

ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

Emeriti: (Professor) Wesley K. Ruff; (Associate Professor) William P. Fehring; (Athletic Director) Joseph H. Ruetz; (Associate Director) Robert C. Young; (Assistant Director) Shirley Schoof

Athletic Director: Ted Leland

Senior Associate Athletic Director, Finance and Business Affairs: Debra Gore-Mann

*Senior Associate Athletic Director, External Relations: Darrin Nelson
Associate Athletic Director, Intercollegiate Sports and Championships: Earl Koberlein*

Associate Athletic Director, Facilities, Operations, and Events: Ray Purpur

*Associate Athletic Director, Athletic Services: Scott Schuhmann
Assistant Athletic Director, Facilities: Skip Braatz*

Assistant Athletic Director, Student Services: Susan Burk

Assistant Athletic Director, Marketing, Tickets: Bob Carruesco

Assistant Athletic Director, Football Operations: Alan Glenn

Assistant Athletic Director, Operations: Gabriela Gonzalez

Assistant Athletic Director, Development: Mike Izzi

Assistant Athletic Director, Media Relations: Gary Migdol

Assistant Athletic Director, Finance: Joe Mitchner

Assistant Athletic Director, Facilities, Operations, and Events: Chelle Pell

Assistant Athletic Director, Physical Education, Club Sports, Intramurals, and Recreation: Sherry Posthumus

Assistant Athletic Director, Capital Planning: David Schinski

Assistant Athletic Director, Men's Basketball Operations/Athletic Services: Jamie Zaninovich

Director, Human Resources: to be announced

Director, Major Gifts: John R. Kates

Senior Lecturers: Anne Gould, Elizabeth Weeks

Sports Directors: Al Acosta (Lightweight Crew, women), Craig Amerkhanian (Crew, men), Aimee Baker (Crew, women), John Dunning (Volleyball, women), Lele Forood (Tennis, women), Thom Glielmi (Gymnastics, men), Richard Gould (Tennis, men), Sheryl Johnson (Field Hockey), Jay Kehoe (Sailing), Skip Kenney (Swimming, men), Vin Lananna (Track and Field/Cross Country), Mark Marquess (Baseball), Lisa Milgram (Fencing), Jeff Mitchell (Golf, men), Mike Montgomery (Basketball, men), Andy Nelson (Soccer, women), Caroline O'Connor (Golf, women), Heather Olson (Synchronized Swimming), Richard Quick (Swimming, women), John Rittman (Softball), Richard Schavone (Diving), Don Shaw (Volleyball, men), Bret Simon (Soccer, men), Kristen Smyth (Gymnastics, women), John Tanner (Water Polo, women), Tara VanDerveer (Basketball, women), Michele Uhlfelder (Lacrosse)

Sport Assistant Coaches: Lonni Alameda (Softball), Jon Allbin (Crew, men), Mark Banker (Football), Frankie Brennan (Tennis, women), Quinn Carney (Lacrosse), Denise Corlett (Volleyball, women), Carrie Davis (Crew, women), Katy Eldridge (Volleyball, women), Stephanie Erickson (Soccer, women), Dena Evans (Track and Field/Cross Country), Edrick Floreal (Track and Field), Larissa Fontaine (Gymnastics, women), Tony Fuller (Basketball, men), Amy Gross-Kehoe (Sailing), Lesley Irvine (Field Hockey), Jay Jackson (Wrestling), David Kelly (Football), Liz Kittleman (Lacrosse), Ted Knapp (Swimming, men), John Kosty (Volleyball, men), Pete McCarty (Football), Karen Middleton (Basketball, women), Shannon Montague (Synchronized Swimming), Steve Morton (Football), Wayne Moses (Football), Dave Nakama (Baseball), Steve Ohel (Gymnastics, women), Susan Ortwein (Water Polo, women), Sara Pickering (Softball), George Pogosov (Fencing), D. J. Powers (Golf, men and women), Tom Quinn (Football), Mike Reilly (Track and Field/Cross Country), Eric Reveno (Basketball, men), Julie Rousseau (Basketball, women), Mike Sanford (Football), Paul Sapsford (Soccer, men and women), Matt Stimson (Soccer, men), Dean Stotz (Baseball), Dave Tipton (Football), Amy Tucker (Basketball,

women), Jason Turcotte (Swimming, women), Russell Turner (Basketball, men), Robert Weir (Track and Field), John Whitlinger (Tennis, men), Tom Williams (Football)

Department Offices: Arrillaga Family Sports Center

Mail Code: 94305-6150

Department Phone: (650) 723-4591

Web site: <http://www.stanford.edu/dept/pe>

Courses in Athletics, Physical Education, and Recreation have the subject code ATHLETIC. For a complete list of subject codes, see Appendix B.

