

# Athletics, Physical Education, and Recreation

Courses offered through the Department of Athletics, Physical Education, and Recreation are listed under the subject code ATHLETIC (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=ATHLETIC&filter-departmentcode-ATHLETIC=on&filter-coursestatus-Active=on>), OUTDOOR (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=OUTDOOR&filter-departmentcode-OUTDOOR=on&filter-coursestatus-Active=on>), PE (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=PE&filter-departmentcode-PE=on&filter-coursestatus-Active=on>), and WELLNESS (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=WELLNESS&filter-departmentcode-WELLNESS=on&filter-coursestatus-Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site. Most courses are activity classes and 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 "Credit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#credittxt>)" tab of the "Undergraduate Degrees (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms>)" section of this bulletin for complete information. Course fees, as applicable, are posted to the student's University account.

## Department of Athletics, Physical Education, & Recreation Mission

From its founding in 1891, Stanford University's leaders have believed that physical activity is valuable for its own sake and that vigorous exercise is complementary to the educational purposes of the University. Within this context for human development, it is the mission of Stanford's Department of Athletics, Physical Education, and Recreation to offer a wide range of high quality programs which will encourage and facilitate all participants to realize opportunities for championship athletic participation, physical fitness, health, and well being.

The mission of Stanford Recreation is to provide a balanced and holistic approach to the growth and wellness of our students, faculty, and staff by delivering best-in-class co-curricular programs and resources.

The department's classes and programs aim 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.

There are no degree programs currently offered in Athletics, Physical Education, and Recreation.

## Facilities

Athletic facilities are located throughout campus. They include, but are not limited to Arrillaga Center for Sport and Recreation (Squash, Fencing,

fitness & physical education facility for students, faculty, & staff), Arrillaga Family Sports Center (Home to DAPER), Arrillaga Outdoor Education & Recreation Center (Outdoor Education, Avery Recreation Pool, fitness & Physical Education facility for students, faculty & staff), Avery Aquatic Center (Swimming & Diving, Water Polo, Synchronized Swimming), Bill & Joyd Smith Family Stadium (Softball), Burnham Pavillion & Ford Center (Gymnastics, Volleyball), Cobb Track and Angell Field (Track & Field), Klein Field at Sunken Diamond (Baseball), Laird Q. Cagan Stadium at Maloney Field (Soccer, Lacrosse), Maples Pavillion (Basketball, Volleyball), Red Barn (Equestrian), Siebel Varsity Golf Training Complex (Golf), Stanford Campus Recreation Association (Stanford's community center for faculty, senior staff and their families), Stanford Golf Course (Golf, Cross Country), Stanford Rowing & Sailing Center (Rowing, Sailing, Lightweight Rowing), Stanford Stadium (Football), Steuber Rugby Stadium & Doyle Family Clubhouse (Rugby), Taube Family Tennis Center (Tennis), West Campus Tennis Courts, Varsity Field Hockey Turf (Field Hockey), Sand Hill Intramural Fields, Roble Field, Tresidder Fitness Center, Manzanita Basketball Court and Field.

## Lockers

Lockers are available for rent to faculty/staff and students at the Arrillaga Outdoor Education Recreation Center, Arrillaga Family Sports Center, and the Ford Center.

## Contacts

Office: Arrillaga Family Sports Center  
 Mail Code: 94305-6150  
 Phone: (650) 723-4591  
 Web Site: <http://gostanford.com> (<http://gostanford.com>)  
 Web Site: <http://clubsports.stanford.edu>  
 Web Site: <http://smap.stanford.edu>

Courses offered by Athletics are listed under the subject code ATHLETIC (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=ATHLETIC&filter-departmentcode-ATHLETIC=on&filter-coursestatus-Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

## Athletics Programs 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, sand volleyball and water polo. Both men's and women's teams are affiliated with the Pacific Twelve Conference. Additional or alternative intercollegiate athletic competition is available for all teams.

## Club Sports Program

Stanford Club Sports supports intercollegiate competition for non-varsity Club Sports teams at the highest level by providing opportunities for student leadership development as well as appropriate resources to support team and individual success in development, training, and competition. The program is actively supervised by the Associate Director for Recreation Sports and Physical Education, along with the Coordinator for Club Sports and Intramural Sports but the emphasis is for team operations to be student-driven. Students who are returning and committed members of teams that meet the criteria for inclusion in the formal curriculum may register for units of credit, subject to the University's Activity unit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#credittxt>) policy, for Athletics, Physical Education & Recreation.

## Martial Arts Program

The Stanford Martial Arts Program (SMAP) is an umbrella organization that supports the various member martial arts groups on campus. Its main goals are to educate the Stanford community through outreach programming about the variety of martial arts instruction on campus, serve as a centralized communications network among the different groups, and preserve the martial arts as a vital and distinctive component of Stanford life. Academic credit, subject to the University's Activity unit (<http://exploreddegrees.stanford.edu/undergraduatedegreesandprograms/#credittxt>) policy, is offered for participation in SMAP classes in accordance with the department's Physical Education guidelines.

## Directors

*Director, Academic Services Student Athletes:* Austin D. Lee

*Associate Director for Recreation Sports and Physical Education:* Pam Mahlow

*Stanford Martial Arts Program:* Tim Ghormley

## Contacts

Office: Arrillaga Center for Sports and Recreation  
Mail Code: 94305-6150  
Phone: (650) 723-7686  
Web Site: <http://cardinalrec.stanford.edu/pe-classes>  
Email: [tlillie@stanford.edu](mailto:tlillie@stanford.edu)

Courses offered by Physical Education are listed under the subject code PE (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=PE&filter-departmentcode=PE=on&filter-coursestatus-Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

## Physical Education

Being active, relieving stress, creating socially interactive environments and having fun are a few of the objectives we have for our Physical Education program.

## Physical Education Mission

The goal of the program is to provide undergraduates and graduate students with opportunities to learn new skills and concepts through a variety of non-competitive lifelong physical activity courses such as: fitness, weight training, aquatics, racquet sports, dance, golf, sailing, horsemanship, indoor rock climbing, etc. These courses are tailored to help students learn and develop their physical fitness and motor skills, as well as create a positive attitude toward well-being and physical activity which enable students to live a healthy, active lifestyle.

## Learning Outcomes

Physical Education offers courses applicable to a variety of environments and experiences across campus and in life and pair well with academic and group work. Learning outcomes include:

- Understanding of appropriate warm-up and cool-down routines
- Identify health related components of fitness (cardiovascular endurance, muscular strength and endurance, and flexibility)
- Understanding of basic anatomical terminology and proper stretching technique
- Make intelligent choices that contribute to a healthy, active lifestyle

## Directors

*Associate Director of Health and Human Performance:* Chris Pelchat, Ph.D.

*Assistant Director of Physical Education:* Tia Lillie, Ph.D.

## Teaching Specialists (Activity Class Instructors)

Tia Lillie (Fitness/Swim), Stacie Lonaker (Swimming), Phil Marrone (Golf), Ying Mitchell (Yoga/Pilates), Olivia Palmer (Lifeguarding), Tamar Petrosian (Fitness), Tom Sarsfield (Tennis/Table Tennis), Bernardo Tapia (Fitness), Matt Thornton (Tennis/Golf)

## Contacts

Office: Arrillaga Outdoor Education & Recreation Center  
Mail Code: 94305-6151  
Phone: (650) 498-0766  
Web Site: <http://hhp.stanford.edu/oe>  
Email: [outdoored@stanford.edu](mailto:outdoored@stanford.edu)

Courses offered by Outdoor Education are listed under the subject codes OUTDOOR (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=OUTDOOR&filter-departmentcode=OUTDOOR=on&filter-coursestatus-Active=on>) and SURG (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&q=SURG&filter-departmentcode=SURG=on&filter-coursestatus-Active=on&filter-term-Autumn=on&filter-term-Winter=on&filter-term-Spring=on&filter-term-Summer=on&page=0>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

## Outdoor Education Mission

Outdoor Education's purpose is to develop visionary outdoor educational leaders who are prepared to be agents of change in the world, whether in a wilderness context or a context where these transferable skills are implemented. Courses completed in OUTDOOR and SURG could lead to a national certificate in Outdoor Education.

## Facilities

Courses and experiential education take place in the Arrillaga Outdoor Education and Recreation Center, the Outdoor House community space, and the outdoors. The Outdoor Center (AOERC) hosts access to equipment, class and lecture area, a resource library, climbing center and indoor climbing facility, meeting and trip-planning space. Field experiences facilitate a variety of outdoor and adventure disciplines, and vary in locale both near and far from campus.

