



SUMMER AND FALL 2023 WELLNESS ACTIVITY GUIDE



Exercise your body and mind at
WWW.CHABOTCOLLEGE.EDU



Step Into Health Today

Ready to Sign Up for a Class?

1. Apply online at: www.chabotcollege.edu
2. Check the email provided on your application 48 - 72 hours after applying to receive your Student ID Number (W#) from ccapply@clpccd.cc.ca.us

Register for the Classes You Selected

1. Go to www.chabotcollege.edu
2. Login to **CLASS-Web**
3. Select the **Student Services** tab
4. Click the **Registration** link
5. Click the **Add/Drop Classes** link
6. Select the **term** and click the Submit button
7. Enter the course registration number (**CRN**)
8. Click the **Submit Changes** button to register for the class!

Got Questions? Need Help?

Peer Guide Support Line

Phone: (510) 274-1550
Monday - Thursday
10:00 am - 4:00 pm

Chat: bit.ly/ChabotPeerGuide
Monday - Thursday
9:00 am - 5:00 pm

El Centro

Llame o envíe un correo electrónico a El Centro para obtener ayuda en Español

Teléfono: 510.723.6714

Email: elcentro@chabotcollege.edu

Prefer In-Person Help?

Visit our Community and Student Services Center in Building 700 for friendly assistance in applying and registering for classes.

ENROLLMENT FEES

Break-down

The enrollment fee for all students is \$46 per unit. A mandatory Student Health Fee is \$18 for Summer term and \$21 for Fall term classes. For fall classes, an optional \$10 Associated Student Activity Fee and \$2 Student Representation Fee are also assessed at the time of registration unless students opt-out by September 4th.

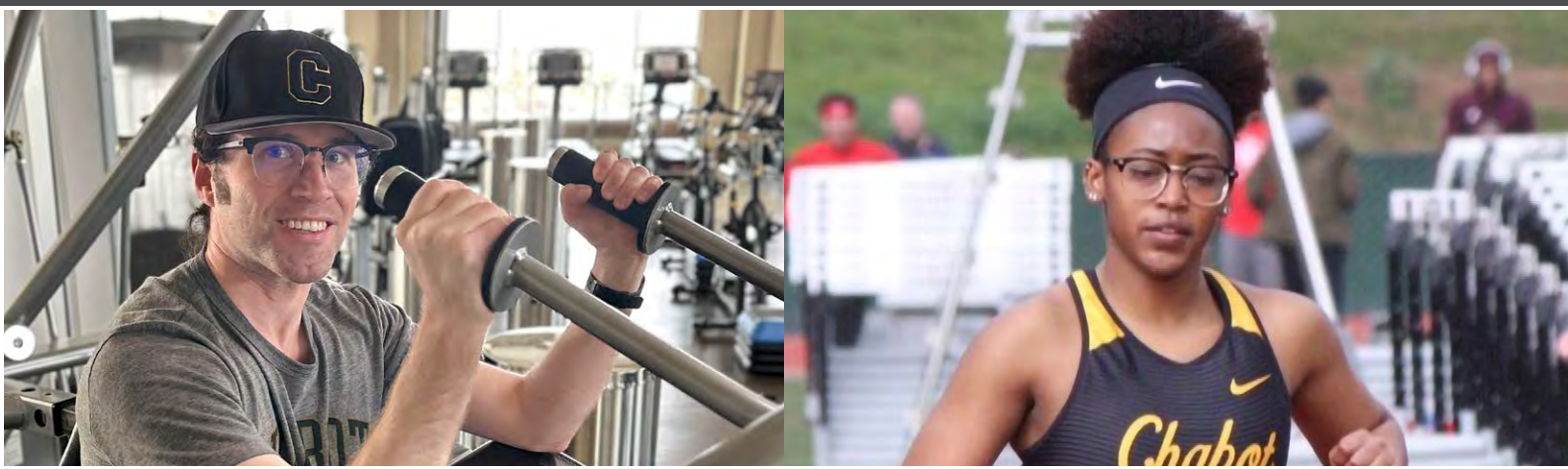
Student Fee Payment Policy

Fees must be paid in full by the scheduled payment due date or you may be dropped from your classes. Enrollment is conditional. The college reserves the right to cancel your registration.

Fee Payment Methods

Online: Log into CLASS-Web to pay your fees online using a credit card. Payment plans are available. (See next page.)

Mail: Send a check or money order for full payment to the Admissions & Records Office, 25555 Hesperian Blvd., Hayward, CA 94545. Allow 1-2 weeks to process payments by mail.



Fitter Body, Fitter Mind

Are you ready to exercise your body and mind? Chabot College has just what you need to get fit, stay well and have fun in our Health, Wellness and Fitness Courses! Check out this Wellness Activity Guide to get started!

Explore and prepare for health careers through our health education and kinesiology courses. Stay active and fit with our physical education and nutrition courses, and use our modern fitness center.

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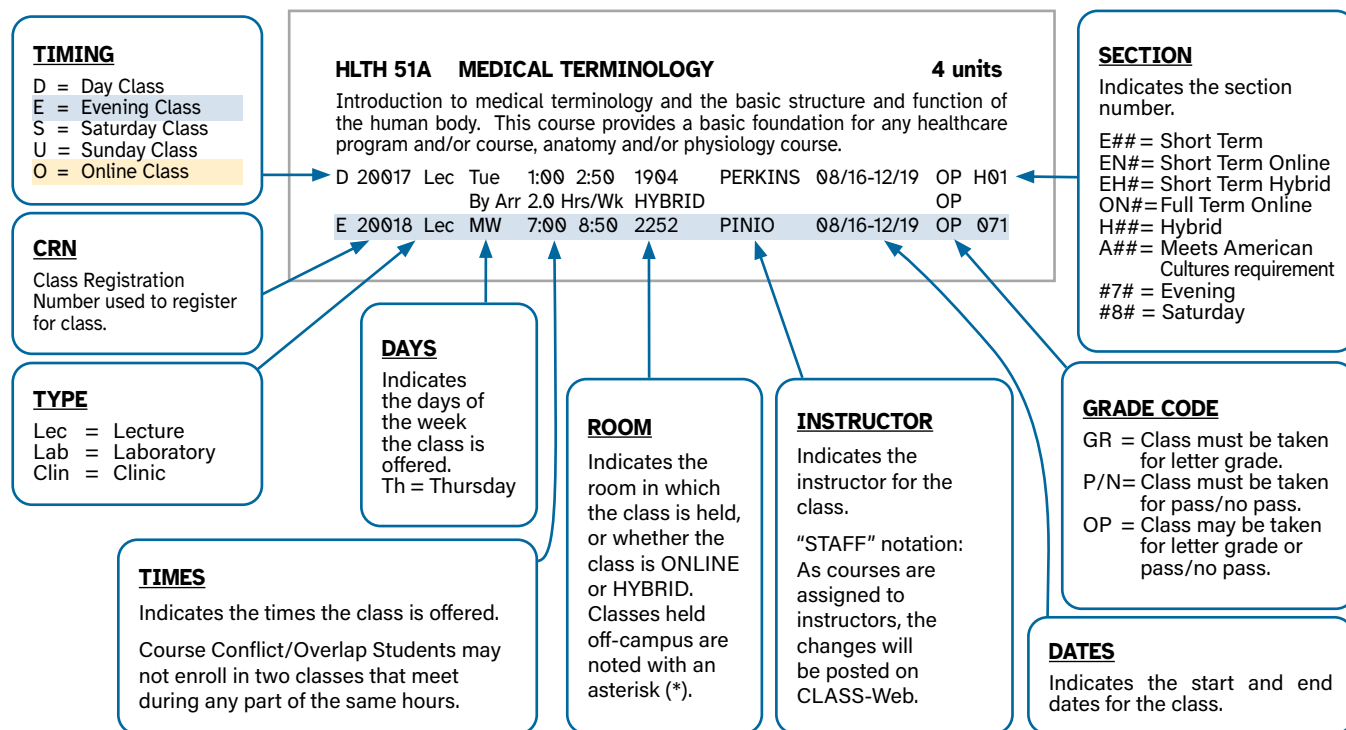
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INVEST IN *you*

Photo credit: Dionicia Ramos, Jared Darling, Kyle Robinson, Lori Grace, Sarah Flores

The Chabot-Las Positas Community College District Board of Trustees voted to suspend the COVID-19 vaccine mandate, effective April 24, 2023. Students registering for summer and fall classes for 2023 will no longer need to provide proof of COVID-19 vaccination.

Class Listing Guide



Important Definitions

Prerequisite: A condition of enrollment which a student is required to meet in order to demonstrate current readiness for enrollment in a course or educational program. A prerequisite represents a set of skills or a body of knowledge that a student must possess prior to enrollment and without which the student is highly unlikely to succeed in the course or program. Students will not be permitted to enroll in such courses and programs without the appropriate prerequisite. The system used for registration recognizes completion of prerequisites at Chabot College or Las Positas College only. If you completed the prerequisite at another institution, you must request a prerequisite override with the Counseling Division. Visit the Counseling Division (Bldg. 700, 2nd Floor) or email cc-counseling@chabotcollege.edu.

Corequisite: A condition of enrollment consisting of a course which a student is required to simultaneously take in order to enroll in another course. A corequisite represents

a set of skills or a body of knowledge that a student must acquire through concurrent enrollment in another course and without which the student is highly unlikely to succeed. Students must concurrently enroll in the corequisite course.

Strongly recommended: A condition of enrollment which a student is advised, but not required, to meet before, or in conjunction with enrollment in a course or educational program. Strongly recommended preparation represents a set of skills or a body of knowledge with which a student will achieve a greater depth or breadth of knowledge of course material but without which the student is still likely to succeed in the course or program.

Hybrid: A hybrid course is taught partially on campus in person and partially online.

Online: An online course is taught fully online and does not meet on campus in person.

Class Changes and Cancellation

The Chabot-Las Positas Community College District reserves the right to cancel classes, to make other changes as college needs require, and to change, without notice, any of the

information, requirements and regulations in this schedule of classes.

Non-Credit Courses

Classes labeled as **0 units** are non-credit courses.

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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Adaptive Physical Education

ADPE ADSF ADAPTED STRETCH & FLEXIBILITY 0.5 units

This course is designed to give students with disabilities a chance to gain strength and mobility through a series of stretching and resistance exercise in an atmosphere of friendly encouragement. Long range goals are: increased mobility, increased strength and confidence in themselves so they can face their daily tasks with increased confidence. In some cases (strokes, accident rehabilitation) it may mean a return to almost normal lifestyles for some. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. **Prerequisite:** Students must have their personal physician's clearance for the class and must be registered with Disabled Student Services.

D 10276 TTh 10:30 12:40 2706 SIROY 06/12-08/03 OP 081

ADPE ADST ADAP TED STRENGTH TRAINING 0.5 units

Designed to provide reasonable accommodations in resistance training, to students with disabilities. Exercises emphasize muscular strength, muscular endurance, and flexibility. Additional topics will include: safety considerations, resistance training principles, and the role of exercise in overall wellness. **Prerequisite:** Student must have their personal physician's approval to take this course and must be registered with the DSRC.

D 10116 MW 10:30 12:40 2706 SIROY 06/12-08/03 OP 081

Dance

DANC HIP1 INTRODUCTION TO HIP HOP DANCE 0.5 units

Beginning hip hop dance moves, techniques and patterns taught for student presentations and performance of this American Contemporary Dance Form.

D 10331 TTh 1:00 3:10 2930 MORALES 06/12-08/03 OP 081

DANC HIP2 ADV BEGINNING HIP HOP DANCE 0.5 units

A dance class designed to teach beginning students further hip hop dance skills which will prepare them for intermediate hip hop dance class. Beginning hip hop dance knowledge will be increased by learning characteristics, techniques, routines and history of this form of American Contemporary Dance. **Prerequisite:** DANC HIP1 (completed with a grade of "C" or higher) or PEAC HIP1 (completed with a grade of "C" or higher)

D 10332 TTh 1:00 3:10 2930 MORALES 06/12-08/03 OP 081

DANC HIP3 INTERMEDIATE HIP HOP DANCE 0.5 units

A dance class designed for students to learn the fundamental dance steps, class choreography and rhythmic structure of intermediate hip hop dance. **Prerequisite:** DANC HIP2 (completed with a grade of "C" or higher) or PEAC HIP2 (completed with a grade of "C" or higher)

D 10333 TTh 1:00 3:10 2930 MORALES 06/12-08/03 GR 081

DANC HIP4 ADVANCED HIP HOP DANCE 0.5 units

Advanced hip hop dance techniques and patterns, routines, across the floor movement, choreography and improvisational group projects/presentations. **Prerequisite:** DANC HIP3 (completed with a grade of "C" or higher) or PEAC HIP3 (completed with a grade of "C" or higher)

D 10334 TTh 1:00 3:10 2930 MORALES 06/12-08/03 GR 081

Emergency Medical Services

EMS 1 EMERGENCY MEDICAL RESPONDER 3 units

This course is designed to provide students with the basic knowledge and skills to manage a variety of medical and trauma-related emergencies. Students will learn through lecture and lab practice how their role as an Emergency Medical Responder aligns with the Emergency Medical Services community. This is the pre-requisite for the EMS2/2W (EMT) course. May not receive credit if Health 61 has been completed successfully.

D 10272 Lec MW 9:00 11:10 3115 BEYNE 06/12-08/03 GR 081
Lab MW 11:30 2:50 3115 GR

Health

HLTH 1 INTRODUCTION TO PERSONAL HEALTH 3 units

An exploration of major health issues and behaviors in the various dimensions of health (physical, emotional, intellectual/mental, social, spiritual, and environmental). Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include psychological health, mental health, stress management, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system.

