

PHYSICAL EDUCATION (PE)

PE 102: Injury Prevention (2)

This course provides students an opportunity to work in an environment that deals with injuries related to fitness and sports. Students will acquire the skills to provide injury care and apply prevention techniques

Terms Typically Offered: Winter

PE 185AB: Advanced Baseball (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation, and advanced skill development

Terms Typically Offered: Spring

PE 185AS: Advanced Softball (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation, and advanced skill development

Terms Typically Offered: Spring

PE 185BA: Adv Basketball Women-Tm (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Winter

PE 185BB: Adv Basketball Men-Tm (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Winter

PE 185BM: Phys Cond-Mens Basketball (1)

The course offers a conditioning program for basketball, through the use of plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Fall

PE 185BS: Basketball Strategy Women-Tm (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation and skill development

Terms Typically Offered: Spring

PE 185BT: Basketball Strategy Men-Tm (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Spring

PE 185BW: Phys Cond-Womens Basketball (1)

The course offers a conditioning program for basketball, through the use of plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Fall

PE 185EA: Advanced Esports (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced profession, participation and advanced skill development

Terms Typically Offered: Winter

PE 185EP: Introduction to Esports (1)

This course offers beginner skill instruction as well as introducing rules and strategy. Discussion and demonstration of fundamentals will be explored

Terms Typically Offered: Fall

PE 185ES: Esport Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation and skill development

Terms Typically Offered: Spring

PE 185FA: Fitness Center-Aerobic (1)

Fitness Center-Aerobics is for users of the Fitness Center who want to concentrate on Endurance ONLY. The course will cover orientation, instruction on the cardio machines and weight machines on how to exercises aerobically

Terms Typically Offered: Fall, Winter, Spring, Summer

PE 185FB: Fitness Center Basics (1)

Fitness Center Basic is designed for the student who has never taken any of the Fitness Center courses. Students will go through a training session and develop a fitness plan for the term. the instructor covers orientation to the Fitness Center, introduction to the weight machines, and introduction to the cardio machines

Terms Typically Offered: Fall, Winter, Spring, Summer

PE 185FS: Fitness Center-Strength (1)

Fitness Center Strength is designed for the student who would like to focus on strength as the main component to fitness. Students will go through a training session and develop a fitness plan with more emphasis on building strength through heavier lifting. Students will also be introduced to more of the free weights as a mode of working out. The instructor covers orientation to the Fitness Center, introduction to the weight machines, and introduction to the cardio machines

Terms Typically Offered: Fall, Winter, Spring, Summer

PE 185G: Beginning Golf (1)

The course will include basic golf instruction designed to prepare the student for course play and to help them understand the athletic, social and health aspects of the game of golf. Students will gain a general understanding of golf rules, etiquette, short game fundamentals, full swing principles, and the need for practice and proper equipment

Terms Typically Offered: Fall, Winter, Spring

PE 185L: Beginning Bowling (1)

The purpose of this class is to offer an opportunity to learn the fundamentals of bowling. The class will include both lecture and practical applications

Terms Typically Offered: Fall, Winter, Spring, Summer

PE 185OA: Adv Obstacle Course Racing (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced profession, participation and advanced skill development

Terms Typically Offered: Spring

PE 185OC: Physical Conditioning OCR (1)

The course offers a conditioning program for obstacle course racing, through the use of plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Winter

PE 185OS: Obstacle Crse Racing Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation, and skill development

Terms Typically Offered: Fall

PE 185PB: Physical Cond- Baseball (1)

The course offers a conditioning program for baseball, through the use of plyometrics, strength, cardiovascular, and agility exercises

Terms Typically Offered: Fall

PE 185PS: Physical Conditioning-Softball (1)

This course offers a conditioning program for softball, using plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Fall

PE 185QB: Beginning Swim (1)

This is a class designed to acquaint the swimmer with basic swimming skills sanctioned by the American Red Cross. Some of these include breath holding and rhythmic breathing, floating, prone, and back glides, arm strokes, kicks, combined strokes, basic diving and personal safety skills. The class will progress into intermediate swimming ARC skills if basic skills are completed

