P E-PHYSICAL EDUCATION (P E)

P E 102. Beginning Weight Training  
1 Credit  
Introduction to basic principles and techniques of weight training.

P E 103. Beginning Weight Training for Women  
1 Credit  
Introduction to basic principles and techniques of weight training as related to women.

P E 104. Military Physical Fitness  
1 Credit  
Directed physical fitness activities designed to develop and maintain muscular strength/endurance, cardiopulmonary efficiency, flexibility, and coordination required for leadership roles after graduation.

P E 109. Pilates  
1 Credit  
Designed exercise program involves the entire body while focusing on strengthening the core muscles of the torso. Exercises promote coordination, balance, and strength.

P E 110. Sports Conditioning  
1 Credit  
Sport specific conditioning using aerobic and resistive overload training. May be repeated for a maximum of 4 credits.  
Prerequisite: consent of instructor.

P E 112. Beginning Volleyball for Men  
1 Credit

P E 113. Beginning Volleyball for Women  
1 Credit

P E 114. Basketball for Women  
1 Credit

P E 115. Basketball for Men  
1 Credit

P E 117. Beginning Soccer  
1 Credit  
Introduction to the basic techniques and skills of soccer.

P E 127. Cardio-Kickboxing  
1 Credit  
Activities that mimic punches, blocks, and kicks which have been modified to serve the purpose of providing a cardiovascular workout.

P E 128. Aerobic Dance  
1 Credit  
Designed to increase knowledge of the human body’s responses to exercise, enhance the level of muscular development, and cardiovascular endurance with the use of music.

P E 129. Step Aerobics  
1 Credit  
Designed to increase knowledge of the human body’s responses to exercise, enhance the level of muscular development, and cardiovascular endurance with the use of music and steps.

P E 130. Beginning Swimming  
1 Credit

P E 131. Aqua Aerobics  
1 Credit  
Designed to increase knowledge of the human body’s responses to exercise, enhance the level of muscular development, and cardiovascular endurance through exercise in water.

P E 132. Intermediate Swimming  
1 Credit  
Development of fitness through participation in aquatics activities.  
Prerequisite(s): Ability to swim 200 yards.

P E 134. Lifeguard Training  
2 Credits  
Skills training for a nonsurf lifeguard. Course will include Standard First Aid and CPR certification. 
Prerequisites: swim 500 yards, dive to 9-foot depth and retrieve a 10-pound brick, surface dive to 5 feet then swim under water 15 yards, tread water one minute.

P E 147. Beginning Tennis  
1 Credit

P E 148. Beginning Racquetball  
1 Credit

P E 150. Beginning Golf  
1 Credit

P E 154. Personal Defense  
1 Credit  
Physical conditioning and defense skills for men and women.

P E 159. Introduction to Brazilian Jiu-Jitsu  
1 Credit  
Brazilian Jiu-Jitsu is primarily a ground fighting art. This course will place heavy emphasis on positional strategy and focus on the sportive aspect of the sport. A Judo/Jiu-Jitsu Gi (uniform) is required.

P E 166. Futsal (Five-A-Side Soccer)  
1 Credit  
Futsal, official form of indoor soccer, approved by FIFA.

P E 173. Running Fitness  
1 Credit  
Basic fitness knowledge techniques and training methods of fitness running are practiced and refined.

P E 199. Yoga  
1 Credit  
A holistic approach to exercise benefiting the body, mind, and spirit. Practices focus on alignment, strength, breath relaxation, and restoration.

P E 166. Futsal (Five-A-Side Soccer)  
1 Credit  
Futsal, official form of indoor soccer, approved by FIFA.

P E 202. Intermediate Weight Training  
1 Credit  
Intermediate training and skill techniques in weight lifting.  
Prerequisites: P E 102 or consent of department head.

P E 204. Cross Training  
1 Credit  
Intensive training program that incorporates both aerobic and resistive overload approaches to training.

P E 205. Walking Fitness  
1 Credit  
Basic fitness knowledge techniques and training methods of fitness walking are practiced and refined.
P E 206. Beginning Physical Fitness
1 Credit
Progressive exposure to steady state exercise tailored to individual needs for the purpose of determining, improving, and maintaining physical fitness.

P E 208. Marathon Preparation
1 Credit
Gradual training progression for novice and experienced runners to develop and/or refine a training program enabling completion of or better personal record for the marathon. Discussions on equipment, nutrition, injury prevention and treatment.
Prerequisite: presently running three miles, three to four times per week.

P E 209. Intermediate Pilates
1 Credit
Intermediate training and skill techniques in Pilates.
Prerequisite(s): PE 109 or consent of instructor.

P E 212. Intermediate Volleyball-Men
1 Credit
Prerequisite: PE 112 or consent of department head.

P E 213. Intermediate Volleyball-Women
1 Credit
Prerequisite: PE 113 or consent of department head.

P E 215. Intermediate Walking
1 Credit
A continuation of basic fitness knowledge techniques and training methods of fitness walking are practiced and refined.
Prerequisite: PE 205 or consent of department head.

P E 216. Advanced Walking
1 Credit
Advanced walking fitness and training techniques are presented, practiced, and refined.

P E 228. Intermediate Aerobic Dance
1 Credit
Aerobic dance at a high intensity level with a more in-depth study of the body’s physiological response to exercise.
Prerequisite: PE 128 or consent of department head.

P E 229. Intermediate Step Aerobics
1 Credit
Step aerobic dance at a high intensity level with a more in-depth study of the body’s physiological response to exercise.
Prerequisite: PE 129 or consent of department head.

P E 230. Advanced Swimming
1 Credit
Perfection of basic strokes, survival swimming, and physical fitness.
Prerequisite(s): PE 130 or ability to swim 100 yards.

P E 247. Intermediate Tennis
1 Credit
Prerequisite: PE 147 or consent of department head.

P E 248. Intermediate Racquetball
1 Credit
Advanced skills and strategies in racquetball.
Prerequisite: PE 148 or consent of instructor.

P E 250. Intermediate Golf
1 Credit
Prerequisite: PE 150 or consent of department head.

P E 263. Outdoor Recreation Skills
1 Credit
Selected outdoor activities. Appropriate subtitles, such as hiking and backpacking, camping and survival, hunting and gun safety, casting and angling skills. May be repeated for maximum of 4 credits.

P E 264. Intermediate Cycling
1 Credit
Introduction to competitive cycling. Content includes techniques in training, riding, racing, and racing tactics.

P E 265. Special Topics
1-3 Credits
Specific subjects to be announced in the Schedule of Classes. Each offering will carry appropriate subtitle. May be repeated for a maximum of 4 credits.

P E 266. Intermediate Aqua Aerobics
1 Credit
A continuation of basic fitness to increase knowledge of the human body's responses to exercise, enhance the level of muscular development and cardiovascular endurance through exercise in water.

P E 299. Intermediate Yoga
1 Credit
Intermediate training and skill techniques in Yoga.
Prerequisite(s): PE 199 or consent of instructor.