O 10030 By Arr 10.8 Hrs/Wk ONLINE CIRERA-PERE 05/30-06/29 OP EN1
HLTH 1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bciera@chabotcollege.edu
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc

O 10113 By Arr 10.8 Hrs/Wk ONLINE ROBINSON 05/30-06/29 OP EN2
HLTH 1-EN2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu

O 10724 By Arr 9.0 Hrs/Wk ONLINE CALCAGNO 06/20-07/27 OP EN3
HLTH 1-EN3 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is ccalcagno@chabotcollege.edu

O 10721 By Arr 6.8 Hrs/Wk ONLINE ORVISS 06/12-08/03 OP EN4
HLTH 1-EN4 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dorviss@chabotcollege.edu

O 10046 By Arr 6.8 Hrs/Wk ONLINE DROUIN 06/12-08/03 OP EN5
HLTH 1-EN5 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jdrouin@chabotcollege.edu

HLTH 8 HUMAN SEXUALITY 3 units

This course is an introductory overview of the field of human sexuality. Human sexuality will be examined from biopsychosocial perspectives.

O 10277 By Arr 6.8 Hrs/Wk ONLINE ORVISS 06/12-08/03 GR EN1
HLTH 8-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dorviss@chabotcollege.edu

HLTH 16 HEALTHY WEIGHT LOSS 3 units

This course focuses on physical, emotional, and spiritual aspects of weight management and health choices. Emphasis on acquiring knowledge and developing life skills necessary to achieve a healthy weight for improved wellness and disease prevention. Principles of positive psychology, evidence-based health practices, behavioral change strategies, and designing your life for whole-person wellness discussed.

O 10185 By Arr 6.8 Hrs/Wk ONLINE CALCAGNO 06/12-08/03 OP EN1
HLTH 16-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is ccalcagno@chabotcollege.edu

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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Healthy Aging Adult

HEAG FN50 FUNCTIONAL MOVEMENT & BALANCE 0 Units

Develops balance and functional movement for the mature adult (50+ years in age). Course will include nutritional information to prevent hypertension and diabetes. Course is moderate to hard in intensity. **Strongly Recommended:** Approval from physician to start an exercise program.

D 10438	MW	6:00	8:10	*197	KUBICKI	06/12-08/03	NC	001
D 10440	MW	7:30	9:40	4051	KUBICKI	06/12-08/03	NC	002
D 10442	MW	9:00	11:10	4051	CALCAGNO	06/12-08/03	NC	003
D 10439	TTh	6:00	8:10	*197	TAVIS	06/12-08/03	NC	004
D 10441	TTh	7:30	8:55	4051	VILCHE	06/12-08/03	NC	005

By Arr 1.3 Hrs/Wk ONLINE NC

HEAG FN50-005 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

D 10443	TTh	9:00	10:25	4051	VILCHE	06/12-08/03	NC	006
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By Arr 1.3 Hrs/Wk ONLINE NC

HEAG FN50-006 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

D 10444	TTh	12:00	2:10	4051	MORRIS	06/12-08/03	NC	007
D 10851	MW	10:30	12:40	4051	Staff	06/12-08/03	NC	008
D 10856	MW	12:00	2:10	4051	Staff	06/12-08/03	NC	009
D 10861	TTh	10:30	12:40	4051	Staff	06/12-08/03	NC	010
E 10445	MW	4:30	7:50	*197	MILLER	06/12-08/03	NC	071
E 10446	TTh	4:30	7:50	*197	KRAVETS	06/12-08/03	NC	072

Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA

HEAG SF50 STRENGTH & FITNESS FOR MATURE ADULT 0 Units

Designed to increase the stamina, strength, and metabolism in the mature adult. Course will focus on adult type II diabetes prevention. **Strongly Recommended:** Prior to enrollment the student must get clearance from their physician to start an exercise program. This course is open to all but recommended for students 50 years and older.

D 10519	MW	8:00	11:05	4001	MCMILLER	06/05-07/14	NC	081
D 10520	MW	10:30	12:40	4001	DROUIN	06/12-08/03	NC	082
E 10521	MW	5:30	7:40	4001	ROBINSON	06/12-08/03	NC	083

O 10515 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 NC EN1

HEAG SF50-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

HEAG SW50 CARDIO SWIMMING FOR MATURE ADULT 0 Units

Designed to improve cardiovascular fitness in the older adult. Emphasis on swimming with the aerobic target heart rate training zone. Instruction will also address personal nutrition, hypertension and the prevention of adult type II diabetes.

D 10509	MW	10:30	12:40	POOL	KUBICKI	06/12-08/03	NC	081
D 10510	MW	1:00	3:10	POOL	KUBICKI	06/12-08/03	NC	082
D 10512	TTh	12:00	2:10	POOL	VAN DER WIL	06/12-08/03	NC	083
E 10511	MW	6:00	8:10	POOL	KUBICKI	06/12-08/03	NC	084

Kinesiology

KINE 1 INTRODUCTION TO KINE & PHYSICAL EDU 3 units

This is an introductory course that surveys various sub disciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology, as they relate to the sport and exercise environment. May not receive credit if Physical Education 20 has been completed.

O 10165	By Arr 6.8 Hrs/Wk	ONLINE MILLER	06/12-08/03	OP	EN1
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KINE 1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dmiller@chabotcollege.edu

KINE 3FT INTRODUCTION TO COACHING FOOTBALL 2 units

This course is designed to teach the basics of coaching football. Basic offensive and defensive drills and teamwork will be taught. Individual position skills and development will be introduced along with team training and structure.

O 10360	By Arr 7.2 Hrs/Wk	ONLINE FANENE	07/03-08/03	GR	EN1
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KINE 3FT-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is efanene@chabotcollege.edu

KINE 4 INTRODUCTION TO SPORTS MANAGEMENT 3 units

Introduction into the field of sports management. Career opportunities, human resource management, leadership, strategic planning, teamwork, ethics and values, marketing and advertising, finance, managing facilities, sports and the law, economics of sport and community impact. May not receive credit if Physical Education 60 has been completed.

O 10186	By Arr 10.8 Hrs/Wk	ONLINE CALCAGNO	07/03-08/03	GR	EN1
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KINE 4-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu

KINE 7 INTRODUCTION TO LIFETIME FITNESS 3 units

Designed for students to take control of their personal health and cope with the changes that will occur in their physical abilities as they age. Includes skills, techniques and information to help adapt activity through the aging process with emphasis on physical activity appropriate for age group. May not receive credit if Physical Education 59 has been completed.

O 10172	By Arr 6.8 Hrs/Wk	ONLINE KRAVETS	06/12-08/03	OP	EN1
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KINE 7-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is mkravets@chabotcollege.edu

KINE 11 NUTRITION SPORTS & HUMAN PERF 3 units

An investigation into the role nutrition plays in sports and human achievement. Determination of optimum hydration and nutrient intake in relation to activity. May not receive credit if Physical Education 58 has been completed.

O 10322	By Arr 6.8 Hrs/Wk	ONLINE VILCHE	06/12-08/03	GR	EN1
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KINE 11-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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KINE 12FT INTRODUCTION TO FOOTBALL OFFICIATING 2 units

This course is designed to teach the Fundamentals of Football Officiating, National Federation Rules, Responsibilities, On the Field Mechanics & Concepts of Officiating high school football.

O 10363 By Arr 3.6 Hrs/Wk ONLINE FANENE 07/03-08/03 GR EN1
By Arr 10.8 Hrs/Wk ONLINE GR

KINE 12FT-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is efanene@chabotcollege.edu

KINE 12TK INTRO TRACK & FIELD OFFICIATING 2 units

This course will introduce the student to the basics of hosting and officiating a track and field competition.

E 10114 Lec TTh 5:00 6:05 2611 ROBINSON 06/12-08/03 GR 081
Lab TTh 6:15 9:35 2611 GR

KINE 23 TECHNIQUES STRENGTH TRAIN INST 3 units

This course covers how to teach a variety of strength and resistance training activities. It studies strength training sequences, theories on the development of strength, periodization, equipment, safety factors and anatomy and physiology as they apply to strength training and development.

D 10279 Lec TTh 10:30 1:50 4001 TAVIS 06/12-08/03 GR 081

Medical Assisting

MEDA 76 ELEC HEALTH RECORD MED OFFICE 3 units

Introduction to EHR (electronic health records). Enter patient information into health record, run reports and understand the flow of the medical office using EHR and practice management software.

O 10723 By Arr 4.5 Hrs/Wk ONLINE PERKINS 06/20-07/27 GR EN1
By Arr 13.5 Hrs/Wk ONLINE GR

MEDA 76-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is kperskins@chabotcollege.edu

Nutrition

NUTR 1 INTRODUCTION TO NUTRITION SCIENCE 3 units

Scientific concepts of nutrition related to the function of nutrients, sources and recommended intakes. Nutritional assessment and the role of nutrition in the maintenance of health. **Strongly Recommended:** CHEM 30A (completed with a grade of "C" or higher) and MTH 53 (completed with a grade of "C" or higher) and ENGL 1A (completed with a grade of "C" or higher)

O 10039 By Arr 10.8 Hrs/Wk ONLINE CIRERA-PERE 05/30-06/29 OP EN1

NUTR 1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bciera@chabotcollege.edu

Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc

O 10187 By Arr 9.0 Hrs/Wk ONLINE GRILLO 06/20-07/27 OP EN2

NUTR 1-061 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jgrillo@chabotcollege.edu

Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc

Physical Education Activities

PEAC AQA1 AQUA AEROBICS 0.5 units

A conditioning workout that emphasizes cardiovascular endurance activities in the pool. After sufficient warm-up, water exercises will be performed by students. Student need not be a swimmer to participate in this class. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course

D 10513 TTh 12:00 2:10 POOL VAN DER WIL 06/12-08/03 OP 081

PEAC BSK1 INTRODUCTION TO BASKETBALL 0.5 units

Designed to teach the basic skills and mechanics needed to successfully play the game of basketball.

D 10280 MW 10:30 1:35 2940 MCMILLER 06/05-07/14 GR 081

PEAC BSK2 INTERMEDIATE BASKETBALL 0.5 units

Designed to teach intermediate skills of basketball. **Prerequisite:** PEAC BSK1 (completed with a grade of "P" or higher).

D 10281 MW 10:30 1:35 2940 MCMILLER 06/05-07/14 GR 081

PEAC BSK3 ADVANCED BASKETBALL 0.5 units

Designed to teach advanced skills of basketball. **Prerequisite:** PEAC BSK2 (completed with a grade of "P" or higher).

D 10282 MW 10:30 1:35 2940 MCMILLER 06/05-07/14 GR 081

PEAC BSK4 PRE-COMPETITIVE BASKETBALL 0.5 units

Designed to teach pre-competitive basketball. **Prerequisite:** PEAC BSK 3 (completed with a grade of "P" or higher).

D 10283 MW 10:30 1:35 2940 MCMILLER 06/05-07/14 GR 081

PEAC BTC1 BEGINNING BOOT CAMP 0.5 units

A full body conditioning class that will utilize equipment and facilities available to the general public to create an intense workout. Training in all five of the areas of fitness will be developed. Students will learn about training and prevention of metabolic syndrome through diet and exercise.

D 10335 TTh 8:15 10:25 4001 TAVIS 06/12-08/03 GR 081

PEAC BTC2 INTER BOOT CAMP TRAINING 0.5 units

This is the second in a series of Boot Camp Training for people who want to lose fat and get fit. **Prerequisite:** PEAC BTC1 (completed with a grade of "P" or higher)

