PHYSICAL EDUCATION (PE)

CARDIO
PE 100
22 hours of lab
Basic group exercise to music, primarily targeting cardiovascular conditioning. [PE,SE][PNP]

INTRODUCTION TO RUNNING
PE 101
22 hours of lab
Develop fitness through running, emphasizing various training methods, individual program development, and health benefits. [PE,SE][PNP]

FITNESS WALKING
PE 102
44 hours of lab
Emphasis on walking programs, including interval training, power walking, and race walking. Walking technique and health benefits also discussed. [PE,SE][PNP]

BENCH STEP AEROBICS
PE 103
22 hours of lab
Introduction to high-intensity/low impact exercise promoting overall body strength and cardiovascular fitness that involves stepping up and down on a bench step platform to music. [PE,SE][PNP]

CIRCUIT FITNESS
PE 104
22 hours of lab
An individualized systematic approach to cardiovascular fitness through the use of multiple weight machines and aerobic equipment. Pre and post fitness assessments conducted. [PE,SE][PNP]

SPEED, AGILITY, AND QUICKNESS
PE 107
22 hours of lab
Focuses on biomechanics of running, development of speed, agility and personal quickness. Learning of drills and enhancement of skills to improve personal performance. [PE,SE][PNP]

INDEPENDENT FITNESS PROGRAM
PE 108
44 hours of lab
A self-paced conditioning course for the motivated, self-directed student. Design, implement and document a goal-oriented fitness program with instructor advice and approval. Areas of concentration will be the three components of fitness: Cardiovascular endurance, muscular strength and muscular flexibility training. [PE,SE][PNP]

FUNCTIONAL FITNESS
PE 111
22 hours of lab
Utilizing functional movement patterns to improve core stabilization, posture, and balance. [PE,SE][PNP]

STRENGTH AND STRETCH
PE 112
22 hours of lab
Utilizing body weight and portable fitness equipment to improve muscular strength, tone, and flexibility. [PE,SE][PNP]

TOTAL BODY CONDITIONING
PE 113
44 hours of lab
Students will use fitness center equipment and a variety of conditioning activities to develop cardiovascular endurance, muscular strength, and flexibility. Course will emphasize how to structure an exercise plan to meet individualized goals. [PE,SE][PNP]

WEIGHT TRAINING-GENERAL I
PE 115
1 Credit/Unit
22 hours of lab
Strength development through basic exercise and lift techniques. Beginning theories and techniques in fitness conditioning, body building, and power lifting. [PE,SE][PNP]

FITNESS CENTER BASICS
PE 116
1 Credit/Unit
22 hours of lab
Introduction to the fundamental skills necessary to implement a physical activity program in a fitness center setting. Students develop and implement an exercise program appropriate to their fitness level and individual needs using a variety of cardiovascular and resistance machines. [PE,SE][PNP]

WEIGHT TRAINING-POWER LIFTING I
PE 117
2 Credits/Units
44 hours of lab
Conditioning class for students interested in strength improvement through heavy resistance training. The Olympic lifts along with numerous power/speed lifts will be performed for personal improvement in various fitness parameters. [PE,SE][PNP]

CROSS TRAINING
PE 118
2 Credits/Units
44 hours of lab
Introduction to cross-training utilizing strength and conditioning principles and activities including: calisthenics, basic gymnastics, weightlifting and mobility. Cardio endurance and functional movement will also be covered and developed. [PE,SE][PNP]

CARDIO KICKBOXING-BEGINNING
PE 120
1 Credit/Unit
22 hours of lab
Combination of aerobic dance and martial arts, including American Kickboxing and Thai Boxing, in a format that increases cardiovascular endurance, sharpens reflexes and enhances power. [PE,SE][PNP]

YOGA
PE 121
1 Credit/Unit
22 hours of lab
Introduction to hatha yoga (physical yoga) with an emphasis on postures, breathing and body-mind centering. [PE,SE][PNP]

HEALTHY HEART-BEGINNING
PE 123
1 Credit/Unit
22 hours of lab
Cardiac prevention and rehabilitation exercise: designed to promote awareness and practice of exercise, nutrition, and stress. Skills in dealing with pre- and post-cardiac trauma. [GE,SE][PNP]
PILATES-BEGINNING
PE 124 1 Credit/Unit
22 hours of lab
Methods of conditioning covers the basic principles and exercise technique needed to increase core strength and stabilization, improve coordination, balance, postural awareness, and increase muscular flexibility and stamina. [PE,SE][PNP]