## Learning Outcomes

Outdoor Education offers co-curricular courses applicable to a variety of environments and experiences across campus and in life. Outdoor Education expects student exposure to the following learning outcomes:

- Introduction to the environment through outdoor recreation activities
- Empowerment to move beyond self-imposed limitations
- Development of effective team building and leadership skills
- Education about the environment and sustainability
- Training for critical thinking, and the ability to identify risks and make sound decisions
- Exploration and attainment of new skills which merge outside of the classroom

## Directors

*Associate Director of Health and Human Performance:* Chris Pelchat

*Coordinator of Outdoor Education:* Antja Thompson

## Teaching Specialists

*Teaching Specialists:* Peter Wright, Phil Sandlin, Chris Pelchat, Kelsey McCabe, Kevin Hopper, Antja Thompson, Andrew De Torres, Patrick Noble, Joel Reid

## Contacts

Office: Arrillaga Center for Sports and Recreation

Mail Code: 94305-6150

Phone: (650) 723-7686

Web Site: <http://cardinalrec.stanford.edu/pe-classes>

Email: [tlillie@stanford.edu](mailto:tlillie@stanford.edu)

Courses offered by Wellness Education are listed under the subject code WELLNESS (<https://explorecourses.stanford.edu/search?view=catalog&academicYear=&page=0&q=WELLNESS&filter-departmentcode=WELLNESS=on&filter-coursestatus-Active=on>) on the Stanford Bulletin's ExploreCourses (<https://explorecourses.stanford.edu/browse>) web site.

## Wellness Education Mission

Stanford WellnessEd is the student wellness education program at Stanford. The WellnessEd curriculum is designed to inspire students to be the healthiest versions of themselves possible in the cognitive, emotional, social, and physical realms of wellness. The hallmark of the WellnessEd methodology for individual and community change is embodied in its motto: "Learn, Apply, Transform." Program instructors teach students the latest research-based wellness ideas and strategies. Resourced with this learning, students are supported in applying these practical wellness strategies to their own lives, thereby transforming their quality of living and impacting their social spheres in positive ways. In short, WellnessEd trains wellness change agents who change themselves in order to impact the world around them in meaningful ways.

## Learning Outcomes

WellnessEd offers a range of research-based theory and practice classes in the areas of wellness and flourishing. These courses teach ideas and skills that enhance cognitive, emotional, and social wellness across the full variety of environments that students experience. Though we do not offer a degree program, for students who want to deepen their wellness education, we also offer a Wellness Certificate with a 5 course curriculum.

- Understand the core components of an integrated emotional-social-physical perspective of human wellness.

- Investigate and apply research based strategies for enhancing flourishing and resilience.
- Conceptualize optimal performance as a balance between achievement and wellness.
- Learn the latest findings in the mind-brain-body system and its impact of human achievement and health.

## Directors

*Associate Director for Health and Human Performance:* Chris Pelchat

*Coordinator of Wellness Education:* TBA

## Teaching Specialists

Aneel Chima, Marlene Bjornsrud, Monica Hanson, Carley Hauck, Fred Luskin, Carole Pertofsky, Shani Robins, Rev. Joanne Sanders, Sonya Soohoo, Clyde Wilson

## Directors

*Athletic Director:* Bernard Muir

*Senior Associate Athletic Director /Senior Woman Administrator:* Beth Goode

*Senior Associate Athletic Director, External Relations:* Kevin Blue

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

*Senior Associate Athletic Director, Physical Education, Recreation, and Wellness:* Eric Stein

*Senior Associate Athletic Director, CFO:* Brian Talbott

## Athletics, Physical Education, Recreation Courses

### ATHLETIC 3M. Aikido. 1 Unit.

Aikido originated in the centuries-old tradition of the Japanese martial arts and is a form of budoquest; a way of life that seeks to polish the self through a blend of rigorous physical training and spiritual discipline. There is no attack in Aikido. Its uniqueness as a martial art lies in its awareness of a deep sense of harmony with all of creation with training to defend not only the self but to bring the attacker under control without the necessity of inflicting injury. Because of Aikidoquest;s noncompetitive, harmonious philosophy, men and women of all ages can train together in a mutually supportive atmosphere, at an energy level appropriate for each individual. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://aikido.stanford.edu>.

### ATHLETIC 4C. Archery Club Team. 1 Unit.

Restricted to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. Not a PE class or for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. Students new to a team should register for the course in future quarters once committed as a team member. (AU).

**ATHLETIC 5C. Climbing Club Team. 1 Unit.**

This class is for members of the Climbing Club Sports team. All students must complete 21 hours of participation with the team and meet any other team requirements during the quarter. While many teams are open to beginners, this class is for returning athletes committed to the team for the year and are at an intermediate or advanced level. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. May be repeat for credit.

**ATHLETIC 10. Band, Sports Activity. 1 Unit.**

(AU).

**ATHLETIC 12V. Baseball, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 14V. Basketball, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 15V. Basketball, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 20M. Capoeira Club. 1 Unit.**

Capoeira is a breathtaking Afro-Brazilian art which combines practical martial arts, dance, acrobatics, music, history and philosophy. The origin of Capoeira is obscure since the evolution of Capoeira during the Brazilian slave trade was not well documented. Most theories point toward adapted movements from traditional Angola dance which evolved into techniques of self-defense. When Capoeira was outlawed by slave owners the fighting art became disguised as a dance through the addition of music and acrobatic movements. In the 1930s Capoeira was legalized in Brazil and is now spreading throughout the world. This class is part of the Stanford Martial Arts program, in order to receive credit you must meet program requirements.

**ATHLETIC 21C. Soccer Club Team. 1 Unit.**

This credit is offered to returning members of the Soccer Club Sports team. All students must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).  
Same as: Men

**ATHLETIC 22C. Competitive Cheer Club. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

**ATHLETIC 25V. Crew, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 26V. Crew, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 28V. Cross Country, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 29V. Cross Country, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 31C. Cycling Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 34V. Diving, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 35V. Diving, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 37C. Equestrian Club Team. 1 Unit.**

(AU).

**ATHLETIC 38M. Eskrima. 1 Unit.**

Eskrima is the study of the Filipino martial art. It focuses on practical self-defense from a unique weapons-oriented perspective. Unlike most martial arts, Eskrima teaches students empty hand and weapon techniques concurrently. Here at Stanford, we study the Inayan System of Eskrima under the instruction of Suro Jason Inay. This class is part of the Stanford Martial Arts program, in order to receive credit you must meet program requirements. For more information visit: <http://eskrima.stanford.edu>.

**ATHLETIC 41V. Fencing, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 42V. Fencing, Varsity Women. 1-2 Unit.**

(AU) (Milgram).

**ATHLETIC 47V. Field Hockey, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 48V. Football, Varsity. 1-2 Unit.**

(AU).

**ATHLETIC 55V. Golf, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 56V. Golf, Varsity Women. 1-2 Unit.**

AU.

**ATHLETIC 60V. Gymnastics, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 61V. Gymnastics, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 70C. Horse Polo Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 72C. Ice Hockey Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. Men (AU).



**ATHLETIC 73M. JKA Shotokan Karate. 1 Unit.**

Shotokan Karate is a weaponless martial art developed in Okinawa and Japan, emphasizing power and efficiency in combat. Skilled karateka defeat their opponents with minimal number of techniques and effort, which is particularly useful when facing multiple opponents. Shotokan is distinguished from other martial arts by the linearity and strength of its punches, blocks, and kicks. Precise techniques, accompanied by mastery and focus of energy flows and a deep knowledge of the body's vital points, make this karate style a comprehensive system for self-defense and combat. However, Shotokan Karate is much more than just a way to defend and fight; it is an holistic system in which the training itself has far reaching effects on the trainee. It is an ideal way to become and stay fit, as it combines intense aerobic and anaerobic exercises. It is a way to gain self-discipline and the confidence to surmount everyday obstacles, whether tangible or not. Shotokan Karate encourages and helps in the exploration and understanding of both the physical and mental self. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://karate.stanford.edu>.

