

# ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

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

*Athletic Director:* Bob Bowsby

*Deputy Athletic Director, Facilities, Operations, and Events:* Ray Purpur

*Senior Associate Athletic Director, Intercollegiate Services/Senior Woman Administrator:* Beth Goode

*Senior Associate Athletic Director, External Affairs:* Chris Hutchins

*Senior Associate Athletic Director, Intercollegiate Sports:* Earl Koberlein

*Senior Associate Athletic Director, Development:* Jeff Shilling

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*Associate Athletic Director, Athletic Services:* Scott Schuhmann

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*Assistant Athletic Director, Compliance Services:* Megan Boone

*Assistant Athletic Director, Facilities:* Skip Braatz

*Assistant Athletic Director, Student Services:* Susan Burk

*Assistant Athletic Director, Marketing, Tickets:* Bob Carruesco

*Assistant Athletic Director, Human Resources:* Ron Coverson

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

*Assistant Athletic Director, Events and Operations:* Carl Reed

*Assistant Athletic Director, Capital Planning:* David Schinski

*Senior Lecturer:* Anne Gould

*Sport Directors:* Al Acosta (Lightweight Crew, women), Craig Amerkhanian (Crew, men), John Dunning (Volleyball, women), Yasmin Farooq (Crew, women), Edrick Floreal (Track and Field, women), Lele Forood (Tennis, women), Thom Glielmi (Gymnastics, men), Jim Harbaugh (Football), Lesley Irvine (Field Hockey), Trent Johnson (Basketball, men), Jay Kehoe (Sailing), Skip Kenney (Swimming, men), John Kosty (Volleyball, men), Mark Marquess (Baseball), Lea Maurer (Swimming, women), Kerry McCoy (Wrestling), Lisa Milgram (Fencing), Caroline O'Connor (Golf, women), Heather Olson (Synchronized Swimming), George Pogosov (Fencing), Paul Ratcliffe (Soccer, women), Conrad Ray (Golf, men), John Rittman (Softball), Richard Schavone (Diving), Bret Simon (Soccer, men), Kristen Smyth (Gymnastics, women), Mark Talbott (Squash, women), John Tanner (Water Polo, women), Peter Tegen (Cross Country), Michele Uhlfelder (Lacrosse), Tara VanDerveer (Basketball, women), John Vargas (Water Polo, men), Robert Weir (Track and Field, men), John Whitlinger (Tennis, men)

*Sport Assistant Coaches:* Jessica Allister (Softball), Lance Anderson (Football), Jon Barnea (Water Polo, men), Alison Bartosik (Synchronized Swimming), Rob Becerra (Soccer, men), Jason Borrelli (Wrestling), Frankie Brennan (Tennis, women), Andy Buh (Football), Jay Cooney (Soccer, women), Denise Corlett (Volleyball, women), Chris Dalman (Football), Tim Drevno (Football), DJ Durkin (Football), Matt Ellis (Wrestling), Trisha Ford (Softball), Peter Giese (Crew, men), Donny Guerinoni (Basketball, Men), Bobbie Kelsey (Basketball, women), Ted Knapp (Swimming, men), Kris Mack (Track and Field), Jason Mansfield (Volleyball, women), Dave Nakama (Baseball), Valeriy Naulo (Fencing), Sarah Kate Noftsinger (Soccer, women), Doug Oliver (Basketball, men), Susan Ortwein (Water Polo, women), Jon Pascale (Soccer, men), Kate Paye (Basketball, women), Sam Puryear (Golf, men), J.D. Reive (Gymnastics, men), John Rembao (Track and Field), Nick Robinson (Basketball, men), Scott Shafer (Football), David Shaw (Football), Ken Shibuya (Volleyball, men), Jordan Steele (Field Hockey), Dean Stotz (Baseball), Chris Swircek (Gymnastics, women),

Willie Taggart (Football), Amy Tucker (Basketball, women), David Vidal (Cross Country/Track and Field), Shane Whildin (Swimming, women), Clayton White (Football), Nicole Younts (Lightweight Crew, women)

*Department Offices:* Arrillaga Family Sports Center

*Mail Code:* 94305-6150

*Phone:* (650) 723-4591

*Web Site:* <http://suwellness.stanford.edu>

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

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, squash, 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 Coordinator 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 participating in intramural sports should visit the intramural web site: <http://www.stanford.edu/group/intramurals/> for more information. They may visit the IM Office in Ford/Burnham. The program includes formal competition in fifteen team and individual sports using both league and single elimination tournament play structure. Individuals are encouraged to check the web site at the beginning of each quarter to obtain registration and league information. Registration occurs on the second Monday and Tuesday of each quarter, with mandatory captain meetings held that Thursday evening. Intramural leagues are offered in Autumn, Winter, Spring, and Summer 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 posted throughout the year at the respective facilities and at <http://suwellness.stanford.edu>.