ROCK CLIMBING
PE 125 1 Credit/Unit
22 hours of lab
Basics of rock climbing. Focus on belay techniques and knot tying skills along with the essential styles of climbing safety and efficiently. [PE,SE][PNP]

KETTLEBELL CONDITIONING
PE 126 1 Credit/Unit
22 hours of lab
Utilizing kettlebells in a variety of conditioning activities to develop muscular strength, power, cardiovascular endurance, and flexibility. Course will emphasize proper kettlebell technique and how to structure an exercise plan to meet individual goals. [HPE,PE,SE][PNP]

BOOT CAMP-BEGINNING
PE 129 2 Credits/Units
44 hours of lab
Introduction to physical fitness for military purposes; emphasis on basic conditioning and discipline. This course is open to all students. [PE,SE][PNP]

BASKETBALL
PE 140 1 Credit/Unit
22 hours of lab
Ball handling, shooting, passing, offensive and defensive techniques, rules, strategy and competitive play. [PE,SE][PNP]

BOWLING
PE 143 1 Credit/Unit
22 hours of lab
Techniques, styles of play, rules of courtesy, scoring and competitive games. [PE,SE][PNP]

FENCING-FOIL
PE 147 1 Credit/Unit
22 hours of lab
Movement of fencing plus defense, offense, rules of boutting, officiating, and competition. [PE,SE][PNP]

GOLF
PE 148 1 Credit/Unit
22 hours of lab
Fundamentals and practice of golf. Focuses on full-swing fundamentals, chipping, pitching, putting, golf strategies, and rules of the game. [PE,SE][PNP]

SOCCER
PE 150 1 Credit/Unit
22 hours of lab
Focus on individual offensive and defensive skills, game strategy, rules, and team tactics through the use of small-sided games and individual drills. [PE,SE][PNP]

SOFTBALL
PE 153 1 Credit/Unit
22 hours of lab
Skills, rules and team play. [PE,SE][PNP]

TENNIS
PE 155 1 Credit/Unit
22 hours of lab
Basic tennis skills including grip, foot work, and strokes, such as backhand, forehand, volley and serve. The drop shot, lob, and overhead shots will be introduced, as will singles and doubles strategies, rules, scoring and court etiquette. [PE,SE][PNP]

VOLLEYBALL
PE 158 1 Credit/Unit
22 hours of lab
Introduction to the fundamental skills and strategies of organized volleyball. Volleyball requires development of the following individual skills: forearm pass, set, spike, block, dig, and serve. In addition, students will gain an understanding of elementary team strategies. Students will learn to practice effective communication with teammates. [PE,SE][PNP]

BILLIARDS-BEGINNING
PE 162 1 Credit/Unit
22 hours of lab
Introduction to fundamental skills and strategies. Development of individual skills including stance, form, technique, vocabulary, and strategy. [PE,SE][PNP]

ULTIMATE FRISBEE-BEGINNING
PE 163 1 Credit/Unit
22 hours of lab
Ultimate Frisbee fundamentals: individual skill development, rules, game play, and strategies. [PE,SE][PNP]

AQUA EXERCISE
PE 171 1 Credit/Unit
22 hours of lab
Conditioning through water exercises for students with or without swimming ability. Increased fitness with emphasis on stretching, flexibility, and abdominal and back strength. [PE,SE][PNP]

SCUBA-BEGINNING
PE 173 2 Credits/Units
11 hours of lecture / 22 hours of lab
Prerequisite: Swimming ability. Classroom lectures and discussion, swimming pool practice, and diving safety. Supervised experience in open water training optional at extra cost. Successful completion qualifies student for certification card. [PE,SE][PNP]

BEGINNING SWIMMING
PE 175 1 Credit/Unit
22 hours of lab
Learn and improve swimming, water survival, and safety skills. Introduction to Red Cross swimming strokes, while developing individual skill, endurance and comfort in the water. [PE,SE][PNP]

