

SAN DIEGO CITY COLLEGE

The School of Health, Exercise
Science, Nutrition, and Athletics



Spring 2025

Class Schedule

Facilities located on the north-west side of campus at 1480 Park Blvd., San Diego, CA 92101

San Diego City College- School of Health, Exercise Science, Nutrition, and Athletics

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80519	EXSC	240	Phys Educ in the Elem Schools	2/3/2025	6/2/2025				CITYWEB	LeeAnn Taylor
80560	EXSC	241B	Introduction to Kinesiology	2/3/2025	3/29/2025				CITYWEB	Dede Bodnar
80615	EXSC	242B	Care & Prevention of Injuries	4/7/2025	6/2/2025	5:30:00 PM	8:30:00 PM	M	CITYHW206	Denise Lebsack
80615	EXSC	242B	Care & Prevention of Injuries	4/7/2025	6/2/2025				CITYWEB	Denise Lebsack
80581	HEAL	101	Health and Lifestyle	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYBT101	LeeAnn Taylor
80483	HEAL	101	Health and Lifestyle	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYBT101	Christina Troutner
80484	HEAL	101	Health and Lifestyle	2/3/2025	3/29/2025				CITYWEB	Mitchell Charlens
80562	HEAL	101	Health and Lifestyle	2/3/2025	6/2/2025				CITYWEB	Mitchell Charlens
80612	HEAL	101	Health and Lifestyle	3/3/2025	3/29/2025				CITYWEB	Dede Bodnar
80518	HEAL	101	Health and Lifestyle	4/7/2025	6/2/2025				CITYWEB	Mitchell Charlens
80561	HEAL	101	Health and Lifestyle	4/7/2025	6/2/2025				CITYWEB	Staff
80485	NUTR	150	Nutrition	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYBT306	Christina Troutner
80514	NUTR	150	Nutrition	2/3/2025	3/29/2025				CITYWEB	LeeAnn Taylor
84527	NUTR	150	Nutrition	2/3/2025	3/29/2025				CITYWEB	Christina Troutner
84529	NUTR	150	Nutrition	2/3/2025	6/2/2025				CITYWEB	Michelle Steele
80572	NUTR	150	Nutrition	4/7/2025	6/2/2025				CITYWEB	Christina Troutner
84528	NUTR	150	Nutrition	4/7/2025	6/2/2025				CITYWEB	Gabriela Hogan
80599	NUTR	153	Cultural Foods	2/3/2025	6/2/2025	12:45:00 PM	2:10:00 PM	MW	CITYBT101	Christina Troutner
84530	NUTR	153	Cultural Foods	2/3/2025	3/29/2025				CITYWEB	Michelle Steele
80582	NUTR	153	Cultural Foods	4/7/2025	6/2/2025				CITYWEB	Christina Troutner
80487	NUTR	170	Nutrition and Fitness	2/3/2025	3/29/2025				CITYWEB	Gabriela Hogan
84542	EXSC	123	Adapted Physical Fitness	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYFTCTR	Gabriela Hogan
80531	EXSC	124A	Core and Cardio Fitness I	4/7/2025	6/2/2025				CITYWEB	Christopher Brown
80532	EXSC	124B	Core and Cardio Fitness II	4/7/2025	6/2/2025				CITYWEB	Christopher Brown
80533	EXSC	124C	Core and Cardio Fitness III	4/7/2025	6/2/2025				CITYWEB	Christopher Brown
80534	EXSC	124D	Core and Cardio Fitness IV	4/7/2025	6/2/2025				CITYWEB	Christopher Brown
80472	EXSC	124A	Core and Cardio Fitness I	2/3/2025	3/29/2025				CITYWEB	Dede Bodnar
80474	EXSC	124B	Core and Cardio Fitness II	2/3/2025	3/29/2025				CITYWEB	Dede Bodnar
80476	EXSC	124C	Core and Cardio Fitness III	2/3/2025	3/29/2025				CITYWEB	Dede Bodnar
80478	EXSC	124D	Core and Cardio Fitness IV	2/3/2025	3/29/2025				CITYWEB	Dede Bodnar

Physical Therapist, Dietician, Strength Coach, Teacher, Coach, Health Coach, Personal Trainer, Group Instructor, Physiologist, Professor, Researcher, Biomechanist, & more! A degree in Kinesiology opens up numerous opportunities.

