

# PE

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## Courses

### PE 100 Meditation

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on incorporating meditation practice into daily lifestyle. Topics include: introduction to meditation, relaxation techniques, meditation teachings, and breathing techniques.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=100subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=100subject_code=PE))

### PE 104 Relaxation

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on techniques for incorporating the relaxation response into daily life. Topics include: life choices, environmental stressors, nutrition, and coping skills to deal with stressors.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=104subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=104subject_code=PE))

### PE 108 Yoga

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on using yoga to provide flexibility, strength, and relaxation and to develop a yoga practice in a group setting. Topics include: yoga postures and movements, breathing techniques, meditation, and yoga philosophy.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=108subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=108subject_code=PE))

### PE 112 Pilates Mat

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on Joseph Pilates' concepts of body conditioning. Topics include: the effects of posture, flexibility, strength, and breathing techniques on increased body awareness and movement sense.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=112subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=112subject_code=PE))

### PE 116 Zumba

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course that provides a cardiovascular workout by combining interval training and resistance training with Latin dance music.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=116subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=116subject_code=PE))

### PE 120 Dance Techniques

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on using and combining techniques for warm-up, barre work, center floor combinations, and across-the-floor choreography. Topics include: ballet, Latin American dance, tap, musical theater dance, and multicultural and contemporary dance styles.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=120subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=120subject_code=PE))

### PE 124 Spinning

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on using indoor stationary cycling to provide a cardiovascular workout. Topics include: bike set up, pedal stroke, cycling positions, nutrition, periodization, heart rate training, and energy zones.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=124subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=124subject_code=PE))

### PE 128 Group Fitness

**1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on techniques for experiencing a total body workout in a group setting, including cardiovascular movement, strength training, and flexibility training.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=128subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=128subject_code=PE))

**PE 132 Resistance and Cardiorespiratory Training****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on exercise techniques for developing and maintaining physical fitness and good health. Topics include: basic exercise principles, building and retaining muscle mass, and using strength training to improve cardiovascular endurance.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=132subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=132subject_code=PE))

**PE 136 Aikido****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A martial arts course that emphasizes a non-aggressive approach to self defense without injury. Topics include: using the energy of an opponent to diffuse an attack with blending energy, pressure points, and joint locks and pins.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=136subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=136subject_code=PE))

**PE 140 Tai Chi****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on using Yang style Tai-Chi Chuan to improve flexibility, balance, endurance, and health. Topics include: the physiological basis of the techniques, the simplified 24 forms, and stress reduction.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=140subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=140subject_code=PE))

**PE 144 Chinese Kung-Fu****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on fundamentals of the Celestial Mountain Northern Style of Kung-Fu. Topics include: warm-ups, stretch kicks, basic stances and a variety of offensive and defensive techniques.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=144subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=144subject_code=PE))

**PE 148 Hiking Local Trails****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on basic techniques and safe practices for outdoor hiking. Topics include: conditioning, choosing equipment, planning trips and hikes for varied weather conditions, using trail maps, and applying leave-no-trace outdoor ethics. Students must travel to off-campus hiking locations.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=148subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=148subject_code=PE))

**PE 152 Racquetball****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on basic racquetball skills. Topics include: rules, terminology, practice, and game play.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=152subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=152subject_code=PE))

**PE 156 Soccer****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on basic soccer skills. Topics include: rules, terminology, practice, and game play.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=156subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=156subject_code=PE))

**PE 160 Basketball****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on basic basketball skills. Topics include: rules, terminology, dribbling, shooting, passing, team strategy, and game play.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=160subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=160subject_code=PE))

**PE 164 Swimming****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on basic swimming skills, covering topics required for the American Red Cross Learn-to-Swim courses 1, 2, and 3.

Prerequisites: None

View Sections ([http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course\\_number=164subject\\_code=PE](http://webapps.cincinnatistate.edu/wwwTools/MCL/default.aspx?course_number=164subject_code=PE))

**PE 168 Aquatic Group Fitness****1 Credit. 0 Lecture Hour. 2 Lab Hours.**

A course on using a shallow water pool to provide a total body workout in a group setting. Topics include: cardiovascular movement, strength training, and flexibility training.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=168subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=168subject_code=PE))

**PE 172 Scuba Diving****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on techniques required to complete the open water dives for certification in scuba diving. Topics include: physiology of underwater environments, entry and exit, buoyancy control, handling equipment, and responding to emergencies.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=172subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=172subject_code=PE))

**PE 198 First Year Special Topics in Physical Education****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A course on selected topics related to Physical Education, which gives students opportunities to study information not currently covered in other courses.

Grades issued are A, B, C, D, or F.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=198subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=198subject_code=PE))

**PE 199 First Year Independent Project in Physical Education****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A project related to Physical Education that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Physical Education faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=199subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=199subject_code=PE))

**PE 298 Second Year Special Topics in Physical Education****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A course on selected topics related to Physical Education, which gives students opportunities to study information not currently covered in other courses.

Grades issued are A, B, C, D, or F.

Prerequisites: None

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=298subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=298subject_code=PE))

**PE 299 Second Year Independent Project in Physical Education****1-9 Credits. 0 Lecture Hour. 0 Lab Hour.**

A project related to Physical Education that is completed by one or more students to meet specific educational goals. Projects must have prior approval and supervision by Physical Education faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

View Sections ([http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course\\_number=299subject\\_code=PE](http://webapps.cincinnati.state.edu/wwwTools/MCL/default.aspx?course_number=299subject_code=PE))