

ISR Program

Sport Skill Courses

The ISR Program is designed to promote physical and mental well-being through development of and involvement in a style of life that includes physical activity. Joy of participation plays an important role in relieving stress, clearing the mind, and reenergizing the spirit.

A broad variety of activities and skill levels affords each student / participant a choice to suit individual needs and desires. You will have the opportunity to develop competency in selected activities in order to develop and maintain fitness for living, to provide a foundation for active use of leisure time, and to prepare for lifelong recreational involvement.

Our goal is to impart you with the importance of vigorous physical activity so that you may gain a lifelong enjoyment of the health that comes from movement.

Fall 2008 Courses				
Course Code & Section	Sports	Time	Days	Location
ISR 113 01 / ISR 213 01	BASKETBALL I&II	12:30- 1:50PM	T TH	HSC ARENA
ISR 115 01 / ISR 215 01	BOWLING	3:00-5:20PM	F	LUCKY STRIKE, SOUTH BEACH
ISR 125 01 / ISR 225 01	FENCING I&II	7:00-9:20PM	T	MILLER STD
ISR 130 01/ ISR 230 02	GOLF I&II	12:00-1:20PM	S	MIAMI SHORES COUNTRY CLUB
ISR 130 02 / ISR 230 02	GOLF I&II	10:00-11:20AM	S	MIAMI SHORES COUNTRY CLUB
ISR 159 01 / ISR 259 01	INDOOR SOCCER I&II	11:00-12:20PM	T TH	HSC ARENA
ISR 175 01 / ISR 275 01	VOLLEYBALL I&II	1:00-2:20PM	T TH	HSC ARENA
ISR 150 01 / ISR 150 02	*SAILING	2:00-5:00PM	S	SHAKE A LEG, MIAMI– First day of class will meet in HSC LBY
ISR 250 02	SAILING	3:00-6:00 PM ALL DAY	F S SU	HSC LBY)1 ST DAY OF CLASS
ISR 136 01	*KAYAKING	10:00AM-1:00PM	S	TBA
ISR 199 SQ	SQUASH	2:30-3:50 PM	W	HSC RBC

Course Code & Section	Diving	Time	Days	Location
ISR 155 01	SCUBA DIVING	4:00-6:00PM	W	HSC 1
ISR 155L L1	SCUBA DIVING LAB	8:30AM - 12:30PM	S	POOL
ISR 192 01	NIGHT & DRIFT DIVING	6:00- 9:00PM	T	HSC 1
ISR 192L L1	NIGHT & DRIFT DIVING	7:00AM-1:00PM	SU	POOL
ISR 255 01	ADV. SCUBA ACTIVITIES	4:00-5:30PM	W	HSC 2B
ISR 255L L1	ADV. SCUBA ACTIVITIES LAB	7:00AM-1:00PM	S	POOL

Course Code & Section	Tennis I & II	Time	Days	Location
ISR 165 01 / ISR 265 01	TENNIS I&II	9:30-10:50AM	T TH	HSC TC
ISR 165 02 / ISR 265 02	TENNIS I&II	6:00-7:20PM	M W	HSC TC
ISR 165 03 / ISR 265 03	TENNIS I&II	6:00-7:20PM	T TH	HSC TC
ISR 165 04 / ISR 265 04	*TENNIS I&I	7:30-8:50PM	T	HSC TC
ISR 165 05 / ISR 265 05	TENNIS I&II	10:00AM-12:20PM	S	HSC TC
ISR 162 01	TABLE TENNIS I (BEGINNER)	2:30-4:50PM	T	STUN ATR
ISR 262 02	*TABLE TENNIS II (ADVANCED)	5:00-6:20PM	T	STUN ATR
Course Code & Section	Special Topic Courses	Time	Days	Location
ISR 199 RD I (February 5-7)	*RAD SELF DEF FOR WOMEN ONLY	3:00-7:00PM 10:00AM-1:00PM	TH F S	MHR HSC TBA
ISR 199 RD II (April 2-4)	*RAD SELF DEF FOR WOMEN ONLY	3:00-7:00PM 10:00AM-1:00PM	TH F S	MHR HSC TBA
ISR 199 KF	KUNG FU	7:00-8:20PM	W F	MILLER STD
ISR 164 01 / ISR 264 01	TAI CHI I&II	7:00-9:20PM	TH	MILLER STD
ISR 164 02 / ISR 264 02	*TAI CHI I&II	9:30-10:50PM	T	MILLER STD
ISR 199 MBM	MIND & BODY MEDITATION	7:00-9:20PM	T	HSC HOSPITALITY ROOM
ISR 199 CA	CAPOEIRA	2:00-2:50PM	MWF	MILLER STD