D 10336 TTh 8:15 10:25 4001 TAVIS 06/12-08/03 OP 081



Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
PEAC FUN1 CORE CONDITIONING ABS & HIPS 0.5 units This beginning course will develop strength and fat loss through a functional strength training program. Course is moderate to hard in intensity. Students will learn about training and prevention of metabolic syndrome through diet and exercise. Strongly Recommended: Personal physician's approval to exercise vigorously. Corequisite: KINE OPE									PEAC FUN3 ADV FUNCTIONAL TR FOR FAT LOSS 0.5 units Designed to challenge students who have successfully completed Intermediate Functional Training or FUN 2. Course is very hard in intensity. Prerequisite: PEAC FUN2 (completed with a grade of "P" or higher).								
D 10117	MW	6:00	8:10	*197	KUBICKI	06/12-08/03	P/N	001	D 10188	MW	6:00	8:10	*197	KUBICKI	06/12-08/03	P/N	001
D 10119	MW	7:30	9:40	4051	KUBICKI	06/12-08/03	P/N	002	D 10190	MW	7:30	9:40	4051	KUBICKI	06/12-08/03	P/N	002
D 10122	MW	9:00	11:10	4051	CALCAGNO	06/12-08/03	P/N	003	D 10192	MW	9:00	11:10	4051	CALCAGNO	06/12-08/03	P/N	003
D 10118	TTh	6:00	8:10	*197	TAVIS	06/12-08/03	P/N	004	D 10189	TTh	6:00	8:10	*197	TAVIS	06/12-08/03	P/N	004
D 10120	TTh	7:30	8:55	4051	VILCHE	06/12-08/03	P/N	005	D 10191	TTh	7:30	8:55	4051	VILCHE	06/12-08/03	P/N	005
By Arr 1.3 Hrs/Wk ONLINE P/N									By Arr 1.3 Hrs/Wk ONLINE P/N								
PEAC FUN1-005 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									PEAC FUN3-005 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								
D 10121	TTh	9:00	10:25	4051	VILCHE	06/12-08/03	P/N	006	D 10193	TTh	9:00	10:25	4051	VILCHE	06/12-08/03	P/N	006
By Arr 1.3 Hrs/Wk ONLINE P/N									By Arr 1.3 Hrs/Wk ONLINE P/N								
PEAC FUN1-006 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									PEAC FUN3-006 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								
D 10123	TTh	12:00	2:10	4051	MORRIS	06/12-08/03	P/N	007	D 10194	TTh	12:00	2:10	4051	MORRIS	06/12-08/03	P/N	007
D 10852	MW	10:30	12:40	4051	Staff	06/12-08/03	P/N	008	D 10854	MW	10:30	12:40	4051	Staff	06/12-08/03	P/N	008
D 10857	MW	12:00	2:10	4051	Staff	06/12-08/03	P/N	009	D 10859	MW	12:00	2:10	4051	Staff	06/12-08/03	P/N	009
D 10862	TTh	10:30	12:40	4051	Staff	06/12-08/03	P/N	010	D 10864	TTh	10:30	12:40	4051	Staff	06/12-08/03	P/N	010
E 10124	MW	4:30	7:50	*197	MILLER	06/12-08/03	P/N	071	E 10195	MW	4:30	7:50	*197	MILLER	06/12-08/03	P/N	071
E 10125	TTh	4:30	7:50	*197	KRAVETS	06/12-08/03	P/N	072	E 10196	TTh	4:30	7:50	*197	KRAVETS	06/12-08/03	P/N	072
Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA									Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA								
PEAC FUN2 INTERM FUNCTIONAL TR FAT LOSS 0.5 units Designed to challenge students who have successfully completed Beginning Functional Training or FUN1. Course is very hard in intensity. Prerequisite: PEAC FUN1 (completed with a grade of "P" or higher).									PEAC FUN4 FAT LOSS TR FUNCTIONAL TRAININ 0.5 units Designed for students who would like to lower the percentage of body fat through functional training. Prerequisite: PEAC FUN3 (completed with a grade of "P" or higher).								
D 10126	MW	6:00	8:10	*197	KUBICKI	06/12-08/03	P/N	001	D 10197	MW	6:00	8:10	*197	KUBICKI	06/12-08/03	P/N	001
D 10128	MW	7:30	9:40	4051	KUBICKI	06/12-08/03	P/N	002	D 10199	MW	7:30	9:40	4051	KUBICKI	06/12-08/03	P/N	002
D 10131	MW	9:00	11:10	4051	CALCAGNO	06/12-08/03	P/N	003	D 10201	MW	9:00	11:10	4051	CALCAGNO	06/12-08/03	P/N	003
D 10127	TTh	6:00	8:10	*197	TAVIS	06/12-08/03	P/N	004	D 10198	TTh	6:00	8:10	*197	TAVIS	06/12-08/03	P/N	004
D 10129	TTh	7:30	8:55	4051	VILCHE	06/12-08/03	P/N	005	D 10200	TTh	7:30	8:55	4051	VILCHE	06/12-08/03	P/N	005
By Arr 1.3 Hrs/Wk ONLINE P/N									By Arr 1.3 Hrs/Wk ONLINE P/N								
PEAC FUN2-005 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to https://www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									PEAC FUN4-005 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								
D 10130	TTh	9:00	10:25	4051	VILCHE	06/12-08/03	P/N	006	D 10202	TTh	9:00	10:25	4051	VILCHE	06/12-08/03	P/N	006
By Arr 1.3 Hrs/Wk ONLINE P/N									By Arr 1.3 Hrs/Wk ONLINE P/N								
PEAC FUN2-006 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									PEAC FUN4-006 contains some coursework to be conducted online in an asynchronous format. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								
D 10132	TTh	12:00	2:10	4051	MORRIS	06/12-08/03	P/N	007	D 10203	TTh	12:00	2:10	4051	MORRIS	06/12-08/03	P/N	007
D 10853	MW	10:30	12:40	4051	Staff	06/12-08/03	P/N	008	D 10855	MW	10:30	12:40	4051	Staff	06/12-08/03	P/N	008
D 10858	MW	12:00	2:10	4051	Staff	06/12-08/03	P/N	009	D 10860	MW	12:00	2:10	4051	Staff	06/12-08/03	P/N	009
D 10863	TTh	10:30	12:40	4051	Staff	06/12-08/03	P/N	010	D 10865	TTh	10:30	12:40	4051	Staff	06/12-08/03	P/N	010
E 10133	MW	4:30	7:50	*197	MILLER	06/12-08/03	P/N	071	E 10204	MW	4:30	7:50	*197	MILLER	06/12-08/03	P/N	071
E 10134	TTh	4:30	7:50	*197	KRAVETS	06/12-08/03	P/N	072	E 10205	TTh	4:30	7:50	*197	KRAVETS	06/12-08/03	P/N	072
Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA									Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA								
PEAC HTA1 GUTS AND BUTTS WORKOUT 0.5 units This course is designed to reduce, tone and strengthen the abdominal areas and the buttocks and thigh region through exercises. Proper techniques for a variety of exercises for specific muscle groups will be presented.									PEAC HTA1 GUTS AND BUTTS WORKOUT 0.5 units This course is designed to reduce, tone and strengthen the abdominal areas and the buttocks and thigh region through exercises. Proper techniques for a variety of exercises for specific muscle groups will be presented.								
O 10208 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 OP EN1									O 10208 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 OP EN1								
PEAC HTA1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									PEAC HTA1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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PEAC HTA2 INTERM HIPS, THIGHS & ABS

0.5 units

Strenuous exercises to tone, strengthen and reduce the abdominals, buttocks and thigh regions. **Prerequisite:** PEAC HTA1 (completed with a grade of "P" or higher).

O 10210 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 GR EN1
PEAC HTA2-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evlche@chabotcollege.edu

PEAC HTA3 ADV HIPS, THIGHS & ABS WORKOUT

0.5 units

This an advanced course designed to strengthen, reduce and tone the "core" region of the body through various exercises and techniques. The core region includes: hips, thighs and buttocks; abdominals & obliques; and lower back. A variety of strength and flexibility exercises for these specific muscle body groups will be presented. **Prerequisite:** PEAC HTA2 (completed with a grade of "P" or higher).

O 10206 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 GR EN1
PEAC HTA3-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evlche@chabotcollege.edu

PEAC HTA4 EXTREM HIPS THIGHS ABS WORKOUT

0.5 units

This course is designed to provide an extreme high intensity interval functional workout for the whole body. **Prerequisite:** PEAC HTA3 (completed with a grade of "P" or higher).

O 10321 By Arr 4.5 Hrs/Wk ONLINE VILCHE 06/12-08/03 OP EN1
PEAC HTA4-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evlche@chabotcollege.edu

PEAC JUD1 BEGINNING JUDO

0.5 units

Designed to teach beginning judo. Basic history, philosophy, techniques and safety aspects of judo will be covered.

E 10170 MW 6:00 8:10 2910 SIROY 06/12-08/03 GR 081

PEAC JUD2 INTERMEDIATE JUDO

0.5 units

Students should have completed Beginning Judo or have had previous judo experience. **Prerequisite:** PEAC JUD1 (completed with a grade of "P" or higher).

E 10171 MW 6:00 8:10 2910 SIROY 06/12-08/03 GR 081

PEAC JUD3 ADVANCED JUDO

0.5 units

Advanced judo course. Students should have completed intermediate judo with a passing grade prior to enrolling in this course. **Prerequisite:** PEAC JUD2 (completed with a grade of "P" or higher).

E 10212 MW 6:00 8:10 2910 SIROY 06/12-08/03 GR 081

PEAC JUD4 COMPETITION JUDO

0.5 units

Class designed to help the students learn rules to enter Judo Competition Tournaments **Prerequisite:** PEAC JUD3 (completed with a grade of "P" or higher).

E 10364 MW 6:00 8:10 2910 SIROY 06/12-08/03 OP 081

PEAC PIL1 INTRODUCTION TO PILATES

0.5 units

This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center of the body through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course.

D 10222 MW 10:30 12:40 2930 ALTENBACH 06/12-08/03 GR 081

PEAC PIL2 INTERMEDIATE PILATES

0.5 units

Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Intermediate Pilates will build on the basic principles learned in PIL1. Students will learn about eating to support an active lifestyle as well as principles of total wellness. **Prerequisite:** PEAC PIL1 (completed with a grade of "P" or higher).

D 10223 MW 10:30 12:40 2930 ALTENBACH 06/12-08/03 GR 081

PEAC PIL3 ADVANCED PILATES

0.5 units

This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Advanced Pilates will build on the basic principles learned in PIL2. Students will learn about eating to support an active lifestyle as well as principles of total wellness. **Prerequisite:** PEAC PIL2 (completed with a grade of "P" or higher).

D 10224 MW 10:30 12:40 2930 ALTENBACH 06/12-08/03 GR 081

PEAC PIL4 FUNCTIONAL PILATES

0.5 units

This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Functional Pilates will build on the basic principles learned in PIL3. Students will learn about eating to support an active lifestyle as well as principles of total wellness. **Prerequisite:** PEAC PIL3 (completed with a grade of "P" or higher).

D 10225 MW 10:30 12:40 2930 ALTENBACH 06/12-08/03 GR 081

PEAC SWM1 BEGINNING SWIMMING

0.5 units

Designed to teach proficiency in the basic strokes of swimming. No prior knowledge, experience or skill in swimming is needed to join this course.

D 10497 MW 10:30 12:40 POOL KUBICKI 06/12-08/03 GR 081
D 10498 MW 1:00 3:10 POOL KUBICKI 06/12-08/03 GR 082
E 10499 MW 6:00 8:10 POOL KUBICKI 06/12-08/03 GR 083

PEAC SWM2 INTERMEDIATE SWIMMING

0.5 units

Designed for students who have completed beginning swimming (SWM1). Intermediate stroke development will be presented in this course. **Prerequisite:** PEAC SWM1 (completed with a grade of "C" or higher).

D 10500 MW 10:30 12:40 POOL KUBICKI 06/12-08/03 GR 081
D 10501 MW 1:00 3:10 POOL KUBICKI 06/12-08/03 GR 082
E 10502 MW 6:00 8:10 POOL KUBICKI 06/12-08/03 GR 083

PEAC SWM3 ADVANCED SWIMMING

0.5 units

Designed for those students who would like to learn advanced strokes of swimming. **Prerequisite:** PEAC SWM2 (completed with a grade of "C" or higher).

D 10503 MW 10:30 12:40 POOL KUBICKI 06/12-08/03 GR 081
D 10504 MW 1:00 3:10 POOL KUBICKI 06/12-08/03 GR 082
E 10505 MW 6:00 8:10 POOL KUBICKI 06/12-08/03 GR 083

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	
PEAC SWM4 HIGH LEVEL SWIMMING 0.5 units Designed for students who are interested in acquiring the swimming skills and conditioning necessary to compete at a high level. Prerequisite: PEAC SWM3 (completed with a grade of "C" or higher).									PEAC WEI2 INTERMEDIATE WEIGHT TRAINING 0.5 units Designed to focus on increasing the muscular hypertrophy of the prime movers. Workout templates will be provided that stimulate and provoke high and positive chemical changes within the muscle system. Prerequisite: PEAC WEI1 (completed with a grade of "P" or higher).									
D 10506	MW	10:30	12:40	POOL	KUBICKI	06/12-08/03	GR	081	D 10169	MW	8:00	11:05	4001	MCMILLER	06/05-07/14	GR	081	
D 10507	MW	1:00	3:10	POOL	KUBICKI	06/12-08/03	GR	082	D 10218	MW	10:30	12:40	4001	DROUIN	06/12-08/03	GR	082	
E 10508	MW	6:00	8:10	POOL	KUBICKI	06/12-08/03	GR	083	E 10367	MW	5:30	7:40	4001	ROBINSON	06/12-08/03	GR	083	
PEAC TEN1 INTRODUCTION TO TENNIS 0.5 units Introduction to the game of tennis. The course will involve basic stroking methods, conditioning techniques, historical background, rules, scoring, as well as, singles and doubles strategies.									PEAC WEI3 ADVANCED WEIGHT TRAINING 0.5 units Designed to teach the student advanced lifts and training methods in weight training and to develop the highest level of force and to become significantly stronger through the use of muscular strength training stimulus. The student will learn to synchronize their muscles involved in the exercise. Prerequisite: PEAC WEI2 (completed with a grade of "P" or higher).									
E 10140	TTh	5:30	7:40	COURT	MORRIS	06/12-08/03	GR	081	D 10215	MW	8:00	11:05	4001	MCMILLER	06/05-07/14	GR	081	
PEAC TEN2 INTERMEDIATE TENNIS 0.5 units This course is designed for those students who have completed Tennis 1. The course will involve more techniques on the strokes of tennis, introducing spin as a control technique, footwork patterns, conditioning, historical background, rules, scoring, as well as strategy and court positioning for singles and doubles play. Prerequisite: PEAC TEN1 (completed with a grade of "P" or higher).									D 10219	MW	10:30	12:40	4001	DROUIN	06/12-08/03	GR	082	
E 10141	TTh	5:30	7:40	COURT	MORRIS	06/12-08/03	OP	081	E 10368	MW	5:30	7:40	4001	ROBINSON	06/12-08/03	GR	083	
PEAC TEN3 ADVANCED TENNIS 0.5 units This course is for tennis players who are at an advanced level of play. The course will involve singles and doubles strategies that utilize high percentage play, footwork and conditioning drills, strategies for courts positioning in both singles and doubles play. Prerequisite: PEAC TEN2 (completed with a grade of "P" or higher).									PEAC WEI4 WEIGHT TRAIN MUSCULAR POWER 0.5 units This is a course designed to increase the muscular power of the student through high velocity training. Emphasis on improving neuromuscular coordination through the utilization of the stretch-reflex principle and higher rates of acceleration through lighter training loads. Prerequisite: PEAC WEI3 (completed with a grade of "P" or higher)									
E 10213	TTh	5:30	7:40	COURT	MORRIS	06/12-08/03	OP	081	D 10216	MW	8:00	11:05	4001	MCMILLER	06/05-07/14	GR	081	
PEAC TEN4 TOURNAMENT TENNIS 0.5 units This course is designed for those tennis players who are competing in tournaments or league play. The course will cover strategy, court positioning, footwork and conditioning, and tennis strokes technique. Prerequisite: PEAC TEN3 (completed with a grade of "P" or higher)									D 10220	MW	10:30	12:40	4001	DROUIN	06/12-08/03	GR	082	
E 10214	TTh	5:30	7:40	COURT	MORRIS	06/12-08/03	GR	081	E 10369	MW	5:30	7:40	4001	ROBINSON	06/12-08/03	GR	083	
PEAC WEI1 INTRODUCTION TO WEIGHT TRAINING 0.5 units Designed to teach the basic elements of weight training and prepare the student's body; i.e., muscles, ligaments, tendons and joints to endure weight training. Emphasis on developing muscle strength balances in the 3 different planes of motion and muscular endurance training. Circuit training will be utilized.									PEAC WLK1 WALKING FOR FITNESS 0.5 units This course is for students of all fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes begin on campus and explore a multitude of nearby parks and trails. Topics to be discussed include: fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation, volkssporting and more.									
D 10168	MW	8:00	11:05	4001	MCMILLER	06/05-07/14	GR	081	O 10388	By Arr	4.5 Hrs/Wk	ONLINE	ROBINSON	06/12-08/03	OP	EN1		
D 10217	MW	10:30	12:40	4001	DROUIN	06/12-08/03	GR	082	PEAC WLK1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu									
E 10366	MW	5:30	7:40	4001	ROBINSON	06/12-08/03	GR	083										
									PEAC WLK2 ADVANCED WALKING FOR FITNESS 0.5 units This is course is for students of intermediate-to-advanced fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes are on campus and will utilize the stadium bleachers, stairs and track. Multiple discussion topics will include: interval training, fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation. Students will learn about target heart rate training and recording and monitoring their heart rate in this course. Prerequisite: PEAC WLK1 (completed with a grade of "P" or higher).									
									O 10389	By Arr	4.5 Hrs/Wk	ONLINE	ROBINSON	06/12-08/03	GR	EN1		
									PEAC WLK2-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu									

Summer Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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PEAC WLK3 ADV CARDIO FITNESS THRU WALKING 0.5 units

Designed to develop advanced cardiovascular fitness through walking and a series of supplemental exercises. **Prerequisite:** PEAC WLK2 (completed with a grade of "P" or higher).