From the founding of the University, Stanford's leaders have believed physical activity is valuable for its own sake and complementary to the educational purpose of the University. The mission of the Department of Athletics, Physical Education, and Recreation is to offer the widest possible range of quality programs for athletic participation and physical fitness at all levels of skill and interest. Within the limitations of its resources, the department provides a broad range of instructional, recreational, and intramural competitive programs for all who wish to participate. The intrinsic value to the participant is the primary criterion by which the worth of the programs should be judged.

The goals of the department's programs are to promote understanding of the value and role of physical activity as an important dimension of the human condition, to develop performance skills in sport, to develop the habit of participation, and to provide leadership opportunities in aquatics, sports, and other physical activities. To this end, the program encompasses a diversity of learning and participating opportunities from informal recreation through organized intramural competition, basic instructional classes, and theoretical study to, and including, intercollegiate athletic competition.

PROGRAMS

No degrees are offered in Physical Education.

INTERCOLLEGIATE ATHLETICS

In keeping with American university tradition, Stanford offers a broad intercollegiate athletic program. The objectives are to provide the opportunity to compete at the highest possible level without jeopardizing the integrity of the individual or the institution; to adhere strictly to all University, association, and conference rules governing athletic participation; and to encourage effectively the achievement of academic goals by student athletes at the same rate as other University students. As a member of the National Collegiate Athletic Association (NCAA), Stanford fields both men's and women's varsity teams. Those for men are baseball, basketball, crew, cross country, fencing, football, golf, gymnastics, sailing, soccer, swimming and diving, tennis, track and field, volleyball, water polo, and wrestling. Those for women are basketball, crew, cross country, fencing, field hockey, golf, gymnastics, lacrosse, sailing, soccer, softball, swimming and diving, synchronized swimming, tennis, track and field, volleyball, and water polo.

Both men's and women's teams are affiliated with the Pacific Ten Conference, one of the premier athletic conferences in the nation. Additional or alternative intercollegiate athletic competition is available for all teams.

CLUB SPORTS

The Stanford Club Sports program provides competition in sports not included in the intercollegiate varsity program and instruction in classes or activities not included in the Physical Education program. It also develops student leadership in organizing, administering, and funding activities. The club program is actively supervised by the Director of Club Sports, but the emphasis is on student interest and leadership to initiate, organize, and conduct the respective clubs. Those students in clubs that meet the criteria for inclusion in the formal curriculum may apply for units of credit.

INTRAMURAL SPORTS (IM)

Students interested in intramural competition may receive information through the intramural web site: <http://www.stanford.edu/group/intramurals/>. They may also receive information from the IM Office in Burnham Pavilion or through their campus residences. The program includes formal competition in league and tournament play for many different sports. Competing organizations, teams, and individuals are urged to check the web site at the beginning of each quarter to obtain registration and league information. Registration occurs on the second Thursday of each quarter, with mandatory captain meetings held on the same evening. Currently, intramurals run Autumn, Winter, and Spring quarters.

RECREATION

The department provides facility use for faculty, staff, and students (and, for some activities, their immediate families) to participate in aquatics, conditioning, and sports for general recreation. Specific recreation hours for all the facilities are publicized throughout the year in both the *Stanford Report*, at the respective facilities, and on the department's web site at <http://www.stanford.edu/dept/pe/>.

The golf course and driving range are available for faculty, staff, and student use on a fee basis; information is available from the Golf Pro Shop.