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80471	EXSC	124A	Core and Cardio Fitness I	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	TR	CITYFCTR	LeeAnn Taylor
80473	EXSC	124B	Core and Cardio Fitness II	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	TR	CITYFCTR	LeeAnn Taylor
80475	EXSC	124C	Core and Cardio Fitness III	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	TR	CITYFCTR	LeeAnn Taylor
80477	EXSC	124D	Core and Cardio Fitness IV	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	TR	CITYFCTR	LeeAnn Taylor
80604	EXSC	125A	Aerobic Dance I	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Gabriela Hogan
80605	EXSC	125B	Aerobic Dance II	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Gabriela Hogan
80606	EXSC	125C	Aerobic Dance III	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Gabriela Hogan
80607	EXSC	125D	Aerobic Dance IV	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Gabriela Hogan
80479	EXSC	126A	Cardio Conditioning I	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFCTR	Krishna Curry
80480	EXSC	126B	Cardio Conditioning II	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFCTR	Krishna Curry
80481	EXSC	126C	Cardio Conditioning III	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFCTR	Krishna Curry
80482	EXSC	126D	Cardio Conditioning IV	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFCTR	Krishna Curry
80566	EXSC	126A	Cardio Conditioning I	4/7/2025	6/2/2025				CITYWEB	LeeAnn Taylor
80567	EXSC	126B	Cardio Conditioning II	4/7/2025	6/2/2025				CITYWEB	LeeAnn Taylor
80568	EXSC	126C	Cardio Conditioning III	4/7/2025	6/2/2025				CITYWEB	LeeAnn Taylor
80569	EXSC	126D	Cardio Conditioning IV	4/7/2025	6/2/2025				CITYWEB	LeeAnn Taylor
Course with Prof. Dunn is MWF										
80536	EXSC	126A	Cardio Conditioning I	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFCTR	Philip Dunn
80536	EXSC	126A	Cardio Conditioning I	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFCTR	Philip Dunn
80537	EXSC	126B	Cardio Conditioning II	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFCTR	Philip Dunn
80537	EXSC	126B	Cardio Conditioning II	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFCTR	Philip Dunn
80538	EXSC	126C	Cardio Conditioning III	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFCTR	Philip Dunn
80538	EXSC	126C	Cardio Conditioning III	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFCTR	Philip Dunn
80539	EXSC	126D	Cardio Conditioning IV	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFCTR	Philip Dunn
80539	EXSC	126D	Cardio Conditioning IV	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFCTR	Philip Dunn
80540	EXSC	127A	Cardio Kickboxing I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
80541	EXSC	127B	Cardio Kickboxing II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
80542	EXSC	127C	Cardio Kickboxing III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
80543	EXSC	127D	Cardio Kickboxing IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP101	Gabriela Hogan
80587	EXSC	130A	Indoor Cycling I	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
80588	EXSC	130B	Indoor Cycling II	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
80589	EXSC	130C	Indoor Cycling III	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn
80590	EXSC	130D	Indoor Cycling IV	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP225	Andrea Milburn

SD City College offers a variety of activity courses & theory courses in exercise science, kinesiology and nutrition.

