

# Valencia College

## East Campus Physical Education Department

### COURSES OFFERED for SPRING 2019



## Strength Training I & II

PEM 1131C - Strength Training I (2 credit hours)

CRN	Days	Times	Room	Instructor
23880	MW	8:00-8:50a	6-125	Marek
24232	MW	11:30-12:45p	6-125 (LS*)	Palentino
25243	TR	1:00-2:15p	6-125 (LS*)	Marek

PEM 1132C – Strength Training II (2 credit hours)

\*must have Weight Training I

CRN	Days	Times	Room	Instructor
23881	MW	8:00-8:50a	6-125	Marek
24233	MW	11:30-12:45p	6-125 (LS*)	Palentino
25244	TR	1:00-2:15p	6-125 (LS*)	Marek

## CONCEPTS OF PERSONAL TRAINING

HLP 2550C (3 credit hours)

CRN	Days	Times	Room	Instructor
24476	MW	1:00- 2:40p	6-204	Palentino

## Personal Health

HSC 1100 (3 credit hours)

CRN	Days	Times	Room	Instructor
21416	MW	11:30-12:45p	6-204	Marek
26474	TR	8:30-9:45a	6-201	Marek
21417		ONLINE (LS*)		Sabourin
22900		ONLINE (LS*)		Sabourin
26830		ONLINE (LS*)		Sabourin

## Care/Prevention Athletic Injuries

PET 2622C- (3 credit hours)

CRN	Days	Times	Room	Instructor
24399	T	6:00-8:30p	8-143	Mathews

## First Aid/CPR

HSC 1400C (3 credit hours)

CRN	Days	Times	Room	Instructor
25245	M	1:00-3:30p	6-201	Katz
24721	T	9:00-11:30a	6-204	Preston

Turn over for more great  
classes!

## Personal Fitness & Wellness

PEM2104C – Personal Fitness and Wellness (3 credit hours)

CRN	Days	Times	Room	Instructor
25455	MW	10:00-11:15a	6-125	Sabourin
25412	TR	11:30a-12:45p	6-125	Marek
27501	MW	5:30p-6:35p	6-125	Marek

## KickBoxing

PEM 1176C (2 credit hours)

CRN	Days	Times	Room	Instructor
26843	MW	10:00-10:50a	6-105	Katz
26832	TR	12:00-12:50p	6-105	Katz

## Yoga

PEM 1121- Yoga I (2 credit hours)

CRN	Days	Times	Room	Instructor
25417	T	9:00-10:40a	6-105	Pilloud
25419	S	10:00-11:40a	6-104	Ocana
25418	MW	9:00-9:50a	6-105	Katz

\* (LS) Indicates Late Start class