FACILITIES

Athletic facilities are located throughout the campus. On the west side of campus are the Golf Course, the Golf Driving Range, the Red Barn Stables, Roble Gym, the Sand Hill Intramural Fields, and the West Campus Tennis Courts. Centrally located is the Tresidder Fitness Center. On the east side of campus are the Arrillaga Family Sports Center, the Baker Recreation Pool and Avery Aquatic Center, Burnham Pavilion, the Climbing Wall, Cobb Track and Angell Field, DeGuerre Courts, Encina Tennis Courts, the Ford Center for Sports and Recreation, the Maloney Fields, Maples Pavilion, the Stanford Stadium, Sunken Diamond, and Taube Tennis Stadium.

Off campus facilities include a sailing center and a rowing facility.

CURRICULUM AND SERVICES

The diverse instructional program strives to accommodate the sports interests of all undergraduate and graduate students. Only intercollegiate varsity men's and women's teams are limited to undergraduates. Homogeneous skill groupings and limited class sizes enable the beginning student or the advanced performer to achieve success within the limits of individual motivation and potential. Skill level in, and knowledge about, a specific activity as well as available space are the only limitations to enrollment. Physically disabled students are encouraged to contact Sherry Posthumus for enrollment advice.

Academic Credit—Activity classes carry 1 unit of credit for satisfactory completion of work. Although there is no limitation on the number of activity classes in which a student may enroll, no more than 8 units of these activity classes (and/or other University activity classes) may be applied toward undergraduate graduation requirements (see the "Undergraduate Degrees" section of this bulletin).

Auditing—No auditing is allowed in activity classes. Faculty and staff may take an activity class as space is available with instructor consent after student enrollment is completed.

Class Fees—Fees are charged for enrollment in all physical education classes and club sports.

Class fees are payable only by check or money order. Cash is not acceptable. Checks or money orders should be made payable to Stanford University. Fees are payable at the first, and are required by the second, class meeting for a student to remain in class. Late enrollees must submit fees no later than the second time they attend the class.

Full refund is given to students who drop a class during the first two weeks of classes and request a refund at that time. No refund is given if a student either neglects to request a refund under the conditions listed previously or drops the class after the second week.

Class Sign-Ups versus Axess—Information on sign-up procedures can be found on the department's web site at <http://www.stanford.edu/dept/pe>, or under Athletics in the *Time Schedule*. Students must attend the first class meeting. If accepted into the class, they can register for that class through Axess.

Deadline for Adding a Class—Students who have never appeared in a class may not enroll in that class after the fourth class meeting has passed. Students may add the class after the fourth meeting if they have been in attendance and, for whatever reason, did not get registered until the fourth week (the University deadline for adding courses).

Equipment—Specific information on equipment and recommended class attire is available from the department or instructor.

Lockers—Lockers are available for rent to faculty/staff and students at the Arrillaga Family Sports Center and Roble Gym. The fee for faculty/staff is \$15 a quarter or \$40 a year. The fee for students is \$10 a quarter or \$25 a year.

COURSES

(AU) indicates that the course is subject to the University Activity Unit limitations (8 units maximum). See <http://www.stanford.edu/dept/pe> for further information on course descriptions and sign-up procedures.

PHYSICAL EDUCATION AND SPORTS THEORY

ATHLETIC 190. Analysis of Human Movement—Overview of skeletal and muscular anatomy and a study of the mechanical principles of movement as related to efficient performance in aquatics, dance, and sports.

3 units, Aut (Weeks)

LEADERSHIP OPPORTUNITIES IN PHYSICAL EDUCATION

ATHLETIC 86. Manager: Athletic Team—For student managers of intercollegiate teams. Prerequisite: consent of respective varsity team head coach. (AU)

1 unit, Aut, Win, Spr (Staff)

AQUATIC ACTIVITY

ATHLETIC 83. Lifeguard Training—Priority to those with summer jobs requiring certification and for those wishing to guard at Stanford during the year. Lifeguard characteristics and responsibilities, recognition of hazards and emergencies, patron and facility surveillance, interaction with the public, rescue skills. Community first aid and CPR for the professional rescuer. Bring letter from employer to first class meeting. Fee. Prerequisite: pass swim test (swimmer/advanced swimmer level).

