**P E-PHYSICAL EDUCATION**

**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 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 119. 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 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.  
Prerequisite(s): 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 202. Intermediate Weight Training**  
1 Credit  
Intermediate training and skill techniques in weight lifting.  
Prerequisite(s): P E 102 or consent of department head.

**P E 203. Weight Training for Olympic and Powerlifting**  
1 Credit  
Designed to teach the Olympic form—the clean, jerk and snatch. Class format is a preprogrammed style of instruction with preset programs. Emphasis placed on developing sound lifting techniques.  
Prerequisite(s): P E 103 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 212. Intermediate Volleyball-Men
1 Credit
Prerequisite: P E 112 or consent of department head.

P E 213. Intermediate Volleyball-Women
1 Credit
Prerequisite: P E 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: P E 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: P E 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): P E 130 or ability to swim 100 yards.

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 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.

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