SWIMMING-INTERMEDIATE
PE 176 1 Credit/Unit
22 hours of lab
Continuation of PE 175 for students who need additional instruction and practice to improve and increase their swimming skill and confidence. [PE,SE][PNP]
<table>
<thead>
<tr>
<th>Course</th>
<th>Code</th>
<th>Credits/Units</th>
<th>Hours of Lab</th>
<th>Prerequisite</th>
<th>Description</th>
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<tbody>
<tr>
<td>SWIM CONDITIONING-BEGINNING</td>
<td>PE 179</td>
<td>1 Credit/Unit</td>
<td>22</td>
<td>Ability to swim comfortably in the deep end of pool.</td>
<td>Emphasizes swimming fitness through lap swimming. Students will participate in a workout designed to address their particular fitness and skill level. [PE,SE][PNP]</td>
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<tr>
<td>HIKING</td>
<td>PE 182</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Experience hiking off-campus on designated trails. Course emphasizes basic safety and survival skills and practices low-impact hiking methods. [PE,SE][PNP]</td>
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<tr>
<td>ROWING-BEGINNING</td>
<td>PE 183</td>
<td>1 Credit/Unit</td>
<td>22</td>
<td>Must pass swimming test prior to first class.</td>
<td>Introduction to the sport of rowing. Includes basic technique and terminology, related water safety, development of strength, endurance and flexibility. Skills include rowing, strength training, cardiovascular training. See Course Information Sheet outside OSC 206 for more information. [PE,SE][PNP]</td>
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<tr>
<td>COOPERATIVE WORK EXPERIENCE</td>
<td>PE 199</td>
<td>5 Credits/Units</td>
<td>165</td>
<td>Consent of Instructional Unit.</td>
<td>Supervised work experience in an approved job. Completion of specific learning objectives and employer evaluation. Completion of, or concurrent enrollment in, HDEV 195, 198, or 200 required. [PE,GE][PNP]</td>
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<tr>
<td>CARDIO CONDITIONING-INTERMEDIATE</td>
<td>PE 200</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Intermediate group exercise to music, primarily targeting cardiovascular conditioning. [PE,SE][PNP]</td>
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<tr>
<td>FITNESS WALKING-INTERMEDIATE</td>
<td>PE 202</td>
<td>2 Credits/Units</td>
<td>44</td>
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<td>Intermediate fitness walking with emphasis on walking programs and technique. [PE,SE][PNP]</td>
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<tr>
<td>BENCH STEP AEROBICS-INTERMEDIATE</td>
<td>PE 203</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Intermediate high-intensity/low impact exercise program using a bench step promoting overall body strength and cardiovascular fitness. [PE,SE][PNP]</td>
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<tr>
<td>CIRCUIT FITNESS - INTERMEDIATE</td>
<td>PE 204</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>An individualized systematic approach to cardiovascular fitness through the use of multiple weight machines and aerobic equipment. Pre and post fitness assessments conducted. [PE,SE][PNP]</td>
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<tr>
<td>SPEED, AGILITY, AND QUICKNESS</td>
<td>PE 207</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Additional drills to further advance personal ability in running, quickness, speed. Includes advanced plyometric training techniques. [PE,SE][PNP]</td>
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<tr>
<td>INDEPENDENT FITNESS - INTERMEDIATE</td>
<td>PE 208</td>
<td>2 Credits/Units</td>
<td>44</td>
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<td>A continuation of the self-paced conditioning course, plus setting and implementing an additional personalized health related goal to be determined at the first individual meeting with instructor. [PE,SE][PNP]</td>
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<tr>
<td>FUNCTIONAL FITNESS - STRETCH</td>
<td>PE 211</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Continuation of PE 111. Utilizing functional movement patterns to improve core stabilization, posture, and balance. More advanced techniques introduced. [PE,SE][PNP]</td>
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<tr>
<td>STRENGTH AND STRETCH</td>
<td>PE 212</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Continuation of PE 112. Utilizing body weight and portable fitness equipment to improve muscular strength, tone, and flexibility. [PE,SE][PNP]</td>
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<tr>
<td>TOTAL BODY CONDITIONING-INT</td>
<td>PE 213</td>
<td>2 Credits/Units</td>
<td>44</td>
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<td>Theoretical basis and competencies needed to safely and effectively train to complete a small triathlon will be explored. Activities include swimming, cycling and running along with a self-contained mini triathlon at course conclusion. Students must know how to swim and have their own bicycle. [PE,SE][PNP]</td>
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<tr>
<td>TRIATHLON TRAINING</td>
<td>PE 214</td>
<td>2 Credits/Units</td>
<td>44</td>
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<td>Designed for the student who is interested in a more in-depth approach to advanced weight training exercises, programs, and systems. [PE,SE][PNP]</td>
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<tr>
<td>WEIGHT TRAINING-GENERAL II</td>
<td>PE 215</td>
<td>1 Credit/Unit</td>
<td>22</td>
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<td>Introduction to the fundamental skills necessary to implement a physical activity program in a fitness center setting. Students develop and implement an exercise program appropriate to their fitness level and individual needs using a variety of cardiovascular and resistance machines. [PE,SE][PNP]</td>
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<td>Course</td>
<td>Credits/Units</td>
<td>Lab Hours</td>
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<tr>
<td><strong>WEIGHT TRAINING-POWER LIFTING II</strong></td>
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<td>PE 217</td>
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<td><strong>Prerequisite:</strong> PE 117.</td>
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<td>Continued application of skill and conditioning level. Application of workout design and training theory will also be covered and applied. Assessment of personal fitness parameters. [PE,SE][PNP]</td>
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<td><strong>CARDIO</strong></td>