2 units, Spr (Weeks)

ATHLETIC 100. Sailing, Beginning: Dinghy—Basic skills, theory, and techniques to enable beginners to sail with confidence in small centerboard boats. Fee. (AU)

1 unit, Aut, Spr (Gross-Kehoe)

ATHLETIC 101. Sailing, Intermediate: Dinghy—Refine skills. Introduction to racing. Fee. Prerequisite: consent of instructor. (AU)

1 unit, Aut, Spr (Gross-Kehoe)

ATHLETIC 102. Sailing, Advanced: Dinghy—Refinement of heavy weather sailing skills, with emphasis on racing. Fee. Prerequisite: 101 or consent of instructor. (AU)

1 unit, Spr (Gross-Kehoe)

ATHLETIC 104. Sailing: Assistant Instructor (Beginning Level)

2 units, Aut, Spr (Gross-Kehoe)

ATHLETIC 105. Sailing: Assistant Instructor (Intermediate/Advanced Level)

2 units, Aut, Spr (Gross-Kehoe)

ATHLETIC 131. Swimming: Beginning—For non-swimmers or those who can swim about 10 yards but are not comfortable in deep water. Instruction in safety skills, front crawl, and a back stroke. Additional strokes introduced as ability warrants. Fee. (AU)

1 unit, Aut, Spr, Sum (Bivens, Vargas, Weeks)

ATHLETIC 132. Swimming: Advanced Beginning—For those with limited swimming ability and safety skills who may not be fully comfortable in deep water. Work on safety skills, crawl, and elementary backstroke or back crawl. Introduction to sidestroke and breaststroke. Improve skills and increase time and distance of swim. Prerequisite: ability to swim 25-50 yards on front and on back reasonably comfortably. Fee. (AU)

1 unit, Aut, Win, Spr (Turcotte, Weeks)

ATHLETIC 133. Swimming: Intermediate—Continued work on crawl, elementary backstroke, backstroke, and sidestroke. Safety skill work as needed. Introduction to or review of breaststroke. Open turns. Introduction to butterfly, flip turn, and conditioning. Fee. Prerequisites: fair technique in crawl, elementary backstroke, backstroke; some sidestroke and breaststroke; ability to swim approximately 100-200 yards continuously by mixing strokes. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Bivens, Turcotte, Weeks)

ATHLETIC 134. Swimming: Advanced—Review and refine all basic strokes and safety skills. Introduction to or review of butterfly and flip turn. Stroke drills and information on conditioning and designing individual workouts. Prerequisite: average to good strokes; ability to swim approximately 400-500 yards continuously. Fee. (AU)

1 unit, Aut, Win, Spr (Quick, Tanner, Vargas)

ATHLETIC 135. Swim Conditioning—Improve cardio-respiratory endurance through directed swimming workouts. Technique corrections as needed. Prerequisite: advanced swimmer. Fee. (AU)

1 unit, Aut, Win, Spr (Kenney, Knapp, Vargas)

ATHLETIC 168. Water Polo: Beginning—Introduction to basic skills and game play. For those who have never played or have had limited experience. Fee. (AU)

1 unit, Spr (Vargas)

ATHLETIC 169. Water Polo: Intermediate/Advanced—Further work on skills. Game strategies. Fee. (AU)

1 unit, Aut, Spr (Tanner, Vargas)

FITNESS, INDIVIDUAL, AND TEAM SPORT ACTIVITIES

ATHLETIC 1. Aerobics, Step—A mix of creativity and aerobic training that is challenging, fun, and effective. Appropriate for all fitness levels. Emphasis is on cardiovascular health. Steps and risers are provided. Fee. (AU)

1 unit, Aut, Win, Spr (Gittens)

ATHLETIC 3. Agility and Plyometrics—Introduction to Plyometrics. Build explosiveness, power, speed, and agility through a variety of conditioning drills. Fee. (AU)

1 unit, Aut (Uhlfelder)

ATHLETIC 13. Boot Camp—A high energy class for total body conditioning. Drill-based format. Suitable for a wide range of fitness levels. Designed to promote cardiovascular fitness, agility, balance and coordination. Fee. (AU)

1 unit, Aut (Evans, Floreal)