O 10390 By Arr 4.5 Hrs/Wk ONLINE ROBINSON 06/12-08/03 GR EN1
PEAC WLK3-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu

PEAC WLK4 WALK JOG FOR TOTAL FITNESS 0.5 units

The fourth in a series of walking fitness courses to improve cardiovascular fitness. The goal of this course is bridge the gap between walking and jogging through a gradual and progressive training plan. **Prerequisite:** PEAC WLK3 (completed with a grade of "P" or higher).

O 10391 By Arr 4.5 Hrs/Wk ONLINE ROBINSON 06/12-08/03 GR EN1
PEAC WLK4-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu

PEAC YOG1 INTRODUCTION TO YOGA 0.5 units

This course explores the basic principles of Hatha Yoga and how they apply to achieving lifetime fitness. It incorporates yoga postures (asanas) designed to strengthen and tone the body. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course.

D 10491 TTh 10:30 12:40 2940 MORALES 06/12-08/03 GR 081
O 10143 By Arr 4.5 Hrs/Wk ONLINE ALTENBACH 06/12-08/03 GR EN1
PEAC YOG1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu

PEAC YOG2 INTERMEDIATE YOGA 0.5 units

Designed for students who have completed beginning yoga (YOG1) and are ready to progress to more complex moves in Hatha yoga. **Prerequisite:** PEAC YOG1 (completed with a grade of "C" or higher).

D 10492 TTh 10:30 12:40 2940 MORALES 06/12-08/03 GR 081
O 10144 By Arr 4.5 Hrs/Wk ONLINE ALTENBACH 06/12-08/03 GR EN1
PEAC YOG2-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu

PEAC YOG3 ADVANCED YOGA 0.5 units

Designed for students who have completed intermediate Yoga (YOG2) and are ready to study more advanced and complicated asanas. **Prerequisite:** PEAC YOG2 (completed with a grade of "C" or higher).

D 10493 TTh 10:30 12:40 2940 MORALES 06/12-08/03 GR 081
O 10221 By Arr 4.5 Hrs/Wk ONLINE ALTENBACH 06/12-08/03 GR EN1
PEAC YOG3-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu

PEAC YOG4 YOGA FOR LIFE 0.5 units

Designed for advanced yoga students to learn yoga routines that can be performed throughout life. **Prerequisite:** PEAC YOG3 (completed with a grade of "C" or higher).

D 10494 TTh 10:30 12:40 2940 MORALES 06/12-08/03 OP 081
O 10278 By Arr 4.5 Hrs/Wk ONLINE ALTENBACH 06/12-08/03 OP EN1
PEAC YOG4-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu



For the most current class information, please check the Chabot College searchable online class schedule: www.chabotcollege.edu/welcome23

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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Adaptive Physical Education

ADPE 1DSS DISABLED STRETCH/STRENGTH TRAINING 1 unit

Designed to give students with disabilities a chance to gain strength and mobility through a series of stretching encouragement. **Prerequisite:** students must have their personal physician's clearance for the class and must be registered with Disabled Student Services.

D 20681 TTh 10:30 11:45 2706 SIROY 08/16-12/19 OP 001

ADPE ADST ADAPTED STRENGTH TRAINING 1 unit

Designed to provide reasonable accommodations in resistance training, to students with disabilities. Exercises emphasize muscular strength, muscular endurance, and flexibility. Additional topics will include: safety considerations, resistance training principles, and the role of exercise in overall wellness. **Prerequisite:** Student must have their personal physician's approval to take this course and must be registered with the DSRC.

D 20624 MW 10:30 11:45 2706 SIROY 08/16-12/19 OP 001

Dance Summer Courses

DANC HIP1 INTRODUCTION TO HIP HOP DANCE 1 unit

Beginning hip hop dance moves, techniques and patterns taught for student presentations and performance of this American Contemporary Dance Form.

D 20866 TTh 12:00 1:15 2930 MORALES 08/16-12/19 OP 001

DANC HIP2 ADV BEGINNING HIP HOP DANCE 1 unit

A dance class designed to teach beginning students further hip hop dance skills which will prepare them for intermediate hip hop dance class. Beginning hip hop dance knowledge will be increased by learning characteristics, techniques, routines and history of this form of American Contemporary Dance. **Prerequisite:** DANC HIP1 (completed with a grade of "C" or higher) or PEAC HIP1 (completed with a grade of "C" or higher)

D 20867 TTh 12:00 1:15 2930 MORALES 08/16-12/19 OP 001

DANC HIP3 INTERMEDIATE HIP HOP DANCE 1 unit

A dance class designed for students to learn the fundamental dance steps, class choreography and rhythmic structure of intermediate hip hop dance. **Prerequisite:** DANC HIP2 (completed with a grade of "C" or higher) or PEAC HIP2 (completed with a grade of "C" or higher)

D 20868 TTh 12:00 1:15 2930 MORALES 08/16-12/19 GR 001

DANC HIP4 ADVANCED HIP HOP DANCE 1 unit

Advanced hip hop dance techniques and patterns, routines, across the floor movement, choreography and improvisational group projects/presentations. **Prerequisite:** DANC HIP3 (completed with a grade of "C" or higher) or PEAC HIP3 (completed with a grade of "C" or higher)

D 20941 TTh 12:00 1:15 2930 MORALES 08/16-12/19 GR 001

Health

HLTH 1 INTRODUCTION TO PERSONAL HEALTH 3 units

An exploration of major health issues and behaviors in the various dimensions of health (physical, emotional, intellectual/mental, social, spiritual, and environmental). Emphasis is placed on individual responsibility for personal health and the promotion of informed, positive health behaviors. Topics include psychological health, mental health, stress management, nutrition, exercise, weight management, chronic and infectious diseases, healthy relationships, sexual health, drug use and misuse, aging, and the health care system.

D 20016 Lec MW 9:00 10:15 1908 MILLER 08/16-12/19 OP 001

D 21126 Lec TTh 12:00 1:15 2252 GLASSMAN 08/16-12/19 OP 002

D 21539 Lec MW 12:00 3:35 1706 ORVISS 08/16-10/06 OP UE1

The UMOJA Community is a statewide program designed for students who want to graduate and/or transfer to four-year colleges and/or universities in a timely manner. The program provides academic support services for curriculum focused on African American history, literature, and culture. Students will be required to participate in all course and program activities. For more information, call (510) 723-2664. Visit our website at www.chabotcollege.edu/specialprograms/umoja

O 22554 By Arr 6.8 Hrs/Wk ONLINE ROBINSON 10/09-12/08 OP EN1

HLTH 1-EN1 is a late-start online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is brobinson@chabotcollege.edu

O 20287 By Arr 3.0 Hrs/Wk ONLINE CIRERA-PERE 08/16-12/19 OP ON1

HLTH 1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bcirera@chabotcollege.edu

Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc

O 20870 By Arr 3.0 Hrs/Wk ONLINE DROUIN 08/16-12/19 OP ON2

HLTH 1-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jdrouin@chabotcollege.edu

HLTH 4 WOMEN AND HEALTH 3 units

Health issues that affect women in contemporary American society. Emphasis on diversity of women's health experiences.

O 20541 By Arr 3.9 Hrs/Wk ONLINE ORVISS 09/05-12/08 OP EPN

This course is part of the PACE Program. It will open to all students for registration on or before 6/16/23. HLTH 4-EPN is a late-start online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dorviss@chabotcollege.edu For information about the PACE Program, go to www.chabotcollege.edu/academics/PACE Low-Cost textbook materials for this course. www.chabotcollege.edu/ztc

O 21708 By Arr 3.0 Hrs/Wk ONLINE GRILLO 08/16-12/19 OP ON1

HLTH 4-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jgrillo@chabotcollege.edu

HLTH 8 HUMAN SEXUALITY 3 units

This course is an introductory overview of the field of human sexuality. Human sexuality will be examined from biopsychosocial perspectives.

O 20531 By Arr 3.0 Hrs/Wk ONLINE ORVISS 08/16-12/19 OP ON1

HLTH 8-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dorviss@chabotcollege.edu

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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HLTH 16 HEALTHY WEIGHT LOSS

3 units

This course focuses on physical, emotional, and spiritual aspects of weight management and health choices. Emphasis on acquiring knowledge and developing life skills necessary to achieve a healthy weight for improved wellness and disease prevention. Principles of positive psychology, evidence-based health practices, behavioral change strategies, and designing your life for whole-person wellness discussed.

O 20829 By Arr 3.0 Hrs/Wk ONLINE CALCAGNO 08/16-12/19 OP ON1
HLTH 16-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu

HLTH 18 INTRODUCTION TO PUBLIC HEALTH

3 units

This course provides an introduction to the discipline of Public Health. Students will gain an understanding of the basic concepts and terminologies of public health, the history and accomplishments of public health officials and agencies, and an in-depth examination of the core public health disciplines. May not receive credit if BIOL 80, BIOS 18 or APHC 9702 have been completed successfully. Formerly HLTH 80.

O 22848 By Arr 3.0 Hrs/Wk ONLINE GRILLO 08/16-12/19 OP ON1
HLTH 18-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jgrillo@chabotcollege.edu

HLTH 40 INTRODUCTION TO HEALTH PROFESSIONS 1.5 units

Introduction to the diverse occupations and care systems in the health care and community wellness field, as well as to skills and personal characteristics needed in these professions.

D 21267 Lec Tue 10:30 11:20 3253 Staff 08/16-12/19 OP FY7
Lab Th 10:30 11:20 3253 OP
Lab By Arr 1.0 Hrs/Wk tba OP

This course is part of the First Year Experience (FYE) Program. It will open to all students for registration on or before 7/16/23. This course is part of the Health and Wellness Pathway. For more information about the FYE Pathway Program, please visit www.chabotcollege.edu/academics/FYE

HLTH 51A MEDICAL TERMINOLOGY

4 units

Introduction to medical terminology and the basic structure and function of the human body. This course provides a basic foundation for any healthcare program and/or course, anatomy and/or physiology course or to understand the language used in the healthcare field. May not receive credit if APHC 9701A has been completed successfully.

D 20017 Lec Tue 1:00 2:50 1904 PERKINS 08/16-12/19 OP H01
By Arr 2.0 Hrs/Wk HYBRID OP

HLTH 51A-H01 is a hybrid course conducted both on campus and over the internet. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is kperkins@chabotcollege.edu

E 20018 Lec MW 7:00 8:50 2252 PINIO 08/16-12/19 OP 071

HLTH 60 RESPONDING TO EMERGENCIES

1 unit

Development of knowledge and skills for recognizing and caring for emergency situations. Include healthy and prevention of illness and injury. Designed to meet the needs of individuals in the community who frequently provide First Aid. Successful completion of the knowledge and skills tests qualifies for a National Safety Council First Aid and Adult CPR card.

E 20049 Lec Mon 5:30 7:35 3115 BILOTTI 08/16-10/16 OP E71
Lab Mon 7:40 9:45 3115 OP



For the most current class information, please check the Chabot College searchable online class schedule: www.chabotcollege.edu/welcome23

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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Healthy Aging Adult

HEAG FN50 FUNCTIONAL MOVEMENT & BALANCE 0 Units

Develops balance and functional movement for the mature adult (50+ years in age). Course will include nutritional information to prevent hypertension and diabetes. Course is moderate to hard in intensity. **Strongly Recommended:** Approval from physician to start an exercise program.

D 21565	MW	6:00	7:15	*197	VILCHE	08/16-12/19	NC	001
D 21727	MW	7:30	8:45	4051	MCMILLER	08/16-12/19	NC	002
D 21728	MW	9:00	10:15	4051	VILCHE	08/16-12/19	NC	003
D 21729	MW	10:30	11:45	4051	TAVIS	08/16-12/19	NC	004
D 21730	MW	12:00	1:15	4051	Staff	08/16-12/19	NC	005
D 21731	TTh	6:00	7:15	*197	MORRIS	08/16-12/19	NC	006
D 21732	TTh	7:30	8:45	4051	MORRIS	08/16-12/19	NC	007
D 21733	TTh	9:00	10:15	4051	Staff	08/16-12/19	NC	008
D 21734	TTh	10:30	11:45	4051	Staff	08/16-12/19	NC	009
D 21735	TTh	12:00	1:15	4051	GRACE	08/16-12/19	NC	010
D 21736	Fri	6:00	8:50	*197	KRAVETS	08/16-12/19	NC	011
D 21737	Fri	9:00	11:50	4051	LOPEZ	08/16-12/19	NC	012
E 21566	Mon	4:30	7:20	*197	KRAVETS	08/16-12/19	NC	071
E 21738	Tue	4:30	7:20	*197	Staff	08/16-12/19	NC	072
E 21739	Wed	4:30	7:20	*197	TAVIS	08/16-12/19	NC	073
E 22417	Th	4:30	7:20	4051	MILLER	08/16-12/19	NC	074

Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA

HEAG SF50 STRENGTH & FITNESS FOR MATURE ADULT 0 Units

Designed to increase the stamina, strength, and metabolism in the mature adult. Course will focus on adult type II diabetes prevention. **Strongly Recommended:** Prior to enrollment the student must get clearance from their physician to start an exercise program. This course is open to all but recommended for students 50 years and older.

