

## ■ KPEA ■

### (Kinesiology Physical Education - Activity) Formerly Physical Education

#### KPEA 100 PHYSICAL FITNESS LAB

Units: 1.00 - UC:CSU, May Be Taken 4 Times

A laboratory physical fitness course designed to develop and encourage positive attitudes and habits in a personalized exercise program. Designed to work the five health-related components of fitness. Offered pass/no-pass only.

82688	08:00AM-09:20AM	MW	C. Lyon	WPEK-202
82698	08:00AM-09:20AM	TTH	L. Hooper	WPEK-202
82699	09:30AM-10:50AM	MW	J. Wissmath	WPEK-202
82700	09:30AM-10:50AM	TTH	J. Wissmath	WPEK-202
82701	11:00AM-12:20PM	MW	C. Cota	WPEK-202
82702	11:00AM-12:20PM	TTH	C. Lyon	WPEK-202
82703	06:00PM-07:20PM	MW	C. Cota	WPEK-202

#### KPEA 101A BEGINNING WEIGHT TRAINING

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Beginning level instruction in weight training emphasizing lifting and training techniques, basic nutrition, and wellness concepts.

82732	08:00AM-09:20AM	MW	C. Cota	WPEK-14
82733	08:00AM-09:20AM	TTH	C. Cota	WPEK-14

#### KPEA 101B ADVANCED WEIGHT TRAINING

Units: 1.00 - UC:CSU, May Be Taken 4 Times

*Recommended Preparation: KPEA-101A or equivalent physical preparation.*

Instruction and practice in the Olympic lifts (clean and jerk and snatch) along with training in plyometrics and speed, agility, and quickness development.

82735	09:30AM-10:50AM	TTH	J. Gunterman	WPEK-14
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#### KPEA 102 RUNNING FOR FITNESS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Principles and theories of aerobic and cardiovascular training. Strength, flexibility, and jogging/running programs will be emphasized.

82705	09:30AM-10:50AM	MW	C. Cota	STA-TRACK
82706	09:30AM-10:50AM	TTH	C. Cota	STA-TRACK

#### KPEA 103 CARDIO CROSS-TRAINING

Units: 1.00 - UC:CSU, May Be Taken 3 Times

Group exercise class focusing on improving cardiovascular and muscular fitness. Utilizes a variety of training modes including kick-boxing, step aerobics, plyometrics, muscle conditioning, indoor cycling, and core training.

82707	07:00AM-08:20AM	MW	J. Wissmath	WPEK-110
82708	08:00AM-09:20AM	TTH	J. Wissmath	WPEK-110

#### KPEA 105 STEP AEROBICS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Group cardiovascular conditioning utilizing a step platform.

82710	05:00PM-06:20PM	TTH	T. Sage	WPEK-110
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#### KPEA 107 STRETCHING FOR FLEXIBILITY AND RELAXATION

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Introduces stretching exercises that enhance flexibility, reduce muscle tension, and promote relaxation; styles may include yoga, Pilates, and others.

82711	07:00AM-08:20AM	TTH	H. Perlman	PCOH-101
82712	08:00AM-09:20AM	MW	L. Hooper	PCOH-101
82713	05:00PM-06:20PM	TTH	J. Wissmath	EPEK-116

#### KPEA 125 WALKING FOR FITNESS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Focuses on improving cardio-respiratory endurance through a safe and effective walking exercise program.

82714	08:00AM-09:20AM	TTH	B. Kane	STA-TRACK
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#### KPEA 150 BASKETBALL

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Covers the basic fundamentals of basketball.

82716	08:00AM-09:20AM	TTH	Staff	WPEK-103
82719	09:30AM-10:50AM	TTH	H. Fisher	WPEK-103
82721	11:00AM-12:20PM	TTH	J. Wissmath	EPEK-116
82723	06:00PM-09:05PM	W	J. Wissmath	EPEK-116
82715	06:50PM-10:00PM	M	G. Herrick	WPEK-103

#### KPEA 165A BEGINNING GOLF

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Introduces the fundamentals of golf, including stance, grip, swing, putting, rules of golf, and overall gamesmanship. A \$5 per week fee, payable at golf course, may be required.

82736	08:00AM-10:50AM	T	G. Peterson	UF-UPFIELD
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#### KPEA 165B INTERMEDIATE GOLF

Units: 1.00 - UC:CSU, May Be Taken 4 Times

*Recommended preparation: KPEA-165A*

Develops intermediate level golf skills with further emphasis on fundamentals and the developing of techniques for playing long irons and wood play. A \$5-per-week fee, payable at golf course, is required.