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80583	EXSC	139A	Weight Training I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
80584	EXSC	139B	Weight Training II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
80585	EXSC	139C	Weight Training III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
80586	EXSC	139D	Weight Training IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP224	Cameron Roget
80488	EXSC	139A	Weight Training I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
80489	EXSC	139B	Weight Training II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
80490	EXSC	139C	Weight Training III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
80491	EXSC	139D	Weight Training IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP224	Christopher Brown
80520	EXSC	139A	Weight Training I	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
80521	EXSC	139B	Weight Training II	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
80522	EXSC	139C	Weight Training III	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
80523	EXSC	139D	Weight Training IV	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	TR	CITYP224	Christopher Tolles
80544	EXSC	139A	Weight Training I	2/3/2025	6/2/2025	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
80545	EXSC	139B	Weight Training II	2/3/2025	6/2/2025	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
80546	EXSC	139C	Weight Training III	2/3/2025	6/2/2025	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
80547	EXSC	139D	Weight Training IV	2/3/2025	6/2/2025	3:55:00 PM	5:20:00 PM	MW	CITYP224	Christopher Brown
84531	EXSC	142	Fund Hiking for Fitness I	2/3/2025	3/29/2025				CITYWEB	Andrea Milburn
80535	EXSC	142	Fund Hiking for Fitness I	4/7/2025	6/2/2025				CITYWEB	Andrea Milburn
80493	EXSC	145A	Yoga I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
80497	EXSC	145B	Yoga II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
80501	EXSC	145C	Yoga III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
80505	EXSC	145D	Yoga IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	TR	CITYP229	Andrea Milburn
80495	EXSC	145A	Yoga I	2/3/2025	6/2/2025	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
80499	EXSC	145B	Yoga II	2/3/2025	6/2/2025	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
80503	EXSC	145C	Yoga III	2/3/2025	6/2/2025	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
80507	EXSC	145D	Yoga IV	2/3/2025	6/2/2025	12:45:00 PM	2:10:00 PM	TR	CITYP229	Gabriela Hogan
80494	EXSC	145A	Yoga I	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Lucero Gonzalez
80498	EXSC	145B	Yoga II	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Lucero Gonzalez
80502	EXSC	145C	Yoga III	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Lucero Gonzalez
80506	EXSC	145D	Yoga IV	2/3/2025	6/2/2025	9:30:00 AM	12:50:00 PM	F	CITYP229	Lucero Gonzalez
84532	EXSC	145A	Yoga I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP229	Nicholas Skvarna
84535	EXSC	145B	Yoga II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP229	Nicholas Skvarna
84536	EXSC	145C	Yoga III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP229	Nicholas Skvarna
84537	EXSC	145D	Yoga IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYP229	Nicholas Skvarna