D 21832	By Arr	3.0 Hrs/Wk	tba	CALCAGNO	08/16-12/19	NC	001
D 22383	TTh	10:30	11:45	4001	VILCHE	08/16-12/19	NC 002
D 22402	TTh	9:00	10:15	2930	VILCHE	08/16-12/19	NC 003
O 21831	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	NC	ON1
HEAG SF50-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu							
O 21830	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	NC	ON2
HEAG SF50-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu							

HEAG SW50 CARDIO SWIMMING FOR MATURE ADULT 0 Units

Designed to improve cardiovascular fitness in the older adult. Emphasis on swimming with the aerobic target heart rate training zone. Instruction will also address personal nutrition, hypertension and the prevention of adult type II diabetes.

D 22454	MW	10:30	11:45	POOL	KUBICKI	08/16-12/19	NC	001
D 22450	MW	12:00	1:15	POOL	KUBICKI	08/16-12/19	NC	002
D 22451	MW	1:30	2:45	POOL	KUBICKI	08/16-12/19	NC	003
D 22452	TTh	1:30	2:45	POOL	KUBICKI	08/16-12/19	NC	004
D 22424	TTh	12:00	1:15	POOL	VAN DER WIL	08/16-12/19	NC	005
S 22453	Sat	8:00	10:50	POOL	KUBICKI	08/16-12/19	NC	081



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Fall Courses

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Kinesiology

KINE 1 INTRO TO KINESIOLOGY & PHYS EDUCATION 3 units

This is an introductory course that surveys various sub disciplines related to the study of human movement. Students will examine the areas of history, sociology, biomechanics, physiology, and psychology, as they relate to the sport and exercise environment. May not receive credit if Physical Education 20 has been completed.

O 21706 By Arr 3.0 Hrs/Wk ONLINE VILCHE 08/16-12/19 OP ON1
KINE 1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

KINE 2 INTRODUCTION TO ATHLETIC TRAINING 4 units

Introduces the student to basic taping skills, therapeutic modalities, and rehabilitation principles associated with the field of athletic training. Strong emphasis on injury prevention, recognition and management. Designed to be preparatory for a career in athletic training. May not receive credit if Physical Education 17 has been completed.

D 20634 Lec TTh 9:00 10:15 2611 MILLER 08/16-12/19 OP 001
Tue 12:00 12:50 2901 OP
By Arr 2.0 Hrs/Wk 2901 OP

KINE 3 INTRO COACH SPORTS BEYOND BASICS 3 units

Coaching beyond the basics: ethics, physical training theories and management principles. Research into successful leadership principles, skills and philosophies. Coaching effectiveness and team building dynamics. Upon successful completion of the course, the student will be able to take the California and National High School Coaching certification examination.

O 21707 By Arr 3.0 Hrs/Wk ONLINE Staff 08/16-12/19 OP ON1
KINE 3-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online

KINE 4 INTRODUCTION TO SPORTS MANAGEMENT 3 units

Introduction into the field of sports management. Career opportunities, human resource management, leadership, strategic planning, teamwork, ethics and values, marketing and advertising, finance, managing facilities, sports and the law, economics of sport and community impact. May not receive credit if Physical Education 60 has been completed.

O 21763 By Arr 3.0 Hrs/Wk ONLINE CALCAGNO 08/16-12/19 GR ON1
KINE 4-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu

KINE 6 PERF ENHANCE THRU MENTAL TRAIN 3 units

The study and development of the concepts and theories associated with maximizing performance, from the from the perspective of sport as well as life, emphasizing the mental skills and strategies for stress control, visualization, goal setting and concentration. May not receive credit if Physical Education 15 has been completed.

O 21286 By Arr 3.0 Hrs/Wk ONLINE KUBICKI 08/16-12/19 OP ON1
KINE 6-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is gakubicki@chabotcollege.edu

KINE 8 INTRO TO SP IN CONTEMP SOCIETY 3 units

An introduction into the phenomenon of sport in society, including cultural stratification, race, gender, education, economics, politics and the mass media. (May not receive credit if Physical Education 8 has been completed.)

O 21540 By Arr 3.0 Hrs/Wk ONLINE CALCAGNO 08/16-12/19 GR ON1
KINE 8-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcago@chabotcollege.edu

KINE 10 NUTRITION FOR FITNESS/FAT LOSS 3 units

Study the role that nutrition and activity play in developing fitness and lowering body fat. Major concepts of fitness and nutrition will be presented along with training utilizing a heart rate monitor. Students will learn to assess current fitness levels and design a personal fitness and nutritional plan. May not receive credit if Physical Education 57 has been completed.

O 20685 By Arr 3.0 Hrs/Wk ONLINE VILCHE 08/16-12/19 OP ON1
KINE 10-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

KINE 14 INTRODUCTION HLTH/FITNESS DISABILITY 3 units

Application of current health teachings to individuals and life. Physiological, psychological, and social perspectives of health. Emphasis on knowledge, attitudes and behaviors that will contribute to a healthy individual.

O 21199 By Arr 3.0 Hrs/Wk ONLINE ROBINSON 08/16-12/19 OP ON1
KINE 14-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is krobinson@chabotcollege.edu

KINE 16 THEORY/TECH OFFENSIVE FOOTBALL 2 units

Analysis and examination of various approaches to offensive intercollegiate football. Includes all aspects of offensive football; punt return, point after touchdown and field goal kicking. May not receive credit if Physical Education 25 has been completed.

D 20642 Lec TTh 3:00 3:50 2611 Staff 08/16-12/19 OP 001

KINE 23 TECHNIQUES STRENGTH TRAIN INST 3 units

This course covers how to teach a variety of strength and resistance training activities. It studies strength training sequences, theories on the development of strength, periodization, equipment, safety factors and anatomy and physiology as they apply to strength training and development.

O 21826 By Arr 3.0 Hrs/Wk ONLINE Staff 08/16-12/19 GR ON1
KINE 23-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online

KINE 70 HIST PHIL SPORT AND PHYS ACTIV 3 units

History and philosophy of sport and physical activity from antiquity to today. Special consideration is given to the development of sport and physical activity (physical education) in North America.

O 22374 By Arr 3.0 Hrs/Wk ONLINE Staff 08/16-12/19 GR ON1
KINE 70-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online

KINE CSA COLLEGE SUCCESS FOR ATHLETES 1 unit

Aiding the student-athlete in developing realistic expectations of college, explore academic programs, and understand what is necessary to succeed in college while competing in an intercollegiate sport. Rules and regulations of the Commission on Athletics (COA), National Collegiate Athletic Association (NCAA), and the National Association of Intercollegiate Athletics (NAIA) will be defined. Eligibility and transferring to a four-year institution will be explored.

O 20874 By Arr 2.3 Hrs/Wk ONLINE MANOS 09/04-10/27 GR EN1
KINE CSA-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jmanos@chabotcollege.edu

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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Medical Assisting

MEDA 60 INTRODUCTION TO MEDICAL ASSISTING 2 units

Introduction to the Medical Assisting profession. Includes job duties, scope of practice, medical law & ethics, and communication.

O 22389 Th 3:00 4:50 ONLINE PERKINS 08/16-12/19 GR ON1
 MEDA 60-ON1 is an online course that will meet during the days and times stated. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is kperkins@chabotcollege.edu

MEDA 70A CLIN SKILLS FOR MED ASST I 3 units

Introduction to the clinical role of the Medical Assistant. Includes basic and advanced skills which are utilized when assisting the physician and performing direct patient care such as vital signs, electrocardiograms, assisting with exams and medical documentation. **Prerequisite:** HLTH 51A (completed with a grade of "C" or higher), MEDA 60 (completed with a grade of "C" or higher) and **Strongly Recommended:** CAS 50 or CSCI 8 may be taken concurrently if not completed prior. **Corequisite:** MEDA 71A, MEDA 75 and MEDA 76

D 20050 Wed 9:00 12:50 HYBRID PERKINS 08/16-10/17 GR EH1
 Lab Tue 9:00 11:50 tba GR
 Lab Tue 12:50 3:40 tba GR

MEDA 70A-EH1 is a 9-week hybrid course (1st 9 weeks of the semester) with online synchronous lecture class and on-ground lab class. Medical Assisting is a 2-semester certificated program. There is no special application. HLTH 51A and MEDA 60 are prerequisites and must be taken prior to enrolling into the program. Students who are currently enrolled or have completed the prerequisites and wish to take the Medical Assisting Program should enroll in the following corequisites, MEDA 70A, MEDA 71A, and MEDA 75. MEDA 76 and CAS 50 or CSCI 8 can be taken concurrently or prior to entering the program. All of these classes must be completed with a "C" or better to progress to the second semester of Medical Assisting. Class size is limited, so register early. For further information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link or email Kristina Perkins at kperkins@chabotcollege.edu or call (510) 723-7211. After registered students are admitted from the class rosters, additional students may be added in order from the waiting list. A mandatory program orientation will be conducted 1-2 weeks prior to the start date. If you are registered but fail to attend the orientation and/or first session of each class without notifying the instructor you will be dropped and your place will be given to a student on the waiting list. For important additional information, go to www.chabotcollege.edu/online

MEDA 70B CLIN SKILLS FOR MED ASST 2 3 units

Continuation of Medical Assisting 70A. Basic and advanced clinical skills common to medical offices and clinics. Use of advanced clinical skills while assisting the physician and performing direct patient care. **Prerequisite:** HLTH 51A (completed with a grade of "C" or higher), MEDA 70A (completed with a grade of "C" or higher) **Strongly Recommended:** HLTH 51B may be taken concurrently if not completed prior. **Corequisite:** MEDA 71b, MEDA 72B, MEDA 73 and MEDA 74

S 22390 Tue 6:00 8:50 HYBRID PERKINS 08/16-11/11 GR EH1
 Lab Sat 9:00 1:15 1635 GR

MEDA 70B-EH1 is a 12-week hybrid course (1st 12 weeks of the semester) with online synchronous lecture class and on-ground lab class. Medical Assisting is a 2-semester certificated program. This is a 2nd semester course and MEDA 70A, MEDA 71A, MEDA 75 and MEDA 76 must be completed the previous semester to enroll. Students who are currently enrolled in the above prerequisites and wish to take the 2nd semester of the Medical Assisting Program should enroll in the following corequisites, MEDA 70B, MEDA 71B, MEDA 73 and MEDA 74. All of these classes must be completed with a "C" or better to enter externship and complete the program. For further information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link or email Kristina Perkins at kperkins@chabotcollege.edu or call (510) 723-7211. For important additional information, go to www.chabotcollege.edu/online

MEDA 71A ADMINISTRATIVE SKILLS I 2 units

Administrative Medical Assisting skills and theory to include the healthcare industry, the medical assisting profession, interpersonal skills and human behavior, law and ethics, computer concepts, telephone techniques, scheduling appointments, patient reception and processing, office/clinic environment and daily operations, written communication and mail processing, medical record management. **Prerequisite:** HLTH 51A (completed with a grade of "C" or higher) and MEDA 60 (completed with a grade of "C" or higher) **Corequisite:** MEDA 70A, MEDA 72A and MEDA 75

D 20051 Lec Mon 9:00 9:50 1635 AGUILAR GOD 08/16-12/19 GR 001
 Lab Mon 10:00 12:50 1635 GR

Medical Assisting is a 2-semester certificated program. There is no special application. HLTH 51A and MEDA 60 are prerequisites and must be taken prior to enrolling into the program. Students who are currently enrolled or have completed the prerequisites and wish to take the Medical Assisting Program should enroll in the following corequisites, MEDA 70A, MEDA 71A, and MEDA 75. MEDA 76 and CAS 50 or CSCI 8 can be taken concurrently or prior to entering the program. All of these classes must be completed with a "C" or better to progress to the second semester of Medical Assisting. Class size is limited, so register early. For further information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link or email Kristina Perkins at kperkins@chabotcollege.edu or call (510) 723-7211. After registered students are admitted from the class rosters, additional students may be added in order from the waiting list. A mandatory program orientation will be conducted 1-2 weeks prior to the start date. If you are registered but fail to attend the orientation and/or first session of each class without notifying the instructor you will be dropped and your place will be given to a student on the waiting list.

MEDA 71B ADMINISTRATIVE SKILLS 2 2 units

Administrative Medical Assisting skills which include medical coding, health insurance, billing, collections, practice finances, confidentiality and development of life skills. **Prerequisite:** MEDA 71A (completed with a grade of "C" or higher).

E 22395 By Arr 1.0 Hrs/Wk HYBRID PERKINS 08/16-12/19 GR H01
 Lab Th 6:00 7:15 1613 GR
 Lab Th 7:30 8:45 1613 GR

MEDA 71B-H01 is a hybrid course conducted both on campus and over the internet. Medical Assisting is a 2-semester certificated program. This is a 2nd semester course and MEDA 70A, MEDA 71A, MEDA 75 and MEDA 76 must be completed the previous semester to enroll. Students who are currently enrolled in the above prerequisites and wish to take the 2nd semester of the Medical Assisting Program should enroll in the following corequisites, MEDA 70B, MEDA 71B, MEDA 73 and MEDA 74. All of these classes must be completed with a "C" or better to enter externship and complete the program. For further information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link or email Kristina Perkins at kperkins@chabotcollege.edu or call (510) 723-7211. For important additional information, go to www.chabotcollege.edu/online

MEDA 73 CLINICAL EXPERIENCE PRACTICUM 4 units

Application of principles and skills through participation in a simulated employment experience. Assisting the physician under close supervision in a health maintenance organization, or physician's office or clinic. **Prerequisite:** MEDA 70B (completed with a grade of "C" or higher), MEDA 71B (completed with a grade of "C" or higher), MEDA 72B (completed with a grade of "C" or higher), HLTH 51B (completed with a grade of "C" or higher) **Corequisite:** MEDA 74

D 22394 Clin By Arr 35 Hrs/Wk tba PERKINS 11/13-12/19 P/N E01
 MEDA 73-E01 occurs the last 6 weeks of the term where you will be placed in a clinical site and will complete a minimum of 180 clinical hours. A background check, drug screening, medical evaluation and other requirements may be needed prior to placement.