82738	11:15AM-02:20PM	T	G. Peterson	UF-UPFIELD
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#### KPEA 170A BEGINNING SOCCER

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Instruction and practice in the techniques of the sport of soccer for the beginning level player with emphasis on recreation play, strategy, and rules.

82741	08:00AM-09:20AM	MW	P. Marcellin	UF-UPFIELD
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## KPEA – KPEI

### KPEA 170B INTERMEDIATE SOCCER

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Develops intermediate soccer skills training with emphasis on intermediate/advanced play, strategy and rules.

82743 09:30AM-10:50AM TTH P. Marcellin UF-UPFIELD

### KPEA 175B INTERMEDIATE SOFTBALL

Units: 2.00 - UC:CSU, May Be Taken 4 Times

Designed to enable students to become proficient in the intermediate skills of softball with emphasis on play and strategy.

82744 01:30PM-02:50PM MTWTH J. Wissmath SF-SOFT FD

### KPEA 180B INTERMEDIATE SWIMMING

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Intermediate swim skills will be emphasized with speed and endurance training. The four basic competitive swim strokes will be executed in a competitive manner.

84015 12:50PM-02:10PM MW J. Conwell WPEK-POOL

### KPEA 180C ADVANCED SWIMMING

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Advanced swim skills will be emphasized with speed and endurance training.

84016 12:50PM-02:10PM TTH J. Conwell WPEK-POOL

### KPEA 185A BEGINNING TENNIS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Introduces rules, methods, techniques and basic fundamentals for the beginning tennis player.

82745 08:00AM-09:20AM MW Staff TNS-CRT

82746 09:30AM-10:50AM TTH B. Kane TNS-CRT

### KPEA 185B INTERMEDIATE TENNIS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Develops intermediate tennis skills with emphasis on play and strategy.

82748 08:00AM-09:20AM MW Staff TNS-CRT

82749 09:30AM-10:50AM TTH B. Kane TNS-CRT

### KPEA 195A BEGINNING VOLLEYBALL

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Introduces the fundamentals of volleyball, including rules, serving, setting, passing, attacking, and digging and overall gamesmanship.

82751 09:30AM-10:50AM MW C. Timmons WPEK-103

82752 07:00PM-10:00PM T H. Perlman WPEK-103

### KPEA 195B INTERMEDIATE VOLLEYBALL

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Fundamental volleyball skills are refined and more intermediate skills are taught: jump-serving, the quick attack, 6-2 and 5-1 offensive systems, and perimeter and rotational defensive systems.

82753 07:00PM-10:00PM T H. Perlman WPEK-103

### KPEA 245 OFF-SEASON BASEBALL TRAINING

Units: 2.00 - UC:CSU, May Be Taken 4 Times

Refines baseball fundamentals, skills, and concepts as they relate to intercollegiate baseball participation.

82726 12:30PM-01:50PM MTWTH C. Cota BF-BASFIELD

82728 02:00PM-03:20PM MTWTH C. Cota BF-BASFIELD

### KPEA 290 OFF-SEASON TRACK AND FIELD TRAINING

Units: 2.00 - UC:CSU, May Be Taken 4 Times

Introduction to intermediate techniques and strategies for track and field events.

82730 01:00PM-02:20PM MTWTH B. Kane STA-TRACK

## ■ KPEI ■

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### KPEI 152 CONDITIONING FOR INTERCOLLEGIATE SPORTS

Units: 1.00-2.00 - UC:CSU, May Be Taken 4 Times

Specific physical fitness related to in-season intercollegiate athletic participation.

82765 06:30AM-07:50AM MW Staff WPEK-103  
1.0 Unit - Women's Soccer

82755 06:30AM-07:50AM MW R. Dos Remedios WPEK-14  
1.0 Unit - Men's Soccer

82758 06:30AM-07:50AM TTH R. Dos Remedios WPEK-14  
1.0 Unit - Softball

82762 01:00PM-02:20PM MTWTH G. Tujague UF-UPFIELD  
2.0 Units - Football

82760 01:00PM-02:20PM MTWTH R. Dos Remedios WPEK-14  
2.0 Units - Football

### KPEI 153 OFF-SEASON CONDITIONING FOR INTERCOLLEGIATE SPORTS

Units: 1.00 - UC:CSU, May Be Taken 4 Times

Specific physical fitness related to off-season intercollegiate athletic participation.

82773 11:00AM-12:20PM MW Staff WPEK-14  
Baseball

82766 11:00AM-12:20PM TTH R. Dos Remedios WPEK-14  
Men's Basketball

82769 04:00PM-04:55PM MTWTH R. Dos Remedios WPEK-14  
Women's Basketball