

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 174 | Ballet I | 1 cr

Introduces basic technique, terminology, and history of ballet. May be repeated for a maximum of three credits. Cross-listed with: THEA 174.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 175 | Tap Dance I | 1 cr

Introduces fundamental skills of American tap dance through movement, choreography, and the examination of dance history. Cross-listed with: THEA 175.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 176 | Jazz Dance I | 1 cr

Introduces concepts of jazz dance through movement, choreography, and history. May be repeated for a maximum of three credits. Cross-listed with: THEA 176.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 177 | Musical Theatre Dance I | 1 cr

Explores the role of dance in musical theatre through both performance and research. May be repeated for a maximum of three credits. Cross-listed with: THEA 177.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 178 | Modern Dance I | 1 cr

Introduces the fundamental skills of modern dance through movement, choreography, and the examination of dance history. May be repeated for a maximum of three credits. Cross-listed with: THEA 178.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 179 | Hip-Hop Dance I | 1 cr

Introduces elements of hip-hop dance, including technique, movement, musical rhythm, tempo, and phrasing. May be repeated for a maximum of three credits. Cross-listed with: THEA 179.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 180 | Zumba | 1 cr

Introduces the Zumba fitness program.

Prerequisites: None.

Offered: Occasionally.

PE 181 | Sports Games | 1 cr

Explores sports-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

Prerequisites: None.

Offered: Yearly.

PE 182 | Tactical Games | 1 cr

Explores tactics-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

Prerequisites: None.

Offered: Yearly.

PE 183 | Action Games | 1 cr

Explores action-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

Prerequisites: None.

Offered: Yearly.

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 274 | Ballet II | 1 cr

Emphasizes intermediate/advanced ballet technique and the application of movement principles essential to the training of the dancer. May be repeated for a maximum of three credits. Cross-listed with: THEA 274.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 275 | Tap Dance II | 1 cr

Focuses on intermediate and advanced tap steps through exercises, choreography, and discussions. May be repeated for a maximum of three credits. Cross-listed with: THEA 275.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 276 | Jazz Dance II | 1 cr

Focuses on advanced styles and techniques in jazz dance through movement and choreography. May be repeated for a maximum of three credits. Cross-listed with: THEA 276.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 277 | Musical Theatre Dance II | 1 cr

Focuses on choreographed dance combinations from the musical theatre canon to prepare for professional auditions. May be repeated for a maximum of three credits. Cross-listed with: THEA 277.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 278 | Modern Dance II | 1 cr

Introduces advanced skills of modern dance through movement and choreography, and examines dance history. May be repeated for a maximum of three credits. Cross-listed with: THEA 278.

Prerequisites: Consent of instructor.

Offered: Occasionally.

PE 279 | Hip-Hop Dance II | 1 cr

Focuses on advanced footwork, techniques, and combinations. Emphasizes both technical skills and the geo-political importance of hip-hop. May be repeated for a maximum of three credits. Cross-listed with: THEA 279.

Prerequisites: Consent of instructor.

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 315 | Adapted Physical Education | 3 cr

Provides knowledge related to handicapping conditions and their effects on motor development and the performance of motor activities. Includes types of conditions considered orthopedic handicaps, learning disabilities, cardio-respiratory disorders, behavioral disorders, sensory impairments, and other temporary and permanent handicapping conditions.

Prerequisites: None.

Offered: Yearly.

PE 325 | PE Methods and Curriculum Planning for Children | 3 cr

Covers how to develop competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Includes organization of teaching units, classroom management, and selection of methods and materials for pre-school through middle school grade levels.

Prerequisites: None.

Offered: Yearly.

PE 335 | PE Methods and Curriculum Planning for Adolescents | 3 cr

Covers how to develop competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Includes organization of teaching units, classroom management, and selection of methods and materials for secondary school.

Prerequisites: None.

Offered: Yearly.

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.