

# PHYSICAL EDUCATION (PE)

## PE-100MB Varsity Sports - Men's Basketball

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in men's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100MF Varsity Sports - Men's Soccer

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in men's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100MG Varsity Sports - Men's Golf

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in men's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100MW Varsity Sports - Men's Wrestling

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in men's wrestling. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100WB Varsity Sports - Women's Basketball

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in women's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100WF Varsity Sports - Women's Soccer

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in women's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100WG Varsity Sports - Women's Golf

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in women's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100WS Varsity Sports - Women's Softball

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in women's softball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-100WV Varsity Sports - Women's Volleyball

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course is restricted to freshman varsity athletes who compete in women's volleyball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

## PE-101MB Varsity Sports Strength Training Men's Basketball

### 1 Credit

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101MF**   **Varsity Sports Strength Training Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101MG**   **Varsity Sports Strength Training Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101MW**   **Varsity Sports Strength Training Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101WB**   **Varsity Sports Strength Training Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101WF**   **Varsity Sports Strength Training Women's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101WG**   **Varsity Sports Strength Training Women's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101WS**   **Varsity Sports Strength Training Women's Softball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-101WV**   **Varsity Sport Strength Training Women's Volleyball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-102MB Varsity Sports - Men's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in men's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102MF Varsity Sports - Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in men's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102MG Varsity Sports - Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in men's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102MW Varsity Sports - Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in men's wrestling. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102WB Varsity Sports - Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in women's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102WF Varsity Sports - Women's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in women's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102WG Varsity Sports - Women's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in women's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102WS Varsity Sports - Women's Softball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in women's softball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-102WV Varsity Sports - Women's Volleyball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to freshman varsity athletes who compete in women's volleyball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-103MB   Varsity Sports Strength Training Men's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103MF   Varsity Sports Strength Training Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103MG**   **Varsity Sports Strength Training Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103MW**   **Varsity Sports Strength Training Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103WB**   **Varsity Sports Strength Training Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103WF**   **Varsity Sports Strength Training Women's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103WG**   **Varsity Sports Strength Training Women's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103WS**   **Varsity Sports Strength Training Women's Softball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-103WV**   **Varsity Sport Strength Training Women's Volleyball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-105Z VS: Cheerleading****1 Credit****Activity:** 1 hour per week**Offering:** Fall and Spring Only, All Years

This course involves instruction and practice in cheerleading for members of the NIC cheerleading squad. Areas developed include gymnastics, dance, communication, group leadership, and social skills. It provides experience for improving self-confidence, public performance, and gymnastic abilities. Students must participate in team tryouts to earn a place on the squad. This course may be repeated for a total of four credits.

**PE-110A Beginning/Intermediate Swimming****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

Students are taught fundamental swimming and water safety skills for the non-swimmer or beginner. This course requires two hours of practice weekly. This course may be repeated for a total of four credits.

**PE-110B**   **Begin Whitewater Kayaking****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces students to the lifetime sport of whitewater kayaking. Theoretical and practical aspects of kayaking equipment, trip planning, river hazards, reading whitewater, accidents, rescue issues, group leadership, and processing will be taught through lecture, discussion, video, and practical experience. Emphasis is placed on proper equipment, safety, and general preparedness for river outings. A strong component of the course will deal with leadership principles in the organization, presentation, and conduct of river outings. This is a beginning course. Do not expect to emerge from this course as a proficient boater or qualified instructor of whitewater kayaking. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110C**   **Beginning Rock Climbing****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces the lifetime sport of rock climbing. It emphasizes the basic skills and knowledge needed for safe and enjoyable participation in this sport, including, climbing techniques, equipment, belay techniques, knots, rope work, anchors, safety, and rescue information. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110CC Tai Chi****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course teaches a traditionally structured Tai Chi form that builds the physical skills and knowledge required for correct performance of Tai Chi Chuan. An emphasis on employing the eight methods and five directions, as well as demonstrating the 10 essential body principles during form practice is a focus of this course. This course may be repeated for a total of four credits.