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80492	EXSC	145A	Yoga I	2/3/2025	6/2/2025	6:05:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
80496	EXSC	145B	Yoga II	2/3/2025	6/2/2025	6:05:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
80500	EXSC	145C	Yoga III	2/3/2025	6/2/2025	6:05:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
80504	EXSC	145D	Yoga IV	2/3/2025	6/2/2025	6:05:00 PM	7:30:00 PM	MW	CITYP229	Nicholas Skvarna
80508	EXSC	147A	Kickboxing I	2/3/2025	6/2/2025				CITYWEB	Gabriela Hogan
80509	EXSC	147B	Kickboxing II	2/3/2025	6/2/2025				CITYWEB	Gabriela Hogan
80510	EXSC	147C	Kickboxing III	2/3/2025	6/2/2025				CITYWEB	Gabriela Hogan
80511	EXSC	147D	Kickboxing IV	2/3/2025	6/2/2025				CITYWEB	Gabriela Hogan
84538	EXSC	148A	Mixed Martial Arts I	2/3/2025	6/2/2025	5:30:00 PM	6:55:00 PM	TR	CITYP101	Heidi Wilson
84539	EXSC	148B	Mixed Martial Arts II	2/3/2025	6/2/2025	5:30:00 PM	6:55:00 PM	TR	CITYP101	Heidi Wilson
84540	EXSC	148C	Mixed Martial Arts III	2/3/2025	6/2/2025	5:30:00 PM	6:55:00 PM	TR	CITYP101	Heidi Wilson
84541	EXSC	148D	Mixed Martial Arts IV	2/3/2025	6/2/2025	5:30:00 PM	6:55:00 PM	TR	CITYP101	Heidi Wilson
80548	EXSC	158A	Basketball I	4/7/2025	6/2/2025	11:10:00 AM	1:10:00 PM	TWR	CITYHWGYM	Andrea Aguilar-Montalban
80550	EXSC	158B	Basketball II	4/7/2025	6/2/2025	11:10:00 AM	1:10:00 PM	TWR	CITYHWGYM	Andrea Aguilar-Montalban
80552	EXSC	158C	Basketball III	4/7/2025	6/2/2025	11:10:00 AM	1:10:00 PM	TWR	CITYHWGYM	Andrea Aguilar-Montalban
80554	EXSC	158D	Basketball IV	4/7/2025	6/2/2025	11:10:00 AM	1:10:00 PM	TWR	CITYHWGYM	Andrea Aguilar-Montalban
85457	EXSC	158A	Basketball I	4/7/2025	6/2/2025	9:00:00 AM	11:00:00 AM	MTW	CITYHWGYM	Mitchell Charlens
85458	EXSC	158B	Basketball II	4/7/2025	6/2/2025	9:00:00 AM	11:00:00 AM	MTW	CITYHWGYM	Mitchell Charlens
85461	EXSC	158C	Basketball III	4/7/2025	6/2/2025	9:00:00 AM	11:00:00 AM	MTW	CITYHWGYM	Mitchell Charlens
85462	EXSC	158D	Basketball IV	4/7/2025	6/2/2025	9:00:00 AM	11:00:00 AM	MTW	CITYHWGYM	Mitchell Charlens
80600	EXSC	166A	Golf I	2/3/2025	6/2/2025	1:00:00 PM	4:00:00 PM	T	CITYSOCFD	LeeAnn Taylor
80601	EXSC	166B	Golf II	2/3/2025	6/2/2025	1:00:00 PM	4:00:00 PM	T	CITYSOCFD	LeeAnn Taylor
80602	EXSC	166C	Golf III	2/3/2025	6/2/2025	1:00:00 PM	4:00:00 PM	T	CITYSOCFD	LeeAnn Taylor
80603	EXSC	166D	Golf IV	2/3/2025	6/2/2025	1:00:00 PM	4:00:00 PM	T	CITYSOCFD	LeeAnn Taylor
80593	EXSC	174A	Soccer I	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
80594	EXSC	174B	Soccer II	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
80595	EXSC	174C	Soccer III	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
80596	EXSC	174D	Soccer IV	2/3/2025	6/2/2025	9:35:00 AM	11:00:00 AM	MW	CITYSOCFD	Cameron Roget
80556	EXSC	174A	Soccer I	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
80557	EXSC	174B	Soccer II	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
80558	EXSC	174C	Soccer III	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles
80559	EXSC	174D	Soccer IV	2/3/2025	6/2/2025	11:10:00 AM	12:35:00 PM	MW	CITYSOCFD	Christopher Tolles

