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 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.
PE 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.

PE 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.

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

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

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

PE 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.

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

PE 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.

PE 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.

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

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

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

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

PE 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.

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

PE 270. 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.

PE 276. 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.

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

PE 310. Advanced Weight Training: Theory and Practice
3 Credits
For men and women who wish to continue weight training and learn principles of strength training.