**PE-110D**   **Beginning Sailing****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Summer Only, All Years

This course introduces students to the lifetime sport of sailing. Theoretical and practical aspects of sailing equipment, boat handling, terminology, basic navigation, and group leadership will be taught through lecture, discussion, video, and practical experience. Emphasis will be placed on proper equipment, safety, and general preparedness for sailing. A strong component of the course is leadership principles in the organization, presentation, and conduct of sailing trips. This is a beginning course. Do not expect to emerge from this course as a proficient sailor or qualified sailing instructor. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110E**   **Beginning Yoga****1 Credit****Activity:** 1 hour per week**Offering:** Fall, Spring, and Summer, All Years

This course develops techniques that enhance strength, flexibility, and body/mind awareness through breathing, yoga postures, concentration, and relaxation. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110F**   **Cardiovascular Training****1 Credit****Internet:** 3 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course enables students to improve their cardiovascular fitness and muscular strength, as well as gain knowledge about basic exercise physiology and personal health and wellness. Basic skills and knowledge include proper workout technique, setting up a workout program, and using target heart rate zones in training with heart rate monitoring equipment. Testing fitness levels and tracking nutrition intake is also an integral part of this course. May be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110G Equitation****1 Credit****Activity:** 2 hours per week**Offering:** Fall Only, All Years

This course teaches the art and science of riding a horse. Equitation is different from all the other P.E. courses in that a student is working with a live animal with feelings and you need to learn teamwork, be partners, and learn to dance together. Students will learn how to approach, catch, halter, lead, and tie up horses using horse behavior and psychology to handle and control the horse at all times. Students will learn and use horse communication skills at all times. Students will learn how to prepare the horse for riding by proper grooming and feet cleaning procedures before putting the blanket, saddle, and bridle on. Students will learn how to mount properly as though without a cinch, guide the horse at the walk jog, canter in correct leads by using the correct aids, and ride by "feel." By using their mind and body, students will learn how to do lateral work, transition from one gait to another, stop, and back up under objectives. Safety, control, respect, relaxation, balance, and calmness, is stressed and practiced at all times. This course may be repeated for a total of four credits.

**PE-110I Intermediate Yoga****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is designed to develop techniques which enhance strength, flexibility, and body/mind awareness through breathing, yoga postures, concentration, and relaxation. This course follows the beginning yoga course and builds on skills learned there. Outcomes, assessment, evaluation, and schedules remain similar or identical to the beginning course. This course may be repeated for a total of four credits.

**Prerequisites:** PE-110E

**PE-110J**   **Jogging/Powerwalking****1 Credit****Activity:** 1 hour per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces the lifetime fitness activity of jogging/power walking. This course includes aerobic jogging/walking at a brisk, powerful pace using all of the major muscle groups in the upper and lower body simultaneously, resulting in a complete aerobic workout. Jogging/walking with power will help students achieve a high overall fitness level when done correctly for the proper amount of time. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110K Cardio Kickboxing****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is a pre-designed non-contact aerobic course that uses no equipment. The cardio section uses intensity drills and energy sprints in an interval format followed by work recovery sections. Each class will consist of 40 minutes of an aerobic session followed by 10 minutes of conditioning and cool down. This course may be repeated for a total of four credits.

**PE-110L**   **Lake Kayak/Canoe****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces the lifetime sports of lake kayaking and canoeing. This course will emphasize the basic skills needed for safe and enjoyable participation in these sports. Basic skills and knowledge include equipment, paddle strokes, navigation, and essential kayaking/canoeing safety and rescue information. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110M**   **Pilates****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course focuses on core conditioning. This course encourages individuals to have a better body awareness. Students will challenge strength, balance, and learn principles of pilates and yoga. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110O Self-Defense****1 Credit****Activity:** 1 hour per week**Offering:** Fall and Spring Only, All Years

This course introduces self-defense. The course emphasizes the basic skills needed for safe and enjoyable participation, along with self-defense skills for personal protection. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110P Skiing/Snowboarding****1 Credit****Activity:** 4 hours per week**Offering:** Spring Only, All Years

This course teaches basic skiing and snowboarding skills. The course focuses on skill improvement and development, equipment selection, and safety issues. This course may be repeated for a total of four credits.