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80608	EXSC	179A	Pickleball I	2/3/2025	6/2/2025	6:00:00 PM	9:00:00 PM	R	CITYTENCT	Nicholas Skvarna
80609	EXSC	179B	Pickleball II	2/3/2025	6/2/2025	6:00:00 PM	9:00:00 PM	R	CITYTENCT	Nicholas Skvarna
80610	EXSC	179C	Pickleball III	2/3/2025	6/2/2025	6:00:00 PM	9:00:00 PM	R	CITYTENCT	Nicholas Skvarna
80611	EXSC	179D	Pickleball IV	2/3/2025	6/2/2025	6:00:00 PM	9:00:00 PM	R	CITYTENCT	Nicholas Skvarna
80575	EXSC	182A	Volleyball I	2/3/2025	6/2/2025	5:55:00 PM	9:00:00 PM	T	CITYHWGYM	Breeana Reid
80576	EXSC	182B	Volleyball II	2/3/2025	6/2/2025	5:55:00 PM	9:00:00 PM	T	CITYHWGYM	Breeana Reid
80577	EXSC	182C	Volleyball III	2/3/2025	6/2/2025	5:55:00 PM	9:00:00 PM	T	CITYHWGYM	Breeana Reid
80578	EXSC	182D	Volleyball IV	2/3/2025	6/2/2025	5:55:00 PM	9:00:00 PM	T	CITYHWGYM	Breeana Reid
80512	EXSC	200	Intercollegiate Badminton I	2/3/2025	6/2/2025	4:00:00 PM	6:05:00 PM	F	CITYHWGYM	Darby Duprat
80512	EXSC	200	Intercollegiate Badminton I	2/3/2025	6/2/2025	4:00:00 PM	6:00:00 PM	MTWR	CITYHWGYM	Darby Duprat
80524	EXSC	201	Intercollegiate Badminton II	2/3/2025	6/2/2025	4:00:00 PM	6:05:00 PM	F	CITYHWGYM	Darby Duprat
80524	EXSC	201	Intercollegiate Badminton II	2/3/2025	6/2/2025	4:00:00 PM	6:00:00 PM	MTWR	CITYHWGYM	Darby Duprat
80525	EXSC	202	Intercollegiate Baseball I	1/13/2025	5/10/2025	1:30:00 PM	3:40:00 PM	F	CITYMORFD	Christopher Brown
80525	EXSC	202	Intercollegiate Baseball I	1/13/2025	5/10/2025	1:30:00 PM	3:30:00 PM	MTWR	CITYMORFD	Christopher Brown
80513	EXSC	203	Intercollegiate Baseball II	1/13/2025	5/10/2025	1:30:00 PM	3:40:00 PM	F	CITYMORFD	Christopher Brown
80513	EXSC	203	Intercollegiate Baseball II	1/13/2025	5/10/2025	1:30:00 PM	3:30:00 PM	MTWR	CITYMORFD	Christopher Brown
80530	EXSC	204	Intercollegiate Basketball I	1/2/2025	3/29/2025	11:10:00 AM	12:40:00 PM	MTWRF	CITYHWGYM	Andrea Aguilar-Montalban
80516	EXSC	205	Intercollegiate Basketball II	1/2/2025	3/29/2025	11:10:00 AM	12:40:00 PM	MTWRF	CITYHWGYM	Andrea Aguilar-Montalban
85463	EXSC	204	Intercollegiate Basketball I	1/2/2025	3/29/2025	9:00:00 AM	10:30:00 AM	MTWRF	CITYHWGYM	Mitchell Charlens
85464	EXSC	205	Intercollegiate Basketball II	1/2/2025	3/29/2025	9:00:00 AM	10:30:00 AM	MTWRF	CITYHWGYM	Mitchell Charlens
80591	EXSC	216	Intercollegiate Softball I	1/13/2025	5/10/2025	1:30:00 PM	3:40:00 PM	F	CITYSOFFD	Alfred Hull
80591	EXSC	216	Intercollegiate Softball I	1/13/2025	5/10/2025	1:30:00 PM	3:30:00 PM	MTWR	CITYSOFFD	Alfred Hull
80592	EXSC	217	Intercollegiate Softball II	1/13/2025	5/10/2025	1:30:00 PM	3:40:00 PM	F	CITYSOFFD	Alfred Hull
80592	EXSC	217	Intercollegiate Softball II	1/13/2025	5/10/2025	1:30:00 PM	3:30:00 PM	MTWR	CITYSOFFD	Alfred Hull
80528	EXSC	220	Intercollegiate Tennis I	1/13/2025	5/3/2025	1:00:00 PM	3:30:00 PM	MTW	CITYTENCT	Brandon Lupian
80528	EXSC	220	Intercollegiate Tennis I	1/13/2025	5/3/2025	1:00:00 PM	3:25:00 PM	R	CITYTENCT	Brandon Lupian
80529	EXSC	221	Intercollegiate Tennis II	1/13/2025	5/3/2025	1:00:00 PM	3:30:00 PM	MTW	CITYTENCT	Brandon Lupian
80529	EXSC	221	Intercollegiate Tennis II	1/13/2025	5/3/2025	1:00:00 PM	3:25:00 PM	R	CITYTENCT	Brandon Lupian
80526	EXSC	220	Intercollegiate Tennis I	1/13/2025	5/3/2025	1:00:00 PM	3:30:00 PM	MTW	CITYTENCT	Jami Jones
80526	EXSC	220	Intercollegiate Tennis I	1/13/2025	5/3/2025	1:00:00 PM	3:25:00 PM	R	CITYTENCT	Jami Jones
80527	EXSC	221	Intercollegiate Tennis II	1/13/2025	5/3/2025	1:00:00 PM	3:30:00 PM	MTW	CITYTENCT	Jami Jones
80527	EXSC	221	Intercollegiate Tennis II	1/13/2025	5/3/2025	1:00:00 PM	3:25:00 PM	R	CITYTENCT	Jami Jones