**ATHLETIC 74C. Judo Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 75M. Jujitsu Self Defense. 1 Unit.**

The Stanford Self-Defense Class teaches practical methods of self-defense drawn from all the martial arts. This coed course is available to beginners every quarter. Advanced training also is available year-round through senior black belt level, and is offered to improve and widen each student's skills. All Stanford students, faculty and staff members are invited to join our relaxed atmosphere, as we work on conditioning and coordination. Students who have completed the beginners' course can further refine their basic skills, as well as learn more complicated techniques. Advanced students may continue as long as they wish, with the possibility of receiving formal belt ranks in Aiki Jujitsu. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://jujitsu.stanford.edu>.

**ATHLETIC 76M. Kendo. 1 Unit.**

Kendo is a Japanese form of fencing with two-handed bamboo swords, originally developed as a safe form of sword training for samurai. This is part of the Stanford Martial Arts program.

**ATHLETIC 77C. Lacrosse Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

Same as: Men

**ATHLETIC 78M. Kenpo Karate. 1 Unit.**

The Stanford Kenpo Karate Association teaches vital self-defense techniques, designed to maximize effectiveness regardless of size or strength. Beginning students will learn tools for responding to a modern street-fight situation, including single- or multiple-attackers, with or without weapons, under a variety of circumstances. Kenpo students learn multiple-strike defenses, hand strikes, kicks, joint locks, evasions, pressure points, sweeps, throws and even falls and rolls. In addition to self-defense, SKKA also teaches sparring and kata, encouraging balance, flexibility, strength and personal growth in the martial arts. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://www.stanfordkenpo.com>.

**ATHLETIC 78V. Lacrosse, Varsity Women. 1-2 Unit. (AU).****ATHLETIC 81M. Muay Thai. 1 Unit.**

Muay Thai or Thai Kickboxing is a martial art developed in Thailand about 500 years ago to defend the country against invaders. Muay Thai combines Western-style boxing with kicking, and includes the use of elbows and knees. Though traditionally Muay Thai is designed to be fatal to the opponent, in our class we focus on self-defense and counter attack. Usually light sparring is practiced with minimal use of elbows. During class, students will wear boxing gloves, shin guards, and mouth protectors. Head protection is required for sparring. In order to excel in Muay Thai, one will need to develop flexibility, strength, endurance, concentration, and reflexes. One will learn to adapt the techniques according to their strengths and weaknesses on their own pace. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://kickboxing.stanford.edu>.

**ATHLETIC 82. Manager: Athletic Team. 1 Unit.**

For student managers of intercollegiate teams. Prerequisite: consent of respective varsity team head coach. (AU).

**ATHLETIC 91C. Rugby Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

Same as: Men

**ATHLETIC 92C. Rugby Club Team. 1 Unit.**

(AU).

Same as: Women

**ATHLETIC 104V. Sailing, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 105V. Sailing, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 107C. Ski Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 118V. Soccer, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 119V. Soccer, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 121V. Softball, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 125C. Squash Club Team. 1 Unit.**

(AU).

Same as: Men

**ATHLETIC 126V. Squash, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 135V. Swimming, Synchronized: Varsity. 1-2 Unit.**

(AU).

**ATHLETIC 136V. Swimming, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 137V. Swimming, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 141C. Tae Kwon Do Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 143C. Tennis Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 148V. Tennis, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 149V. Tennis, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 153V. Track and Field, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 154V. Track and Field, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 156C. Triathlon Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 158C. Ultimate Frisbee Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

Same as: Men

**ATHLETIC 159C. Ultimate Frisbee Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU) (Staff).

Same as: Women

**ATHLETIC 166V. Volleyball, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 167V. Volleyball, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 168C. Volleyball Club Team. 1 Unit.**

This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

**ATHLETIC 171V. Water Polo, Varsity Men. 1-2 Unit.**

(AU).

**ATHLETIC 172V. Water Polo, Varsity Women. 1-2 Unit.**

(AU).

**ATHLETIC 178M. Wing Chun Kung Fu. 1 Unit.**

Wing Chun Kung Fu's roots can be traced from the Southern Shaolin Temple in China to the late Grand Master Yip Man. It is one of the few martial arts that attributes its origins to a woman. Although popularized as Bruce Lee's mother's art, the practice of Wing Chun remains substantially different from his Jeet Kune Do. Taught as a predominantly internally-oriented style stressing technique, sensitivity, and subtle awareness instead of brute force, Wing Chun provides practical self-defense for men and women and a means for developing the mind and spirit. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://wingchun.stanford.edu>.

**ATHLETIC 180V. Wrestling, Varsity. 1-2 Unit.**

(AU).

**ATHLETIC 181M. Wushu. 1 Unit.**

Modern Wushu is a martial art which combines a foundation in the traditional Chinese fighting arts with a modern disposition towards aesthetics, grace, and performance. It emphasizes a combination of strength, speed, and flexibility rarely seen in other martial arts or sports. Both a martial art and a performance art, Wushu is the national sport of China, and is practiced throughout the world. Along with open hand training, Wushu athletes do extensive training with weapons such as broadsword, staff, spear, and straight sword. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: <http://wushu.stanford.edu>.

## Outdoor Education Courses

**OUTDOOR 100. Survey of Adventure Experiences. 3 Units.**

An examination of the historical, psychological, social, and philosophical foundations of adventure experiences in American culture and folklore. Experience outdoor living and adventure skills in a variety of contexts.

**OUTDOOR 101. Introduction to Outdoor Education. 1 Unit.**

This course explores the historical and philosophical foundations of Outdoor Education and how these concepts have influenced the development of programs at Stanford. Students will be introduced to the varied avenues of outdoor education application across campus.

**OUTDOOR 105. Outdoor Living Skills. 1-2 Unit.**

Introduction to essential skills for individual and group sustainability in a backcountry setting including shelter in outdoor environments, equipment selection and use, travel techniques, water and nutrition needs, planning and preparation, and risk management. Course includes the participation in a weekend backcountry experience.

**OUTDOOR 106. Outdoor Leadership Practicum. 1-2 Unit.**

Outdoor education and leadership theory integration through intensive field-based experiences. During these field-based experiences, students will engage with critical self-assessment process to better understand their own levels of competence leading others. Co-requisite: OUTDOOR 101, OUTDOOR 105.

**OUTDOOR 400. Fundamentals of Leadership. 3 Units.**

Examination of sources required for authentic leadership: connections, identity, integrity and personal power. Analysis of effective leadership practices and the application to collaborative environments.

**OUTDOOR 410. ART OF FACILITATION. 1 Unit.**

This experiential education style course allows participants to develop and test their group facilitation skills. Students will experience and deliver group initiatives surrounding popular leadership topics and learn how to help their group take away valuable learning from an educational experience. Topics include: evaluating risk, assessing the physical, human and social environment to improve group effectiveness, and case studies in team effectiveness Prerequisites: None.

**OUTDOOR 415. Adventure Experience Management. 1 Unit.**

This course covers the effective design and delivery of courses and multi-day outdoor experiences. Students will learn the fundamentals of: emergency action plans; how to manage local operating procedures (LOP); standard operating procedures; Instructional design and delivery. Prerequisite: OUTDOOR 406A, OUTDOOR 406B, OUTDOOR 406C, OUTDOOR 406D or Instructor Permission.

**OUTDOOR 416. Outdoor Educator Apprenticeship. 1-2 Unit.**

This course provides the student an opportunity to lead a multi-day outdoor experiences in an official capacity. Experience includes: outdoor living skills, planning and logistics, leadership, risk management, environmental integration, and education. Students will plan and co-lead field outings. Prerequisites: OUTDOOR 106 or OUTDOOR 406; OUTDOOR 415.

**OUTDOOR 495. Outdoor Education: Assistant Instructor. 1-2 Unit.**

Assist Instructor Outdoor Leadership Courses. Instructor Approval and Defined Student Goals/Benchmarks Required Prior to instructing.

## Physical Education Courses

**PE 2. Abs and Glutes. 1 Unit.**

Abs and Gluteus is a group workout that utilizes your own body weight and a variety of small equipment for resistance to help you build stronger, leaner muscles in your midsection and gluteus. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as: muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Fee. (AU).

**PE 3. Jogging For Fitness. 1 Unit.**

This course will focus on understanding the basic components of cardiovascular fitness, and flexibility. This will be achieved by teaching students how to prepare, train and pace themselves throughout a variety of workouts such as jogging and interval training. Students will gain knowledge to make intelligent choices that contribute to a healthy active lifestyle.

**PE 4. Walking for Fitness. 1 Unit.**

This course will focus on understanding the basic components of cardiovascular fitness, and flexibility. This will be achieved by teaching students how to monitor heart rate, record steps, prepare, train and pace themselves throughout a variety of walking workouts. Students will gain knowledge to make intelligent choices that contribute to a healthy active lifestyle.

