ATHLETICS, PHYS ED, RECREATION (ATHLETIC)

ATHLETIC 1. Varsity Sport Experience. 1-2 Unit.
Course is designed for the Varsity Athlete in terms of conditioning, practice, game preparation and weight training. Limit 2 credits per quarter with a maximum of 8 credits able to be applied towards graduation. Prerequisite: Must be a Varsity Athlete; Permission of appropriate sport administrator. May repeat for credit.

ATHLETIC 10. Band, Sports Activity. 1 Unit.
(AU).

ATHLETIC 104V. Sailing, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 105V. Sailing, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 107C. Ski Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

ATHLETIC 118V. Soccer, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 119V. Soccer, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 121V. Softball, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 125C. Squash Club Team. 1 Unit.
Same as: Men

ATHLETIC 126V. Squash, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 12V. Baseball, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 135V. Swimming, Synchronized: Varsity. 1-2 Unit.
(AU).

ATHLETIC 136V. Swimming, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 137V. Swimming, Synchronized: Varsity. 1-2 Unit.
(AU).

ATHLETIC 14V. Basketball, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 143V. Tennis Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

ATHLETIC 148V. Tennis, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 149V. Tennis, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 14V. Basketball, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 153V. Track and Field, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 154V. Track and Field, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 156C. Triathlon Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

ATHLETIC 158C. Ultimate Frisbee Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

ATHLETIC 159C. Ultimate Frisbee Club Team. 1 Unit.
Same as: Women

ATHLETIC 16V. Basketball, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 166V. Volleyball, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 167V. Volleyball, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 168C. Volleyball Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

APPROPRIATE RECREATION (ATHLETIC/RECREATION)
ATHLETIC 171V. Water Polo, Varsity Men. 1-2 Unit.  
(AU).

ATHLETIC 172V. Water Polo, Varsity Women. 1-2 Unit.  
(AU).

ATHLETIC 178M. Wing Chun Kung Fu. 1 Unit.  
Wing Chun Kung Fu’s roots can be traced from the Southern Shaolin Temple in China to the late Grand Master Yip Man. It is one of the few martial arts that attributes its origins to a woman. Although popularized as Bruce Lee’s mother art, the practice of Wing Chun remains substantially different from his Jeet Kune Do. Taught as a predominantly internally-oriented style stressing technique, sensitivity, and subtle awareness instead of brute force, Wing Chun provides practical self-defense for men and women and a means for developing the mind and spirit. This class is part of the Stanford Martial Arts program, in order to receive credit you must meet program requirements. For more information visit: http://wchun.stanford.edu.

ATHLETIC 180V. Wrestling, Varsity. 1-2 Unit.  
(AU).

ATHLETIC 181M. Wushu. 1 Unit.  
Modern Wushu is a martial art which combines a foundation in the traditional Chinese fighting arts with a modern disposition towards aesthetics, grace, and performance. It emphasizes a combination of strength, speed, and flexibility rarely seen in other martial arts or sports. Both a martial art and a performance art, Wushu is the national sport of China, and is practiced throughout the world. Along with open hand training, Wushu athletes do extensive training with weapons such as broadsword, staff, spear, and straight sword. This class is part of the Stanford Martial Arts program, in order to receive credit you must meet program requirements. For more information visit: http://wushu.stanford.edu.

ATHLETIC 20M. Capoeira Club. 1 Unit.  
Capoeira is a breathtaking Afro-Brazilian art which combines practical martial arts, dance, acrobatics, music, history and philosophy. The origin of Capoeira is obscure since the evolution of Capoeira during the Brazilian slave trade was not well documented. Most theories point toward adapted movements from traditional Angola dance which evolved into techniques of self-defense. When Capoeira was outlawed by slave owners the fighting art became disguised as a dance through the addition of music and acrobatic movements. In the 1930’s Capoeira was legalized in Brazil and is now spreading throughout the world. This class is part of the Stanford Martial Arts program, in order to receive credit you must meet program requirements.

ATHLETIC 21C. Soccer Club Team. 1 Unit.  
This course is offered to returning members of the Soccer Club Sports team. All students must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.  
(AU).

ATHLETIC 22C. Competitive Cheer Club. 1 Unit.  
This course is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member.

ATHLETIC 26V. Crew, Varsity Women. 1-2 Unit.  
(AU).

ATHLETIC 28V. Cross Country, Varsity Men. 1-2 Unit.  
(AU).

ATHLETIC 29V. Cross Country, Varsity Women. 1-2 Unit.  
(AU).

ATHLETIC 42V. Fencing, Varsity Women. 1-2 Unit.  
(AU) (Milgram).

ATHLETIC 47V. Field Hockey, Varsity Women. 1-2 Unit.  
(AU).

ATHLETIC 48V. Football, Varsity. 1-2 Unit.  
(AU).
ATHLETIC 4C. Archery Club Team. 1 Unit.
Restricted to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. Not a PE class or for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. Students new to a team should register for the course in future quarters once committed as a team member. (AU).