We have 13 intercollegiate sports including W Badminton, Baseball, M/W Basketball, M/W Cross Country, M/W Soccer, Softball, M/W Tennis, W Indoor Volleyball, & W Beach Volleyball.

Class #	Sub	Cat	Description	Start Date	End Date	Mtg Start	Mtg End	DAYS	Location	Instructor
80570	EXSC	228A	Intercol Sand Volleyball I	1/13/2025	5/3/2025	9:35:00 AM	11:25:00 AM	F	CITYCLSRM	Audra Dent
80570	EXSC	228A	Intercol Sand Volleyball I	1/13/2025	5/3/2025	9:35:00 AM	11:40:00 AM	MTWR	CITYCLSRM	Audra Dent
80571	EXSC	228B	Intercol Sand Volleyball II	1/13/2025	5/3/2025	9:35:00 AM	11:25:00 AM	F	CITYCLSRM	Audra Dent
80571	EXSC	228B	Intercol Sand Volleyball II	1/13/2025	5/3/2025	9:35:00 AM	11:40:00 AM	MTWR	CITYCLSRM	Audra Dent
80573	EXSC	230A	Strategies of Baseball I	2/3/2025	6/2/2025	11:30:00 AM	12:55:00 PM	MW	CITYMORFD	Christopher Brown
80574	EXSC	230B	Strategies of Baseball II	2/3/2025	6/2/2025	11:30:00 AM	12:55:00 PM	MW	CITYMORFD	Christopher Brown
80613	EXSC	231A	Basketball Theory/Strategy I	2/3/2025	6/2/2025	3:40:00 PM	5:05:00 PM	TR	CITYP224	Mitchell Charlens
80614	EXSC	231B	Basketball Theory/Strategy II	2/3/2025	6/2/2025	3:40:00 PM	5:05:00 PM	TR	CITYP224	Mitchell Charlens
80597	EXSC	232A	Prof. Activities/Cross Coun I	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFTCTR	Krishna Curry
80597	EXSC	232A	Prof. Activities/Cross Coun I	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFTCTR	Krishna Curry
80598	EXSC	232B	Prof. Activities/Cross Coun II	2/3/2025	6/2/2025	12:45:00 PM	1:55:00 PM	F	CITYFTCTR	Krishna Curry
80598	EXSC	232B	Prof. Activities/Cross Coun II	2/3/2025	6/2/2025	12:45:00 PM	1:45:00 PM	MW	CITYFTCTR	Krishna Curry
80564	EXSC	232A	Prof. Activities/Cross Coun I	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFTCTR	Philip Dunn
80565	EXSC	232B	Prof. Activities/Cross Coun II	2/3/2025	6/2/2025	7:00:00 AM	8:20:00 AM	TR	CITYFTCTR	Philip Dunn
80579	EXSC	239A	Theory/Strategy Volleyball I	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	MW	CITYP224	Breana Reid
80580	EXSC	239B	Theory/Strategy Volleyball II	2/3/2025	6/2/2025	8:00:00 AM	9:25:00 AM	MW	CITYP224	Breana Reid





Located in the heart of San Diego with amazing facilities and educational programs. We would love to meet with you and share about our program.