ATHLETIC 37. Fencing, Beginning—The sport of swordmanship develops quick hands, strong legs, and a strategic mind. Basic footwork, handwork, and bouting. Emphasis is on foil technique. All equipment provided. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Pogosov)

ATHLETIC 38. Fencing, Intermediate—Continuation of 37; learn advanced footwork and handwork. Strategy and bouting. Introduction to epee and saber. All equipment provided. Prerequisite: 37 or consent of instructor. Fee. (AU)

1 unit, Aut, Win, Spr (Pogosov)

ATHLETIC 44. Field Hockey, Advanced for Women—Techniques and skills under competitive pressure. Must know team strategies and positioning. Prerequisite: consent of instructor, tryouts. Fee. (AU)

1 unit, Win (Johnson)

ATHLETIC 52. Golf: Beginning—The fundamentals of the golf swing; introduction to putting, chipping, sand play. Golf etiquette and knowledge of rules enable a beginner to play a round of golf. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Marrone, Miller, Uchiyama)

ATHLETIC 53. Golf: Advanced Beginning—Further development of the golf swing and short game. How to practice effectively and gain the confidence to play a round of golf. Rules and etiquette. Prerequisite: 52 or previous golf experience. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Marrone, Miller, Uchiyama)

ATHLETIC 54. Golf: Intermediate—Improvement through the use of drills and practice on all facets of golf game. Utilization of these skills in the game. Lower your score and manage your game on the course. Prerequisite: 53 or the equivalent. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Marrone, Miller, Stotz, Uchiyama)

ATHLETIC 54A. Golf: Intermediate/Advanced—Designed as a bridge between intermediate and advanced level classes. Continued use of drills and practice on all facets of golf game.

1 unit, Sum (Miller)

ATHLETIC 55. Golf: Advanced—Understand and refine the golf swing and increase power, distance, and accuracy. Course management, mental preparation, visualization techniques. Prerequisites: 54 or experience playing and practicing, and the ability to hit shots with relative accuracy and distance. Fee. (AU)

1 unit, Aut, Win, Spr (Miller)

ATHLETIC 56. Golf, Tournament—A limited number of advanced-level students learn how to lower their handicaps through efficient practice techniques. Course management discussed as well as how to hit trouble shots. Each student is asked to play eight nine-hole rounds during the quarter. Fee. (AU)

1 unit, Aut, Spr (Marrone)

ATHLETIC 59. Gymnastics: Beginning—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. (AU)

1 unit, Aut, Win, Spr (Fontaine, Glielmi, Ohel)

ATHLETIC 60. Gymnastics: Intermediate—For students who have completed 59 or have a background in gymnastics. Emphasis is on tumbling and somersaulting. Group work and individualized instruction for men and women. Limited apparatus work. Fee. (AU)

1 unit, Aut, Win, Spr (Glielmi, Smyth)

ATHLETIC 64. Hip Hop—Syncopated dance to the latest Hip-Hop music for cardiovascular fitness. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Bobo)

ATHLETIC 65. Horsemanship: Beginning Riding—No background or very little. Includes walk, trot, and canter. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 66. Horsemanship: Advanced Beginning Riding—Can walk and trot, but not with very secure seat. Gymnastic work develops position and rhythm. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 67. Horsemanship: Intermediate Riding and Jumping—Work at the walk, trot, and canter. Cross rails up to two foot jumps. Fee. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 73. Interval Training—For students who want to improve their overall fitness level. Active participation in workouts include brief periods of high intensity exercise interspersed with lower intensity exercise or rest. Short duration agility runs, weight lifting, and cardiovascular improvement. Emphasis is on proper stretching techniques, warm-ups, cool-downs, and monitoring heart rate. Fee. (AU)
1 unit, Win, Spr (Irvine, Johnson)

ATHLETIC 78 Kickboxing—High energy workout incorporating kicks, punches, elbow/knee, and other combinations used in martial arts and boxing as well as athletic drills. Beginning and advanced exercisers can follow the challenging combinations, release stress, and have fun. Fee. (AU)
1 unit, Aut, Win, Spr (Mandell)