ATHLETIC 55V. Golf, Varsity Men. 1-2 Unit.
(AU).

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

ATHLETIC 5C. Climbing Club Team. 1 Unit.
This class is for members of the Climbing Club Sports team. All students must complete 30 hours of participation with the team and meet any other team requirements during the quarter. While many teams are open to beginners, this is for returning athletes committed to the team for the year and are at an intermediate or advanced level. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. May be repeat for credit.

ATHLETIC 60V. Gymnastics, Varsity Men. 1-2 Unit.
(AU).

ATHLETIC 61V. Gymnastics, Varsity Women. 1-2 Unit.
(AU).

ATHLETIC 70C. Horse Polo Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

ATHLETIC 72C. Ice Hockey Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. Men (AU).

ATHLETIC 73M. JKA Shotokan Karate. 1 Unit.
Shotokan Karate is a weaponless martial art developed in Okinawa and Japan, emphasizing power and efficiency in combat. Skilled karateka defeat their opponents with minimal number of techniques and effort, which is particularly useful when facing multiple opponents. Shotokan is distinguished from other martial arts by the linearity and strength of its punches, blocks, and kicks. Precise techniques, accompanied by mastery and focus of energy flows and a deep knowledge of the body’s vital points, make this karate style a comprehensive system for self-defense and combat. However, Shotokan Karate is much more than just a way to defend and fight; it is an holistic system in which the training itself has far reaching effects on the trainee. It is an ideal way to become and stay fit, as it combines intense aerobic and anaerobic exercises. It is a way to gain self-discipline and the confidence to surmount everyday obstacles, whether tangible or not. Shotokan Karate encourages and helps in the exploration and understanding of both the physical and mental self. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: http://karate.stanford.edu.

ATHLETIC 74C. Judo Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

ATHLETIC 75M. Jujitsu Self Defense. 1 Unit.
The Stanford Self-Defense Class teaches practical methods of self-defense drawn from all the martial arts. This coed course is available to beginners every quarter. Advanced training also is available year-round through senior black belt level, and is offered to improve and widen each student’s skills. All Stanford students, faculty and staff members are invited to join our relaxed atmosphere, as we work on conditioning and coordination. Students who have completed the beginners course can further refine their basic skills, as well as learn more complicated techniques. Advanced students may continue as long as they wish, with the possibility of receiving formal belt ranks in Aiki Jujitsu. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: http://jujitsu.stanford.edu.

ATHLETIC 76M. Kendo. 1 Unit.
Kendo is a Japanese form of fencing with two-handed bamboo swords, originally developed as a safe form of sword training for samurai. This is part of the Stanford Martial Arts program.

ATHLETIC 77C. Lacrosse Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).

ATHLETIC 78M. Kenpo Karate. 1 Unit.
The Stanford Kenpo Karate Association teaches vital self-defense techniques, designed to maximize effectiveness regardless of size or strength. Beginning students will learn tools for responding to a modern street-fight situation, including single- or multiple-attackers, with or without weapons, under a variety of circumstances. Kenpo students learn multiple-strike defenses, hand strikes, kicks, joint locks, evasions, pressure points, sweeps, throws and even falls and rolls. In addition to self-defense, SKKA also teaches sparring and kata, encouraging balance, flexibility, strength and personal growth in the martial arts. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: http://www.stanfordkenpo.com.

ATHLETIC 78V. Lacrosse, Varsity Women. 1-2 Unit.
(AU).
ATHLETIC 81M. Muay Thai. 1 Unit.
Muay Thai or Thai Kickboxing is a martial art developed in Thailand about 500 years ago to defend the country against invaders. Muay Thai combines Western-style boxing with kicking, and includes the use of elbows and knees. Though traditionally Muay Thai is designed to be fatal to the opponent, in our class we focus on self-defense and counter attack. Usually light sparring is practiced with minimal use of elbows. During class, students will wear boxing gloves, shin guards, and mouth protectors. Head protection is required for sparring. In order to excel in Muay Thai, one will need to develop flexibility, strength, endurance, concentration, and reflexes. One will learn to adapt the techniques according to their strengths and weaknesses on their own pace. This class is part of the Stanford Martial Arts program, in order to receive credit you must be meet program requirements. For more information visit: http://kickboxing.stanford.edu.

ATHLETIC 82. Manager: Athletic Team. 1 Unit.
For student managers of intercollegiate teams. Prerequisite: consent of respective varsity team head coach. (AU).

ATHLETIC 91C. Rugby Club Team. 1 Unit.
This credit is offered to returning members of the specified Club Sports team. All enrollees must complete 21 hours of participation with the team and meet any other team requirements during the quarter. This is NOT a PE class or credit for beginners. While many teams are open to beginners joining, the credit is offered to returning athletes committed to the team for the year. If you are new to the team, please look to register for the credit in future quarters once you are committed as a team member. (AU).
Same as: Men

ATHLETIC 92C. Rugby Club Team. 1 Unit.
(AU).
Same as: Women