We offer:

- Women's Badminton
- Women's Beach Sand Volleyball
- Baseball & Softball
- Men's & Women's Basketball
- Men's & Women's Cross Country
- Men's & Women's Soccer
- Men's & Women's Tennis
- Women's Indoor Volleyball

For more info: www.sdcityknights.com

Please fill out form at:
www.sdcityknights.com/general/prospective-student-athlete-form

Sport:	Name:	Email:	Phone #:
W. Badminton	Darby Duprat	dduprat@sdccd.edu	(619) 388-3457
Baseball	Chris Brown	cbrown@sdccd.edu	(619) 388-3705
W. Basketball	Andrea Aguilar-Montalban	aaguilar@sdccd.edu	(619) 253-0402
M. Basketball	Mitch Charlens	mcharlens@sdccd.edu	(619) 388-3703
W. Cross Country	Krishna Curry	kcurry@sdccd.edu	(619) 388-3700
M. Cross Country	Philip Dunn	pdunn@sdccd.edu	(619) 388-3008
W. Soccer	Cameron Roget	croget@sdccd.edu	(619) 388-3459
M. Soccer	Chris Tolles	ctolles@sdccd.edu	(619) 388-3140
Softball	AJ Hull	ahull@sdccd.edu	(619) 388-3404
W. Tennis	Jami Jones	jyjones@sdccd.edu	(619) 388-3436
M. Tennis	Brandon Lupian	blupian@sdccd.edu	(619) 252-9445
W. Volleyball	Audra Dent	adent@sdccd.edu	(619) 388-3128
W. Beach Sand Vb.	Audra Dent	adent@sdccd.edu	(619) 388-3128

Join the Team!



Physical Therapist (PT)

A PT helps manage symptoms such as pain, stiffness, and discomfort that hinder movement. Many people work with a PT for rehabilitation (rehab) following an injury or surgery to aid in their recovery. PTs also play a crucial role in injury prevention and treatment of certain health conditions by helping individuals move more confidently and safely.



Athletic Trainer (ATC)

ATCs are highly skilled healthcare professionals who work under the direction of or in collaboration with a physician, in accordance with their education, training, and the state's statutes, rules, and regulations. They provide a range of services including primary care, injury prevention, wellness education, emergency care, clinical diagnosis, and therapeutic intervention for injuries and medical conditions.



Exercise Physiologists

Exercise physiologists are experts in the field of exercise science, focusing on how exercise affects the body. They conduct exercise stress tests to assess cardiovascular health and develop personalized exercise programs to improve clients' overall physical fitness, health, strength, endurance, and energy levels.



Sports/Athletics Coach

An athletic coach directs, instructs, and trains sports teams or athletes, guiding them in skill development, strategy, and performance. They create training programs, offer feedback, and make strategic decisions during competitions. Coaches also mentor athletes, promoting discipline, teamwork, and sportsmanship for personal growth on and off the field.



Registered Dietitian Nutritionist (RDN)

RDNs are nutrition experts who specialize in disease prevention and treatment. They develop personalized nutrition plans, provide medical nutrition therapy, and promote healthy eating habits in individuals and communities. RDNs work in diverse settings including clinical dietetics, community health, sports nutrition, corporate wellness, academia, research, and the food industry.



Exercise Science/Physical Education (PE) Instructor

A PE instructor educates students about sports, physical fitness, health, and nutrition. They design curriculum and activities to foster healthy habits and promote overall well-being. Through their guidance and expertise, PE instructors help students develop essential skills and knowledge that instill a lifelong appreciation for health and fitness.



ADD A UNIT OF FUN

Did you know San Diego City College offers amazing activity courses for college credit? Most at only ONE unit, that's \$46 for an awesome class taught by trained professionals.

Aerobic Dance

Cardio Conditioning

Core and Cardio

Fitness

Cardio Kickboxing

Golf

Hiking for Fitness

Indoor Cycling

Kickboxing

Pickleball

Weight Training

Yoga

We also offer lecture courses in Nutrition (NUTR), Health (HEAL), and Exercise Science (EXSC).