR Basketball Court
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Power Punch (91)

Come prepared to get loud and break a sweat in this powerful kickboxing class packed with punches, jabs, and kicks.. It's an awesome way to get in shape, increase your energy, and release your stress!

Fee: \$15

M/W	5:15 pm	Bobbie Sanders	ACSR Studio
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Rock Body Bootcamp (92)

Are you up for the challenge? We dare you to take part in this mind-blowing, muscle pushing, cardio conditioning workout that involves exercises and drills of all sorts and will leave you asking for more.

Fee: \$15

T/Th	7:00 pm	Staff	ACSR Basketball Court
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Step Aerobics (1)

This dynamic Step class offers a great mix of creativity and aerobic training. Appropriate for all fitness levels. Emphasis is cardiovascular health. Steps and risers are provided.

Fee: \$15

T/Th	11:00 am	Denise Gittens	ACSR Basketball Court
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MARTIAL ARTS

Introduction to Martial Arts (86)

Learn the techniques, training methods, history, and culture of Asian martial arts. Three different styles of martial arts will be offered each quarter. Warm-ups, techniques, basic application, and conditioning will be a part of each class.

Autumn Quarter:	Kenpo Karate, Aikido, Muay Thai
Winter Quarter:	Shotokan Karate, Jujitsu, WuShu
Spring Quarter:	TaeKwonDo, Judo, Capoeira

Fee: \$15

M/W	4:15 pm	Tim Ghormley	ACSR- Basketball Court
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RAQUET SPORTS

Tennis: Beginning (141)

For those who have never played tennis or very little tennis. Course includes introduction to the fundamental strokes (forehand, backhand, serve, and net play), rules, and scoring.

Fee: \$20

M/W	10:00 am	David Hodge	Taube Tennis Stadium
T/Th	1:15 pm	Anne Gould	West Campus Courts
M/W	3:15 pm	Anne Gould	West Campus Courts

Tennis: Low Intermediate (142)

Intended as a bridge between beginning and intermediate classes. Review of fundamental strokes and utilization of these skills in a game situation.

Prerequisites: Beginning-level class or knowledge of rules and scoring and average ability in fundamental strokes, but limited playing experience.

Fee: \$20

M/W	9:00am	David Hodge	Taube Tennis Stadium
T/Th	10:00 am	Frankie Brennan	Taube Tennis Stadium
T/Th	2:15pm	Anne Gould	West Campus Courts
M/W	4:15 pm	Anne Gould	West Campus Courts

Tennis: Intermediate (143)

Fundamental stroke review and increased emphasis on singles and doubles tactics.

Prerequisites: Low Intermediate class or average ability in fundamental strokes and regular playing experience. NTRP rating of 3.0 or equivalent.

Fee: \$20

T/Th	9:00 am	Frankie Brennan	Taube Tennis Stadium
M/W	11:00 am	David Hodge	West Campus Courts
M/W	1:15 pm	Anne Gould	West Campus Courts
T/Th	3:15 pm	Anne Gould	West Campus Courts

Tennis: Advanced (144)

Review of fundamental strokes. Drills to emphasize footwork, serve and return, approach shots, volleys, lobs, and overheads. Strategy for competition in singles and doubles.

Prerequisites: Well above average stroking and game playing ability; NTRP rating above 4.0 or equivalent.

Fee: \$20

T/Th	11:00 am	Frankie Brennan	Taube Tennis Stadium
M/W	2:15 pm	Anne Gould	West Campus Courts
T/Th	4:15 pm	Anne Gould	West Campus Courts

SPECIAL INTEREST

Fencing: Beginning (37)

Learn the art of swordsmanship. One of the oldest Olympic sports, Fencing develops quick hands, strong legs, and a strategic mind. Equipment provided. Emphasis is on foil technique.

Fee: \$60

M/W	10:00 am	Valeriy Naulo	ACSR Fencing Room
M/W	11:00 am	Valeriy Naulo	ACSR Fencing Room

Fencing: Intermediate (38)

Learn advanced footwork and handwork. Strategy is taught through bouts. Introduction to épée and saber. Equipment provided.

