PHYSICAL EDUCATION (PE)

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

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

FITNESS
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]

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]

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]

FUNCTIONAL 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]

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]

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]
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]

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.

KETTLEBELL CONDITIONING
PE 126 1 Credit/Unit
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]

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]

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]

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

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]

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]

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]

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

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]

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]

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]

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]

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]

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.

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.

HILL CLIMBING
PE 182 1 Credit/Unit
22 hours of lab
Experience hiking off-campus on designated trails. Course emphasizes basic safety and survival skills and practices low-impact hiking methods. [PE, SE]
ROWING-BEGINNING
PE 183 1 Credit/Unit
22 hours of lab
Prerequisite: Must pass swimming test prior to first class.
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]

CARDIO
CON conditioning-intermediate
PE 200 1 Credit/Unit
22 hours of lab
Prerequisite: PE 100.
Intermediate group exercise to music, primarily targeting cardiovascular
conditioning. [PE, SE]

FITNESS
WALKING-intermediate
PE 202 2 Credits/Units
44 hours of lab
Prerequisite: PE 102.
Intermediate fitness walking with emphasis on walking programs and
technique. [PE, SE]

BENCH STEP
Aerobics-intermediate
PE 203 1 Credit/Unit
22 hours of lab
Prerequisite: PE 103.
Intermediate high-intensity/low impact exercise program using a bench
step promoting overall body strength and cardiovascular fitness. [PE, SE]

CIRCUIT FITNESS
INTERMEDIATE
PE 204 1 Credit/Unit
22 hours of lab
Prerequisite: PE 104.
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 207 1 Credit/Unit
22 hours of lab
Prerequisite: PE 107.
Additional drills to further advance personal ability in running, quickness,
speed. Includes advanced plyometric training techniques. [PE, SE]

INDEPENDENT
FITNESS
INTERMEDIATE
PE 208 2 Credits/Units
44 hours of lab
Prerequisite: PE 108.
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]

FUNCTIONAL
FITNESS
PE 211 1 Credit/Unit
22 hours of lab
Prerequisite: PE 111.
Continuation of PE 111. Utilizing functional movement patterns to
improve core stabilization, posture, and balance. More advanced
techniques introduced. [PE, SE]

STRENGTH AND STRETCH
PE 212 1 Credit/Unit
22 hours of lab
Prerequisite: PE 112.
Continuation of PE 112. Utilizing body weight and portable fitness
equipment to improve muscular strength, tone, and flexibility. [PE, SE]

TOTAL BODY CONDITIONING-INT
PE 213 2 Credits/Units
44 hours of lab
Prerequisite: PE 113.
Continuation of individualized conditioning program for developing the
various components of fitness. Additional focus on learning principles of
fitness to create personalized workouts. [PE, SE]

TRIATHLON TRAINING
PE 214 2 Credits/Units
44 hours of lab
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]

WEIGHT TRAINING-GENERAL II
PE 215 1 Credit/Unit
22 hours of lab
Designed for the student who is interested in a more in-depth approach to
advanced weight training exercises, programs, and systems.

FITNESS CENTER-intermediate
PE 216 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]

WEIGHT LIFTING II
PE 217 2 Credits/Units
44 hours of lab
Prerequisite: PE 117.
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]

CARDIO KICKBOXING-INT
PE 220 1 Credit/Unit
22 hours of lab
Prerequisite: PE 120.
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. [PE,
SE]

YOGA-INTERMEDIATE
PE 221 1 Credit/Unit
22 hours of lab
Prerequisite: PE 121.
A continuation of Hatha yoga technique. Students will practice more
advanced postures and a deeper exploration of body-mind centering. [PE,
SE]
HEALTHY HEART-INTERMEDIATE

PE 223 1 Credit/Unit
22 hours of lab

Prerequisite: PE 123.
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]

PILATES-INTERMEDIATE

PE 224 1 Credit/Unit
22 hours of lab

Prerequisite: PE 124.
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]

ROCK CLIMBING-INTERMEDIATE

PE 225 1 Credit/Unit
22 hours of lab

Prerequisite: 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.

BOOT CAMP-INTERMEDIATE

PE 229 2 Credits/Units
44 hours of lab

Prerequisite: PE 129.
Continuation of physical fitness for military purposes; emphasis on basic conditioning, discipline, and leadership. This course is open to all students. [PE, SE]

BASKETBALL-INTERMEDIATE

PE 240 1 Credit/Unit
22 hours of lab

Prerequisite: PE 140.
Continuation of skills, practice, and competitive play. [PE, SE]

BOWLING-INTERMEDIATE

PE 243 1 Credit/Unit
22 hours of lab

Prerequisite: PE 143.
Advanced instruction in all phases of bowling including league play and competition. [PE, SE]

FENCING-FOIL,SABRE/EPEE

PE 246 1 Credit/Unit
22 hours of lab

Movements of all three weapons of fencing. Emphasizes defense, offense, rules, officiating and competition. [PE, SE]

FENCING-FOIL INTERMEDIATE

PE 247 1 Credit/Unit
22 hours of lab

Prerequisite: PE 147.
Skill refinement and advanced technique for experienced foil fencers. [PE, SE]

GOLF-INTERMEDIATE

PE 248 1 Credit/Unit
22 hours of lab

More advanced instruction on golf swing, short game, and golf strategies. [PE, SE]

SOCCER-INTERMEDIATE

PE 250 1 Credit/Unit
22 hours of lab

Prerequisite: PE 150.
Focus on learning and applying more advanced individual skills utilizing small and large groups to demonstrate more advanced team tactics. [PE, SE]

TENNIS-INTERMEDIATE

PE 255 1 Credit/Unit
22 hours of lab

Prerequisite: PE 155.
Refinement of tennis skills, advanced game strategies and strokes. Observe and assist 100 level students. [PE, SE]

VOLLEYBALL-INTERMEDIATE

PE 258 1 Credit/Unit
22 hours of lab

Prerequisite: PE 158.
Further development of individual skills, team offenses and defenses learned in the beginning level PE 158. [PE, SE]

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]

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]

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]

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.

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]

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]

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]

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.