

Physical Education

PE 120 Water Aerobics (1 credit, 0 lecture, 2 lab)

Offered only in the summer. It is designed to instruct the fundamentals of water aerobics.

PE 121 Bowling (1 credit, 0 lecture, 2 lab)

Introduction to the basic techniques and skills required for bowling. This co-educational course has no pre-requisite.

PE 123 Recreational Sports (1 credit, 0 lecture, 2 lab)

Includes activities such as volleyball, basketball, softball and soccer. This course is designed to develop interest in activities that can be played in one's backyard or in a park. May be taken as variable credit and repeated three times.

PE 125 Dance II (1 credit, 0 lecture, 2 lab)

A continuation of PE 128 Dance with emphasis on basic steps and dance patterns associated with different types of dance. May include one or several different types of dance. This course may be taken as variable credit and repeated three times.

PE 126 Physical Fitness Through Conditioning (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone. May be repeated three times. **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 127 Physical Fitness Conditioning II (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone (may be repeated three times). **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 128 Dance (1 credit, 0 lecture, 2 lab)

Introduction to the basic steps and dance patterns associated with different types of dance. May include one or several different types of dance. May be taken as variable credit and repeated three times.

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PE 129 Physical Fitness Conditioning III (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone (may be repeated three times). This course is a continuation of Physical Fitness Conditioning II. This course may be offered as variable credit. **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 140 Pilates (1 credit, 0 lecture, 2 lab)

A course designed to gain flexibility postural control and core strength through a synthesis of mind/body fitness routine. May be offered as variable credit and repeated three times.

PE 141 Swimming (1 credit, 0 lecture, 2 lab)

Offered only in the summer. It is designed to instruct the fundamentals of beginning swimming and water safety. May be offered as variable credit.

PE 144 Men's Team Baseball I (2 credit, 0 lecture, 4 lab)

Introduction to the skills, knowledge, attitudes and physical conditioning necessary for playing baseball.

PE 145 Women's Team Softball (2 credit, 0 lecture, 4 lab)

An introduction to the rules, regulations, skills and physical conditioning necessary for playing softball. Includes theory, demonstration, and participation. **Pre-Requisite:** Freshman students on the softball team.

PE 146 Women's Team Softball II (2 credit, 0 lecture, 4 lab)

Group instruction in skills, techniques, rules, terminology, and scoring of softball. Emphasis on experience in playing the game. Laboratory participation is required. This course is intended for sophomore students on the softball team. **Pre-Requisite:** Sophomore students on the softball team.

PE 162 Basketball (0.5 credit, 0 lecture, 1 lab)

Introduction to the basic skills, knowledge, attitudes, and physical conditioning necessary for playing basketball. Emphasis on recreational values. May be repeated once.

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PE 164 Women's Team Basketball I (2 credit, 0 lecture, 4 lab)

Individual skills and team techniques are covered as students gain knowledge and an understanding of basketball. Laboratory participation is required. This course is intended for freshman students on the women's basketball team. **Pre-Requisite:** Freshman students on the women's basketball team.

PE 165 Women's Team Basketball II (2 credit, 0 lecture, 4 lab)

A continuation of PE 164 with emphasis on developing the skills in basketball. Laboratory participation is required. This course is intended for sophomore students on the women's basketball team. Pre-Requisite: Sophomore students on the women's basketball team.

PE 168 Basic Archery (1 credit, 0 lecture, 2 lab)

Introduction to the basic techniques and skills required for archery, with an emphasis in target shooting.

PE 169 Fitness Through Walking (0.5 credit, 0 lecture, 1 lab)

This course is a walk/jog class designed to condition the heart and muscles through continuous walking, jogging, or running. The use of circuit training via free weights and other aerobic exercise may be used. The student will be provided knowledge of cardio respiratory endurance, muscular strength and flexibility.

PE 170 Intermediate Archery (1 credit, 0 lecture, 2 lab)

Introduction to the intermediate techniques and skills required for archery, with an emphasis in target shooting. **Pre-Requisite:** PE 168.

PE 171 Advanced Archery (1 credit, 0 lecture, 2 lab)

Introduction to the advanced techniques and skills required for archery, with an emphasis in competitive target shooting. Pre-Requisite: PE 168 Basic Archery and PE 170 Intermediate Archery or consent of the instructor.