Terms Typically Offered: Fall, Winter, Spring

PE 185QF: Swim Fitness (1)

This course is designed to give the student the opportunity to maintain a maximum level of individual fitness, to instill self-assurance in performing fundamental skills while submerged in the water, and to promote safety and fun in water related activities while enhancing coordination, flexibility and agility

Terms Typically Offered: Fall, Winter, Spring

PE 185QI: Intermediate Swim for Fitness (1)

This is a class designed to acquaint the swimmer with basic swimming skills sanctioned by the American Red Cross. Some of these include breath holding and rhythmic breathing, floating, prone, and back glides, arm strokes, kicks, combined strokes, basic diving and personal safety skills. The class will progress into intermediate swimming ARC skills if basic skills are completed

Terms Typically Offered: Fall, Spring

PE 185SB: Baseball Strategies (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation and skill development

Terms Typically Offered: Winter

PE 185SC: Advanced Soccer (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Winter

PE 185SF: Softball Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation, and skill development for softball

Terms Typically Offered: Winter

PE 185SR: Beginning Soccer (1)

This course offers beginner skill instruction as well as introducing rules and strategy. Discussion and demonstration of fundamentals will be explored

Terms Typically Offered: Fall

PE 185SS: Soccer Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation and skill development

Terms Typically Offered: Spring

PE 185TA: Advanced Track and Field (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Spring

PE 185TC: Physical Cond-Track and Field (1)

The course offers a conditioning program for track and field, through the use of plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Winter

PE 185TI: Tennis-Intermediate (1)

Intermediate Tennis is designed for students who want to further their tennis skills and have already taken a beginner course or have had prior experience. This course will allow students to profess to more advanced techniques, drills and competition

Terms Typically Offered: Fall, Spring, Summer

PE 185TN: Beginning Tennis (1)

This course will include basic tennis instruction designed to prepare the student for court play. Students will gain a general understanding of tennis rules, etiquette, procedures for singles and doubles play and proper equipment care

Terms Typically Offered: Fall, Spring

PE 185TS: Track and Field Strategies (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation and skill development

Terms Typically Offered: Fall

PE 185V: Beginning Volleyball (1)

Terms Typically Offered: Fall, Winter, Spring

PE 185VA: Adv Volleyball-Tm (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Fall

PE 185VS: Volleyball Strategy-Tm (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation and advanced skill development

Terms Typically Offered: Spring

PE 185VW: Phys Cond-Womens Volleyball (1)

The course offers a conditioning program for volleyball, through the use of plyometrics, strength, cardiovascular and agility exercises

Terms Typically Offered: Winter

PE 185WJ: Walk Jog and Run (1)

Walk, Run and Jog is a physical fitness class that offers complete and effective conditioning. The class improves aerobics, strength and flexibility through options of walking, jogging and running

Terms Typically Offered: Fall, Winter, Spring, Summer

PE 185WR: Physical Conditioning-Wr (1)

This course offers a conditioning program for wrestling, through the use of plyometrics, strength, cardiovascular, and agility exercises

Terms Typically Offered: Fall

PE 185WS: Wrestling Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation, and skill development

Terms Typically Offered: Winter

PE 185WT: Advanced Wrestling (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation, and advanced skill development

Terms Typically Offered: Spring

PE 185XA: Adv Cross Country (1)

Discussion and demonstration of increase in individual skills with an emphasis on advanced progression, participation, and advanced skill development

Terms Typically Offered: Spring

PE 185XC: Physical Conditioning-CC (1)

The course offers a conditioning program for cross country, through the use of plyometrics, strength, cardiovascular, and agility exercises

Terms Typically Offered: Summer

PE 185XS: Cross Country Strategy (1)

Discussion and demonstration of individual skills and team strategies with an emphasis on progression, sequence, participation, and skill development

Terms Typically Offered: Fall

PE 291: Lifeguarding (2)

Teaches students to become a certified Lifeguard, specific to pool settings and non-surf open water. First Aid and CPR will be included. Five two- hour classroom sessions, six five-hour pool sessions. Instructor-Enforced Prerequisites: minimum 15 years of age, Intermediate level swimmer

Terms Typically Offered: Spring