

PHYSICAL EDUCATION ACTIVITY (PE)

PE 100 | Badminton | 1 cr

Introduces basic skills, rules, proper court position and conditioning.

Prerequisites: None.

Offered: Occasionally.

PE 101 | Baseball | 1 cr

Introduces fundamental skills and the elements of position play.

Prerequisites: None.

Offered: Occasionally.

PE 102 | Basketball | 1 cr

Provides practical experience in fundamentals and team play.

Prerequisites: None.

Offered: Occasionally.

PE 103 | Disc Golf | 1 cr

Introduces the knowledge and skills needed to play disc golf including the rules for playing at a competitive level.

Prerequisites: None.

Offered: Occasionally.

PE 104 | Football | 1 cr

Provides experience in fundamentals of football and team play.

Prerequisites: None.

Offered: Occasionally.

PE 105 | Futsal | 1 cr

Introduces the knowledge and skills needed to play Futsal including the rules and skills necessary to play the game.

Prerequisites: None.

Offered: Occasionally.

PE 106 | Golf | 1 cr

Introduces fundamentals of golf: grip, stance, swing, rules and etiquette. Provides practice with all clubs emphasizing fundamental mechanics and the opportunity to develop skills on local golf courses.

Prerequisites: None.

Offered: Occasionally.

PE 107 | Pickleball | 1 cr

Introduces the knowledge and skills needed to play pickleball including the rules necessary to play singles and doubles.

Prerequisites: None.

Offered: Occasionally.

PE 108 | Recreation Games | 1 cr

Provides knowledge on how to play and organize a number of recreational games/activities. Covers rules and setting up the equipment for three-six different playground or backyard style games, including different ways to pick teams and set up multiple types of tournaments.

Prerequisites: None.

Offered: Occasionally.

PE 109 | Soccer | 1 cr

Provides practice with basic principles of soccer skills, team play and game situations.

Prerequisites: None.

Offered: Occasionally.

PE 110 | Softball | 1 cr

Covers fundamentals of softball including position play and offensive and defensive team play.

Prerequisites: None.

Offered: Occasionally.

PE 111 | Track and Field | 1 cr

Covers fundamentals of track and field events.

Prerequisites: None.

Offered: Occasionally.

PE 112 | Volleyball | 1 cr

Covers fundamentals of volleyball technique, elements of attack and defense, rules interpretation, game strategy, officiating and skill testing.

Prerequisites: None.

Offered: Occasionally.

PE 120 | Relaxation | 1 cr

Covers relaxation techniques including deep breathing, meditation, imagery and progressive relaxation. Provides tools to recognize stressors and their effects.

Prerequisites: None.

Offered: Occasionally.

PE 121 | Pilates and Fitness Yoga | 1 cr

Covers pilates using a series of floor exercises to increase strength, flexibility, balance, stamina, and concentration while focusing on your center or core. Explores fitness yoga as a program for a more powerful defined physique using traditional yoga asanas geared towards the athlete and fitness enthusiast.

Prerequisites: None.

Offered: Occasionally.

PE 122 | Yoga I | 1 cr

Covers various yoga disciplines emphasizing total health.

Prerequisites: None.

Offered: Occasionally.

PE 123 | Yoga II | 1 cr

Examines fundamental yoga philosophy through lecture physical exercises (asanas) involving both psychological and physiological processes. Provides opportunity to gain a deeper understanding of the principles of relaxation.

Prerequisites: PE 122 or consent of instructor.

Offered: Occasionally.

PE 124 | Aerobics | 1 cr

Focuses on aerobic dance, exercise theory and techniques.

Prerequisites: None.

Offered: Occasionally.

PE 125 | Step Aerobics | 1 cr

Introduces basic step aerobics fundamentals and medium impact levels of cardiovascular development.

Prerequisites: None.

Offered: Occasionally.

PE 126 | Total Body Conditioning | 1 cr

Provides an upbeat muscular endurance session using dumbbells, resistance bands, steps and exercise balls, focusing on the major muscle groups. Emphasizes physiological strength, balance, and flexibility.

Prerequisites: None.

Offered: Occasionally.

PE 130 | Karate I | 1 cr

Introduces fundamentals of basic karate techniques. Emphasizes proper overall organization of hand and foot techniques, stances, posture, and physical principles of power.

Prerequisites: None.

Offered: Occasionally.

PE 131 | Karate II | 1 cr

Provides intermediate study in the art of self-defense. Introduces defense against an assailant and concentrated study of prearranged formal exercises.