**PE-110PP**   **Cross Country Skiing****1 Credit****Lecture:** 1 hour per week**Offering:** Fall and Spring Only, All Years

This course participates is a versatile winter sport activity. It incorporates full body movement with low physical impact on the body. The sport can be enjoyed by virtually all age groups and a wide variety of skiing abilities. The course will cover all aspects of cross country skiing, including the history of the sport, how to properly dress, purchasing and maintaining Nordic ski equipment and ski technique from beginning to more advanced skills, such as skating and telemarking. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110Q Step Aerobics****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is a low impact, aerobic activity. Movements will be performed on and off a step platform with risers. Intensity level is determined by speed, travel, and execution of movement patterns. Each class will consist of 40 minutes of an aerobic session followed by 10 minutes of conditioning and cool down. This course may be repeated for a total of four credits.

**PE-110QQ**   **Zumba****1 Credit****Lecture:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is a fitness program inspired by Latin dance. Zumba combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110R**   **Strength Training****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course teaches the lifetime fitness activity of weight training. The course will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program.

Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110S Swim Conditioning****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course enables students to work on improving endurance, speed, and efficiency in the water as well as general cardiovascular fitness. This course may be repeated for a total of four credits.

**PE-110T   Tone and Trim****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course focuses on total body conditioning. Students will use weights, balls, bands, steps, mats, and the great outdoors to improve their health. Students will experiment with many different forms of exercise including pilates, yoga, cardiovascular training, and total body strengthening. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110TT   Spinning****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course will introduce students to indoor cycling on a stationary bicycle. Students will learn how to cycle correctly and train indoors. Students will learn different hand positions and how to ride at different resistance and varying speeds. Students will have the opportunity to ride several different formats throughout the semester. This course may be repeated for a total of four credits. Only one credit can apply toward the Wellness requirement in GEM 7.

**PE-110U Water Aerobics****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is a low impact workout that utilizes water resistance to improve or maintain cardiovascular fitness, muscular fitness, flexibility, balance, and coordination. This is a fun activity class for all levels from beginner to advanced athletes. This course may be repeated for a total of four credits.

**PE-110V   Cardio Cross Training****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course introduces multiple cardiovascular conditioning workouts. Students will learn how to monitor intensities through heart rate and ratings of perceived exertion; gain an understanding of progressive overload as it pertains to aerobic fitness; and improve technique, form, and coordination with a variety of aerobic based activities. This course may be repeated for a total of four credits. Only one credit can apply toward the Wellness requirement in GEM 7.

**PE-110VV   Introduction to CrossFit****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course introduces students to an incredibly effective strength and conditioning program. CrossFit utilizes functional workout movements that are varied and can be performed with an intensity level personalized to enhance health and wellness. Students will learn proper technique and mechanics for lifting, running, gymnastics, biking, rowing, pull-ups, push-ups, and other body weight exercises of CrossFit. It is a highly adaptable program, applicable for all fitness levels and ages, to support lifelong health. CrossFit is effective, usable, and best of all, fun. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-110W   Mountain Biking****1 Credit****Activity:** 2 hours per week**Offering:** Spring Only, All Years

This course introduces the lifetime sport of mountain biking. This course will emphasize the basic skills needed for safe and enjoyable participation. Basic skills and knowledge include bike maintenance and related equipment, riding techniques, and safety information. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110X Kenpo Karate****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is the study of Kenpo Karate. The course will emphasize the basic skills needed for safe and enjoyable participation, along with self-defense skills for personal protection. This course may be repeated for a total of four credits.

