

ATHLETICS, PHYSICAL EDUCATION, AND RECREATION

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Assistant Athletic Director, Intercollegiate Sports and Championships:

Earl Koberlein

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

Senior Lecturers: Anne Gould, Elizabeth Weeks

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

Sport Assistant Coaches: Lonni Alameda (Softball), Jon Allbin (Crew, men), Kent Baer (Football), Frankie Brennan (Tennis, women), Steve Buddie (Wrestling), Denise Corlett (Volleyball, women), Mike Denbrock (Football), Bill Diedrick (Football), Stephanie Erickson (Soccer, women), Dena Evans (Track and Field/Cross Country), Edrick Floreal (Track and Field), Amy Fuller (Crew, women), Tony Fuller (Basketball, men), Ross Gerry (Swimming, women), Lesley Irvine (Field Hockey), Liz Kittleman (Lacrosse), Ted Knapp (Swimming, men), John Kosty (Volleyball, men), John McDonnell (Football), Karen Middleton (Basketball, women), Kim Oden (Volleyball, women), Susan Ortwein (Water Polo, women), Sara Pickering (Softball), George Pogosov (Fencing), D. J. Powers (Golf, men and women), Buzz Preston (Football), Ben Quittner (Water Polo, men), Mike Reilly (Track and Field/Cross Country), Eric Reveno (Basketball, men), Julie Rousseau (Basketball, women), Denny Schuler (Football), Matt Stimson (Soccer, men), Dean Stotz (Baseball), Dave Tipton (Football), Amy Tucker (Basketball, women), Russell Turner (Basketball, men), Robert Weir (Track and Field), John Whitlinger (Tennis, men), Wayne Wright (Gymnastics, women), Philip Zacharias (Football), Jaro Sawislan (Soccer, men & women)

From the founding of the University, Stanford's leaders have believed physical activity is valuable for its own sake and complementary to the educational purpose of the University. The mission of the Department of Athletics, Physical Education, and Recreation is to offer the widest possible range of quality programs for athletic participation and physical fitness at all levels of skill and interest. Within the limitations of its resources, the department provides a broad range of instructional, rec-

reational, and intramural competitive programs for all who wish to participate. The intrinsic value to the participant is the primary criterion by which the worth of the programs should be judged.

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

PROGRAMS

No degrees are offered in Physical Education.

INTERCOLLEGIATE ATHLETICS

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

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

CLUB SPORTS

The Stanford Club Sports program is coeducational. It provides competition in sports not included in the intercollegiate varsity program and instruction in classes or activities not included in the Physical Education program. It also develops student leadership in organizing, administering, and funding activities. The club program is actively supervised by the Director of Club Sports, but the emphasis is on student interest and leadership to initiate, organize, and conduct the respective clubs. Those students in clubs that meet the criteria for inclusion in the formal curriculum may apply for units of credit. Club sport teams competing against other college, university, and/or club teams and requiring eligibility certification for their team members must make such arrangements through the Director of Club Sports.

INTRAMURAL SPORTS (IM)

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

RECREATION

The department provides facility use for faculty, staff, and students (and, for some activities, their immediate families) to participate in aquat-

ics, conditioning, and sports for general recreation. Specific recreation hours for all the facilities are publicized throughout the year in both the *Stanford Report*, at the respective facilities, and on the department's web site, <http://www.stanford.edu/dept/pe/>.

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

FACILITIES

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

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

CURRICULUM AND SERVICES

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

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

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

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

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

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

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

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

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

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

COURSES

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

PHYSICAL EDUCATION AND SPORTS THEORY

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

3 units, Aut, Win (Weeks)

LEADERSHIP OPPORTUNITIES IN PHYSICAL EDUCATION

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

1 unit, Aut, Win, Spr (Staff)

AQUATIC ACTIVITY

83. Lifeguard Training—Priority to those with summer jobs requiring certification and for those wishing to guard at Stanford during the year. Lifeguard characteristics and responsibilities, recognition of hazards and emergencies, patron and facility surveillance, interaction with the public, rescue skills. Community first aid and CPR for the professional rescuer. Bring letter from employer to first class meeting. Re-certification weekend session in CPR/PR and LGT/FA in late April or early May. See web site. Fee. Prerequisite: pass swim test (swimmer/advanced swimmer level).

