

# PE - Physical Education

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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

### 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 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

Instructor Consent Required

### 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: Must be enrolled in Personal Fitness Trainer Certificate

Instructor Consent Required

### 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 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