**PE-110Y   Bowling****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course focuses on fundamental instruction in the activity of bowling. This is an introductory course. Topics include bowling basics and tips, warm up stretches, manual and computer scorekeeping, plus bowling etiquette and terms. While content is applicable to many levels of bowling, the coursework is focused on fundamentals of the game and aimed at introducing bowling as a sport to enjoy for exercise and recreation. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-110Z**   **Beginning Fly Fishing****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course will teach students the basic skills related to catching fish with the use of a fly rod. This is an activity lab course where students will participate daily. Students will develop the skills and knowledge that they will be able to use in the natural environment. Instruction and participation will include casting, equipment, entomology, knot tying, safety, reading the water, approach, and presentation. Hands-on activities will include practice casting and knot tying skills. Each class will include a variety of visual presentations from the instructor and resource people from the community. We will conclude with a class fishing experience on the Coeur d'Alene River. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-111A Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall and Spring Only, All Years

This course introduces the lifetime sport of basketball. The course will emphasize the basic skills needed for safe and enjoyable participation. The basic skills and knowledge include rules of the game, fundamentals, and strategies of the game, along with safety principles. This course may be repeated for a total of four credits.

**PE-111B**   **Beginning Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall and Spring Only, All Years

This course introduces the lifetime sport of golf. The course will emphasize the basic skills needed for safe and enjoyable participation. The basic skills and knowledge include rules of the game, grip, stance, strokes, and safety principles. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-111C Multiple Sports****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course introduces students to multiple sports for participation over a lifetime. The sports selected offer a mix of both team and individual sports, along with the emphasis on cardiovascular fitness. Each unit will be two to three weeks in length and consist of three phases: safety and skill development, rules of the game, and game competition. Sports will be selected from ultimate Frisbee, soccer, flag football, kickball, disc golf, whiffle ball, dodge ball, volleyball, 3-on-3 basketball, and 5-on-5 basketball. This course may be repeated for a total of four credits.

**PE-111D**   **Racquetball****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course introduces the lifetime sport of racquetball. The course will emphasize the basic skills needed for safe and enjoyable participation. The basic skills and knowledge include rules of the game, grip, stance, racquet strokes, individual and doubles play, and safety principles. This course may be repeated for a total of four credits. Only one credit may be applied toward the Wellness requirements of GEM 7.

**PE-111F**   **Beginning Tennis****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces the lifetime sport of tennis. The course will emphasize the basic skills needed for safe and enjoyable participation. The basic skills and knowledge include rules, etiquette, and game strategy. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-111H**   **Whitewater Rafting****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course is an introduction to whitewater rafting. Paddling skills as well as river running competencies will be taught through hands-on experience on the river with attention given to the safety and logistical concerns of whitewater rafting. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-111K Rowing****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course introduces the lifetime sport of rowing. The course will emphasize the basic skills needed for safe and enjoyable participation. The basic skills and knowledge include use of equipment, paddle strokes, navigation, and safety principles. This course may be repeated for a total of four credits.

**PE-111O**   **Outdoor Adventures****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course introduces the students to a variety of outdoor adventure sports. During the semester, students will be exposed to sea kayaking, sailing, whitewater rafting, hiking, rock climbing, snow shoeing, cross country skiing, and seasonal activities. Students will learn the very basics of each of these lifetime sports and hopefully pursue them in the future. This course may be repeated for a total of four credits.



**PE-111P**   **Stand Up Paddle Boarding****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course is designed to introduce and expose the participant to equipment, sufficient skills, and knowledge so that they can enjoy the sport of stand up paddling boarding. This course may be repeated for a total of four credits. Only one credit may apply toward the Wellness requirement in GEM 7.