MEDA 74 CLINICAL EXPERIENCE SEMINAR 1 unit

Discussion and analysis of clinical experience in a clinic setting or private physician's office. **Corequisite:** MEDA 73

O 22391 By Arr 3.0 Hrs/Wk ONLINE PERKINS 11/13-12/19 GR EN1

MEDA 74-EN1 occurs the last 6 weeks of the term and is an online, asynchronous course. For more information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link. You may email Kristina Perkins: kperkins@chabotcollege.edu or call (510) 723-7211 For important additional information, go to www.chabotcollege.edu/online

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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MEDA 75 ADMIN OF MEDS FOR MED ASSIST 3 units

Pharmacology fundamentals and medication administration by different routes including orally and by injections. Understanding drug categories, safe administration practices and documentation. **Prerequisite:** HLTH 51A (completed with a grade of "C" or higher) **Corequisite:** MEDA 70A, MEDA 71A and MEDA 76. **Strongly Recommended:** CAS 50 or CSCI 8.

D 20156	Wed	9:00	1:15	HYBRID	PERKINS	10/18-12/19	GR	EH1
	Lab Tue	9:00	12:10			1635	GR	
	Lab Tue	12:50	4:00			1635	GR	

MEDA 75-EH1 is a 9-week hybrid course (2nd 9 weeks of the semester) with online synchronous lecture class and on-ground lab class. Medical Assisting is a 2-semester certificated program. There is no special application. HLTH 51A and MEDA 60 are prerequisites and must be taken prior to enrolling into the program. Students who are currently enrolled or have completed the prerequisites and wish to take the Medical Assisting Program should enroll in the following corequisites, MEDA 70A, MEDA 71A, and MEDA 75. MEDA 76 and CAS 50 or CSCI 8 can be taken concurrently or prior to entering the program. All of these classes must be completed with a "C" or better to progress to the second semester of Medical Assisting. Class size is limited, so register early. For further information, visit the Medical Assisting website at www.chabotcollege.edu and go to the Health, Kinesiology and Athletics website and click the Medical Assisting link or email Kristina Perkins at kperkins@chabotcollege.edu or call (510) 723-7211. After registered students are admitted from the class rosters, additional students may be added in order from the waiting list. A mandatory program orientation will be conducted 1-2 weeks prior to the start date. If you are registered but fail to attend the orientation and/or first session of each class without notifying the instructor you will be dropped and your place will be given to a student on the waiting list. For important additional information, go to www.chabotcollege.edu/online

Nutrition

NUTR 1 INTRODUCTION TO NUTRITION SCIENCE 3 units

Scientific concepts of nutrition related to the function of nutrients, sources and recommended intakes. Nutritional assessment and the role of nutrition in the maintenance of health. **Strongly Recommended:** CHEM 30A (completed with a grade of "C" or higher) and MTH 53 (completed with a grade of "C" or higher) and ENGL 1A (completed with a grade of "C" or higher)

D 20360	Lec MW	9:00	10:15	505	GRILLO	08/16-12/19	OP	001
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc								
D 20964	Lec MW	10:30	11:45	557	GRILLO	08/16-12/19	OP	002
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc								
D 21370	Lec TTh	9:00	10:15	1904	CIRERA-PERE	08/16-12/19	OP	003
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc								
O 21871	By Arr 6.8 Hrs/Wk ONLINE CIRERA-PERE 10/09-12/08 OP EN1							
NUTR 1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bcirera@chabotcollege.edu								
O 20389	By Arr 3.0 Hrs/Wk ONLINE CIRERA-PERE 08/16-12/19 OP ON1							
NUTR 1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bcirera@chabotcollege.edu								
O 21025	By Arr 3.0 Hrs/Wk ONLINE GRILLO 08/16-12/19 OP ON2							
NUTR 1-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is jgrillo@chabotcollege.edu								
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc								

NUTR 11 SPORTS NUTRITION 3 units

The science of sports nutrition, with emphasis on nutrition as it applies to fitness, sport-specific training, and reaching peak athletic performance.

O 22393	By Arr 3.0 Hrs/Wk ONLINE CIRERA-PERE 08/16-12/19 GR ON1							
NUTR 11-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is bciera@chabotcollege.edu								
Zero-Cost / FREE textbook materials for this course. www.chabotcollege.edu/ztc								

Physical Education Activities

PEAC 5K1 TRAINING FOR FIRST 5K (3.1) 1 unit

Designed for students who want to train and complete their first 5K (3.1 miles). In this course students will learn how to prepare physically for this event plus nutritional guidelines for a healthier life.

O 21774	By Arr 3.0 Hrs/Wk ONLINE CALCAGNO 08/16-12/19 GR ON1							
PEAC 5K1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu								

PEAC BAD1 INTRODUCTION TO BADMINTON 1 unit

Basic fundamental badminton techniques strategies will be covered.

D 20687	TTh	9:00	10:15	2500	MORRIS	08/16-12/19	GR	001
D 20688	Fri	9:00	10:50	2500	MORRIS	08/16-12/19	GR	002

PEAC BAD2 INTERMEDIATE BADMINTON 1 unit

This course is for students who have played Badminton before. Students should already know how to rally, and have knowledge of the rules. This course is not for beginners. **Prerequisite:** PEAC BAD1 (completed with a grade of "P" or higher).

D 20718	TTh	9:00	10:15	2500	MORRIS	08/16-12/19	GR	001
D 20721	Fri	9:00	10:50	2500	MORRIS	08/16-12/19	GR	002

PEAC BAD3 ADVANCED BADMINTON 1 unit

Theory and practice of advanced badminton that includes advanced techniques and tactics. This will include drills, practice, and tournament play. Fitness drills and conditioning will be incorporated into the class. **Prerequisite:** PEAC BAD2 (completed with a grade of "P" or higher).

D 20719	TTh	9:00	10:15	2500	MORRIS	08/16-12/19	GR	001
D 20720	Fri	9:00	10:50	2500	MORRIS	08/16-12/19	GR	002

PEAC BAD4 TOURNAMENT BADMINTON 1 unit

Designed for students who wish to compete in badminton tournaments. The theory and practice of advanced badminton will be covered. This will include drills, practice, fitness conditioning, and tournament play. **Prerequisite:** PEAC BAD3 (completed with a grade of "P" or higher).

D 20939	TTh	9:00	10:15	2500	MORRIS	08/16-12/19	GR	001
D 20940	Fri	9:00	10:50	2500	MORRIS	08/16-12/19	GR	002

PEAC BSK1 INTRODUCTION TO BASKETBALL 1 unit

Designed to teach the basic skills and mechanics needed to successfully play the game of basketball.

D 20683	MW	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	001
D 21773	TTh	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	002
E 21546	Th	6:00	8:50	2500	ANGER	08/16-12/19	GR	071

PEAC BSK2 INTERMEDIATE BASKETBALL 1 unit

Designed to teach intermediate skills of basketball. **Prerequisite:** PEAC BSK1 (completed with a grade of "P" or higher).

D 20722	MW	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	001
D 21802	TTh	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	002
E 21547	Th	6:00	8:50	2500	ANGER	08/16-12/19	GR	071

PEAC BSK3 ADVANCED BASKETBALL 1 unit

Designed to teach advanced skills of basketball. **Prerequisite:** PEAC BSK2 (completed with a grade of "P" or higher).

D 20723	MW	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	001
D 21803	TTh	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	002
E 21548	Th	6:00	8:50	2500	ANGER	08/16-12/19	GR	071

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
PEAC BSK4 PRE-COMPETITIVE BASKETBALL 1 unit Designed to teach pre-competitive basketball. Prerequisite: PEAC BSK 3 (completed with a grade of "P" or higher).									PEAC FUN3 ADV FUNCTIONAL TR FOR FAT LOSS 1 unit Designed to challenge students who have successfully completed Intermediate Functional Training or FUN 2. Course is very hard in intensity. Prerequisite: PEAC FUN2 (completed with a grade of "P" or higher).								
D 20926	MW	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	001	D 20739	MW	6:00	7:15	*197	VILCHE	08/16-12/19	P/N	001
D 21804	TTh	10:30	11:45	2500	MCMILLER	08/16-12/19	GR	002	D 20740	MW	7:30	8:45	4051	MCMILLER	08/16-12/19	P/N	002
E 21549	Th	6:00	8:50	2500	ANGER	08/16-12/19	GR	071	D 20741	MW	9:00	10:15	4051	VILCHE	08/16-12/19	P/N	003
PEAC FUN1 CORE CONDITIONING ABS & HIPS 1 unit This beginning course will develop strength and fat loss through a functional strength training program. Course is moderate to hard in intensity. Students will learn about training and prevention of metabolic syndrome through diet and exercise. Strongly Recommended: Personal physician's approval to exercise vigorously. Corequisite: KINE OPE									D 20742	MW	10:30	11:45	4051	TAVIS	08/16-12/19	P/N	004
D 20647	MW	6:00	7:15	*197	VILCHE	08/16-12/19	P/N	001	D 20743	MW	12:00	1:15	4051	Staff	08/16-12/19	P/N	005
D 20648	MW	7:30	8:45	4051	MCMILLER	08/16-12/19	P/N	002	D 20744	TTh	6:00	7:15	*197	MORRIS	08/16-12/19	P/N	006
D 20649	MW	9:00	10:15	4051	VILCHE	08/16-12/19	P/N	003	D 20745	TTh	7:30	8:45	4051	MORRIS	08/16-12/19	P/N	007
D 20650	MW	10:30	11:45	4051	TAVIS	08/16-12/19	P/N	004	D 20746	TTh	9:00	10:15	4051	Staff	08/16-12/19	P/N	008
D 20651	MW	12:00	1:15	4051	Staff	08/16-12/19	P/N	005	D 20747	TTh	10:30	11:45	4051	Staff	08/16-12/19	P/N	009
D 20652	TTh	6:00	7:15	*197	MORRIS	08/16-12/19	P/N	006	D 20748	TTh	12:00	1:15	4051	GRACE	08/16-12/19	P/N	010
D 20653	TTh	7:30	8:45	4051	MORRIS	08/16-12/19	P/N	007	D 20749	Fri	6:00	8:50	*197	KRAVETS	08/16-12/19	P/N	011
D 20654	TTh	9:00	10:15	4051	Staff	08/16-12/19	P/N	008	D 20750	Fri	9:00	11:50	4051	LOPEZ	08/16-12/19	P/N	012
D 20655	TTh	10:30	11:45	4051	Staff	08/16-12/19	P/N	009	E 20751	Mon	4:30	7:20	*197	KRAVETS	08/16-12/19	P/N	071
D 20656	TTh	12:00	1:15	4051	GRACE	08/16-12/19	P/N	010	E 20752	Tue	4:30	7:20	*197	Staff	08/16-12/19	P/N	072
D 20657	Fri	6:00	8:50	*197	KRAVETS	08/16-12/19	P/N	011	E 20753	Wed	4:30	7:20	*197	TAVIS	08/16-12/19	P/N	073
D 20658	Fri	9:00	11:50	4051	LOPEZ	08/16-12/19	P/N	012	E 22415	Th	4:30	7:20	4051	MILLER	08/16-12/19	P/N	074
E 20659	Mon	4:30	7:20	*197	KRAVETS	08/16-12/19	P/N	071	Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA								
E 20660	Tue	4:30	7:20	*197	Staff	08/16-12/19	P/N	072	PEAC FUN4 FAT LOSS TR FUNCTIONAL TRAININ 1 unit Designed for students who would like to lower the percentage of body fat through functional training. Prerequisite: PEAC FUN3 (completed with a grade of "P" or higher).								
E 20661	Wed	4:30	7:20	*197	TAVIS	08/16-12/19	P/N	073	D 20930	MW	6:00	7:15	*197	VILCHE	08/16-12/19	P/N	001
E 22413	Th	4:30	7:20	4051	MILLER	08/16-12/19	P/N	074	D 20945	MW	7:30	8:45	4051	MCMILLER	08/16-12/19	P/N	002
Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA									D 20946	MW	9:00	10:15	4051	VILCHE	08/16-12/19	P/N	003
PEAC FUN2 INTERM FUNCTIONAL TR FAT LOSS 1 unit Designed to challenge students who have successfully completed Beginning Functional Training or FUN1. Course is very hard in intensity. Prerequisite: PEAC FUN1 (completed with a grade of "P" or higher).									D 20947	MW	10:30	11:45	4051	TAVIS	08/16-12/19	P/N	004
D 20724	MW	6:00	7:15	*197	VILCHE	08/16-12/19	P/N	001	D 20948	MW	12:00	1:15	4051	Staff	08/16-12/19	P/N	005
D 20725	MW	7:30	8:45	4051	MCMILLER	08/16-12/19	P/N	002	D 20949	TTh	6:00	7:15	*197	MORRIS	08/16-12/19	P/N	006
D 20726	MW	9:00	10:15	4051	VILCHE	08/16-12/19	P/N	003	D 20950	TTh	7:30	8:45	4051	MORRIS	08/16-12/19	P/N	007
D 20727	MW	10:30	11:45	4051	TAVIS	08/16-12/19	P/N	004	D 20951	TTh	9:00	10:15	4051	Staff	08/16-12/19	P/N	008
D 20728	MW	12:00	1:15	4051	Staff	08/16-12/19	P/N	005	D 20952	TTh	10:30	11:45	4051	Staff	08/16-12/19	P/N	009
D 20729	TTh	6:00	7:15	*197	MORRIS	08/16-12/19	P/N	006	D 20953	TTh	12:00	1:15	4051	GRACE	08/16-12/19	P/N	010
D 20730	TTh	7:30	8:45	4051	MORRIS	08/16-12/19	P/N	007	D 20954	Fri	6:00	8:50	*197	KRAVETS	08/16-12/19	P/N	011
D 20731	TTh	9:00	10:15	4051	Staff	08/16-12/19	P/N	008	D 20955	Fri	9:00	11:50	4051	LOPEZ	08/16-12/19	P/N	012
D 20732	TTh	10:30	11:45	4051	Staff	08/16-12/19	P/N	009	E 20956	Mon	4:30	7:20	*197	KRAVETS	08/16-12/19	P/N	071
D 20733	TTh	12:00	1:15	4051	GRACE	08/16-12/19	P/N	010	E 20957	Tue	4:30	7:20	*197	Staff	08/16-12/19	P/N	072
D 20734	Fri	6:00	8:50	*197	KRAVETS	08/16-12/19	P/N	011	E 20958	Wed	4:30	7:20	*197	TAVIS	08/16-12/19	P/N	073
D 20735	Fri	9:00	11:50	4051	LOPEZ	08/16-12/19	P/N	012	E 22416	Th	4:30	7:20	4051	MILLER	08/16-12/19	P/N	074
E 20736	Mon	4:30	7:20	*197	KRAVETS	08/16-12/19	P/N	071	Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA								
E 20737	Tue	4:30	7:20	*197	Staff	08/16-12/19	P/N	072	PEAC HTA1 GUTS AND BUTTS WORKOUT 1 unit This course is designed to reduce, tone and strengthen the abdominal areas and the buttocks and thigh region through exercises. Proper techniques for a variety of exercises for specific muscle groups will be presented.								
E 20738	Wed	4:30	7:20	*197	TAVIS	08/16-12/19	P/N	073	D 22384	TTh	9:00	10:15	2930	VILCHE	08/16-12/19	OP	001
E 22414	Th	4:30	7:20	4051	MILLER	08/16-12/19	P/N	074	O 20623	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	OP	ON1	
Offsite room *197 meets at ADVANCED CIRCUIT CENTER, 25555 HESPERIAN BLVD, HAYWARD, CA									PEAC HTA1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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PEAC HTA2 INTERM HIPS, THIGHS & ABS 1 unit