Prerequisites: Beginning Fencing (37) or some fencing experience.

Fee: \$60

T/Th	10:00 am	Valeriy Naulo	ACSR Fencing Room
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Golf Classes General Info

The first class meeting of all classes is at the **Driving Range** on Campus Drive West. All equipment is provided. Classes are held at the Driving Range and/or the Golf Course.

Golf: Beginning (52)

Fundamentals of the golf swing and an introduction to putting, chipping, and sand play. Introduction to golf etiquette and rules enable a beginner to play a round of golf. Students will have a chance to participate in an optional 9-hole golf outing.

Fee: \$85

M/W	9:00 am	Jim Miller
T/Th	9:00 am	Jim Miller
M/W	10:00 am	Phil Marrone
T/Th	10:00 am	Phil Marrone
T/Th	11:00 am	Jim Miller
M/W	1:15 pm	Phil Marrone
T/Th	2:15 pm	Phil Marrone
M/W	3:15 pm	Kurt Uchiyama

Golf: Advanced Beginning (53)

Further development of the golf swing and short game, techniques for practicing effectively and gaining the confidence to play a round of golf. Continued discussion of rules and etiquette. Students will have a chance to participate in an optional 9-hole golf outing.

Prerequisites: Beginning Golf (52) or some golf experience.

Fee: \$85

M/W	9:00 am	Don Shaw
M/W	10:00 am	Jim Miller
M/W	11:00 am	Phil Marrone
T/Th	11:00 am	Phil Marrone
T/Th	1:15 pm	Phil Marrone

Golf: Intermediate (54)

Drills and practice on all facets of the golf game will enable the student to improve his/her game. Attention will be given to lowering scores and managing games on the course. Students will be invited to play in a couple of golf outings at the Stanford Golf Course.

Prerequisites: Beginning Golf (52), Advanced Beginning Golf (53) or the equivalent.

Fee: \$85

M/W	8:00 am	Don Shaw
T/Th	9:00 am	Phil Marrone
T/Th	10:00 am	Jim Miller
M/W	11:00 am	Jim Miller
M/W	1:15 pm	Jim Miller
T/Th	3:15 pm	Phil Marrone

Golf: Advanced (55)

Continued understanding and refining of the golf swing and increasing power, distance and accuracy. Course management, mental preparation, and visualization techniques. Increase one's comfort zone and improve one's average score or handicap. Students will be invited to play in organized golf outings.

Prerequisites: Intermediate Golf (54) or experience playing and practicing, and the ability to hit shots with relative accuracy and distance.

Fee: \$85

T/Th	1:15 pm	Jim Miller
M/W	2:15 pm	Kurt Uchiyama

Gymnastics: Beginning (59)

Fundamental gymnastics movement for men and women, including flexibility and strength exercises taught on the Olympic apparatus (e.g., floor, balance beam, bars, rings, etc.)

Fee: \$15

M/W	11:00 am	J.D. Reive	Ford Center Gymnastics Room
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Gymnastics: Intermediate (60)

Emphasis is on tumbling and apparatus. Group work and individualized instruction for men and women.

Prerequisites: Beginning Gymnastics (59) or some gymnastics experience.

Fee: \$15

T/Th

11:00 am

Chris Swircek

Ford Center Gymnastics Room

Horsemanship Class General Info

The Horsemanship PE class is designed to provide students with solid horsemanship skills both on and off the horse in English and Western riding. Section times are subject to change, but currently are: Western: Monday 5-7pm and Tuesday 5-7pm and English: Tuesday 9-11am and Wednesday 9-11am. Class size is limited with section participation based on prior riding experience. Students must wear long pants, boots with defined heels. *No tennis shoes allowed!* Every student must wear a helmet when mounted. Helmets will be provided or students may bring their own. Call 327-2990 (Vanessa Bartsch, Hilary Desmond or Meg Finn) for more information.

Information Session: 10:00 am Tuesday, September 26th or Wednesday September 27th at the Red Barn.