**PE-111S Beginning Scuba Diver****1 Credit****Lecture:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is the entry-level confined water training session involving classroom and pool instruction. It provides the fundamental knowledge and skills to scuba dive. During this course students will apply dive principles, while learning and practicing dive procedures, and skills. Upon successful completion of all of the required elements of this course, students are considered prepared to enter the open water portion of the certification course.

**PE-112B Tai Chi for Seniors****1 Credit****Activity:** 2 hours per week**Offering:** Fall, Spring, and Summer, All Years

This course is an introductory course for an exercise system that is performed slowly in a relaxed fashion with fluid graceful motions and that is accessible for any fitness level. It is based on traditional Chinese philosophies and is useful for improving the health of body and mind. It increases balance, range of motion, and helps to relieve stress. Through learning Tai Chi, students develop techniques and skills which enhance balance, strength, bone density, flexibility, and general vitality. The course includes traditional warm-up of soft style calisthenics and acupoint massage, followed by a 24-movement simplified form of Tai Chi Chuan; with a traditional closing sequence of An-Mo (self-massage). Proper breathing, postural alignment, balance, weight shifting, and awareness of sequential muscular effort are emphasized throughout.

**PE-112BB Intermediate Tai Chi for Seniors****1 Credit****Lecture:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course teaches a more complex, traditionally structured Tai Chi form that builds on the skills and knowledge of simplified Tai Chi acquired in the Tai Chi for Seniors course. An emphasis on employing the eight methods and five directions, as well as demonstrating the 10 essential body principles during form practice is a prime focus of this course.

**PE-112E Yoga for Seniors****1 Credit****Activity:** 2 hours per week**Offering:** Fall and Spring Only, All Years

This course is an integrated system of education for the body, mind, and inner spirit. Yoga is all about being flexible. Yoga can be practiced by anyone, regardless of age or physical ability. It will enhance studies, reduce stress, and help students enjoy their free time.

**PE-160 Foundations of Physical Education****3 Credits****Lecture:** 3 hours per week**Offering:** Fall and Spring Only, All Years

This course presents an overview of the history and development of professional physical education and related fields including principles and objectives of program development and management. It is beneficial for students considering a career in physical education or recreation services.

**PE-200MB Varsity Sports Men's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200MF Varsity Sports Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200MG Varsity Sports Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200MW Varsity Sports Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's wrestling. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200WB Varsity Sports Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200WF Varsity Sports Women's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200WG Varsity Sports Women's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete women's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200WS Varsity Sports Women's Softball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's softball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-200WV Varsity Sports Women's Volleyball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's volleyball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-201MB   Varsity Sports Strength Training Men's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201MF   Varsity Sports Strength Training Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201MG   Varsity Sports Strength Training Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201MW   Varsity Sports Strength Training Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201WB   Varsity Sports Strength Training Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201WF**   **Varsity Sports Strength Training**  
**Women's Soccer**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201WG**   **Varsity Sports Strength Training**  
**Women's Golf**

**1 Credit**

**Lecture:** 1 hour per week

**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201WS**   **Varsity Sports Strength Training**  
**Women's Softball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-201WV**   **Varsity Sports Strength Training**  
**Women's Volleyball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Fall Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-202MB Varsity Sports Men's Basketball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202MF Varsity Sports Men's Soccer**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202MG Varsity Sports Men's Golf**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202MW Varsity Sports Men's Wrestling**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in men's wrestling. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202WB Varsity Sports Women's Basketball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's basketball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202WF Varsity Sports Women's Soccer**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's soccer. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202WG Varsity Sports Women's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's golf. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202WS Varsity Sports Women's Softball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's softball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-202WV Varsity Sports Women's Volleyball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course is restricted to sophomore varsity athletes who compete in women's volleyball. Student athletes practice daily during the season. This course offers development of skills and personal potential for student athletes interested in improving their performance or preparing for further competition at upper collegiate level.