2 units, Spr (Weeks)

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

1 unit, Aut, Spr (Kehoe)

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

1 unit, Aut, Spr (Kehoe)

102. Sailing: Advanced Dinghy—Refinement of heavy weather sailing skills, with emphasis on racing. Fee. Prerequisite: 108 or consent of instructor. (AU)

1 unit, Spr (Kehoe)

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

1 unit, Aut, Spr (Weeks)

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

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

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

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

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

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

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

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

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

1 unit, Spr (Staff)

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

1 unit, Aut, Spr (Tanner)

FITNESS, INDIVIDUAL, AND TEAM SPORT ACTIVITIES

2. Aerobics—High-powered strength building class. Focus is on body awareness, balance of strength and flexibility through continuous body motion and cardiovascular enhancement. All levels. Fee. (AU)

1 unit, Aut, Win, Spr (Conniff)

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

1 unit, Aut (Uhlfelder)

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

1 unit, Aut (Evans, Floreal)

14. Cardio-Athletic Kickboxing—Backed by high energy music, the Cardio Athletic Kickboxing workout incorporates kicks, punches, elbows and knees, and combinations used in martial arts and boxing together with effective athletic drills. Perfect cueing and instruction allow beginners and more advanced exercisers to follow the combinations, release stress, and have fun. Fee (AU)

1 unit, Aut, Win, Spr (Forte)

15. KO Cardio-Athletic Kickboxing—In this high energy workout, you will use boxing gloves, focus mitts, heavy bags, together with athletic agility drills for a total body workout. There will not be any sparring, but offensive and defensive skills will be practiced as you work with partners. A fun and challenging workout for all fitness levels. Fee (AU)

1 unit, Aut, Win, Spr (Forte)

17. Conditioning, Advanced—Active participation in conditioning exercises advancing from aerobic to intense anaerobic interval conditioning. Offered by appointment. Prerequisite: pass a physical exam prior to enrollment. (AU)

1 unit, Win (Wateska)

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

1 unit, Aut, Win, Spr (Milgram)

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

1 unit, Win, Spr (Milgram)

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

1 unit, Win (Johnson)

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

1 unit, Aut, Win, Spr (Hamada, Miller, Uchiyama)

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

1 unit, Aut, Spr (Hamada, Miller, Uchiyama)

54. Golf: Intermediate—Improvement through the use of drills and practice on all facets of golf game. Utilization of these skills in the game. Lower your score and manage your game on the course. Prerequisite: 52 or the equivalent. Fee. (AU)

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

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

1 unit, Aut, Win, Spr (Miller)

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

1 unit, Aut, Win, Spr (Hamada)

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

1 unit, Aut, Win, Spr (staff)

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

1 unit, Aut (Bobo)

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Win, Spr (Staff)

67. Horsemanship: Intermediate Riding and Jumping—Work at the walk, trot, canter. Cross rails up to two foot jumps. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Win, Spr (Irvine, Johnson)

88. Pilates Mat—Learn to move with economy, grace, and balance. Use your body to the greatest advantage making the most of its strengths and

correcting its imbalances. The Pilates Method is comprised of a few well designed movements properly performed in a balanced sequence. Fee. (AU)

1 unit, Aut, Win, Spr (Conniff)

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

1 unit, Aut, Win, Spr (Weeks)

93. Racquetball—Introductory; the basic strokes and strategies of racquetball. Fee. (AU)

1 unit, Win, Spr (Staff)

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

1 unit, Aut, Spr (Nelson)

113. Soccer: Intermediate—The basic skills and rules of the game. Small group tactics offensively and defensively. Improve play through drills and small-sided games. Fee. (AU)

1 unit, Aut, Win, Spr (Simon)

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

1 unit, Aut (Nelson)

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

1 unit, Win (Simon)

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

1 unit, Win, Spr (Nelson)

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

1 unit, Win (Nelson)

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

1 unit, Win (Simon)

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

1 unit, Aut, Win, Spr (Staff)

125. Squash: Intermediate—For those with basic previous experience. Review of basic shots. Focus on footwork, strategy, and drills. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

141. Tennis: Beginning—Fundamental strokes (forehand, backhand, serve, and net play), rules, and scoring. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

142. Tennis: Low Intermediate—Intended as a bridge between beginning and intermediate classes. Review of fundamental strokes and utilization of these skills in a game situation. Prerequisites: beginning-

level class or knowledge of rules and scoring and average ability in fundamental strokes, but limited playing experience. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

143. Tennis: Intermediate—Fundamental stroke review and increased emphasis on singles and doubles tactics. Prerequisites: low intermediate class or average ability in fundamental strokes and regular playing experience. NTRP rating of 3.0 or equivalent. Fee. (AU)

