

# 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. 4 lecture/lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## PE 185EA: Advanced Esports (1)

This course is for students-athletes who participate on the intercollegiate Esport team. This course offers advanced skill instruction as well as intercollegiate experience. Advanced skills of Esport games are introduced. Skills will be developed through practice and live competitions. Instructor approval required. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## PE 185EP: Introduction to Esports (1)

Esports student-athletes only This course is for students-athletes who participate on the intercollegiate Esport team. This course offers beginner skill instruction as well as intercollegiate experience. Rules and strategy will be introduced and competitions will be incorporated. Instructor Approval Required. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

## PE 185ES: Esport Strategy (1)

This course is for students-athletes who participate on the intercollegiate Esport team. This course offers advanced instruction as well as intercollegiate experience. Styles of play and health & wellness for Esport athletes will be explored. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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 exercise aerobically. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Summer

## 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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**PE 185SC: Advanced Soccer (1)**

This course is for students-athletes who participate on the intercollegiate women's soccer team. This course offers advanced skill instruction as well as intercollegiate experience. fundamental skills of indoor soccer are introduced. Skills will be developed using exercises, drills, and small-sided games. There is an emphasis on teamwork and enjoyment of the game. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**PE 185SR: Beginning Soccer (1)**

This course is for students-athletes who participate on the intercollegiate women's soccer team. This course offers beginner skill instruction as well as intercollegiate experience. Rules and strategy will be introduced and full-sided games will be incorporated. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**PE 185SS: Soccer Strategy (1)**

This course is for students-athletes who participate on the intercollegiate women's soccer team. This course offers advanced instruction as well as intercollegiate experience. Health, nutrition and physical conditioning for the soccer athlete will be explored. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**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 progress to more advanced techniques, drills and competition. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Spring, Summer

**PE 185TN: Beginning Tennis (1)**

1. Classes begin right on the hour so please be on time. 2. Meeting place- college courts unless otherwise instructed. 3. Dress in comfortable clothes- slacks or shorts. Plan your clothing according to weather. 4. Equipment- racket. Tennis balls will be furnished. 5. Lockers- will be issued to all students requesting one. 6. Towels- supplied by the college. One is issued, turn in towel to get unused towel. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**PE 185V: Beginning Volleyball (1)**

3 lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, 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. 3 lab hrs/wk

**Terms Typically Offered:** Fall, Winter, Spring

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**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. 3 lab hrs/wk

**Terms Typically Offered:** Fall

**PE 190: Athletic Orientation (1)**

3 lab hrs/wk

**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. 1 lecture, 3 lab hrs/wk

**Terms Typically Offered:** Spring