**PE-203MB   Varsity Sports Strength Training Men's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203MF   Varsity Sports Strength Training Men's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203MG   Varsity Sports Strength Training Men's Golf****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203MW   Varsity Sports Strength Training Men's Wrestling****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203WB   Varsity Sports Strength Training Women's Basketball****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203WF   Varsity Sports Strength Training Women's Soccer****1 Credit****Activity:** 1 hour per week**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203WG**   **Varsity Sports Strength Training**  
**Women's Golf**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203WS**   **Varsity Sports Strength Training**  
**Women's Softball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-203WV**   **Varsity Sports Strength Training**  
**Women's Volleyball**

**1 Credit**

**Activity:** 1 hour per week

**Offering:** Spring Only, All Years

This course introduces students to the lifetime fitness activity of weight training. It will familiarize students with weight training equipment, teach proper training principles and mechanics, and help students develop a personalized training program. Weight training has been shown to improve metabolism, cardiovascular fitness, body composition, muscular strength/endurance, flexibility, and emotional wellbeing. Athletes must register for the appropriate course number for their sport.

**PE-220 Sports Ethics**

**2 Credits**

**Lecture:** 2 hours per week

**Offering:** Spring Only, All Years

This course examines the interrelationship of sports with other aspects of culture, economics, drugs, gambling, and media will be among the topics studied in this course. The role of sports in American society will also be discussed.

**PE-221 Fitness Activities Concepts**

**2 Credits**

**Lecture:** 2 hours per week

**Offering:** Fall Only, All Years

This course includes individual fitness development with focus on developing personal skills in presenting and teaching fitness activities for public and private sector programs.

**PE-222**    **Wellness Lifestyles**  
**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall and Spring Only, All Years

This course examines contemporary health/wellness with emphasis on personal decision making and behavioral changes to create a personal lifestyle which promotes high level wellness.

**PE-223 Exercise Physiology**

**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall Only, All Years

This class will cover physiological responses/adaptations to exercise. Topics in this course include neuromuscular, metabolic, cardiovascular, hormonal, and respiratory systems as they pertain to acute and chronic exercise. The major goal of the class is to develop a basic understanding of exercise physiology that will: 1) allow the student to utilize exercise physiology in their daily lives and future profession, 2) prepare the student to take additional courses in exercise science.

**PE-224 Nutrition for Health, Fitness Exercise**

**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall and Spring Only, All Years

This course examines the basic concepts of nutrition related to exercise training to improve fitness, health, and athletic performance.

**PE-225 Sports Psychology**

**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall Only, All Years

This course provides an overview of the growing field of sports psychology, which involves applying psychological science to sports. Topics include how sports psychologists assist athletes and teams in setting and achieving sports, fitness, and exercises goals. Topics also include theoretical foundations of behavior, psychological interventions of performance problems, adherence and maintenance of gains, and the impaired athlete.

**PE-226**   **Stress Management**

**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall and Spring Only, All Years

This course explores the concepts of stress from a holistic approach, emphasizing identification of sources of stress, understanding physical and emotional consequences, and developing techniques for dealing with stress. Students will gain improved personal stress management skills through discussion and practice in communication techniques, nutrition, exercise, relaxation, and values clarification, while also learning strategies for dealing with change, loss, and enhancing self-esteem.

**PE-227 Legal Aspects of Sport and Recreation****3 Credits****Lecture:** 3 hours per week**Offering:** Spring Only, All Years

This course provides an examination of legal and legislative issues affecting sports-related activities. It will include a focus on some of the legal issues which arise in sport business as well as discussion of some of those which occur in professional sports arenas. The course focuses on risk management to discuss tort, contract, agency, constitutional law, antitrust law, labor law and intellectual property law in the sport industry. It also provides the student with a foundation of comprehensive information relevant to practitioners in the sport industry.

