

PE

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

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 developing coping skills to deal with stressors.

Prerequisites: None

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

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

PE 116 Zumba

1 Credit. 0 Lecture Hour. 2 Lab Hours.

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

Prerequisites: None

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

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

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

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

PE 136 Aikido

1 Credit. 0 Lecture Hour. 2 Lab Hours.

A course on martial arts that emphasize 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

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: physiological basis of the techniques, simplified 24 forms, and stress reduction.

Prerequisites: None

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

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

PE 152 Racquetball

1 Credit. 0 Lecture Hour. 2 Lab Hours.

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

Prerequisites: None

PE 156 Soccer

1 Credit. 0 Lecture Hour. 2 Lab Hours.

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

Prerequisites: None

PE 160 Basketball

1 Credit. 0 Lecture Hour. 2 Lab Hours.

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

Prerequisites: None

PE 164 Swimming

1 Credit. 0 Lecture Hour. 2 Lab Hours.

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

Prerequisites: None

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

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

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 Health and Fitness faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section

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

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 Health and Fitness faculty. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: Vary by section