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Spr (Whitlinger)

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

2 units, Aut, Win, Spr (Forood, D. Gould)

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

1 unit, Aut (Kosty)

160. Volleyball: Sand, Intermediate—Drills to improve skills and game playing strategy. As ability indicates, more tactics and game playing strategy on two- and four-person sand volleyball. Fee. Prerequisites: 159, 162 and/or 163, or strong skills and general knowledge of indoor volleyball. Fee. (AU)

1 unit, Spr (Kosty)

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

1 unit, Spr (Kosty)

162. Volleyball: Beginning—Introduction/review of fundamental skills and rules. Basic strategy in game playing. Fee. (AU)

1 unit, Aut (Kosty)

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

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

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

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

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Spr (Buddie)

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

1 unit, Aut, Win, Spr (Staff)

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

1 unit, Aut, Win, Spr (Merlo)

INTERCOLLEGIATE ATHLETIC TEAMS

Varsity men's and women's teams in PAC-10 are for the highly talented and motivated undergraduate student. Unless specified, team try-outs are open to men and women students.

9V. Baseball: Varsity—Men's team. (AU)

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

11V. Basketball: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win (Montgomery, Staff) men's team
Aut, Win (Van Derveer, Staff) women's team*

19V. Crew: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win (Amerkhanian) men's team
Aut, Win, Spr (Baker) women's team*

22V. Cross Country: Varsity—Men's and women's teams. (AU)

1-2 units, Aut (Lananna)

31V. Diving: Varsity—Men's and women's teams. (AU)

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

41V. Fencing: Varsity—Men's and women's teams. (AU)

1-2 units, Aut, Win (Milgram)

45V. Field Hockey: Varsity—Women's team. (AU)

1-2 units, Aut, Spr (Johnson)

48V. Football: Varsity—Men's team. (AU)

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

57V. Golf: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Mitchell) men's team
Aut, Win, Spr (O'Connor) women's team*

62V. Gymnastics: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Hamada) men's team
Aut, Win, Spr (Smyth) women's team*

81V. Lacrosse: Varsity—Women's team. (AU)

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

107V. Sailing: Varsity—Coed and women's teams. (AU)

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

120V. Soccer: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Spr (Simon) men's team
Aut, Spr (Nelson) women's team*

122V. Softball: Varsity—Women's team. (AU)

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

137V. Synchronized Swimming—Women's team. (AU)

1-2 units, Aut, Win (Staff)

138V. Swimming: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Kenney) men's team
Aut, Win, Spr (Quick) women's team*

148V. Tennis: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Gould) men's team
Aut, Win, Spr (Forood) women's team*

154V. Track and Field: Varsity—Men's and women's teams. (AU)

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

165V. Volleyball: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Shaw) men's team
Aut, Win, Spr (Dunning) women's team*

171V. Water Polo: Varsity—Men's and women's teams. (AU)

*1-2 units, Aut, Win, Spr (Dettamanti) men's team
Aut, Win, Spr (Tanner) women's team*

182V. Wrestling: Varsity—Men's team. (AU)

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

CLUB SPORTS

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

5C. Badminton Club Team—(AU)

1 unit, Aut, Win, Spr

28C. Cycling Club Team—(AU)

1 unit, Aut, Win, Spr

34C. Equestrian Club Team—(AU)

1 unit, Aut, Win, Spr

69C. Horse Polo Club Team—(AU)

1 unit, Aut, Win, Spr

71C. Ice Hockey Club Team—Men. (AU)

1 unit, Aut, Win

76C. Judo Club Team—(AU)

1 unit, Aut, Win, Spr

79C. Lacrosse Club Team—Men. (AU)*1 unit, Aut, Win, Spr***96C. Rugby Club Teams**—Men's and women's teams. (AU)*1 unit, Aut, Win***110C. Ski Club Team**—(AU)*1 unit, Win***126C. Squash Club Team**—(AU)*1 unit, Aut, Win, Spr***151C. Triathlon Club Team**—(AU)*1 unit, Aut, Win, Spr***157C. Ultimate Frisbee Club Teams**—Men's and women's teams.
(AU)*1 unit, Aut, Win, Spr*

Additional clubs schedule activities each quarter for no credit.

This file has been excerpted from the *Stanford Bulletin, 2001-02*, pages 266-271. Every effort has been made to insure accuracy; late changes (after print publication of the bulletin) may have been made here. Contact the editor of the *Stanford Bulletin* via email at arod@stanford.edu with changes, corrections, updates, etc.