ATHLETIC 87. Muscle Ballet—Why dancers are some of the world's best athletes. Muscle ballet adds rhythm and choreography to Pilates and gyrotonic principles, and method to dance. This multi-layered technique has something for everyone, from the casual aerobics student to the professional dancer. Fee. (AU)
1 unit, Aut, Win, Spr (Staff)

ATHLETIC 88. Pilates Mat—Learn to move with economy, grace, and balance. Use your body to the greatest advantage making the most of its strengths and correcting its imbalances. The Pilates Method is comprised of a few well designed movements properly performed in a balanced sequence. Fee. (AU)
1 unit, Aut, Win, Spr, Sum (Conniff)

ATHLETIC 90. Posture—Individual standing posture evaluation; exercises for proper body alignment emphasizing flexibility and balance of muscle strength development. Techniques for correct body mechanics: push, pull, lift, carry, reach, sit, lie, walk. Some nutrition, relaxation, and weight management; group and individualized exercise program. Fee. (AU)
1 unit, Aut, Win, Spr (Weeks)

ATHLETIC 112. Soccer: Beginning—Introduction to soccer for the true beginner. The rules of the game and basic skills for dribbling, passing, control, shooting, and defending. Small game tactics. Fee. (AU)
1 unit, Aut, Spr (Nelson)

ATHLETIC 113. Soccer: Intermediate—The basic skills and rules of the game. Small group tactics offensively and defensively. Improve play through drills and small-sided games. Fee. (AU)
1 unit, Aut, Win, Spr (Nelson, Simon)

ATHLETIC 114. Soccer: Advanced—Designed for the advanced player looking to improve individual technique under pressure, small group and team tactics, and fitness. Prerequisites: consent of instructor, tryouts. Fee. (AU)
1 unit, Aut (Nelson)

ATHLETIC 115. Soccer: Advanced for Men—Techniques under pressure; small group and team tactics. Fitness for the soccer player. Prerequisites: consent of instructor, tryouts. Fee. (AU)
1 unit, Win (Simon)

ATHLETIC 116. Soccer: Advanced for Women—Techniques under pressure; small group and team tactics. Fitness for the soccer player. Prerequisites: consent of instructor, tryouts. Fee. (AU)
1 unit, Win (Nelson)

ATHLETIC 117. Soccer, Indoor: Beginning—Uses a smaller ball and playing area. Emphasis is on individual ball skills through small-sided games. Fee. (AU)
1 unit, Win (Nelson)

ATHLETIC 118. Soccer, Indoor: Intermediate—For the intermediate player looking to hone his/her skills and learn more about the game. Emphasis is on skill development through technical sessions and small sided games. Basic tactics and the rules of the game. Limited enrollment. Fee. (AU)
1 unit, Win (Simon)

ATHLETIC 124. Squash: Beginning—Learn the fundamentals of this fast-paced indoor racket sport. For those with little or no previous squash experience. Forehands, backhands, drops, service, service returns, volleys, and boasts. Fee. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 125. Squash: Intermediate—For those with basic previous experience. Review of basic shots. Focus on footwork, strategy, and drills. Fee. (AU)
1 unit, Aut, Win, Spr (Staff)

ATHLETIC 141. Tennis: Beginning—Fundamental strokes (forehand, backhand, serve, and net play), rules, and scoring. Fee. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 142. Tennis: Low Intermediate—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. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 143. Tennis: Intermediate—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. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 144. Tennis: Advanced—Review of fundamental strokes. Drills 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. (AU)
1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 145. Tennis: Tournament—Advanced drills and practice sessions for tournament-experienced players of near-varsity-level ability. Tryouts at Taube Tennis Stadium in Autumn Quarter for autumn enrollment and position on all-University ladder for spring class. Prerequisite: consent of instructor. Fee. (AU)
1 unit, Aut, Spr (Whitlinger)

ATHLETIC 146. Tennis: Analysis—Use of computer for analyzing tennis matches. Assist players and coaches by collecting data on player performance. Prerequisite: consent of instructor. Recommended: excellent knowledge of tennis, background in computers and statistics. (AU)
2 units, Aut, Win, Spr (Forood, D. Gould)