**PE 5. Fundamentals of TRX. 1 Unit.**

Students will learn a variety of exercises that focuses on total body resistance exercise. This class allows you to move, stretch and strengthen the entire body. Exercising on the TRX utilizes gravity and movement to generate neuromuscular responses to changes in body position and mechanical advantage. Movements using the TRX integrate strength and balance into a single dynamic format that taxes the nervous system at a high level and maximizes the benefits of bodyweight exercise for faster results. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as: cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 8. Badminton: Beginning. 1 Unit.**

This course is designed to teach the basic skills necessary to play the game of badminton. Fitness and training principles will be discussed as well as singles and doubles strategy. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 9. Badminton: Intermediate. 1 Unit.**

This course will introduce the student to more advanced skills and strategies of the game of badminton. Emphasis will be placed on conditioning, shot selection, court positioning, and singles and doubles play. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 14. Basketball Skills. 1 Unit.**

Although this course is designed for players of intermediate to advance skill level, it is open to anyone hoping to improve as a player. Focus will be placed on individual skills such as passing, dribbling, shooting, rebounding, defending, and post play. Team offensive and defensive principles will be taught through intra-class competition.

**PE 16. Bellydance Fusion. 1 Unit.**

This course will introduce students to the fundamentals of belly dance with a focus on fusion and tribal fusion styles. No dance experience is required for this class; however, it is also suitable for students with previous belly dance training. Over the course of the quarter students will build their technique and learn a full choreography.

**PE 17. Cardio Dance. 1 Unit.**

Cardio Dance combines traditional aerobic routines with dance-based choreography. This course will focus on understanding the basic components of cardiovascular fitness, and flexibility. This course will teach students how to properly warm-up, cool-down, stretch and monitor heart rate as you engage in various styles of dance week to week: swing, salsa, hip-hop, modern, African and Jazz. No experience necessary; just a love of both movement and upbeat music.

**PE 20. Barre Fusion. 1 Unit.**

This course is a mix of Barre exercises, Pilates exercises, Yoga poses and stretching specifically designed to increase strength and muscle tone in the entire body and overall flexibility. We focus on proper alignment and improving posture. The exercises are intense and effective yet extremely accessible. This course will also utilize class instruction, assignments and student participation to enable students to: (1) Acquire knowledge of the basic components of health and wellness. (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 23. Core Training. 1 Unit.**

This course is designed to help students improve their ability to stabilize the torso. A strong core is an essential component for performance in any sport, hobby and for life. Your posture will improve enabling you to breathe more deeply. You will move with the ease and grace that comes from finding balance the fulcrum of your body. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as muscle strength and endurance (2) Develop physical fitness skills and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.



**PE 27. Cross Training Fitness. 1 Unit.**

Cross training fitness class will focus on combining different types of exercises to work the body as a whole to develop cardiovascular fitness, strength and power. All fitness levels are welcome. Class sessions will include exercises such as: indoor cycling, plyometrics, rowing, jump rope, circuit training, and various other exercises.

**PE 30. Indoor Cycling. 1 Unit.**

This course is designed to teach students basic concepts associated with indoor cycling as well as build cardio-respiratory endurance, muscular strength, and flexibility through structured individually paced indoor cycling workouts. Instructors motivate participants through intervals, hill climbs and coasts for the ultimate workout. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 32. Boot Camp. 1 Unit.**

This course will focus on understanding the basic components of health-related physical fitness (cardiovascular fitness, muscular strength and endurance, and flexibility). Students will have the opportunity to engage in a variety of physical activities, which will enhance all aspects of health-related fitness. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness skills and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. May be repeated for credit.

**PE 33. Diving. 1 Unit.**

Basic techniques and mechanics of springboard and platform diving. Five basic categories of dives will be introduced: front, back, inward, reverse and twist. Competitive aspects of diving. Fee.

**PE 39. Fencing: Beginning. 1 Unit.**

The sport of swordmanship develops quick hands, strong legs, and a strategic mind. Footwork, handwork, and bouting. Emphasis is on foil technique. All equipment provided. Fee. (AU).

**PE 40. Fencing, Intermediate. 1 Unit.**

Continuation of 39; learn advanced footwork and handwork. Strategy and bouting. Introduction to epee and saber. All equipment provided. Prerequisite: 39. Fee. (AU).

**PE 43. Futsal. 1 Unit.**

Futsal is a variant of soccer that is played on a smaller playing surface and mainly played indoors. Soccer greats such as Kaka, Ronaldo, Ronaldinho, Marta and Messi grew up playing Futsal and credit it for developing their incredible skills. Learn quick reflexes, fast thinking and pin-point passing. With five-a-side play and a special low bounce ball, Futsal will improve your game through its intense pace and rapid execution.

**PE 45. Field Hockey, Indoor. 1 Unit.**

Learn the game and rules of indoor field hockey, prior outdoor field hockey experience required.

**PE 46. Field Hockey, Intermediate. 1 Unit.**

For those with prior experience. Techniques, skills, and strategy. Scrimmages and game-like scenarios. Fee. (AU).

**PE 51. Golf: Beginning. 1 Unit.**

This course is designed to teach the fundamentals of the golf swing; putting, chipping, and sand play. We will also cover golf etiquette and rules.

This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness, (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 52. Golf: Advanced Beginning. 1 Unit.**

This course allows students to further development their golf swing and short game. This course will also review golf concepts, rules and etiquette. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness, (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: PE 51 or golf experience.

**PE 53. Golf: Intermediate. 1 Unit.**

This course allows students to further development their golf game by engaging in various golf drills and the opportunity to practice on all facets of golf. Students will learn how to lower scores and manage the game on the course. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness, (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: 52 or equivalent. Fee. (AU).

**PE 54. Golf: Advanced. 1 Unit.**

This course is designed to refine the golf swing and increase power, distance, and accuracy. This course will also cover topics such as: course management, mental preparation and visualization techniques. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of skill-related and health-related physical fitness, (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: PE 53 or experience playing and practicing, and the ability to hit shots with relative accuracy and distance. Fee. (AU).

**PE 58. Gymnastics: Beginning. 1 Unit.**

This course is designed to teach students the fundamental movements of gymnastics including flexibility and strength exercises taught on the Olympic apparatus including floor, balance beam, bars, and rings. The utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Fee. (AU).

**PE 59. Gymnastics: Intermediate. 1 Unit.**

This course is for students who have completed 58 or have a background in gymnastics. This class will focus on tumbling and somersaulting. The utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Fee. (AU).

**PE 63. Hip Hop. 1 Unit.**

Funky, jazzy, hip hop dance for fun and cardiovascular fitness. Fee. (AU).

**PE 65. Horsemanship: Beginning Riding. 1 Unit.**

This course explores beginning riding. Topics include, but are not limited to, basic horse care, equitation at the walk/trot and negotiation of simple obstacles. This course will utilize class discussions, class assignments and student participation. No experience needed. Fee. (AU).

**PE 66. Horsemanship: Advanced Beginning Riding. 1 Unit.**

This course will review the basics of horsemanship and provides the necessary foundation for riding. Topics that will be covered include: horsemanship and horse care; the canter and basic jumping. This course will utilize class discussions, class assignments and student participation. Prerequisite: 65 or equivalent. Fee. (AU).



**PE 67. Horsemanship: Intermediate Riding. 1 Unit.**

Basic veterinary skills and barn management. Riding at all gaits and completing horsemanship patterns (Western) or jumping basic courses (English). Fee. Prerequisite: 66 or equivalent. (AU).

**PE 68. Horsemanship: Student Assistant. 1 Unit.**

(Bartsch).

**PE 69. Leadership: Assertiveness and Creativity. 1 Unit.**

This class will teach leadership techniques for maximizing creativity in a group setting through facilitated interaction with horses. Students will practice increasing personal and situational mind/body awareness, develop an authentic, assertive leadership style, and access creativity in challenging circumstances. No experience needed. Fee.

**PE 70. Horsemanship. 1 Unit.**

This course explores the basics of horsemanship and provides the necessary foundation for beginning riding. Topics include, but are not limited to, general horse care, handling techniques, horse health and disease, and stable management. This is an un-mounted course. This course will utilize class discussions, class assignments and student participation. No experience needed. Fee.