Course Code & Section	Workout Courses	Time	Days	Location
ISR 101 01 / ISR 201 01	AEROBIC EXERICSE I&II	12:00-12:50PM	MWF	MILLER STD
ISR 101 02 / ISR 201 02	AEROBIC EXERICSE I&II	5:00-5:50PM	MWF	MILLER STD
ISR 101 04 / ISR 201 04	*AEROBIC EXERICSE I&II	11:00-12:20PM	S	MILLER STD
ISR 199 BC	BOOT CAMP	3:00-3:50PM	MWF	FITNESS CENTER
ISR 199 P1	PILATES	1:00-1:50PM	MWF	MILLER STD
ISR 199 P1	*PILATES	12:30-1:50PM	S	MILLER STD
ISR 199 40	PEAK PERFORMANCE TRAINING (Softball)	7:00-8:20AM	T TH	HSC SCR
ISR 199 41	PEAK PERFORMANCE TRAINING (Golf)	5:40-7:00AM	T TH	HSC SCR
ISR 199 42	PEAK PERFORMANCE TRAINING (Soccer)	5:00- 6:20 PM	MW	HSC SCR
ISR 199 43	PEAK PERFORMANCE TRAINING (Volleyball)	3:40-5:00 PM	T TH	HSC SCR
ISR 199 KB1	KICK BOXING	9:30-10:50PM	T TH	MILLER STD
ISR 199 KB2	*KICK BOXING	8:30-9:50PM	W	MILLER STD
ISR 199 CT2	CIRCUIT TRAINING	1:00-1:50 PM	MWF	HSC SCR
ISR 170 01 / ISR 270 01	STRENGTH TRAINING I&II	10:00-10:50AM	MWF	HSC SCR
ISR 170 02 / ISR 270 02	STRENGTH TRAINING I&II	11:00-11:50AM	MWF	HSC SCR
ISR 170 03/ ISR 270 03	STRENGTH TRAINING I&II	12:00-12:50PM	MWF	HSC SCR
ISR 170 04 / ISR 270 04	STRENGTH TRAINING I&II	2:00-2:50PM	MWF	HSC SCR
ISR 170 05 / ISR 270 05	STRENGTH TRAINING I&II	9:30-10:50AM	T TH	HSC SCR
ISR 170 06 / ISR 270 06	STRENGTH TRAINING I&II	11:00AM-12:20PM	T TH	HSC SCR
ISR 170 07 / ISR 270 07	STRENGTH TRAINING I&II	1:00-2:20PM	T TH	HSC SCR
ISR 189 01 / !SR 189 02	*YOGA EXPRESS I&II	12:20-1:00PM	T TH	MILLER STD
ISR 189 02 / ISR 289 02	YOGA I&II	2:30-3:50PM	T TH	MILLER STD

ISR 189 03 / ISR 289 03	YOGA I&II (Power)	4:00-5:20PM	T TH	MILLER STD
ISR 189 04 / ISR 289 04	YOGA I&II (Gentle)	5:30-6:50PM	T TH	MILLER STD
ISR 145 01 / ISR 245 01	WALK, JOG, RUN	4:00-5:20PM	T	HSC LBY
ISR 199 SP1	SPINNING	9:30-10:50AM	T TH	MILLER STD
ISR 199 SP2	SPINNING	11:00-11:50AM	MWF	MILLER STD
ISR 199 SP3	SPINNING	4:00-4:50PM	MWF	MILLER STD
ISR 199 TT	Intro to Triathlon Training	9:00-9:50 AM	MWF	HSC SCR
ISR 199 Z1	ZUMBA	6:00-6:50PM	MWF	MILLER STD

Please register on-line or with your advisor.

Location Key

MILLER STD: Miller Studio in Thompson Hall, HSC SCR: Health Sport Center Strength & Conditioning Room; HSC LBY: Health Sport Center Lobby; HSC TC: Health Sport Center Tennis Courts; SBF: Softball Field; SVB Field: Sand Volleyball Court; HSC FIELD: Athletic Field next to soccer field; HSC 1: Health Sport Center Room # 1; HSC 2B: Health and Sport Center Room #2B, MHR HSC: Media & Hospitality Room in the Health & Sports Center/2nd floor, STUN ATR: Student Union Atrium.

***These classes are 1 credit hour. All others are 2 credit hours.**

**PLEASE NOTE THAT MOST ISR CLASSES
INCUR A COURSE FEE.**

For more information contact Catalina Franco-Cicero
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