

ATHLETICS



GO SEAHAWKS

[Cabrillo Athletics Website](#)

ATH 10 Athletic Conditioning

Provides the opportunity for students to cross train and to improve fitness levels for intercollegiate competition. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN Activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	0.50	P.Carbone	1116
&	Arr.	Arr.		P.Carbone	HW1138

Section 1 is primarily for intercollegiate athletes. 18 hr arranged.

ATH 11 Football Conditioning

Provides instruction in speed, agility, and strength for football conditioning. Repeatability: May be taken 4 times; thereafter, may be audited.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	1.50	D.Arbet	STADIUM
&	Arr.	Arr.		D.Arbet	HW1136

Section 1 is primarily for students enrolled in the intercollegiate football program. 54 hr arranged.

2	Arr.	Arr.	1.50	Arbet/Espy	STADIUM
&	Arr.	Arr.		Arbet/Espy	HW1136

Section 2 is primarily for students enrolled in the intercollegiate football program. 54 hr arranged.

ATH 151 Intercollegiate Athletics-Basketball: Men

For men interested in intercollegiate competition in basketball. Open entry/Open exit. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	1.00	A.Marcopulos	1101
&	Arr.	Arr.		J.Page	1101

Meets 8 weeks, 1/29-3/24. Holiday 2/16 and 2/19. 54 hr arranged.

ATH 15J Intercollegiate Athletics-Basketball: Women

For women interested in intercollegiate competition in basketball. Open entry/Open exit. Repeatability: May be taken 4 times. Any combination of pre-season and regular Athletics courses may be taken a total of 4 times.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	1.00	J.Wilson	1101

Meets 8 weeks, 1/29-3/24. Holiday 2/16 and 2/19. 54 hr arranged.

ATH 15K Intercollegiate Athletics-Baseball

For students interested in intercollegiate competition in baseball. Open entry/Open Exit. Repeatability: May be taken a total of 4 times.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	R.Kittle	BASFIELD
&	Arr.	Arr.		A.Hunsdorfer	BASFIELD
&	Arr.	Arr.		J.Pritchard	BASFIELD

Meets 1/8-5/5. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15M Intercollegiate Athletics-Softball

For students interested in intercollegiate competition in softball. Open entry/Open exit. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	K.Rosinger	SOFFIELD

Meets 1/8-5/5. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15N Intercollegiate Athletics-Swimming and Diving: Men

For men interested in intercollegiate competition in swimming and diving. Open entry/Open exit. Repeatability: May be taken 4 times.

Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	J.Thomas	POOL

Meets 1/16-5/12. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15P Intercollegiate Athletics-Swimming and Diving: Women

For women interested in intercollegiate competition in swimming and diving. Open entry/ Open exit. Repeatability: May be taken 4 times.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	J.Thomas	POOL

Meets 1/16-5/12. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15Q Intercollegiate Athletics-Tennis: Men

Presents methods to improve fitness, strength, and flexibility to minimize injury potential to men interested in intercollegiate tennis in a pre-season setting. Open entry/Open exit. Repeatability: May be taken 4 times.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	D.Van Ness	TENCOURT

Meets 1/16-5/12. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15R Intercollegiate Athletics-Tennis: Women

For women interested in intercollegiate competition in tennis. Open entry/Open exit. Repeatability: May be taken 4 times.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit- 4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	D.Van Ness	TENCOURT

Meets 1/16-5/12. Begins prior to start of the regular spring semester. 175 hr arranged.

ATH 15S Intercollegiate Athletics-Sand Volleyball: Women

Provides instruction and coaching in intercollegiate competition in sand volleyball. Open entry/open exit. Repeatability: May be taken 4 times.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	Arr.	Arr.	3.00	L.Bol	OFFCAM

Meets 1/16-5/12. Section 1 is for intercollegiate women's sand volleyball athletes. Class meets at Rio Del Mar Beach, Aptos. 175 hr arranged.

ATH 31 Basketball Skills Development

Provides off season skills development and conditioning for intercollegiate basketball.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units

Section	Days	Times	Units	Instructor	Room
1	MWF	3:00PM-4:50PM	1.00	A.Marcopulos	1101

Meets 6 weeks, 4/2-5/11. While open to all students, this section is primarily for returning and potential intercollegiate men's basketball players.

2	MW	5:00PM-7:50PM	1.00	J.Wilson	1101
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Meets 6 weeks, 4/2-5/9. While open to all students, this section is primarily for returning and potential intercollegiate women's basketball players.

ATH 32 Football Skills Development

Provides instruction in offensive and defensive techniques and tactics associated with Intercollegiate Football.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	TTH	3:40PM-6:50PM	1.50	D.Arbeit	1118
&	TTH	3:40PM-6:50PM		D.Arbeit	STADIUM

Meets 8 weeks, 3/13-5/10. Holiday 3/27 and 3/29. First class meeting held in conference room 1171, next to the pool. While open to all students, this section is primarily for students enrolled in the intercollegiate football program.

ATH 33 Soccer Skills Development

Provides off season skills development and conditioning for intercollegiate soccer.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units

Section	Days	Times	Units	Instructor	Room
1	MW	3:00PM-4:20PM	1.50	P.Carbone	STADIUM

Meets 9 weeks, 3/19-5/26. Holiday 3/26-3/30. While open to all students, this section is primarily for intercollegiate women's soccer athletes.

2	MW	9:00AM-11:05AM	2.00	P.Carbone	STADIUM
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While open to all students, this section is primarily for intercollegiate men's soccer athletes.

ATH 35 Volleyball Skills Development

Provides off-season skills development and conditioning for intercollegiate volleyball.
Transfer Credit: CSU; UC, WITH LIMITS: Any or all ATH & KIN activity courses combined: maximum credit-4 units.

Section	Days	Times	Units	Instructor	Room
1	TTH	7:30PM-9:35PM	1.00	G.Houston	1101
&	TTH	7:30PM-9:35PM		M.Ehritt	1101

Meets 8 weeks, 4/3-5/24.