PE-P-PHYSICAL EDUCATION (PE P)

PE P 185. Introduction and Foundations  
3 Credits  
Historical and cultural foundations and vocational, scientific, and educational data on careers in health education, physical education, and recreation. Restricted to: Main campus only.

PE P 208. Fitness for Health and Sport  
3 Credits  
A study of the fitness needs for health enhancement and sport participation. Restricted to: P E,SP M,KIN,S ED majors.

PE P 210. Theory and Technique of Aquatics  
2 Credits  
Introduction to fundamental aquatics knowledge and skills.  
**Prerequisite(s):** Ability to swim 100 yards.

PE P 296. Theory of Coaching I  
3 Credits  
Focus on areas of academic theory associated with coaching athletics.  
Orientation: theoretical and practical application.