**PE 76. Kickboxing. 1 Unit.**

This high energy class focuses on upper and lower body kickboxing combinations for the ultimate cardio and muscular endurance workout. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as: cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 80. Lifeguard Training. 1 Unit.**

This course allows students to learn lifeguard characteristics and responsibilities, recognize hazards and emergencies, patron and facility surveillance, interaction with the public, and rescue skills. Students will also learn first aid and CPR/AED for the Professional Rescuer. This course will utilize class discussions, class assignments and student participation, both in and out of water, to prepare students to become lifeguards. Prerequisite: 300 yard continuous swim with rhythmic breathing (100 yards of freestyle, 100 yards of breaststroke, and 100 yards of combination of the two); Swim 20 yards, surface dive 7ft, retrieve a 10lb diving brick, and return in one minute and forty seconds.

**PE 81. Beginning Stand Up Paddleboarding. 1 Unit.**

This course teaches students the basic skills, strokes, maneuvers and water safety skills of Stand Up Paddleboarding in a calm, flat-water setting. Prerequisites: None.

**PE 87. Learn to Row for Men. 1 Unit.**

This class is an introduction to the sport of rowing for men. The fundamentals of proper form, technique and workouts to develop cardiovascular fitness will be taught. The class will progress from rowing ergometer machines into rowing shells on the water. The utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 88. Learn To Row For Women. 1 Unit.**

This class is an introduction to the sport of rowing for women. The fundamentals of proper form, technique and workouts to develop cardiovascular fitness will be taught. The class will progress from rowing ergometer machines into rowing shells on the water. No prior rowing experience necessary. This class is recommended if you are interested in trying out for the women's rowing team. Read notes section for additional information. Fee (AU).

**PE 89. Rowing Ergometer. 1 Unit.**

Introduction to aerobic based training utilizing rowing machines. The utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Fee.

**PE 90. Essentials of Pilates. 1 Unit.**

Students will focus on developing core strength, flexibility, and awareness by engaging in a variety of exercises that integrate the principles of Pilates. This course will utilize class instruction, assignments, and student participation to enable students to: (1) Acquire knowledge of the basic health-related components of physical fitness and the different dimensions of wellness. (2) Develop the skill-related components of fitness, and (3) Understand and practice the behaviors that contribute to a healthy lifestyle. May be repeat for credit.

**PE 91. Pilates Mat: Intermediate / Advanced. 1 Unit.**

Students will focus on developing core strength, flexibility, and awareness by engaging in a variety of exercises that integrate the principles of Pilates. This course will utilize class instruction, assignments, and student participation to enable students to: (1) Acquire knowledge of the basic health-related components of physical fitness and the different dimensions of wellness. (2) Develop the skill-related components of fitness, and (3) Understand and practice the behaviors that contribute to a healthy lifestyle.

**PE 92. Rock Climbing I: Beginning. 1 Unit.**

This course is an introductory course. Students will learn skills necessary to get started exploring the world of indoor climbing. These skills include technical safety skills for bouldering and top-roped climbing, essential physical and mental skills, and strategies for training. Students will be taught with industry standard best practices in regards to safety, and provided with a multi-disciplinary approach to overall health and wellness. No experience necessary.

**PE 93. Rock Climbing II: Intermediate. 1 Unit.**

In this course students will have the opportunity to build upon basic principles associated with rock climbing. Student will further explore variations in climbing efficiency techniques, crack climbing techniques, and training methodologies to enhance their climbing experience and help prevent injuries. Students will be taught with industry standard best practices in regards to safety, and provided with a multi-disciplinary approach to overall health and wellness. Prerequisites: Rock Climbing 1 or at least 3 months previous climbing experience, current top-rope belay certification at the Stanford Climbing Wall.

**PE 94. Rock Climbing III: Lead Climbing. 1-2 Unit.**

This course is for the more advanced climber looking to learn to lead climb and increase their climbing fitness. Students will be exposed to technical and safety skills pertaining to sport lead climbing. Additional climbing specific training principles will be introduced to assist in improving climbing fitness and preventing common overuse injuries. Students will be taught with industry standard best practices in regards to safety, and provided with a multi-disciplinary approach to overall health and wellness. Once students demonstrate proficiency, they will have the opportunity to become lead certified at the Stanford Climbing Wall.

**PE 95. Rock Climbing: Strength and Conditioning. 1-2 Unit.**

The course will provide students with a framework to develop a balanced strength and conditioning program specific to training for bouldering and sport climbing. Topics addressed will include mobility training, sport specific strength and conditioning, and injury prevention. Prerequisites: Rock Climbing 1 or at least 3 months previous climbing experience, current top-rope belay certification at the Stanford Climbing Wall.

**PE 96. Bouldering for Fitness. 1 Unit.**

This is a mixed level course open to new and experienced climbers. This course will provide an introduction to bouldering (climbing at a low height without ropes) as a fitness activity. Students will learn a variety of sport specific exercises to increase mobility and performance while reducing the likelihood of injury. Students will be taught with industry standard best practices in regards to safety, and provided with a multi-disciplinary approach to overall health and wellness. No experience necessary.

**PE 98. Sailing, Beginning. 1 Unit.**

Students will learn skills, theories, and techniques to enable beginners to sail with confidence in small centerboard boats. This class utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 99. Sailing, Advanced Beginning. 1 Unit.**

Students will have the opportunity to further development their sailing skills and techniques. This class utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 100. Sailing, Intermediate. 1 Unit.**

Students will have the opportunity to refine their sailing skills Students will also be introduced to racing. This class utilization of class discussions, assignments and student participation will enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 102. Coaching Corps. 1 Unit.**

This course is designed to build practical and educational foundations to prepare students to be instructional leaders (coaches) in sports activities. Students will have the opportunity to make a valuable contribution to youth while developing practical coaching skills. The course will explore topics including practice planning and designing curriculum, how to effectively engage youth in sports, youth development through sports, social issues facing urban youth in sports, the plight of sports programs in urban centers, and how to create a college-going culture among youth in low-income communities. Students will coach off campus at local schools/community-based organizations that offer after school sports programs.

**PE 103. Route Setting: Designing the Indoor Climbing Experience. 1 Unit.**

The Route Setting course is intended for those with extensive climbing experience who are interested in learning to design climbing routes for indoor climbing walls. The course will introduce students to route setting philosophies centered around the user experience, route setting operations, route evaluation, and setting guidelines and techniques for designing specific grades, specific movements and achieving equitability for various climber heights.

**PE 104. PCIA: Climbing Wall Instructor. 1 Unit.**

The Professional Climbing Instructors Association (PCIA) Climbing Wall Instructor Course provides instructors and potential instructors with an in depth and standardized understanding of the skills essential to teaching climbing in an indoor setting. The course reinforces the importance of teaching technically accurate information and debunks many common climbing myths. The course emphasizes the presentation of sound fundamental skills to climbing gym participants, the formation of risk assessment and risk management skills and basic problem solving skills such as belay transitions and on wall coaching and assist techniques. Participants will be assessed on both their core knowledge and their ability to effectively teach and coach related skills. Students will have the option to certify with the Professional Climbing Instructors Association. Prerequisites: Rock Climbing 2 (Intermediate) or equivalent. The candidate must show an adequate experience level to the course provider illustrating that he/she is ready for the course. Examples include periodic climbing for 2 years; 3 years, a high intensity of climbing in the past few months, etc.; Able to easily put on harness and tie in appropriately; Able to belay with an aperture belay device and an assisted locking device in competent, comfortable and confident manner; Possess the personal equipment necessary for the course; Capable of comfortably top roping 5.8 on an artificial climbing wall.

**PE 108. Social Dance: Introduction to Swing dancing: Lindy Hop. 1 Unit.**

Students will learn the collection of dances known as Swing, generally considered to include Lindy Hop, East Coast Swing, and Charleston. All of these sometimes fall under the single heading of Lindy Hop and can be danced together in one dance. In addition, students will: (1) Understand basic components of health-related physical fitness, cardiovascular fitness and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

Same as: includes East Coast Swing and Charleston

**PE 109. Social Dance, Beginning. 1 Unit.**

Introduction to modern social partner dancing, comprised of three sections: Latin, Ballroom, and Club. You may take one or more sections in any order; no section requires any prior experience nor partner. Steps, styling, and technique are covered. Autumn: Introduction to Latin dancing: Salsa, Cha-Cha, Rumba, Samba; Winter: Introduction to Ballroom dancing: Waltz, Foxtrot, Tango, Quickstep; Spring: Introduction to Club dancing: Swing (Lindy Hop), Night-Club Two Step, Hustle.