Strenuous exercises to tone, strengthen and reduce the abdominals, buttocks and thigh regions. **Prerequisite:** PEAC HTA1 (completed with a grade of "P" or higher).

D 22385	TTh	9:00 10:15	2930	VILCHE	08/16-12/19	GR	001
O 20754	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	GR	ON1

PEAC HTA2-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

PEAC HTA3 ADV HIPS, THIGHS & ABS WORKOUT 1 unit

This an advanced course designed to strengthen, reduce and tone the "core" region of the body through various exercises and techniques. The core region includes: hips, thighs and buttocks; abdominals & obliques; and lower back. A variety of strength and flexibility exercises for these specific muscle body groups will be presented. **Prerequisite:** PEAC HTA2 (completed with a grade of "P" or higher).

D 22386	TTh	9:00 10:15	2930	VILCHE	08/16-12/19	GR	001
O 20755	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	GR	ON1

PEAC HTA3-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

PEAC HTA4 EXTREM HIPS THIGHS ABS WORKOUT 1 unit

This course is designed to provide an extreme high intensity interval functional workout for the whole body. **Prerequisite:** PEAC HTA3 (completed with a grade of "P" or higher).

D 22387	TTh	9:00 10:15	2930	VILCHE	08/16-12/19	OP	001
O 20977	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	OP	ON1

PEAC HTA4-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu

PEAC JUD1 BEGINNING JUDO 1 unit

Designed to teach beginning judo. Basic history, philosophy, techniques and safety aspects of judo will be covered.

D 20636	MW	9:00 10:15	2930	SIROY	08/16-12/19	GR	001
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PEAC JUD2 INTERMEDIATE JUDO 1 unit

Students should have completed Beginning Judo or have had previous judo experience. **Prerequisite:** PEAC JUD1 (completed with a grade of "P" or higher).

D 20756	MW	9:00 10:15	2930	SIROY	08/16-12/19	GR	001
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PEAC JUD3 ADVANCED JUDO 1 unit

Advanced judo course. Students should have completed intermediate judo with a passing grade prior to enrolling in this course. **Prerequisite:** PEAC JUD2 (completed with a grade of "P" or higher).

D 20757	MW	9:00 10:15	2930	SIROY	08/16-12/19	GR	001
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PEAC JUD4 COMPETITION JUDO 1 unit

Class designed to help the students learn rules to enter Judo Competition Tournaments **Prerequisite:** PEAC JUD3 (completed with a grade of "P" or higher).

D 21290	MW	9:00 10:15	2930	SIROY	08/16-12/19	OP	001
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PEAC LSF1 INTRODUCTION LAP SWIM CARDIO FIT 1 unit

Designed to develop cardiovascular fitness in the accomplished swimmer through aerobic non-stop lap swimming.

S 21753	Sat	8:00 10:50	POOL	KUBICKI	08/16-12/19	GR	081
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PEAC LSF2 BEGINNING LAP SWIM CARDIO FIT 1 unit

Designed to develop cardiovascular fitness in the accomplished swimmer and introduce the student to competitive swim training concepts. **Prerequisite:** PEAC LSF1 (completed with a grade of "C" or higher)

S 21754	Sat	8:00 10:50	POOL	KUBICKI	08/16-12/19	OP	081
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PEAC LSF3 INTERM LAP SWIM CARDIO FIT 1 unit

Designed for the Advanced Lap Swimmer to accentuate their cardiovascular fitness as it relates to the competitive swimmer. Introduction to rigorous training of the competitive swimmer. **Prerequisite:** PEAC LSF2 (completed with a grade of "C" or higher)

S 21755	Sat	8:00 10:50	POOL	KUBICKI	08/16-12/19	OP	081
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PEAC LSF4 ADVANCED LAP SWIM CARDIO FIT 1 unit

Designed for the advanced swimmer who wants to train for competition. **Prerequisite:** PEAC LSF3 (completed with a grade of "C" or higher)

S 21756	Sat	8:00 10:50	POOL	KUBICKI	08/16-12/19	OP	081
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PEAC PIL1 INTRODUCTION TO PILATES 1 unit

This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center of the body through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course.

D 20637	MW	10:30 11:45	2910	CALCAGNO	08/16-12/19	GR	001
D 20638	TTh	9:00 10:15	2910	Staff	08/16-12/19	GR	002



For the most current class information, please check the Chabot College searchable online class schedule: www.chabotcollege.edu/welcome23

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
PEAC PIL2 INTERMEDIATE PILATES 1 unit Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Intermediate Pilates will build on the basic principles learned in PIL1. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL1 (completed with a grade of "P" or higher). D 20758 MW 10:30 11:45 2910 CALCAGNO 08/16-12/19 GR 001 D 20759 TTh 9:00 10:15 2910 Staff 08/16-12/19 GR 002									PEAC SPM2 INTER PLYO SPEED TRAIN FOR MEN 1 unit Intermediate course on the development of speed and power for men. Training will have a strong plyometric training techniques along with speed and agility training. Prerequisite: PEAC SPM1 (completed with a grade of "P" or higher) D 20788 MW 1:30 2:45 4001 Staff 08/16-12/19 GR 001								
PEAC PIL3 ADVANCED PILATES 1 unit This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy graceful movement while improving flexibility, agility and economy of motion. Advanced Pilates will build on the basic principles learned in PIL2. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL2 (completed with a grade of "P" or higher). D 20760 MW 10:30 11:45 2910 CALCAGNO 08/16-12/19 GR 001 D 20761 TTh 9:00 10:15 2910 Staff 08/16-12/19 GR 002									PEAC SPM3 ADV PLYOMETRIC TRAINING FOR MEN 1 unit Designed for men who want to continue to improve their ability to jump high and sprint fast. Prerequisite: PEAC SPM2 (completed with a grade of "C" or higher) D 21447 MW 1:30 2:45 4001 Staff 08/16-12/19 GR 001								
PEAC PIL4 FUNCTIONAL PILATES 1 unit This course will enable the student to participate in Pilates exercise routines for body and mind fitness. Pilates develops a strong core or center through body awareness, good posture and easy, graceful movement while improving flexibility, agility and economy of motion. Functional Pilates will build on the basic principles learned in PIL3. Students will learn about eating to support an active lifestyle as well as principles of total wellness. Prerequisite: PEAC PIL3 (completed with a grade of "P" or higher). D 20965 MW 10:30 11:45 2910 CALCAGNO 08/16-12/19 GR 001 D 20966 TTh 9:00 10:15 2910 Staff 08/16-12/19 GR 002									PEAC SWM1 BEGINNING SWIMMING 1 unit Designed to teach proficiency in the basic strokes of swimming. No prior knowledge, experience or skill in swimming is needed to join this course. D 20625 MW 10:30 11:45 POOL KUBICKI 08/16-12/19 GR 001 D 20626 MW 12:00 1:15 POOL KUBICKI 08/16-12/19 GR 002 D 20627 MW 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 003 D 20628 TTh 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 004 S 21749 Sat 8:00 10:50 POOL KUBICKI 08/16-12/19 GR 081								
PEAC SBB1 SPORT-SPECIFIC TRAIN BASEBALL 1 unit Designed to increase an individual's specific skills in the sport of baseball. D 20684 TTh 2:30 3:45 4001 TAVIS 08/16-12/19 OP 001									PEAC SWM2 INTERMEDIATE SWIMMING 1 unit Designed for students who have completed beginning swimming (SWM1). Intermediate stroke development will be presented in this course. Prerequisite: PEAC SWM1 (completed with a grade of "C" or higher). D 20763 MW 10:30 11:45 POOL KUBICKI 08/16-12/19 GR 001 D 20764 MW 12:00 1:15 POOL KUBICKI 08/16-12/19 GR 002 D 20765 MW 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 003 D 20766 TTh 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 004 S 21750 Sat 8:00 10:50 POOL KUBICKI 08/16-12/19 GR 081								
PEAC SBB2 INTERM SP SPECIFIC TR BASEBALL 1 unit Designed to increase physical conditioning, skill level, and knowledge in the sport of baseball. Individual baseball player to increase their specific physical conditioning, skill/technique level. Students must have experience and a high level of skill to enroll in this course. Prerequisite: PEAC SSB1 (completed with a grade of "P" or higher) D 20762 TTh 2:30 3:45 4001 TAVIS 08/16-12/19 OP 001									PEAC SWM3 ADVANCED SWIMMING 1 unit Designed for those students who would like to learn advanced strokes of swimming. Prerequisite: PEAC SWM2 (completed with a grade of "C" or higher). D 20767 MW 10:30 11:45 POOL KUBICKI 08/16-12/19 GR 001 D 20768 MW 12:00 1:15 POOL KUBICKI 08/16-12/19 GR 002 D 20769 MW 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 003 D 20770 TTh 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 004 S 21751 Sat 8:00 10:50 POOL KUBICKI 08/16-12/19 GR 081								
PEAC SBB3 ADV SPECIFIC TRAINING BASEBALL 1 unit Students will learn resistance and plyometric training methods to dramatically improve bat, leg and throwing speed. Students must have experience in resistance training and a high level of skill in the sport of baseball to enroll in this course. Prerequisite: PEAC SBB2 (completed with a grade of "P" or higher) D 20967 TTh 2:30 3:45 4001 TAVIS 08/16-12/19 OP 001									PEAC SWM4 HIGH LEVEL SWIMMING 1 unit Designed for students who are interested in acquiring the swimming skills and conditioning necessary to compete at a high level. Prerequisite: PEAC SWM3 (completed with a grade of "C" or higher). D 20968 MW 10:30 11:45 POOL KUBICKI 08/16-12/19 GR 001 D 20969 MW 12:00 1:15 POOL KUBICKI 08/16-12/19 GR 002 D 20970 MW 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 003 D 20971 TTh 1:30 2:45 POOL KUBICKI 08/16-12/19 GR 004 S 21752 Sat 8:00 10:50 POOL KUBICKI 08/16-12/19 GR 081								
PEAC SPM1 PLYO, SPEED & AGILITY FOR MEN 1 unit Course focuses on the development of speed, agility and plyometric training for men. Training will include speed training, progressive plyometric techniques, agility drills, flexibility exercises and core strengthening techniques. Health and nutritional issues specific to athletics will also be addressed. Strongly Recommended: Previous athletic experience D 20641 MW 1:30 2:45 4001 Staff 08/16-12/19 GR 001									PEAC TBB1 TOURNAMENT BASEBALL LEAGUE 1.5 units Designed for students to develop sport specific individual, group and team skills while participating in actual baseball games. An extensive baseball background and previous experience is needed for success in this class. Prerequisite: Students need an extensive baseball background and skill set. Students should be a member of a team and/or an established and recognized baseball league. S 20633 Sat 8:00 12:50 BFLD TAVIS 08/16-12/19 OP 081								

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
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PEAC TBB2 INTER TOURNMT BASEBALL LEAGUE 1.5 units

Designed for advanced baseball students to improve sport specific individual, group and team skills while participating in actual baseball games. An extensive baseball background and previous experience is needed for success in this class. **Prerequisite:** PEAC TBB1 (completed with a grade of "C" or higher). **Strongly Recommended:** Student should be a member of a team and/or an established and recognized baseball league.

S 20978	Sat	8:00	12:50	BFLD	TAVIS	08/16-12/19	OP	081
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PEAC TBB3 ADVANCED TOURNAMENT BASEBALL 1.5 units

Designed for students with existing advanced baseball skills to participate in competitive baseball games and increase existing skill levels. **Prerequisite:** PEAC TBB2 (completed with a grade of "C" or higher)

S 21712	Sat	8:00	12:50	BFLD	TAVIS	08/16-12/19	OP	081
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PEAC TEN1 INTRODUCTION TO TENNIS 1 unit

Introduction to the game of tennis. The course will involve basic stroking methods, conditioning techniques, historical background, rules, scoring, as well as, singles and doubles strategies.

