

# Physical Education

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## PE 110

### **Aerobics Step Training I [PE] • 1.0 Credit**

A low-impact exercise program that involves stepping up and down on a platform of adjustable height to the accompaniment of music, leading to improved cardiovascular conditioning, as well as lower body endurance and strength. \$11.40 lab fee.

## PE 111

### **Aerobics Step Training II [PE] • 1.0 Credit**

Continued study and involvement offering a greater level of conditioning through the use of more intense training techniques involved with step training. \$11.40 lab fee.

## PE 112

### **Aerobic Dance I [PE] • 1.0 Credit**

Dance steps and routines rigorously executed to increase cardiovascular rate, leading to figure trimming and toning. Records on improvements in pulse rates and pulmonary recovery are kept. \$11.40 lab fee.

## PE 113

### **Aerobic Dance II [PE] • 1.0 Credit**

Continued study and advanced techniques of this activity. Dance steps and routines executed to increase cardiovascular rate. Students test and record improvements in pulse rates and pulmonary recovery. \$11.40 lab fee. **Prerequisite: Completion of PE 112 with a 0.7 or higher.**

## PE 114

### **Aerobic Dance III [PE] • 1.0 Credit**

Advanced study in this activity. Dance steps and routines rigorously executed for improving cardiovascular rate and leading to figure trimming and toning. Improvements are tested and recorded. \$11.40 lab fee.

**Prerequisite: Completion of PE 113 with a 0.7 or higher.**

## PE 115

### **Body Mechanics [PE] • 1.0 Credit**

This course involves special exercise and calisthenics which enhance total fitness, figure improvement, body toning, weight control, and posture. \$11.40 lab fee.

## PE 116

### **Pilates [PE] • 1.0 Credit**

An introductory course to Pilates emphasizing physical exercises, breathing, core strength and stability, and muscle awareness. \$11.40 lab fee.

## PE 117

### **Yoga I [PE] • 1.0 Credit**

An introductory course to Hatha Yoga emphasizing physical exercises, breathing exercises, and meditation practice. \$11.40 lab fee.

## PE 118

### **Step Aerobic Interval Training [PE] • 1.0 Credit**

Using intervals of high intensity exercise followed by recovery periods, this class combines high and low intensity exercises performed on the floor as well as on the step. Aerobic exercise, power moves, step training, light weight training, and body resistance are used to introduce students to the benefits of an interval training program. Greater cardiovascular strengthening as well as muscular strengthening and endurance are introduced and practiced in this class. \$11.40 lab fee.

## PE 119

### **Yoga II [PE] • 1.0 Credit**

A continuation course to a Hatha Yoga practice including intermediate physical poses, yoga breathing exercises, and selected meditations. \$11.40 lab fee.

## PE 120

### **Weight Training I [PE] • 1.0 Credit**

Students are exposed to theories of weight training. Emphasis is placed on strength development, muscular endurance, and flexibility. Students design an individual program with the use of free weights and multi-station machines. \$11.40 lab fee.

## PE 121

### **Weight Training II [PE] • 1.0 Credit**

An intermediate program with students designing their individual workout program. \$11.40 lab fee.

## PE 122

### **Weight Training III [PE] • 1.0 Credit**

An advanced program with the student designing her/his individual workout program. \$11.40 lab fee.

## PE 127

### **Fitness Center [PE] • 1.0–6.0 Credits**

A total fitness program that develops individual fitness levels in cardiovascular training with benefits of weight training to improve muscle tone and physical conditioning. Students can earn a maximum of two credits per quarter from Fitness Center classes. \$11.40 lab fee.

## PE 135

### **Golf Swing Analysis Strategies [PE] • 2.0 Credits**

A comprehensive study of the individual parts of the modern golf swing with intensive training directed toward precise control and more power. \$50 Golf course fee.

## PE 140

### **Softball I [PE] • 1.0 Credit**

Softball I is designed for the beginning softball player. This course offers instruction of basic skills and rules of softball. Skills and knowledge of rules are tested. \$11.40 lab fee.

## PE 141

### **Softball II [PE] • 1.0 Credit**

Designed for the intermediate softball player. Additional work of strategy, individual, and team offensive/defensive techniques are taught. Skills and knowledge of rules are tested. \$11.40 lab fee. **Prerequisite: Completion of PE 140 with a 0.7 or higher.**

## PE 142

### **Softball III [PE] • 1.0 Credit**

Designed for the advanced softball player. Additional work of strategy, individual, and team offensive/defensive techniques are taught. Skills and knowledge of rules are tested. \$11.40 lab fee. **Prerequisite: Completion of PE 140 and PE 141 both with a 0.7 or higher.**

## PE 145

### **Soccer I [PE] • 1.0 Credit**

Basic individual skills are presented and developed. The international rules are emphasized and a physical conditioning program designed to prepare the student for play is implemented. \$11.40 lab fee.

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## PE 146

### Soccer II [PE] • 1.0 Credit

Soccer II is designed for the intermediate player. Review of the basic skills taught in the beginning course. Additional work on strategy, defensive techniques. \$11.40 lab fee. **Prerequisite: Completion of PE 145 with a 0.7 or higher.**

## PE 147

### Soccer III [PE] • 1.0 Credit

Soccer III is designed for the advanced player. Advanced strategy, team defensive, and team offensive techniques are taught. Skills and rules are tested. \$11.40 lab fee. **Prerequisite: Completion of PE 146 with a 0.7 or higher.**

## PE 148

### Jogging I [PE] • 1.0 Credit

Provides cardiovascular improvement, burns body fat, and builds lifetime skills in aerobic fitness. Emphasis on stretching, safety, motivation, and enjoying jogging. Offered for the beginning jogger or walker through the competitive runner. \$11.40 lab fee.