Horsemanship: Beginning Riding (65)

Provides students with solid horsemanship skills both on and off the horse. For those with little or no background in riding. Course will include walking, trotting and cantering.

Fee: \$350

Horsemanship: Advanced Beginning Riding (66)

For those who can walk and trot, but not with very secure seat.

Prerequisites: Must be able to mount, dismount, walk, trot, post and steer through school figures. Must have cantered at least one time.

Fee: \$350

Horsemanship: Intermediate Riding & Jumping (67)

For those who can walk, trot and canter with reasonably secure seat.

Prerequisites: Must be able to mount, dismount, walk, trot, post, canter and steer through school figures.

Fee: \$350

Outdoor Leadership (87)

Learn all the skills needed to lead basic multi-day backpacking trips through a combination of classroom sessions and wilderness trips. Topics covered include group dynamics and leadership, technical skills, and wilderness first aid. For further information go to: www.stanford.edu/group/spot/training/.

Sailing Class General Info

First come, first served in-person registration at Ford Center Plaza September 25 (9am-noon).

Registration continues (in Burnham Pavilion) until classes fill. First classes meet on campus week of October 3rd. Classes take place at Stanford Boathouse in Redwood City, carpools arranged.

Sailing: Beginning Keelboat (99)

Basic skills, theory, and techniques enable beginners to sail a small keelboat with confidence. Learn to rig and sail a 24'-30' boat with a fixed keel. Small class size guarantees everyone participates. Class fee due at first class, includes book.

Prerequisites: Beginning Dinghy is recommended but not required. Must pass swim test (info at registration).

Fee: \$200

Wednesday 2:30-5:30 pm Steve Lovegrove

Friday 2:30-5:30 pm Steve Lovegrove

Wednesday 12:00-3:00 pm Steve Lovegrove

Friday 12:00-3:00 pm Steve Lovegrove

Sailing: Beginning Dinghy (100)

Basic skills, theory, and techniques to enable beginners to sail with confidence. Dinghies are light, two-person boats. Class fee is due at first class (includes book).

Prerequisites: Must pass swim test (info at registration).

Fee: \$100

Thursday	12:00-3:00 pm	Amy Gross-Kehoe
Wednesday	12:00-3:00 pm	Amy Gross-Kehoe
Wednesday	2:30-5:30 pm	Dan Ryan
Thursday	2:30-5:30 pm	Dan Ryan
Friday	12:00-3:00 pm	Amy Gross-Kehoe
Friday	2:30-5:30 pm	Dan Ryan

Sailing: Intermediate Dinghy (101)

Supervised opportunity to get on the water to refine skills learned in Beginner. Introduction to racing.

Prerequisites: Beginning Sailing (100) and/or consent of instructor.

Fee: \$100

Tuesday	3:00-6:00 pm	Amy Gross-Kehoe
Wednesday	3:00-6:00 pm	Amy Gross-Kehoe
Thursday	3:00-6:00 pm	Amy Gross-Kehoe
Friday	3:00-6:00 pm	Amy Gross-Kehoe

TEAM SPORTS

Soccer: Outdoor, Beginning/Intermediate (113)

Rules of the game and skills for dribbling, passing, control, shooting and defending. Small game tactics, small-sided games.

Fee: \$15

T/Th	10:00 am	Paul Ratcliffe	Maloney Field
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Soccer: Outdoor, Intermediate/Advanced (114)

For the player with club or high school experience. Small group offensive and defensive tactics. Drills and small-sided games..

Prerequisites: 113 or some experience.

Fee: \$15

T/Th	10:00 am	Bret Simon	Maloney Field
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Volleyball: Introduction to Sand (159)

Fundamental skills and rules. Strategy in two- and four-person sand volleyball.

Fee: \$15

M/W	11:00 am	Ken Shibuya	Sand Courts (next to Taube South Tennis Cts)
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Volleyball: Intermediate Sand (160)

Drills to improve skills and game playing strategy. As ability indicates, more tactics and game playing strategy on two- and four-person sand volleyball.

Prerequisites: Beginning Sand 159, 162, and/or 163, or strong skills and general knowledge of indoor volleyball.