**Recommended Prerequisites:** PE-160**PE-234 Team Dynamics****3 Credits****Lecture:** 3 hours per week**Offering:** Fall Only, All Years

This course is designed to introduce students to the design and application of a challenge course, and to train students in the technical skills required to instruct and sequence various activities on a challenge course. Topics include team building, equipment, individual element description and safety, belay techniques, activity introduction and framing, spotting techniques, instructor awareness, activity variations and introductory processing, inspection, maintenance, emergency procedures, participant screening, accident reporting, and rescue skills.

**PE-237A Wilderness Backpacking****3 Credits****Lecture:** 3 hours per week**Offering:** Fall Only, All Years

This course teaches skills and knowledge needed for camping and traveling in a wilderness environment with special attention given to trip leadership. The course focuses on trip leadership, minimum-impact techniques, wilderness navigation, equipment selection, and safety issues.

**PE-237B Wilderness Survival****3 Credits****Lecture:** 3 hours per week**Offering:** Spring Only, All Years

This course provides students with basic life-support skills and knowledge to predict and prepare for emergencies encountered in a wilderness environment. Focus is on emergency procedures, life-support skills, signaling, equipment selection, and safety issues.

**PE-237C Whitewater Guiding****3 Credits****Lecture:** 3 hours per week**Offering:** Spring Only, All Years

This course develops whitewater guiding skills and competencies through hands-on experience with special attention given to the safety concerns of whitewater rafting. The skill and competencies include trip leadership, risk management, reading whitewater, maneuvering rafts, swift water rescue, and outfitting.

**PE-237D Mountaineering****3 Credits****Lecture:** 3 hours per week**Offering:** Spring Only, All Years

This course provides a foundation of mountaineering skills with special attention given to trip leadership. Focus is also on snow and glacier travel, avalanche awareness, winter camping, backcountry travel, rock climbing, minimum-impact techniques, equipment selection, and safety issues.

**PE-237E Outdoor Programming and Leadership****3 Credits****Lecture:** 3 hours per week**Offering:** Fall Only, All Years

This course develops the skills and knowledge needed for leading and programming outdoor adventure sports with special attention given to leadership and teaching methods. This course will focus on trip leadership, risk management, teaching methods, group dynamics, communication, activity selection, and methods of programming.

**PE-237F Outdoor Navigation****3 Credits****Lecture:** 3 hours per week**Offering:** Fall Only, All Years

This course is designed to introduce students to the importance of using a map and compass while working and recreating. It will cover the reading of forest service and topographical maps which include symbols, legends, border information, and contour lines. The course includes the use of magnetic compasses and GPSs in an outdoor environment and functions that plot a course on maps. Supplemental navigation skills are included.

**PE-237G Avalanche Level I****1 Credit****Lecture:** 1 hour per week, **Activity:** 2 hours per week**Offering:** Spring Only, All Years

This course will develop a good grounding in how to prepare for and carry out a trip, to understand basic decision making while in the field, and to learn rescue techniques required to find and retrieve a buried person in avalanche country.

**PE-237H Introduction to Outdoor Cooking****3 Credits****Lecture:** 3 hours per week**Offering:** Spring Only, All Years

The course is designed to teach the basic skills needed to cook meals in an outdoor setting. Students will learn to plan and prepare satisfying and interesting meals using the supplies and equipment needed in an outdoor environment.

**PE-237J Swift Water Rescue****3 Credits****Lecture:** 3 hours per week**Offering:** Fall Only, All Years

This course is designed to give students basic paddle and swift water rescue skills. The course teaches recognition and avoidance of common river hazards, execution of self-rescue techniques, and rescue techniques for paddlers in distress. Emphasis is placed both on personal safety and on simple, commonly used skills. Techniques for dealing with hazards that carry greater risks for both victim and rescuer, such as strainers, rescue vest applications, entrapments, and pins are also practiced. Scenarios will provide an opportunity for participants to practice their skills both individually and within a team/group context. Students will receive an American Canoe Association Level 4 Swift Water certificate.