**PE 110. Introduction to Ballroom Dancing: Waltz, Foxtrot and Tango. 1 Unit.**

Students will learn the three primary Ballroom Dances: Waltz, Foxtrot and Tango. In addition, students will: (1) Understand basic components of health-related physical fitness, cardiovascular fitness and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 113. Soccer: Indoor Beginning/Intermediate. 1 Unit.**

This course is designed to teach the basic skills and concepts of soccer. Students will work on skills of moving, passing, dribbling, trapping, heading, throw-in and offensive and defensive positioning, as well as learning basic rules and terminology of the game. This course will utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 114. Soccer, Indoor: Intermediate/Advanced. 1 Unit.**

This course is designed to teach more advanced skills and concepts of soccer, as well as more advanced offensive and defensive tactics. Students will have the opportunity to refine their skills of moving, passing, dribbling, trapping, heading, throw-in and offensive and defensive positioning, as well as game playing strategies. This course will utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 115. Soccer: Advanced for Men. 1 Unit.**

Students will learn advanced game playing skills, strategies, and techniques. This course will utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 116. Soccer: Advanced for Women. 1 Unit.**

Students will learn advanced game playing skills, strategies, and techniques. This course will utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 123. Squash, Beginning/Intermediate. 1 Unit.**

Techniques, rules and practice matches. Racquets, balls, and eye guards provided. Limited enrollment. Fee.

**PE 128. Swimming: Beginning I. 1 Unit.**

This class is for first time swimmers and for individuals who have fear, anxiety or discomfort in water. This class is also designed for individuals who have previously taken beginning swim courses and have had little/no success or who struggle to move through water. A foundation of basic balance and movement skills will be developed through a series of fundamental water exercises. When safety or balance in the water is in question, so is the ability to move, and to some extent, the ability to breathe comfortably. As comfort and balance improves, the easier it is to accept breathing and movement skills. The goal is for a swimmer to become comfortable and in control in both shallow and deep water. The fundamental skills learned in this course will provide a foundation for learning stroke technique, such as freestyle, in an effortless manner. nPrerequisites: None.

**PE 129. Swimming: Beginning II. 1 Unit.**

In this class you will learn how to relax in the water, breath effectively, float and tread, swim 3 different strokes (freestyle, backstroke, breaststroke), jump in the water from the deck, use swimming equipment (kickboards, pull buoys, fins) and swim across a 25 yard pool. nIf you have fear or anxiety in the water, consider taking the ATH 128 Confidence in Water class. If you can swim across a 25 yard pool, you should take the ATH 131 Intermediate Swim class.nPrereq: non-swimmer, unable to swim across a 25 yard pool.nGoals: Learn to be safe and relaxed in shallow and deep water. Develop ease and efficiency with breathing & swimming strokes. Be safe and comfortable swimming 25 yards continuously. FEE. (AU).

**PE 131. Swimming: Intermediate. 1 Unit.**

This class is for those who can swim across a 50-yard pool. In this class you will learn how to: breathe effectively, tread water, dive in from the edge and use swimming equipment (kick boards, pull buoys, hand paddles, fins). You will be introduced to and gain further development of the 4 competitive swimming strokes (Freestyle, Backstroke, Breaststroke & Butterfly). An introduction to flipturns and intervals (50 yard repeats) will be taught. Underwater videotaping and stroke review and analysis will occur. nPrereq: Ability to swim across a 50-yard pool continuously. You MUST be comfortable in deep water, if you are uncomfortable in deep water please take ATH 129 Swimming Beginning.

**PE 132. Swimming: Advanced. 1 Unit.**

This class is for those who can swim 100 yards freestyle continuously and have had an introduction to backstroke and breaststroke. In this class you will learn: refinement of the 4 competitive swimming strokes: freestyle, breaststroke, backstroke, butterfly (review/intro) and efficient breathing techniques. You will gain additional development of flipturns using intervals (100 yard repeats), competitive starts and turns, use of swimming equipment (kick boards, pull buoys, hand paddles, fins) for fitness, and videotaping with review. nPrereq: Swim 100 yards continuous of freestyle. If you have not had an introduction to Breaststroke or backstroke, we recommend you take ATH 131 Swimming Intermediate.

**PE 133. Swim Conditioning. 1 Unit.**

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

**PE 134. Synchronized Swimming, Beginning. 1 Unit.**

Students will learn basic skills and techniques associated with synchronized swimming. Students will learn how synchronized swimming is judged alongside some of the basic moves. Sculling with the arms and an 'egg beater' motion with the legs keeps the swimmer stable and allows the more advanced techniques to be performed. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscle endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: intermediate to advanced swimming skills. Fee. (AU).

**PE 135. Aqua Boot Camp. 1 Unit.**

A unique combination of swim conditioning, swim power training and dry land training offered by the staff of the Women's Swimming program. nIncrease your strength and cardiovascular endurance, in and out of the water.nPrerequisites: Ability to tread deep water for 5 minutes and swim at least 50 meters continuously of backstroke, front crawl, & breaststroke. nThis is not a learn-to-swim class. Fee.

**PE 136. Swimming: Stroke Refinement. 1 Unit.**

Review and fine tune the 4 competitive strokes (freestyle, backstroke, butterfly, and breaststroke), with a primary emphasis on improving freestyle stroke efficiency. Flipturn refinement. Drill and technique work will be heavily emphasized. On average, 1000 meters will be swum per class. nPrereq: Ability to tread deep water for 5 minutes, swim 100 meter intervals of freestyle, backstroke, and breaststroke with rhythmic breathing, and swim 200 meters continuously under 5 minutes.

**PE 138. Table Tennis: Intermediate. 1 Unit.**

This class is intended for players who have experience playing table-tennis including those who have taken the beginning table-tennis class. Students should have prior experience in countering, looping, chopping, and serving.

**PE 139. TABLE TENNIS: BEGINNING. 1 Unit.**

Basic counters, topspins, and chops with both the forehand and backhand. Serve and return, emphasizing game situations and match play. All equipment provided. Fee.

**PE 140. Taiji Quan. 1 Unit.**

Taiji Quan (Tai Chi) is a Chinese martial arts system of slow meditative physical exercise designed for relaxation, balance and health. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. All levels are welcome.

Same as: Tai Chi

**PE 141. Tai Chi: Intermediate. 1 Unit.**

At the Intermediate level, students will develop a deeper and more internal understanding of Tai Chi. This course will introduce new concepts and movements that are more challenging. This course will also utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: ATHLETIC 140 or prior practice and courses in Tai Chi.

**PE 144. Tennis: Beginning. 1 Unit.**

Students will learn and develop the essential stroke techniques with emphasis on control. This course will also incorporate rules, etiquette, and basic play. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 145. Tennis: Advanced Beginning. 1 Unit.**

Students will review and strengthen stroke techniques with emphasis on control, depth, and direction. This course will also incorporate rules, etiquette, and basic strategy and tactics. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisites: 144, or knowledge of rules and scoring and average ability in fundamental strokes but limited playing experience. Fee. (AU).

**PE 146. Tennis: Intermediate. 1 Unit.**

Students will review and strengthen stroke techniques with more emphasis on depth, direction, and spin. This course will also incorporate basic to advance strategies and tactics with performance enhancing cooperative and competitive drills. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisites: 145 or average ability in fundamental strokes, and regular playing experience; NTRP rating of 3.0 -3.5 . (AU).

**PE 147. Tennis: Advanced. 1 Unit.**

Students will refine stroke techniques with more emphasis on spin, power, and variety. This course will also incorporate advance strategies and tactics with performance enhancing competitive drills. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: NTRP rating above 4.0 or equivalent. (AU).

**PE 151. Total Body Training. 1 Unit.**

Students will learn a variety of exercises that focuses on the body as a whole. This class allows you to move, stretch and strengthen the entire body. A variety of equipment will be used to target all major muscle groups. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as: cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 161. Volleyball: Beginning Sand. 1 Unit.**

This course is designed to help students gain proficient skills and knowledge of the game of sand volleyball. This is an introductory course for those with limited or no playing experience. Instruction will include techniques for passing, setting, serving, serve receive, hitting, blocking, digging, and transition. The course is arranged to familiarize students with the rules, terminology, offensive and defensive strategies, team organization, communication, game play, and conditioning for volleyball. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 162. Volleyball. 1 Unit.**

This course is designed to help students gain proficient skills and knowledge of the game of volleyball. This is an introductory course for those with limited or no playing experience. Instruction will include techniques for passing, setting, serving, serve receive, hitting, blocking, digging, and transition. The course is arranged to familiarize students with the rules, terminology, offensive and defensive strategies, team organization, communication, game play, and conditioning for volleyball. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 163. Volleyball: Intermediate/Advanced. 1 Unit.**

This course is designed for players of intermediate to advanced skill level. This course will review the basic fundamentals of volleyball, proper conditioning for volleyball, and various tournament situations. Students will learn advanced concepts in team strategy through offense and defense with varying defensive and offensive systems. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 164. Volleyball: Intermediate Sand. 1 Unit.**

Further development of skills and rules. Strategy in two- and four-person sand volleyball. Fee. (AU).