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.

Recreational classes are offered in areas such as rock climbing, indoor cycling, and golf.

## 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 Field and Pool, 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 Center for Sports and Recreation, the Arrillaga Family Sports Center, Avery Aquatic Center, Burnham Pavilion, Cobb Track and Angell Field, the Ford Center for Sports and Recreation, the Manzanita Basketball Court and Field, Maples Pavilion, Taube South Tennis Courts, and Taube Tennis Stadium.

Off-campus facilities include the Morrison Boathouse, a sailing and 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. 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 Eric Stein ([elstein@stanford.edu](mailto:elstein@stanford.edu)) 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 payable to Stanford University. Cash is not acceptable. 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**—Information on sign-up procedures can be found on <http://suwellness.stanford.edu> 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 beginning of the fourth week (the University deadline for adding courses).

**Equipment**—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 \$20 per quarter or \$50 per year. The fee for students is \$15 per quarter or \$35 per 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 courses and sign-up procedures.

## PHYSICAL EDUCATION AND SPORTS THEORY

**ATHLETIC 73. Mind, Body, Spirit**—Spiritual features of everyday life primarily from a psychological perspective with a focus on health. Topics include cultivating gratitude, forgiveness, life purpose, and kindness; mind/body/spirit solutions to everyday problems. Meditation and other stress management practices.

2 units, Aut, Win, Spr (Luskin, F)

**ATHLETIC 75. Introduction to Nutrition**—Optimize nutrition for health and performance. Macronutrients, fad diets, sugar addiction, low-calorie sweeteners, caloric restriction, disease prevention, and nutrition.

1-2 units, Aut, Spr, Sum (Wilson, C)

**ATHLETIC 123. Sports Nutrition with Clinical Applications**—Principles governing fluid and energy balance under conditions of exercise stress and recovery; how these principles correlate to health and disease. Prerequisites: 74. HUMBIO 120, 155; or consent of instructor.

1-3 units, Spr (Wilson, C)

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

2-4 units, Win (Wilson, C)

## LEADERSHIP OPPORTUNITIES IN PHYSICAL EDUCATION

**ATHLETIC 85. Manager: Athletic Team**—For student managers of intercollegiate teams. Prerequisite: consent of respective varsity team head coach. (AU)

1 unit, Aut, Win, Spr (Staff)

**ATHLETIC 87. Outdoor Leadership**—Skills needed to lead basic multi-day backpacking trips. Classroom sessions and wilderness trips. Topics include group dynamics and leadership, technical skills, and wilderness first aid. Class may require work over several quarters. See <http://www.stanford.edu/group/spot/training/>.

1 unit, Aut, Win, Spr (Staff)

## AQUATIC ACTIVITY

**ATHLETIC 83. Lifeguard Training**—Priority to those wanting 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. Fee. Prerequisite: pass swim test (swimmer/advanced swimmer level).

2 units, Spr (Provoznik, P)

**ATHLETIC 99. Sailing, Beginning: Keelboat**—Basic skills, theory, and techniques enable beginners to sail a 24' -30' fixed keelboat with confidence. Emphasis is on safety and seamanship skills. Fee. (AU)

*1 unit, Spr (Gross-Kehoe, A)*

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

*1 unit, Aut, Spr (Gross-Kehoe, A)*

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

*1 unit, Aut, Spr (Gross-Kehoe, A)*

**ATHLETIC 103. Sailing: Beginning Dinghy Racing**—Racing rules, strategy, tactics, and more advanced boat handling. Enrollment limited to 14. Fee. (AU)