ATHLETIC 159. Volleyball: Introduction to Sand—Introduction/review of fundamental skills and rules. Basic strategy in two- and four-person sand volleyball. Fee. (AU)
1 unit, Aut (Kosty)

ATHLETIC 160. Volleyball: Intermediate Sand—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: 159, 162 and/or 163, or strong skills and general knowledge of indoor volleyball. Fee. (AU)
1 unit, Aut, Spr (Kosty)

ATHLETIC 161. Volleyball: Advanced Sand—Refine and improve skills and game playing strategy in two- and four-person sand volleyball. Must have strong skills and general knowledge of team concepts. Prerequisites: 160 or consent of the instructor. Fee. (AU)
1 unit, Spr (Kosty)

ATHLETIC 163. Volleyball: Intermediate—Drills to improve skills and game playing strategy. As ability indicates, more emphasis on team play and strategy. Fee. (AU)

1 unit, Aut, Win, Spr (Corlett, Shaw)

ATHLETIC 164. Volleyball: Advanced—Refine all skills, emphasizing offensive and defensive team play. Fee. Prerequisites: strong skills and general knowledge of team concepts. Fee. (AU)

1 unit, Aut, Win, Spr (Corlett, Shaw)

ATHLETIC 174. Weight Training: Beginning—Introduction to improving fitness level through progressive resistance exercises using machines and free weights. Individualized weight training programs once basic exercises are learned. Stretching program. Basics of exercise physiology. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

ATHLETIC 175. Weight Training: Intermediate—Review of basic exercises and techniques. Emphasis is on individualized programs and learning the use of all available machines and free weights. Further discussion on exercise physiology. Prerequisite: 174 or thorough knowledge of basic weight training principles. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

ATHLETIC 176. Weight Training for Women—All levels welcome, but designed for the beginner. Introduction to the techniques and equipment for weight training. Emphasis is on stretching, proper form and progressions, and injury prevention. The basics of the physiology of strength training and planning individual programs. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

ATHLETIC 179. Wrestling: Beginning/Intermediate—Introduction to intercollegiate wrestling. Conditioning, cultivating the spirit of one-on-one competition. Basic skills and high-level sequences of upper- and lower-body technique. Fee. (AU)

1 unit, Spr (Buddie)

ATHLETIC 180. Wrestling, Assistant Instructor

1 unit, Spr (Buddie)

ATHLETIC 186. Yoga—Challenging practice designed for beginning-intermediate student. Focus is on a completely integrated and balanced body. Promotes increased flexibility; strengthens skeletal, muscular, and nervous systems; improves circulation; releases tension and stress; improves concentration and clarity of mind. Fee. (AU)

1 unit, Aut, Win, Spr, Sum (Staff)

ATHLETIC 187. Yoga: Intermediate—Builds and expands on the basic asanas. Student should be comfortable with the beginning class and ready for more challenging poses. More inverted poses, i.e., shoulder stand. Range of motion is increased as is length of time in poses. Deeper understanding of pranayama. Fee. Prerequisite: beginning yoga or previous yoga experience. Fee. (AU)

1 unit, Aut, Win, Spr (Merlo)

ATHLETIC 188. Yoga for Golf—Game improvement through drills and practice in all facets of golf. Utilizing these skills to play, lower scores, and manage the game on and off the course. A separate yoga practice promotes flexibility and balance to improve concentration and focus. Prerequisite: Beginning Golf or equivalent. Fee. (AU)

1 unit, Win (Conniff, Miller)

INTERCOLLEGIATE ATHLETIC TEAMS

ATHLETIC 9V. Baseball, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Marquess, Stotz)

ATHLETIC 11V. Basketball, Varsity Men—(AU)

1-2 units, Aut, Win (Montgomery, Staff)

ATHLETIC 12V. Basketball, Varsity Women—(AU)

1-2 units, Aut, Win (Van Derveer, Staff)

ATHLETIC 19V. Crew, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Amerkhanian)

ATHLETIC 20V. Crew, Varsity Women

1-2 units, Aut, Win, Spr (Baker)

ATHLETIC 22V. Cross Country, Varsity Men—(AU)

1-2 units, Aut (Lananna)