**PE 165. Volleyball: Advanced Sand. 1 Unit.**

This course is designed to refine and improve skills and game playing strategy in two- and four-person sand volleyball. Students must have strong skills and general knowledge of team concepts. This course will utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle. Prerequisite: PE 164 or consent of the instructor. Fee. (AU).



**PE 169. Water Polo: Beginning. 1 Unit.**

Course Description: This course is designed to teach the basic skills and concepts of Water Polo. Students will also learn game strategies associated with water polo. Classes will include scrimmage play. This course will also utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.nPE: 169 Water Polo Beginning or equivalent skills and swimming experience.

**PE 170. Water Polo: Intermediate/Advanced. 1 Unit.**

This course is designed to further develop game playing skills, strategies and techniques that are associated with water polo. Classes will include scrimmage play of water polo skills. Students will also be exposed to game strategy. Classes will include scrimmage play. This course will also utilize class discussions, assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.nPrereq: PE169 Water Polo Beginning or equivalent skills and swimming experience. Fee. (AU).

**PE 173. Weight Training: Intermediate. 1 Unit.**

This course will allow students to expand upon skills learned in Beginning Weight Training. Students will learn to design and develop a balanced weight training program to meet their goals. This course also provides an opportunity to develop skills in specific areas of strength training, endurance, and power. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness such as: muscular strength and endurance, power, and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 174. Weight Training: Beginning. 1 Unit.**

This course is designed to teach the fundamentals of weight training, including equipment use, exercise technique and safety procedures. By the end of the course, students should be able to safely demonstrate a variety of exercise techniques, as well as have a general appreciation for the benefits of strength training. Fee. (AU).

**PE 175. Muscle Works. 1 Unit.**

Functional Training teaches you how to move your body optimally, improve balance, build strength, and prevent injury. Class sessions incorporate a variety of exercises that work on flexibility, core, balance, strength and power, focusing on multiple movement planes. Whether your goal is to train your body to perform the activities of daily life effortlessly and without injury, improve your athletic edge, or regain lost function, this class gives you the tools to achieve these goals. All fitness levels are welcome.

**PE 176. Weight Training for Women. 1 Unit.**

This course is designed to teach the fundamentals of weight training, including equipment use, exercise technique, proper stretching, safety procedures and injury prevention. The basics of the physiology of strength training and planning individual programs. Fee. (AU).

**PE 177. Circuit Training. 1 Unit.**

This class will focus on full-body conditioning workouts, combining resistance training and high-intensity aerobics. This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, resistant bands, stability balls, treadmills, etc. Class may be modified for all levels of fitness. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness (2) Develop physical fitness skills and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 179. Wrestling and Introduction to Mixed Martial Arts. 1 Unit.**

While primarily focusing on the basic techniques of collegiate wrestling, some non-striking forms of MMA, such as Brazilian jiu-jitsu and submission grappling, will be covered throughout the quarter. Same as: MMA

**PE 180. Yoga for Stress Management. 1 Unit.**

Students will have the opportunity to learn ancient yoga/health practices for managing daily stressors. Students will learn to identify signs and symptoms of stress, how anxiety manifests in the body and mind, and yoga techniques for relief. The focus will be on breathing techniques to calm the nervous system and practicing mindfulness. Hatha, or physical yoga, will also be introduced as preliminary practices to balance the body, relax the breath, stretch and tone muscles, and massage internal organ systems. All practices are meant to provide students new options for gaining inner strength and self-control. This course will utilize class instruction, assignments, and student participation to enable students to: (1) Acquire knowledge of the basic health-related components of physical fitness and the different dimensions of wellness. (2) Develop the skill-related components of fitness, and (3) Understand and practice the behaviors that contribute to a healthy lifestyle.

**PE 181. YOGA: Beginning. 1 Unit.**

Students will be introduced to the values and skills of Hatha Yoga (Yoga of exercise). Students will learn how to reduce tension, increase energy levels, move efficiently, reconnect to self-awareness, and learn about the body. The poses and flows are adaptable and can be personalized for any level of fitness. The emphasis of the class will be on asanas (poses) and vinyasa (flow) for increased flexibility, improved health, relaxation, and reduced stress in daily living. Students will also be exposed to the language, philosophy, history, and concepts of Yoga. A typical class will include breathing techniques, meditation and asana practice, including standing, balancing, stretching and some inverted poses. At the end of the quarter students will have: (1) Acquired knowledge of the basic components of health and wellness. (2) Developed physical fitness and motor skills, and (3) A positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 182. Yoga: Asana Practice. 1 Unit.**

Yoga offers continual opportunities for growth and balance both physical and nemoional. Challenging yourself with different approaches will help you stay nfocused and keep your practice creative. In Asana Yoga Practice students will learn solid yoga practices that they can enjoy on their own as well as yoga foundations that they can apply in all types of yoga classes around the world.

**PE 183. Yoga: Advanced. 1 Unit.**

Advanced Yoga is for students who already possess a solid and ongoing yoga practice. This course will move deeper into all aspects of yoga by exploring more advanced postures, pranayama and meditation techniques. This course is designed for students who wish to challenge themselves both physically and mentally.

**PE 184. Yoga/Pilates Fusion. 1 Unit.**

Combination of power and restorative yoga with strength building Pilates exercises. Fee.

**PE 185. Yoga: Intermediate Asana. 1 Unit.**

This course is designed for students who already possess an ongoing yoga practice. This course will move deeper into all aspects of yoga by exploring more postures, pranayama and meditation techniques. This course is designed for students who wish to improve themselves both physically and mentally. Intermediate yoga will provide students with information and experience which will enable students to: (1) Acquire knowledge of the basic components of health and wellness. (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

**PE 186. Zumba. 1 Unit.**

Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine. Interval and resistance training to maximize caloric output, and total body toning. (AU).

**PE 187. Power Yoga. 1 Unit.**

Power yoga combines dynamic breathing and flowing sequences of asanas that focus on strengthening the entire body. Core muscle activation and stabilization is emphasized to ensure safe body mechanics. Power yoga will provide students with information and practical experience that will enable students to: (1) Acquire knowledge of the basic components of health and wellness. (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity, which will facilitate a healthy lifestyle.

**PE 189. Business Practices in Sport. 2 Units.**

Planning and management of intercollegiate sports and recreation. Elements of business contracts, finance, facility development, legal issues, risk management, human resources, security, and operations and event management. How an athletic and recreation department is organized. Career opportunities in sports and recreation administration.

**PE 193. Fitness for Life. 1 Unit.**

This course teaches students how to stay active by engaging in a variety of workouts (indoor cycling, interval training, weight training, walking/jogging, etc.). This course utilizes a variety of workout equipment to target all major muscle groups. This course will utilize class discussions, class assignments and student participation to enable students to: (1) Understand basic components of health-related physical fitness, cardiovascular fitness, muscular strength and endurance and flexibility (2) Develop physical fitness and motor skills, and (3) Develop a positive attitude toward wellness and physical activity which will facilitate a healthy lifestyle.

## Wellness Ed Courses

**WELLNESS 18. Strengthening the Heart through Compassion. 1 Unit.**

Guided practices and simple evidence based strategies to develop self-compassion, experience genuine happiness, reduce stress and negative thoughts, resolve differences with difficult others and take compassionate action that makes a difference in the world. Sponsored by Stanford's Center for Compassion and Altruism Research and Education (CCARE) and following the Stanford Compassion Training program. Each week includes: meditation, group discussion, current research and its real world application.