*1 unit, Spr (Kehoe, J)*

**ATHLETIC 104. Sailing: Assistant Instructor (Beginning Level)**

*2 units, Aut, Spr (Gross-Kehoe, A)*

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

*2 units, Aut, Spr (Gross-Kehoe, A)*

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

*1 unit, Aut, Sum (Neuhold-Huber, Z), Spr (Vargas, J)*

**ATHLETIC 132. Swimming: Advanced Beginning**—For those with limited swimming and safety skills. Safety skills, crawl, and elementary backstroke or back crawl. Introduction to sidestroke and breaststroke. Increase time and distance of swim. Prerequisite: ability to swim 25-50 yards on front and back. Fee. (AU)

*1 unit, Aut (Whildin, S), Win, Spr, Sum (Neuhold-Huber, Z)*

**ATHLETIC 133. Swimming: Intermediate**—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. Prerequisites: 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 (Neuhold-Huber, Z), Spr (Whildin, S), Sum (Neuhold-Huber, Z)*

**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 (Tanner, J), Spr (Maurer, L)*

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

*1 unit, Aut (Kenney, A), Win (Vargas, J), Spr (Knapp, T)*

**ATHLETIC 136. Synchronized Swimming, Beginning**—Basic skills and techniques. Prerequisite: intermediate to advanced swimming skills. Fee. (AU)

*1 unit, Aut (Olson, H)*

**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 (Barnea, J)*

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

*1 unit, Aut (Ortwein, S), Spr (Barnea, J)*

## FITNESS, INDIVIDUAL, AND TEAM SPORT ACTIVITIES

**ATHLETIC 2. Abs and Glutes**—Lower body workout to strengthen glutes and thighs, and abdominal training. Fee. (AU)

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

**ATHLETIC 6. Badminton, Beginning/Intermediate**—Skills, knowledge, and etiquette including fundamentals such as serving, forehand and backhand shots, drops, and smashes. Score keeping. Strategies for play in singles and doubles. Fee. (AU)

*1 unit, Win (Mack, K)*

**ATHLETIC 7. Band, Sports Activity**—(AU)

*1 unit, Aut, Win, Spr (Aquilanti, G)*

**ATHLETIC 14. Body Blast and Sculpt**—Full body workout including weights, bands, steps, and body bars. Fee. (AU)

*1 unit, Aut, Win, Spr (Mandell, M)*

**ATHLETIC 17. Core Training**—Exercises to build muscular strength and body core endurance, focusing on balance and stability. Equipment includes stability and medicine balls. Fee. (AU)

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

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

*1 unit, Aut, Win, Spr (Naulo, V)*

**ATHLETIC 38. Fencing, Advanced Beginning**—Continuation of 37; learn advanced footwork and handwork. Strategy and boutting. Introduction to epee and saber. All equipment provided. Prerequisite: 37. Fee. (AU)

*1 unit, Aut, Win, Spr (Naulo, V)*

**ATHLETIC 43. Fitness for Life**—For students who want to improve their overall fitness level. 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, L)*

**ATHLETIC 44. Field Hockey, Intermediate**—For those with prior experience. Techniques, skills, and strategy. Scrimmages and game-like scenarios. Fee. (AU)

*1 unit, Win (Irvine, L)*

**ATHLETIC 47. Flexibility Training**—Increase functional performance and range of motion while decreasing risk of injury with flexibility training techniques for the entire body. Fee. (AU)

*1 unit, Aut, Win, Spr (Gittens, D)*

**ATHLETIC 52. Golf: Beginning**—Fundamentals of the golf swing; putting, chipping, and sand play. Golf etiquette and rules. Fee. (AU)

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

**ATHLETIC 53. Golf: Advanced Beginning**—Further development of the golf swing and short game. How to practice. Rules and etiquette. Prerequisite: 52 or golf experience. Fee. (AU)

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

**ATHLETIC 54. Golf: Intermediate**—Drills and practice on all facets of golf. How to lower scores and manage the game on the course. Prerequisite: 53 or equivalent. Fee. (AU)

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

**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 (Staff)*

**ATHLETIC 59. Gymnastics: Beginning**—Fundamental gymnastics movement for men and women, including flexibility and strength exercises taught on the Olympic apparatus including floor, balance beam, bars, and rings. Fee. (AU)