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<td>PE 220</td>
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<td><strong>Prerequisite:</strong> PE 120.</td>
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<td>Continuation of PE 120. Intermediate students will demonstrate more advanced techniques and perform moves that require greater conditioning. Combines aerobic dance and martial arts, including American Kickboxing and Thai Boxing, in a format that increases cardiovascular endurance, sharpens reflexes and enhances power.</td>
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<td><strong>YOGA-INTERMEDIATE</strong></td>
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<td>PE 221</td>
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<td><strong>Prerequisite:</strong> PE 121.</td>
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<td>A continuation of Hatha yoga technique. Students will practice more advanced postures and a deeper exploration of body-mind centering.</td>
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<td><strong>HEALTHY HEART-INTERMEDIATE</strong></td>
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<td>PE 223</td>
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<td><strong>Prerequisite:</strong> PE 123.</td>
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<td>Continuation of exercise designed to lower risk for heart disease or to promote cardiac recovery. Study of healthy nutrition and stress reduction in the prevention of heart disease. [GE,PE,SE][PNP]</td>
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<td><strong>PILATES-INTERMEDIATE</strong></td>
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<td>PE 224</td>
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<td><strong>Prerequisite:</strong> PE 124.</td>
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<td>Continuation of Pilates method of conditioning needed to increase core strength and stabilization, improve coordination, balance, postural awareness, and increase muscular flexibility and stamina. [PE,SE][PNP]</td>
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<td><strong>ROCK CLIMBING-INTERMEDIATE</strong></td>
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<td>PE 225</td>
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<td><strong>Prerequisite:</strong> Completion of PE 125 or consent of Instructional Unit. Learn advanced rock climbing methods. Bouldering technique and Lead Climbing skills will be taught, taking the student beyond the skills learned in PE 125. [PE,SE][PNP]</td>
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<td><strong>BOOT CAMP-INTERMEDIATE</strong></td>
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<td>PE 229</td>
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<td><strong>Prerequisite:</strong> PE 129.</td>
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<tr>
<td>Continuation of physical fitness for military purposes; emphasis on basic conditioning, discipline, and leadership. This course is open to all students. [PE,SE][PNP]</td>
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<td><strong>BASKETBALL CONDITIONING-INTERMEDIATE</strong></td>
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<td>PE 242</td>
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<td><strong>Prerequisite:</strong> PE 142.</td>
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<td>Further emphasis on fitness through running, related skills, and weight training activities. [PE,SE][PNP]</td>
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<td><strong>BOWLING-INTERMEDIATE</strong></td>
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<td><strong>Prerequisite:</strong> PE 143.</td>
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<td>Advanced instruction in all phases of bowling including league play and competition. [PE,SE][PNP]</td>
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<td><strong>FENCING-FOIL, SABRE/EPEE</strong></td>
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<td><strong>Prerequisite:</strong> PE 147.</td>
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<td>Movements of all three weapons of fencing. Emphasizes defense, offense, rules, officiating and competition. [PE,SE][PNP]</td>
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<td><strong>GOLF-INTERMEDIATE</strong></td>
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<td><strong>Prerequisite:</strong> PE 150.</td>
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<td>More advanced instruction on golf swing, short game, and golf strategies. [PE,SE][PNP]</td>
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<tr>
<td><strong>SOCCER-INTERCOLLEGIATE</strong></td>
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<td>44</td>
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<tr>
<td><strong>Prerequisite:</strong> PE 153.</td>
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<td>Learn and apply offensive and defensive skills and tactics through intercollegiate play. [PE,SE][PNP]</td>
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<td><strong>SOFTBALL-INTERMEDIATE</strong></td>
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<td><strong>Prerequisite:</strong> PE 155.</td>
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<tr>
<td>Refinement of tennis skills, advanced game strategies and strokes. Observe and assist 100 level students. [PE,SE][PNP]</td>
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<tr>
<td><strong>TENNIS-INTERMEDIATE</strong></td>
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<td><strong>Prerequisite:</strong> PE 155.</td>
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<tr>
<td>Refinement of tennis skills, advanced game strategies and strokes. Observe and assist 100 level students. [PE,SE][PNP]</td>
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<tr>
<td><strong>Volleyball-Intermediate</strong></td>
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<td><strong>Prerequisite:</strong> PE 158.</td>
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<td>Further development of individual skills, team offenses and defenses learned in the beginning level PE 158. [PE,SE][PNP]</td>
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</table>
VOLLEYBALL-POWER
PE  260                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 158 and PE 258 or competitive experience.
Higher level of volleyball for the advanced player utilizing advanced skills and drills. Emphasis will be placed on advanced offensive and defensive strategies. [PE,SE][PNP]

