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: PE, SP, 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.