## PE 152

### Badminton I [PE] • 1.0 Credit

Introduces the fundamental skills, rules, and strategies of badminton. Covers basic techniques and etiquette of both singles and doubles play. Allows students to enjoy badminton as a lifetime activity.

## PE 160

### Basketball I [PE] • 1.0 Credit

Beginning skills and strategy, this class is suitable for anyone with a desire to learn the basics of the game, with emphasis on rules and court procedure. \$11.40 lab fee.

## PE 161

### Basketball II [PE] • 1.0 Credit

Students expand their knowledge of the skills of basketball, and additional skills are introduced. Team strategy at a more advanced level is emphasized. \$11.40 lab fee. **Prerequisite: Completion of PE 160 with a 0.7 or higher.**

## PE 162

### Basketball III [PE] • 1.0 Credit

Review of advanced basketball skills. Introduction of offensive patterns, defensive sets, and individual style of play. This class also involves usage of fast break and the transition game. \$11.40 lab fee. **Prerequisite: Completion of PE 161 with a 0.7 or higher.**

## PE 163

### Volleyball I [PE] • 1.0 Credit

Covers basic skills, court positions, and strategies for beginning sets along with 4-2 and 5-1 offenses. \$11.40 lab fee.

## PE 164

### Volleyball II [PE] • 1.0 Credit

A continuation of Volleyball I. Intermediate skills, defensive strategies, play sets, and how to play doubles and triples volleyball. \$11.40 lab fee. **Prerequisite: Completion of PE 163 with a 0.7 or higher.**

## PE 165

### Volleyball III [PE] • 1.0 Credit

Emphasis is on team plan and interaction using and applying all volleyball skills. \$11.40 lab fee. **Prerequisite: Completion of PE 164 with a 0.7 or higher.**

## PE 172

### Bowling I • 1.0 Credit

Course is structured to allow the individual to acquire and use proper bowling forms. Students learn to eliminate errors in techniques, follow rules, compute handicaps, and keep scores. \$11.40 lab fee.

## PE 182

### Adaptive Pe Lab [PE] • 1.0 Credit

Lab to be taken concurrently with PE 180. \$11.40 lab fee.

## PE 183

### Pickleball [PE] • 1.0 Credit

Introduces basic knowledge and skills to play pickleball such as forehand, backhand, groundstrokes, volleys, and serves as well as the rules and strategies for singles and doubles play.

## PE 184

### Pickleball II [PE] • 1.0 Credit

A continuation from Pickleball I advancing the knowledge and skills to play pickleball such as forehand, backhand, groundstrokes, volleys, and serves as well as the rules and strategies for singles and doubles play. **Prerequisite: Completion of PE 183 with a grade of 1.0 or better.**

## PE 185

### Pickleball III [PE] • 1.0 Credit

A continuation from Pickleball II advancing the knowledge and skills to play pickleball such as forehand, backhand, groundstrokes, volleys, and serves as well as the rules and strategies for singles and doubles play. **Prerequisite: Completion of PE 184 with a grade of 1.0 or better.**

## PE 187

### Baseball I [PE] • 1.0 Credit

Introduces students to basic skills of baseball. Students are given instruction in all phases of the game, with main purpose being to gain an understanding of fundamentals. \$11.40 lab fee.

## PE 188

### Baseball II [PE] • 1.0 Credit

Students expand their knowledge of the skills of baseball taught at the beginning level. Team strategy is taught at a more advanced level. \$11.40 lab fee. **Prerequisite: Completion of PE 187 with a 0.7 or higher.**

## PE 189

### Baseball III [PE] • 1.0 Credit

Advanced level of skills are taught, and theory of baseball strategy is introduced in all phases of the game. Specific drills are used for development of specialized skills. \$11.40 lab fee. **Prerequisite: Completion of PE 188 with a 0.7 or higher.**

## PE 190

### Cardio Kickboxing I [PE] • 1.0 Credit

This course involves the study and implementation of martial art style kicks and punches, along with exercises to enhance flexibility, cardiovascular endurance, and increased stamina. \$11.40 lab fee.

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## **PE 198**

### **Special Studies • 1.0–15.0 Credits**

An experimental class to be used to explore new approaches and applications to Physical Education. \$11.40 lab fee.

## **PE 199**

### **Special Studies • 1.0–15.0 Credits**

An experimental lab class to be used to explore new approaches and applications to Physical Education. \$11.40 lab fee.

## **PE 203**

### **Badminton II [PE] • 1.0 Credit**

A continuation from Badminton I advancing the skills, rules, and strategies of badminton. Covers basic techniques and etiquette of both singles and doubles play. Allows students to enjoy badminton as a lifetime activity.

**Prerequisite: Completion of PE 152 with a 1.0 or better.**

## **PE 204**

### **Badminton III [PE] • 1.0 Credit**

A continuation from Badminton II advancing the skills, rules, and strategies of badminton. Covers basic techniques and etiquette of both singles and doubles play. Allows students to enjoy badminton as a lifetime activity.

**Prerequisite: Completion of PE 203 with a 1.0 or better.**

## **PE 299**

### **Special Studies • 1.0–15.0 Credits**

A class used to explore new coursework. \$11.40 lab fee.