*1 unit, Aut (Swircek, C), Win (Lorenzen, M), Spr (Swircek, C)*

**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 (Staff)*

**ATHLETIC 64. Hip Hop**—Funky, jazzy, hip hop dance for fun and cardiovascular fitness. Fee. (AU)

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

**ATHLETIC 65. Horsemanship: Beginning Riding**—No experience needed. Basic horsemanship and riding at the walk, trot and canter. Fee. (AU)

*1 unit, Aut, Win, Spr (Bartsch, V)*

**ATHLETIC 66. Horsemanship: Advanced Beginning Riding**—Horsemanship and horse care; the canter and basic jumping. Prerequisite: 65 or equivalent. Fee. (AU)

*1 unit, Aut, Win, Spr (Bartsch, V)*

**ATHLETIC 67. Horsemanship: Intermediate Riding and Jumping**—Basic veterinary skills and barn management. Riding at all gaits and jumping basic course up to two feet. Prerequisite: 66 or equivalent. Fee. (AU)

*1 unit, Aut, Win, Spr (Bartsch, V)*

**ATHLETIC 68. Horsemanship: Student Assistant**

*1 unit, Aut, Win, Spr (Bartsch, V)*

**ATHLETIC 78. Kickboxing**—High intensity cardio workout incorporating kicks, punches, and elbow/knee and other combinations inspired by martial arts and boxing. Fee. (AU)

*1 unit, Aut, Win, Spr (Duarte, B; Mandell, M), Sum (Mandell, M)*

**ATHLETIC 82. Lungs and Legs of Steel: Road Race and Marathon Training**—Endurance training for road races and marathons. Dynamic warm-up, drills, interval training, hill training, functional strength training for runners, recover and recovery methods, core strength, nutrition and hydration, and static stretching routines to improve running performance. (AU)

*1 unit, Win (Rembao, J)*

**ATHLETIC 86. Introduction to Martial Arts**—Techniques, training methods, history, and culture of Asian martial arts. Three styles per quarter. Warm-ups, fundamental techniques, basic application, and conditioning.

*1 unit, Aut, Win, Spr (Ghormley, T)*

**ATHLETIC 84. Lifestyle Fitness Challenge**—Exploration and improvement of overall health. Wellness, physical fitness, nutrition, cardio endurance, muscular strength and endurance, flexibility, and stress management. Introductions to weight and cardio equipment, outdoor workouts, spinning, strength and tone workouts, and yoga. Before and after fitness assessment.

*2 units, Aut, Win, Spr (Spanier, J)*

**ATHLETIC 88. Introduction to Personal Training**—Two-part American Council on Exercise university personal training exam preparatory course. Foundational knowledge in health and fitness including human anatomy and exercise science. See [http://suwellness.stanford.edu/fitness/certification\\_opportunities.html](http://suwellness.stanford.edu/fitness/certification_opportunities.html).

*1-2 units, Aut, Win, Spr (Young, P.)*

**ATHLETIC 90. Pilates Mat**—Balanced sequence of exercises emphasizing grace and balance. Breath work and precision separate Pilates from traditional conditioning methods. Fee. (AU)

*1 unit, Aut, Win, Spr; Sum (Conniff, N)*

**ATHLETIC 92. Rock Body Bootcamp**—High intensity intervals of cardiovascular and strength training to promote lean muscle and increased metabolism. Fee. (AU)

*1 unit, Win, Spr (Staff)*

**ATHLETIC 95. Touch Rugby**—Physical, technical, and tactical abilities relating to invasion games such as touch rugby. Fee.

*1 unit, Spr (Staff)*

**ATHLETIC 112. Social Dance, Beginning**—Introduction to the fundamentals of partner dancing. Learn basic steps, styling, and rhythms in several popular social dances such as Tango, Salsa, Waltz, Cha-Cha, and Foxtrot. No experience or partner necessary. Fee.

*1 unit, Aut, Win, Spr (Kao, J.)*

**ATHLETIC 114. Soccer: Intermediate/Advanced**—For the player with club or high school experience. Small group offensive and defensive tactics. Drills and small-sided games. Fee.