Prerequisites: PE 130 or consent of instructor.

Offered: Occasionally.

PE 132 | Karate III | 1 cr

Provides advanced study in the art of self-defense, including defense against attacks with a weapon and multiple assailants.

Prerequisites: PE 131 or consent of instructor.

Offered: Occasionally.

PE 133 | Self-Defense | 1 cr

Emphasizes simple, but effective techniques to survive an aggressive situation.

Prerequisites: None.

Offered: Occasionally.

PE 140 | Jogging for Fun and Fitness | 1 cr

Covers proper running techniques, setting up a personal fitness plan, assessing one's cardiovascular fitness, and safety issues related to running. May be repeated for a maximum of four credits.

Prerequisites: None.

Offered: Occasionally.

PE 141 | Aerobic Walking | 1 cr

Introduces and develops proper aerobic walking techniques and benefits of walking. May be repeated for a maximum of 4 credits.

Prerequisites: None.

Offered: Occasionally.

PE 150 | Weight Training | 1 cr

Introduces elementary weight training and a general program of the basic lifts, the muscle groups affected by these lifts, safety procedures and theory of weight training.

Prerequisites: None.

Offered: Occasionally.

PE 151 | Power Lifting | 1 cr

Explores the theory, knowledge and practical application of powerlifting and other power movements using techniques and progressions to achieve personal fitness goals.

Prerequisites: None.

Offered: Occasionally.

PE 152 | Kettlebell Conditioning | 1 cr

Introduces vigorous physical conditioning primarily utilizing kettlebells. Emphasizes exercises to enhance muscular strength, power, endurance and agility.

Offered: Occasionally.

PE 153 | Olympic-Style Weightlifting | 1 cr

Explores the theory, knowledge and practical experience of olympic weightlifting using advanced techniques and progressions to achieve personal fitness goals.

Prerequisites: None.

Offered: Occasionally.

PE 160 | Cross Training | 1 cr

Develops power and quickness for the athlete who participates in serious recreational leagues and amateur sports competition; combining plyometrics, agility and speed training.

Prerequisites: None.

Offered: Occasionally.

PE 161 | Speed, Power, and Agility Training | 1 cr

Examines the basics of speed, power, strength, plyometric and agility training. Develops techniques necessary for safety and reducing the risk of injury in creating a training program.

Prerequisites: None.

Offered: Occasionally.

PE 170 | Fitness for Life | 1 cr

Provides the opportunity for students to implement a personal fitness program using the Wellness and Strength/Conditioning Centers on campus. May be repeated for a maximum of 4 credits.

Prerequisites: HLTH 270.

Offered: Occasionally.

PE 180 | Zumba | 1 cr

Introduces the Zumba fitness program.

Prerequisites: None.

Offered: Occasionally.

PE 190 | Special Topics in Physical Education Activity | 1 cr

Examines selected activity-related topics.

Prerequisites: None.

Offered: Occasionally.

PE 200 | Fundamentals of Coaching | 3 cr

Introduces general techniques and responsibilities necessary for success in athletic coaching.

Prerequisites: None.

Offered: Yearly.

PE 210 | Fundamentals of Sports Officiating | 3 cr

Introduces general techniques and responsibilities related to athletic officiating in a variety of sports.

Prerequisites: None.

Offered: Occasionally.

PE 301 | Sport Conditioning Practice Design | 3 cr

Explores aerobic and anaerobic conditioning principles and techniques for developing agility, strength, quickness. Includes practice design for peak performance and labs for basic resistance training, speed and agility techniques.

Prerequisites: None.

Offered: Yearly.

PE 305 | Coaching Individual and Team Sports | 3 cr

Explores techniques necessary to organize, administer, and teach both individual and team sports. Includes individual, small group, team, technical and tactical performance skills at various levels of competition.

Prerequisites: None.

Offered: Occasionally.

PE 490 | Special Topics in Physical Education Activity | 1-3 cr

Examines advanced sport activity related topics.

Prerequisites: None.

Offered: Occasionally.

PE 491 | Varsity Field Experience | 1 cr

Provides the opportunity for advanced training through participation in the varsity athletic program. May be repeated for a maximum of four credits.

Prerequisites: Open to all students by tryout; consent of instructor.

Offered: Fall, Spring.

PE 493 | Coaching Practicum | 1 cr

Provides the opportunity to apply methods and techniques in the coaching profession. May be repeated for a maximum of four credits.

Prerequisites: PE 200; approval of advisor and department chair.

Offered: Yearly.