D 21200	TTh	12:00	1:15	COURT	MORRIS	08/16-12/19	GR	001
S 20645	Sat	11:00	1:50	COURT	MORRIS	08/16-12/19	GR	081

PEAC TEN2 INTERMEDIATE TENNIS 1 unit

This course is designed for those students who have completed Tennis 1. The course will involve more techniques on the strokes of tennis, introducing spin as a control technique, footwork patterns, conditioning, historical background, rules, scoring, as well as strategy and court positioning for singles and doubles play. **Prerequisite:** PEAC TEN1 (completed with a grade of "P" or higher).

D 21201	TTh	12:00	1:15	COURT	MORRIS	08/16-12/19	OP	001
S 20771	Sat	11:00	1:50	COURT	MORRIS	08/16-12/19	OP	081

PEAC TEN3 ADVANCED TENNIS 1 unit

This course is for tennis players who are at an advanced level of play. The course will involve singles and doubles strategies that utilize high percentage play, footwork and conditioning drills, strategies for courts positioning in both singles and doubles play. **Prerequisite:** PEAC TEN2 (completed with a grade of "P" or higher).

D 21202	TTh	12:00	1:15	COURT	MORRIS	08/16-12/19	OP	001
S 20772	Sat	11:00	1:50	COURT	MORRIS	08/16-12/19	OP	081

PEAC TEN4 TOURNAMENT TENNIS 1 unit

This course is designed for those tennis players who are competing in tournaments or league play. The course will cover strategy, court positioning, footwork and conditioning, and tennis strokes technique. **Prerequisite:** PEAC TEN3 (completed with a grade of "P" or higher)

D 21203	TTh	12:00	1:15	COURT	MORRIS	08/16-12/19	GR	001
S 21204	Sat	11:00	1:50	COURT	MORRIS	08/16-12/19	GR	081

PEAC WAP1 INTRODUCTION TO WATER POLO 1.5 units

Designed to provide the student the opportunity to develop their skills in water polo. Aspects of leadership, team play, sportsmanship, and other social values are concomitant objectives. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course.

D 20872	By Arr	4.8 Hrs/Wk	POOL	KUBICKI	08/16-12/19	OP	001
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PEAC WAP2 BEGINNING WATER POLO 1.5 units

Designed to enhance and to develop strategic play necessary for tournament play. **Prerequisite:** PEAC WAP1 (completed with a grade of "C" or higher).

D 20873	By Arr	4.8 Hrs/Wk	POOL	KUBICKI	08/16-12/19	OP	001
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PEAC WAP3 INTERMEDIATE WATER POLO 1.5 units

Designed to provide the student the capability of participating in tournament play. Aspects of leadership, team play, sportsmanship, and other social values are concomitant objectives. **Prerequisite:** PEAC WAP2 (completed with a grade of "C" or higher).

D 20972	By Arr	4.8 Hrs/Wk	POOL	KUBICKI	08/16-12/19	OP	001
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PEAC WAP4 ADVANCED WATER POLO 1.5 units

Designed to provide the student participation in tournament play. Aspects of team play, good sportsmanship and life long health and well-being. **Prerequisite:** PEAC WAP3 (completed with a grade of "C" or higher)

D 21205	By Arr	4.8 Hrs/Wk	POOL	KUBICKI	08/16-12/19	OP	001
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PEAC WEI1 INTRODUCTION TO WEIGHT TRAINING 1 unit

Designed to teach the basic elements of weight training and prepare the student's body; i.e., muscles, ligaments, tendons and joints to endure weight training. Emphasis on developing muscle strength balances in the 3 different planes of motion and muscular endurance training. Circuit training will be utilized.

D 20629	MW	9:00	10:15	4001	TAVIS	08/16-12/19	GR	001
D 20630	TTh	9:00	10:15	4001	MCMILLER	08/16-12/19	GR	002
O 21805	By Arr	3.0 Hrs/Wk	ONLINE	Staff	08/16-12/19	GR	ON1	

PEAC WEI1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online

PEAC WEI2 INTERMEDIATE WEIGHT TRAINING 1 unit

Designed to focus on increasing the muscular hypertrophy of the prime movers. Workout templates will be provided that stimulate and provoke high and positive chemical changes within the muscle system. **Prerequisite:** PEAC WEI1 (completed with a grade of "P" or higher).

D 20773	MW	9:00	10:15	4001	TAVIS	08/16-12/19	GR	001
D 20774	TTh	9:00	10:15	4001	MCMILLER	08/16-12/19	GR	002

PEAC WEI3 ADVANCED WEIGHT TRAINING 1 unit

Designed to teach the student advanced lifts and training methods in weight training and to develop the highest level of force and to become significantly stronger through the use of muscular strength training stimulus. The student will learn to synchronize their muscles involved in the exercise. **Prerequisite:** PEAC WEI2 (completed with a grade of "P" or higher).

D 20775	MW	9:00	10:15	4001	TAVIS	08/16-12/19	GR	001
D 20776	TTh	9:00	10:15	4001	MCMILLER	08/16-12/19	GR	002

PEAC WEI4 WEIGHT TRAIN MUSCULAR POWER 1 unit

This is a course designed to increase the muscular power of the student through high velocity training. Emphasis on improving neuromuscular coordination through the utilization of the stretch-reflex principle and higher rates of acceleration through lighter training loads. **Prerequisite:** PEAC WEI3 (completed with a grade of "P" or higher)

D 21051	MW	9:00	10:15	4001	TAVIS	08/16-12/19	GR	001
D 21052	TTh	9:00	10:15	4001	MCMILLER	08/16-12/19	GR	002

PEAC WLK1 WALKING FOR FITNESS 1 unit

This course is for students of all fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes begin on campus and explore a multitude of nearby parks and trails. Topics to be discussed include: fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation, volkssporting and more.

O 21206	By Arr	3.0 Hrs/Wk	ONLINE	CALCAGNO	08/16-12/19	OP	ON1
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PEAC WLK1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu

O 21722	By Arr	3.0 Hrs/Wk	ONLINE	Staff	08/16-12/19	OP	ON2
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PEAC WLK1-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online

Fall Courses

CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec	CRN	Type	Day(s)	Times	Room	Instructor	Dates	Code	Sec
PEAC WLK2 ADVANCED WALKING FOR FITNESS 1 unit This is course is for students of intermediate-to-advanced fitness levels who would like to utilize walking as a fitness enhancing activity. Walking routes are on campus and will utilize the stadium bleachers, stairs and track. Multiple discussion topics will include: interval training, fitness and health assessment, equipment and safety, walking techniques, motivation, nutrition basics, program design and evaluation. Students will learn about target heart rate training and recording and monitoring their heart rate in this course. Prerequisite: PEAC WLK1 (completed with a grade of "P" or higher).									PEAC WOW3 ADVANCED RESISTANCE TRAINING 1 unit Designed to provide advanced information to students wishing to improve their physical fitness through the use of progressive resistance exercises. Students will learn about advanced training methods and develop advanced personal workout programs. Prerequisite: PEAC WOW2 (completed with a grade of "C" or higher)								
O 21207	By Arr	3.0 Hrs/Wk	ONLINE	CALCAGNO	08/16-12/19	GR	ON1		D 22382	TTh	10:30 11:45	4001	VILCHE	08/16-12/19	GR	001	
PEAC WLK2-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu									PEAC WOW3-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu								
O 21723	By Arr	3.0 Hrs/Wk	ONLINE	Staff	08/16-12/19	GR	ON2		O 21373	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	GR	ON1	
PEAC WLK2-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online																	
PEAC WLK3 ADV CARDIO FITNESS THRU WALKING 1 unit Designed to develop advanced cardiovascular fitness through walking and a series of supplemental exercises. Prerequisite: PEAC WLK2 (completed with a grade of "P" or higher).									PEAC YOG1 INTRODUCTION TO YOGA 1 unit This course explores the basic principles of Hatha Yoga and how they apply to achieving lifetime fitness. It incorporates yoga postures (asanas) designed to strengthen and tone the body. Breathing exercises, relaxation and meditation techniques are learned and practiced throughout the course.								
O 21208	By Arr	3.0 Hrs/Wk	ONLINE	CALCAGNO	08/16-12/19	GR	ON1		D 21374	MW	10:30 11:45	2930	MORALES	08/16-12/19	GR	001	
PEAC WLK3-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu									D 20631	MW	12:00 1:15	2930	ALTENBACH	08/16-12/19	GR	002	
O 21724	By Arr	3.0 Hrs/Wk	ONLINE	Staff	08/16-12/19	GR	ON2		D 21210	TTh	10:30 11:45	2930	ALTENBACH	08/16-12/19	GR	003	
PEAC WLK3-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online									O 20632	By Arr	3.9 Hrs/Wk	ONLINE	ALTENBACH	09/05-12/08	GR	EN1	
									PEAC YOG1-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu								
PEAC WLK4 WALK JOG FOR TOTAL FITNESS 1 unit The fourth in a series of walking fitness courses to improve cardiovascular fitness. The goal of this course is bridge the gap between walking and jogging through a gradual and progressive training plan. Prerequisite: PEAC WLK3 (completed with a grade of "P" or higher).									PEAC YOG2 INTERMEDIATE YOGA 1 unit Designed for students who have completed beginning yoga (YOG1) and are ready to progress to more complex moves in Hatha yoga. Prerequisite: PEAC YOG1 (completed with a grade of "C" or higher).								
O 21209	By Arr	3.0 Hrs/Wk	ONLINE	CALCAGNO	08/16-12/19	GR	ON1		D 21375	MW	10:30 11:45	2930	MORALES	08/16-12/19	GR	001	
PEAC WLK4-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is dcalcagno@chabotcollege.edu									D 20777	MW	12:00 1:15	2930	ALTENBACH	08/16-12/19	GR	002	
O 21725	By Arr	3.0 Hrs/Wk	ONLINE	Staff	08/16-12/19	GR	ON2		D 21211	TTh	10:30 11:45	2930	ALTENBACH	08/16-12/19	GR	003	
PEAC WLK4-ON2 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online									O 20778	By Arr	3.9 Hrs/Wk	ONLINE	ALTENBACH	09/05-12/08	GR	EN1	
									PEAC YOG2-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu								
PEAC WOW1 WOMENS WEIGHT TRAINING 1 1 unit Designed to provide introductory information on physical fitness and strength training through the use of progressive resistance exercises.									PEAC YOG3 ADVANCED YOGA 1 unit Designed for students who have completed intermediate Yoga (YOG2) and are ready to study more advanced and complicated asanas. Prerequisite: PEAC YOG2 (completed with a grade of "C" or higher).								
D 22380	TTh	10:30 11:45	4001	VILCHE	08/16-12/19	GR	001		D 21376	MW	10:30 11:45	2930	MORALES	08/16-12/19	GR	001	
O 21371	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	GR	ON1		D 20857	MW	12:00 1:15	2930	ALTENBACH	08/16-12/19	GR	002	
PEAC WOW1-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									D 21212	TTh	10:30 11:45	2930	ALTENBACH	08/16-12/19	GR	003	
									O 20858	By Arr	3.9 Hrs/Wk	ONLINE	ALTENBACH	09/05-12/08	GR	EN1	
									PEAC YOG3-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu								
PEAC WOW2 WOMENS WEIGHT TRAINING 2 1 unit Designed to provide basic information to students wishing to improve their physical fitness through the use of progressive resistance exercises. The material for the course is predicated upon the use of sound physiological principles. Students will learn about training and prevention of metabolic syndrome through diet and exercise in this course. Prerequisite: PEAC WOW1 (completed with a grade of "P" or higher).									PEAC YOG4 YOGA FOR LIFE 1 unit Designed for advanced yoga students to learn yoga routines that can be performed throughout life. Prerequisite: PEAC YOG3 (completed with a grade of "C" or higher).								
D 22381	TTh	10:30 11:45	4001	VILCHE	08/16-12/19	GR	001		D 21377	MW	10:30 11:45	2930	MORALES	08/16-12/19	OP	001	
O 21372	By Arr	3.0 Hrs/Wk	ONLINE	VILCHE	08/16-12/19	GR	ON1		D 20979	MW	12:00 1:15	2930	ALTENBACH	08/16-12/19	OP	002	
PEAC WOW2-ON1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is evilche@chabotcollege.edu									D 21213	TTh	10:30 11:45	2930	ALTENBACH	08/16-12/19	OP	003	
									O 20980	By Arr	3.9 Hrs/Wk	ONLINE	ALTENBACH	09/05-12/08	OP	EN1	
									PEAC YOG4-EN1 is an online course with no required on-campus meetings. For important additional information, go to www.chabotcollege.edu/online Instructor's email address is saltenbach@chabotcollege.edu								



Health and Athletics

Explore and prepare for health careers through our health education and kinesiology courses. Stay active and fit with our physical education and nutrition courses, and use our modern fitness center.

If you're looking to compete, join our Gladiator athletic teams:

- Baseball (men)
- Basketball (men & women)
- Football (men)
- Golf (men)
- Soccer (men & women)
- Softball (women)
- Swimming (men & women)
- Tennis (men & women)
- Track and Field (men & women)
- Wrestling (men)
- Volleyball(women)

Degrees and Certificates

The Health, Kinesiology and Athletics Divisions offers Associate degree and certicate programs for you to explore career options, gain new skills for career advancement, or prepare for transfer.

For program maps, visit the Learning & Career Pathways website at www.chabotcollege.edu/lcp.

Program Name	Associate Degree	Transfer Degree	Certificate
Dental Hygiene	Associate in Science		
Dental Radiation Safety			Certificate of Achievement
Kinesiology		Associate in Art for Transfer	
Licensed Vocational Nurse-Registered Nurse (LVN-RN)	Associate in Science		
Medical Assisting	Associate in Science		Certificate of Achievement
Nursing	Associate in Science		



CHABOT COLLEGE

25555 Hesperian Boulevard
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CHABOT FITNESS CENTER OPEN HOUSE



Saturday, July 15th 7:00 - 11:00 am

Thursday, July 27th 7:30 - 10:30 am
4:30 - 7:00 pm

Saturday, July 29th 7:00 - 11:00 am

Visit our Fitness Center on the second floor of Building 4000, located next to parking lot B.

- Get help applying for classes
- A chance to win prizes in fitness challenges
- Meet faculty and student athletes