*1 unit, Aut (Pascale, J; Noftinger, S), Spr (Becerra II, R; Cooney Jr., J)*

**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, B)*

**ATHLETIC 116. Soccer: Intermediate/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 (Ratcliffe, P)*

**ATHLETIC 117. Soccer: Indoor, Beginning/Intermediate**—For those with little or no playing experience. Skills, rules, small sided games. Fee. (AU)

*1 unit, Win (Cooney Jr., J; Becerra II, R)*

**ATHLETIC 118. Soccer, Indoor: Intermediate/Advanced**—Smaller ball and playing area. Emphasis is on individual ball skills through small sided games. Fee. (AU)

*1 unit, Win (Pascale, J; Noftinger, S)*

**ATHLETIC 124. Beginning Squash**—Rules and practice matches. Racquets, balls, and eye guards provided. Limited enrollment. Fee.

*1 unit, Aut, Win, Spr (Talbot, M)*

**ATHLETIC 125. Squash: Intermediate/Advanced**—Continuation of 124. Fee. May be repeated for credit. (AU)

*1 unit, Aut, Win, Spr (Talbot, M)*

**ATHLETIC 129. Step and Sculpt**—Nonstop synergistic blend of cardiovascular and weight bearing exercises. Hand weights and tubes for strength. Equipment provided. Fee. (AU)

*1 unit, Aut, Win, Spr (Gittens, D)*

**ATHLETIC 130. Synergy**—Fusion of martial arts and yoga using linear and spherical movement. Modern approach to ancient practices to increase functional strength, range of motion, and clarity of mind. Fee. (AU)

*1 unit, Aut, Win, Spr (McCracken, S)*

**ATHLETIC 150. Total Body Workout**—For all fitness levels; tone and strengthen the entire body. Different equipment used to target all major muscle groups. Fee. (AU)

*1 unit, Aut, Win, Spr (Sanders, B)*

**ATHLETIC 141. Tennis: Beginning**—Forehand, backhand, serve, and net play; rules and scoring. (AU)

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

**ATHLETIC 142. Tennis: Low Intermediate**—Fundamental strokes and their use in a game situation. Prerequisites: 141, 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. Singles and doubles tactics. Prerequisites: 142 or average ability in fundamental strokes, and regular playing experience; NTRP rating of 3.0 or equivalent. (AU)

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

**ATHLETIC 144. Tennis: Advanced**—Drills emphasize footwork, serve and return, approach shots, volleys, lobs, and overheads. Strategy for competition in singles and doubles. Prerequisites: above average stroking and game playing ability; NTRP rating above 4.0 or equivalent. (AU)

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

**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 (Ferood, L)*

**ATHLETIC 159. Volleyball: Introduction to Sand**—Fundamental skills and rules. Strategy in two- and four-person sand volleyball. Fee. (AU)

*1 unit, Aut (Shibuya, K)*

**ATHLETIC 160. Volleyball: Intermediate Sand**—Further development of skills and rules. Strategy in two- and four-person sand volleyball. Fee. (AU)

*1 unit, Aut, Spr (Shibuya, K)*

**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. Prerequisite: 160 or consent of the instructor. Fee. (AU)

*1 unit, Aut (Kosty, J), Spr (Shibuya, K)*

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

*1 unit, Aut (Corlett, D)*

**ATHLETIC 174. Weight Training: Beginning**—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 (Weir, R), Spr (Staff)*

**ATHLETIC 175. Weight Training: Intermediate**—Review of exercises and techniques. Emphasis is on individualized programs and learning the use of all available machines and free weights. Exercise physiology. Prerequisite: 174 or equivalent. Fee. (AU)

*1 unit, Aut (Staff)*

**ATHLETIC 176. Weight Training for Women**—All levels welcome, but designed for the beginner. 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 (Allister, J)*

**ATHLETIC 177. Circuit Aerobic Weight Training**—A full-body conditioning workout with weight lifting and aerobic components. Weight training equipment organized into a circuit to maximize workout intensity in a short amount of time. Fee. (AU)

*1 unit, Aut, Spr (Nelson, D)*

**ATHLETIC 179. Wrestling: Beginning/Intermediate**—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 (Staff)*

**ATHLETIC 186. Yoga**—Mind, body, and spirit meet in yoga. Increase flexibility and restore health to the body. Fee. (AU)

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

**ATHLETIC 188. Yoga/Pilates Fusion**—Combination of power and restorative yoga with strength building Pilates exercises. Fee.