PE 172 Mind and Matter in Competition (1 credit, 1 lecture, 0 lab)

The course is designed to promote physical and mental fitness and teach a series of physical and mental exercises to improve the success of competitive teams. Topics have been chosen to take the students methodically from proper technique and form to developing a mindset in which one becomes completely focused on his or her objective, thus achieving, improving, and maintaining athletic prowess. Exercise and fitness rules, principles, and techniques taught in the course have proven to be effective in the fields of both amateur and professional competition and include human movement research and motivation studies. Safety and injury prevention will be stressed.

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PE 173 Pro-Am Competition Archery (1 credit, 0 lecture, 2 lab)

Introduction to the advanced techniques and skills required for professional and amateur (Pro-Am) competition archery. Pre-Requisite: PE 168, PE 170, PE 171 or consent of the instructor.

PE 176 USBC Rules and Procedures (1 credit, 1 lecture, 0 lab)

Introduction to the basic rules, procedures, and code of conduct of the US Bowling Congress (USBC). The course will give students a working knowledge of the organization, management, and administration of USBC and will familiarize students with USBC athletic event promotion, scheduling, and related services. Facilities management and program development for competitive bowling programs and teams within USBC and the development of skills in public relations will be stressed. Adopting the USBC code of conduct for its members will be required.

PE 183 Aerobic Fitness Exercise (1 credit, 0 lecture, 2 lab)

Individualized exercise program which uses multi-station exercise equipment utilizing sub maximal weights with multiple repetitions. Course is intended to improve cardiovascular efficiency, strength, endurance, flexibility and all-around fitness. May be repeated three times. **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 184 Aerobic Fitness Exercise II (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone. May be repeated three times. This course may be offered for variable credit. **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 185 Aerobic Fitness Exercise III (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone. May be repeated three times. This course may be offered for variable credit. This course is a continuation of Aerobic Fitness Exercise II. **Pre-Requisite:** Doctor's permission for those with history of health problems.

PE 186 Aerobic Fitness Exercise IV (1 credit, 0 lecture, 2 lab)

Fitness through exercise with emphasis on weight lifting and/or running to develop cardiovascular endurance and muscle tone. May be repeated three times. This course may be offered for variable credit. **Pre-Requisite:** Doctor's permission for those with history of health problems.

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PE 189 Fitness Through Walking II (0.5 credit, 0 lecture, 1 lab)

This course is a walk/jog class designed to condition the heart and muscles through continuous walking, jogging, or running. The use of circuit training via free weights and other aerobic exercise may be used. The student will be provided knowledge of cardio respiratory endurance, muscular strength and flexibility. Maybe repeated three times.

PE 209 Fitness Through Walking III (0.5 credit, 0 lecture, 1 lab)

This course is a walk/jog class designed to condition the heart and muscles through continuous walking, jogging, or running. The use of circuit training via free weights and other aerobic exercise may be used. The student will be provided knowledge of cardio respiratory endurance, muscular strength and flexibility. Maybe repeated three times.

PE 219 Fitness Through Walking IV (0.5 credit, 0 lecture, 1 lab)

This course is a walk/jog class designed to condition the heart and muscles through continuous walking, jogging, or running. The use of circuit training via free weights and other aerobic exercise may be used. The student will be provided knowledge of cardio respiratory endurance, muscular strength and flexibility. Maybe repeated three times.

PE 220 Theory of Coaching (3 credit, 3 lecture, 0 lab)

Theory, techniques, and principles of coaching selected team or individual sports.

PE 221 Men's Team Basketball I (2 credit, 0 lecture, 4 lab)

Individual skills and team techniques are covered as students gain knowledge and an understanding of basketball. Laboratory participation is required. This course is intended for freshman students on the men's basketball team. Pre-Requisite: Freshman students on the men's basketball team.

PE 222 Men's Team Basketball II (2 credit, 0 lecture, 4 lab)

A continuation of PE 221 with emphasis on developing the skills in basketball. This course is intended for sophomore students on the men's basketball team. Pre-Requisite: PE 221 Men's Team Basketball I or consent of instructor.

PE 244 Men's Team Baseball II (2 credit, 0 lecture, 4 lab)

Development of advanced skills of batting, fielding, and playing all positions; strategies of offense and defense; methods of conducting team practices; training and conditioning; review of rules and scouting techniques. Pre-Requisite: PE 144 or instructor consent.