ATHLETIC 23V. Cross Country, Varsity Women—(AU)

1-2 units, Aut (Lananna)

ATHLETIC 31V. Diving, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Schavone)

ATHLETIC 32V. Diving, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Schavone)

ATHLETIC 41V. Fencing, Varsity Men—(AU)

1-2 units, Aut, Win (Milgram)

ATHLETIC 42V. Fencing, Varsity Women—(AU)

1-2 units, Aut, Win (Milgram)

ATHLETIC 45V. Field Hockey, Varsity Women—(AU)

1-2 units, Aut, Spr (Johnson)

ATHLETIC 48V. Football, Varsity—(AU)

1-2 units, Aut, Spr (Teevens, Staff)

ATHLETIC 57V. Golf, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Mitchell)

ATHLETIC 58V. Golf, Varsity Women—AU

1-2 units, Aut, Win, Spr (O'Connor)

ATHLETIC 61V. Gymnastics, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Glielmi)

ATHLETIC 62V. Gymnastics, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Smyth)

ATHLETIC 81V. Lacrosse, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Uhlfelder)

ATHLETIC 107V. Sailing, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Kehoe)

ATHLETIC 108V. Sailing, Varsity Women—(AU)

1-2 units (Kehoe)

ATHLETIC 119V. Soccer, Varsity Men—(AU)

1-2 units, Aut, Spr (Simon)

ATHLETIC 120V. Soccer, Varsity Women—(AU)

1-2 units, Aut, Spr (Nelson)

ATHLETIC 122V. Softball, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Rittman)

ATHLETIC 137V. Swimming, Synchronized: Varsity—(AU)

1-2 units, Aut, Win (Olson)

ATHLETIC 138V. Swimming, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Kenney)

ATHLETIC 139V. Swimming, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Quick)

ATHLETIC 148V. Tennis, Varsity Men—(AU)

1-2 units, Aut, Win, Spr (Gould)

ATHLETIC 149V. Tennis, Varsity Women—(AU)

1-2 units, Aut, Win, Spr (Forood)

ATHLETIC 153V. Track and Field, Varsity Men—(AU)*1-2 units, Aut, Win, Spr (Lananna)***ATHLETIC 154V. Track and Field, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Lananna)***ATHLETIC 165V. Volleyball, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Shaw)***ATHLETIC 166V. Volleyball, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Dunning)***ATHLETIC 171V. Water Polo, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Vargas)***ATHLETIC 172V. Water Polo, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Tanner)***ATHLETIC 182V. Wrestling, Varsity—(AU)***1-2 units, Aut, Win, Spr (Buddie)***CLUB SPORTS**

The Stanford Club Sports Program is affiliated with the department but is initiated, organized, and conducted by students. All clubs are co-educational except as specified. Clubs, whose instructional classes meet the criteria for academic credit, are scheduled for meeting times as published each quarter in the *Time Schedule*. For additional information, contact the Club Sports Director.

ATHLETIC 5C. Badminton Club Team—(AU)*1 unit, Aut, Win, Spr***ATHLETIC 28C. Cycling Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 34C. Equestrian Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 69C. Horse Polo Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 71C. Ice Hockey Club Team—Men. (AU)***1 unit, Aut, Win***ATHLETIC 76C. Judo Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 79C. Lacrosse Club Team (Men)—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 96C. Rugby Club Team (Men)—(AU)***1 unit, Aut, Win***ATHLETIC 97C. Rugby Club Team (Women)—(AU)***1 unit, Aut, Win***ATHLETIC 110C. Ski Club Team—(AU)***1 unit, Win***ATHLETIC 126C. Squash Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 151C. Triathlon Club Team—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 156C. Ultimate Frisbee Club Team (Men)—(AU)***1 unit, Aut, Win, Spr***ATHLETIC 157C. Ultimate Frisbee Club Team (Women)—(AU)***1 unit, Aut, Win, Spr*

This file has been excerpted from the *Stanford Bulletin*, 2002-03, pages 271-276. Every effort has been made to insure accuracy; late changes (after print publication of the bulletin) may have been made here. Contact the editor of the *Stanford Bulletin* via email at arod@stanford.edu with changes, corrections, updates, etc.