*1 unit, Aut, Win, Spr, Sum (Conniff, N; Merlo, A)*

## INTERCOLLEGIATE ATHLETIC TEAMS

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

*1-2 units, Aut, Win, Spr (Marquess, M; Stotz, D)*

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

*1-2 units, Aut, Win (Johnson, T)*

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

*1-2 units, Aut, Win (VanDerveer, T)*

**ATHLETIC 19V. Crew, Varsity Men**—(AU)

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

**ATHLETIC 20V. Crew, Varsity Women**—(AU)

*1-2 units, Aut, Win, Spr (Farooq, Y)*

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

*1-2 units, Aut (Tegen, P)*

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

*1-2 units, Aut (Tegen, P)*

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

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

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

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

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

*1-2 units, Aut, Win, Spr (Posthumus, E)*

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

*1-2 units, Aut, Win, Spr (Posthumus, E)*

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

*1-2 units, Aut, Spr (Irvine, L)*

**ATHLETIC 48V. Football, Varsity**—(AU)

*1-2 units, Aut, Spr (Harbaugh, J)*

**ATHLETIC 57V. Golf, Varsity Men**—(AU)

*1-2 units, Aut, Win, Spr (Ray, C)*

**ATHLETIC 58V. Golf, Varsity Women**—AU

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

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

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

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

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

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

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

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

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

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

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

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

*1-2 units, Aut, Spr (Simon, B)*

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

*1-2 units, Aut, Spr (Ratcliffe, P)*

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

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

**ATHLETIC 127V. Squash, Varsity Women**—(AU)

*1-2 units, Aut, Win, Spr (Talbot, M)*

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

*1-2 units, Aut, Win, Spr (Olson, H)*

**ATHLETIC 138V. Swimming, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Kenney, A)***ATHLETIC 139V. Swimming, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Maurer, L)***ATHLETIC 148V. Tennis, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Whitlinger, J)***ATHLETIC 149V. Tennis, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Forood, L)***ATHLETIC 153V. Track and Field, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Weir, R)***ATHLETIC 154V. Track and Field, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Floreal, E)***ATHLETIC 165V. Volleyball, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Kosty, J)***ATHLETIC 166V. Volleyball, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Dunning, J)***ATHLETIC 171V. Water Polo, Varsity Men—(AU)***1-2 units, Aut, Win, Spr (Vargas, J)***ATHLETIC 172V. Water Polo, Varsity Women—(AU)***1-2 units, Aut, Win, Spr (Tanner, J; Ortwein, S)***ATHLETIC 182V. Wrestling, Varsity—(AU)***1-2 units, Aut, Win, Spr (McCoy, K)***CLUB SPORTS**

The Stanford Club Sports Program is affiliated with the department but is initiated, organized, and conducted by students. All clubs are coeducational 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 Coordinator.

**ATHLETIC 4C. Archery Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 5C. Badminton Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 15C. Canoe and Kayak Club—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 28C. Cycling Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 34C. Equestrian Club Team—(AU)***1 unit, Aut, Win, Spr (Bartsch, V)***ATHLETIC 69C. Horse Polo Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 71C. Ice Hockey Club Team—Men (AU)***1 unit, Aut, Win (Gross-Kehoe, A)***ATHLETIC 76C. Judo Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 79C. Lacrosse Club Team (Men)—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 93C. Rugby Club Team (Men)—(AU)***1 unit, Aut, Win, Spr (Griffin, P)***ATHLETIC 94C. Rugby Club Team (Women)—(AU)***1 unit, Aut, Win, Spr (Griffin, P)***ATHLETIC 98C. Running Club—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 110C. Ski Club Team—(AU)***1 unit, Win (Gross-Kehoe, A)***ATHLETIC 126C. Squash Club Team (Men)—(AU)***1 unit, Aut, Win, Spr (Talbot, M)***ATHLETIC 140C. Tae Kwon Do Club—(AU)***1 unit, Aut, Win, Spr (Ghormley, T)***ATHLETIC 151C. Triathlon Club Team—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 156C. Ultimate Frisbee Club Team (Men)—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)***ATHLETIC 157C. Ultimate Frisbee Club Team (Women)—(AU)***1 unit, Aut, Win, Spr (Gross-Kehoe, A)*

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