BILLIARDS-INTERMEDIATE
PE  262                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 162.
Continuation of PE 162. Further development of more complex shots and strategies (English, duck, bunk, diamond). Provide assistance to the 100 level students with their basic stance and technique. [PE,SE][PNP]

ULTIMATE FRISBEE-INTERMEDIATE
PE  263                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 163.
Continuation of individual skill development, rules, game play, and strategies for the intermediate level ultimate Frisbee player. [PE,SE][PNP]

AQUA EXERCISE-INTERMEDIATE
PE  271                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 171.
Continuation of water exercise conditioning through stretching, flexibility, abdominal and back strength. [PE,SE][PNP]

SWIMMING-STROKE IMPROVEMENT
PE  275                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 175.
Review Red Cross swimming strokes, water survival and safety skills. For the swimmer who is comfortable in deep water and can swim 25 yards. [PE,SE][PNP]

SWIM CONDITIONING-INTERMEDIATE
PE  279                      1 Credit/Unit
22 hours of lab
Prerequisite: PE 179.
Continued practice of swimming fitness through lap swimming. Students will participate in a workout designed to address their particular fitness and skill level. [PE,SE,GE][PNP]

SELECTED TOPICS
PE  280                      5 Credits/Units
55 hours of lecture
The course focuses on selected topics in Physical Education. Topics vary, and course theme and content change to reflect new topics. Because the course varies in content, it is repeatable for credit for different topics. Individual topics are listed in the term class schedules. [PE, SE]

HIKING-INTERMEDIATE
PE  282                      1 Credit/Unit
22 hours of lab
Continuation of hiking skills with focus on advanced safety and survival skills. Explore local hiking options, practice low-impact hiking methods on longer, more challenging hikes, and plan a future hike. [PE,SE,GE][PNP]

ROWING-INTERMEDIATE
PE  283                      1 Credit/Unit
22 hours of lab
Prerequisite: A grade of "S" in PE 183.
Further development of rowing technique, tactics and fitness development. [PE,SE][PNP]

SPECIAL PROJECTS
PE  290                      5 Credits/Units
Prerequisite: Consent of Instructional Unit.
Opportunity to plan, organize and complete special projects approved by the department. [GE]

INTRODUCTION TO SPORTS OFFICIATING
PE  295                      2 Credits/Units
22 hours of lecture
This is an introductory course to sports officiating, exploring basic officiating skills including but not limited to communication, conflict management, professionalism, and personal fitness. In addition, practical experience in sport-specific officials associations will prepare students for national and local certifications that will enhance employment opportunities.