Year of study: Junior

a)Network Centric Computing (CS-382)  
b)I took Netcen last semester and I'm the TA for computer networks this semester. Netcen has much harder assignments, especially considering I recently converted the CN assignments from C++ to python (they are very doable now). More assignments were given this semester than in previous offerings though so I think the overall workload of this course has increased.  
overall if you prefer the theory of networks, take CN instead. It's a good mix of decent assignments and complex theory. Also dr zartash is a great instructor, albeit not the most accommodating. Take netcen if you're more inclined towards heavy programming and less consistent workload (the programming assignments were time consuming but compare that to weekly homeworks, surprise quizzes, and 4 programming assignments)  
b)5

Gpa: a)Network Centric Computing (CS-382)  
b)NetCen. it'll be more helpful in terms of opening up future courses for your junior year.Netcen would help you get more experience in the networks domain and would expose you to hands on experience with different areas within networks through the assignments.  
b)5