Fee: \$15

M/W	1:15 pm	Ken Shibuya	Sand Courts (next to Taube South Tennis Cts)
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Volleyball: Intermediate (163)

Drills to improve skills and game playing strategy. As ability indicates, more emphasis on team play and strategy.

Prerequisites: Some playing experience or consent of the instructor

Fee: \$15

T/Th	9:00 am	Denise Corlett	Burnham Pavilion
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Volleyball: Advanced (164)

Refine all skills, emphasizing offensive and defensive team play.

Prerequisites: 163 or strong skills and general knowledge of team concepts.

Fee: \$15

T/Th	10:00 am	Denise Corlett	Burnham Pavilion
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Wrestling: Beginning/Intermediate (179)

Introduction to intercollegiate wrestling. Conditioning, basic skills, high-level sequences of upper- and lower-body technique as well as cultivating the spirit of one-on-one competition.

Prerequisites: None

Fee: \$15

M/W	11:00am	Kevin Klemm	AFSC Wrestling Room
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WELLNESS CLASSES

Pilates Mat (88)

Learn to move with economy, grace and balance. The Pilates Method is comprised of a few well-designed movements properly performed in a balanced sequence.

Fee: \$15

M/W	9:00 am	Nanci Conniff	ACSR Studio
M/W	11:00 am	Nanci Conniff	ACSR Studio
T/Th	12:00 pm	Nanci Conniff	ACSR Studio
T/Th	2:15 pm	Nanci Conniff	ACSR Studio

Pilates II (89)

For those who have mastered Pilates fundamentals. Learn how to stretch, strengthen, streamline, and isolate the deep muscles of the body using small apparatus and techniques.

Prerequisites: Pilates Mat (88)

Fee: \$15

T/Th	11:00 am	Nanci Conniff	ACSR Studio
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Introduction to Fitness and Wellness (72)

This 1-unit seminar series takes the student step-by-step through the thought process of designing their life-style to promote health. Fitness topics include exercise design (endurance and strength workouts), exercise anatomy and fundamental concepts of exercise recovery, fatigue, cramping and performance. Wellness topics include the impact of stress, sleep and cognitive processes on health. For an additional unit (2 units total), students have the option of doing fitness and wellness projects, such as designing workouts or keeping track of their sleeping patterns to apply what they learn in class to their everyday lives. These units are academic units.

M/W	9:30-10:50am	Janelle Spanier	AFSC – Kissick Auditorium
T/Th	6:30-7:50pm	Janelle Spanier	250-251K

Introduction to Nutrition and Fitness (74)

Learn how to discriminate between media hype and healthy information. Latest research in nutrition: the high protein myth, good vs bad fats, the importance of fiber, and how to maximize exercise performance with healthy food and water. Fundamentals of endurance exercise, stretching, and core strength exercises. A practical approach to decreasing body fat while increasing muscle mass and overall health. 1-2 units.

T/Th	9:30-10:50am	Clyde Wilson	AFSC – Kissick Auditorium
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Yoga(186)

The focus is on learning the principles of yoga that apply to all forms. Yoga promotes strength and flexibility, releases stress and tension, improves circulation, balance, concentration and clarity of mind.

Fee: \$15

T/Th	7:30am	Staff	ACSR Studio
T/Th	9:00 am	Shawn McCracken	ACSR Studio

M/W	10:00 am	Nanci Conniff	ACSR Studio
T/Th	10:00 am	Shawn McCracken	ACSR Studio
T/Th	1:15 pm	Nanci Conniff	ACSR Studio
M/W	2:15 pm	Shawn McCracken	ACSR Studio
M/W	3:15 pm	Shawn McCracken	ACSR Studio
T/Th	3:15 pm	Ann Merlo	ACSR Studio

Yoga/Pilates Fusion (188)

The best of Yoga and Pilates! Unite your mind, body and spirit. Improve muscle control, coordination, strength and balance.

Fee: \$15

M/W	1:15pm	Ann Merlo	ACSR Studio
TTh	4:15pm	Denise Gittens	ACSR Studio