**WELLNESS 187. Analysis of Human Movement. 1 Unit.**

This course covers the basic principles governing human movement with an emphasis on sports applications. The course spends roughly equal amounts of time on anatomy and biology (large- and small-scale structure and function). Applied anatomy: Anatomy (body structure) and mechanics (force, torque, etc) together describe macroscopic movement. Applied biology: The molecular and cellular basis of movement, including: muscles contraction, nerves signals, and related topics such as exercise damage, cramping, muscle memory, DOMS and fatigue.

**WELLNESS 188. The Athlete and Personal Identity Development. 1 Unit.**

Overview of identity development theory related to religious/spiritual identity development, gender, and sexuality identity development, racial and cultural identity development, ethical and moral development, and the development of meaning and purpose. The ways in which athletic participation affects and contributes to each of these developmental areas. This course also examines each of these topics in a larger context by discussing relevant current issues and events in sport.

**WELLNESS 190. Introduction to Nutrition. 1 Unit.**

Optimize nutrition for health and performance based on established research. Topics include evidence-based analysis of macronutrients, fad diets, sugar addiction, low-calorie sweeteners, caloric restriction, disease prevention, and general nutrition. Discern between popular trends and scientific understanding in nutrition and nutritional habits.

**WELLNESS 191. Ignite: The Power of Motivation. 1 Unit.**

Motivation is often misunderstood as a force driven by a system of rewards and punishments. However, the latest research shows it's much more dependent on cultivating meaning, purpose, task mastery, and freedom of choice. In this course students will uncover the keys inside themselves to ignite the power of their motivation at school and their life. Research on motivation from the fields of psychology, behavioral economics, and neuroscience is discussed and then tools are provided that enhance the drive to achieve in a balanced and healthy manner. Students will learn how to cultivate the psycho-physiological factors that increase motivation, while reducing those aspects that depress it.

**WELLNESS 192. Mindful Nourishment: Training for Healthy Nutrition and Wellbeing. 1 Unit.**

Intuitive Eating entails the scientific study and the application of mindfulness applied to nutrition, health, and eating through contemplative and applied practices. Mindfulness is a way of being engaged in our lives with greater emotional and mental balance. This course involves: 1) Participating in dialogue that cultivates shared mindfulness 2) Develop inner and outer wisdom applied to your health and eating. 3) Apply mindfulness skills to your emotional and physical health and greater well-being. These practices aim to develop greater insight, self-awareness, emotional regulation, and skillful responding. 4) Use mindfulness as way to create collaborative learning. Collaborative learning at its best is when we can listen deeply, suspend judgment, and speak authentically. When we do these, we create the conditions for meaningful dialogue and learning.

**WELLNESS 194. Healthy Cooking: Food as Medicine. 1 Unit.**

The class will explore the basics in healthy nutrition and the essentials for a healthy balanced plate. Classes will focus on recipes in East Asia & India, the benefits of foods for certain ailments, super-foods, plant based diets and phyto-nutrients, cleansing foods, the use of foods for skin care and aromatherapy, understanding the link between the foods we eat and the soil they grow in, and lastly healthy comfort foods. This interactive and experiential class will help one to develop a healthy relationship with food and develop some practical cooking skills.

**WELLNESS 195. Wellness: Mind, Body, Spirit. 2 Units.**

An introduction to wellness focusing on emotional health and the cultivation of happiness. Managing stress and enhancing productivity while remaining centered are the primary learning objectives. Class will be lecture and discussion with time for guided practice in skill development.

**WELLNESS 196. Practice of Happiness. 1 Unit.**

How research-based happiness theory and principles are applied to enhance daily and life satisfaction. Positions happiness as the cornerstone of personal wellness, purpose, and fulfillment. Investigates the science of happiness through lecture, guided practice, dialogue, and course material in order to enhance both its understanding and implementation.

**WELLNESS 197. Sport Psychology. 1 Unit.**

he psychological skills that athletes and other performers apply in training, preparation, and competition have a significant influence on performance. Students will learn an overview of concepts and theories in sports psychology research (e.g., motivation, arousal regulation, self-confidence, team dynamics, mental skills training, etc.) and apply psychological techniques to enhance performance, enjoyment, and self-satisfaction in sports and life.

**WELLNESS 198. Stress Less, Sleep Better. 1 Unit.**

This course helps students better manage their stress and sleep more soundly. It does so by presenting the latest findings in the science of stress and sleep. Functional definitions of stress and perceived stress are given, student stress levels are assessed, and tools are given to manage stress more effectively. Students learn about the sleep cycle and its effect on the brain, understand the causes of insomnia, track their sleep behaviors, and practice getting a better night's sleep by using cognitive-behavioral interventions rooted in the latest findings of sleep research. By the end of the course students will be more empowered to work effectively with stress and sleep so they have more clarity, focus, and energy in their day-to-day lives.

**WELLNESS 200. Using Emotional Social Intelligence to Increase Effectiveness. 1 Unit.**

Examine, understand, and develop emotional and social intelligence (ESI). Presents leading models (Bar-On, Mayer, Salovey, Caruso) of and skills (Goleman) for enhancing emotional and social intelligence. Blends course lecture, discussion, peer coaching, and guided practice to develop theoretical and practical knowledge of ESI. Assess, understand, and utilize ESI strengths and mitigate weaknesses in order to enhance stress management and resilience, increase self-other awareness, and increase balanced productivity.

**WELLNESS 201. Flourishing. 2 Units.**

An introduction to wellness focusing on physical well being and the importance of that in leading a happy and successful life. Topics covered are proper diet and nutrition, exercise, sleep, brain fitness and the concept of flow or engagement. Woven throughout the class will be the need to manage stress and remain productive and centered.

**WELLNESS 202. Wellness: Mind, Body, Spirit. 1 Unit.**

An introduction to wellness focusing on emotional health and the cultivation of happiness. Managing stress and enhancing productivity while remaining centered are the primary learning objectives. Class will be lecture and discussion with time for guided practice in skill development.

**WELLNESS 204. Resilience: How to Bounce Back. 1 Unit.**

Resilience is the ability to bounce back in the face of life's challenges, whether these challenges are getting a poor test grade, breaking-up with a significant other, battling illness, or taking on any number of other tough events. In this course students study insights from the emerging field of resilience to learn about and practice the skills that allow them to bounce back more quickly and effectively from life's setbacks. Models of resilience will be presented and students will learn about the cognitive, emotional, and social aspects that allow them to enhance their capacity to rise above life adversity and thrive, even in the midst of tough times.

**WELLNESS 205. Meditation. 1 Unit.**

Introduces diverse forms of meditation practice in both theory (contemplative neuroscience, phenomenological traditions) and practice. Practices in guided imagery, compassion, loving kindness, positive emotion, mindfulness, and mantra meditation will be offered to enhance well-being. While meditation practices emerge from religious traditions, all practice and instruction will be secular.

**WELLNESS 207. Meaningful Work: Creating a Career You Love. 1 Unit.**

Finding work that is meaningful and a career that actualizes one's potential while maximizing success and well-being deepens insights present in research on motivation, meaning, and purpose creation. Philosophical traditions and psychological science converge on the conclusion that meaningful work leads to professional success, positive relationships, and improved health. Develop the theoretical understanding and skills that lead to both reframing current endeavors for enhanced purpose and choose new endeavors with higher meaning, optimizes both future achievement and lasting happiness.

**WELLNESS 208. Behavior Change: Building A Better You. 1 Unit.**

Change behaviors using evidence-based techniques. Addresses habit cycles, procrastination mitigation, productivity enhancement, motivational factors, and addiction and addictive processes (both substances and non-substance related) in changing behavior from maladaptive to adaptive patterns. Draws from neuroscience (Davidson, Siegel) and psychology (Beck, Miller, Rollnick) and employs motivational interviewing, cognitive reframing, peer coaching, and mindfulness meditation models and intervention strategies.

**WELLNESS 215. WISE DECISION MAKING. 1 Unit.**

Being wise makes us happier and more successful. Our relationships, bodies, health, school, and work can be either stressful or fulfilling. Wisdom skills are practical and effective in these areas, and you can learn how to apply them sooner rather than later. This course will help you develop wisdom through guided practice in skills such as mindfulness, emotional intelligence, cognitive reframing, humility, empathy, gratitude, and courage. Entertaining video clips, quotes, and jokes will supplement our discussions.

**WELLNESS 220. Applying Wellness Practicum. 2 Units.**

Translating theoretical knowledge and acquired skills into actionable wellness projects that enhances an aspect of wellness within the Stanford community. Students work in a collaborative, peer-coaching model, under the mentorship of the course instructors, to design, deliver, and evaluate a wellness initiative at Stanford.