**Recommended Prerequisites:** PE-237C or RRM-237C**PE-241C Coaching Methods: Soccer****2 Credits****Lecture:** 2 hours per week**Offering:** Fall Only, Odd Years

This course offers instruction in methods of soccer with emphasis on fundamentals, strategy, conditioning, and practical applications. This course is beneficial to students considering a career in physical education with a coaching option who will need an endorsement for coaching sports at the interscholastic level.

**PE-241D Coaching Methods: Softball/Baseball****2 Credits****Lecture:** 2 hours per week**Offering:** Spring Only, All Years

This course offers instruction in methods of softball and baseball with emphasis on fundamentals, strategy, conditioning, and practical application. This course is beneficial to students considering a career in physical education with a coaching option who will need an endorsement for coaching sports at the interscholastic level.

**PE-241E Coaching Methods: Basketball****2 Credits****Lecture:** 2 hours per week**Offering:** Fall Only, All Years

This course offers instruction in methods of basketball with emphasis on fundamentals, strategy, conditioning, and practical applications. This course is beneficial to students considering a career in physical education with a coaching option who will need an endorsement for coaching sports at the interscholastic level.

**PE-241F Coaching Methods: Wrestling****2 Credits****Lecture:** 2 hours per week**Offering:** Fall Only, All Years

This course offers instruction in methods of wrestling with emphasis on fundamentals, strategy, conditioning, and practical applications. This course is beneficial to students considering a career in physical education with a coaching option who will need an endorsement for coaching sports at the interscholastic level.

**PE-242 Sports Officiating****2 Credits****Lecture:** 2 hours per week**Offering:** Fall Only, All Years

This course is designed to provide students opportunities to acquire knowledge, skill, and experience to function effectively as a sports official. This course stresses philosophy of officiating, officiating tips, code of ethics for officials, dealing with aggressive behavior, and preventative officiating. Other topics covered include personal equipment, pre-game and game duties, post-game duties, rules and regulations, and proper field or floor mechanics. The goal is to develop confidence as an official in order to feel comfortable refereeing intramural, AAU, city recreation, and high school games.

**PE-243 Play and Game Theory****2 Credits****Lecture:** 2 hours per week**Offering:** Spring Only, All Years

This course offers instruction and practice in the principles of play and game strategy for high and low organization activities. It is beneficial for students considering a career in physical education or recreation.

**PE-248 Athletic Injuries-Sports Medicine****3 Credits****Lecture:** 3 hours per week**Offering:** Fall and Spring Only, All Years

This course offers instruction and practice in the care, prevention, and evaluation of injuries common to athletics. It is designed for PE majors, coaches, and individuals considering a career in athletic training or physical therapy.

**PE-250 Clinical Athletic Training****3 Credits****Lecture:** 3 hours per week**Offering:** Fall and Spring Only, All Years

This course offers a traditional work experience for students interested in the field of athletic training. Students will provide care for varsity athletes while being under the direct supervision of a certified athletic trainer. Special emphasis will be placed on taping, wrapping, evaluation, and rehabilitation techniques.

**Prerequisites:** PE-248, PE-288**PE-253 American Council of Exercise Group Fitness****Instructor Certification****2 Credits****Lecture:** 2 hours per week**Offering:** Spring Only, All Years

This course is designed to provide theoretical knowledge and practical skills in preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role.

**PE-259 Lifeguard Training**

**2 Credits**

**Lecture:** 2 hours per week

**Offering:** Fall and Spring Only, All Years

This course offers instruction for lifeguarding, waterpark lifeguarding, and waterfront lifeguarding. Skill development will cover rescue procedures and injury prevention. First Aid, CPR/AED, Emergency Oxygen, and blood borne pathogens prevention material will also be covered. Students may elect to qualify for American Red Cross (ARC) certification. To enroll, students must pass a rigorous swim test, demonstrating front crawl and breast strokes, treading water, and a timed retrieval of a 10 pound object from the deep end of the pool. For ARC certification, attendance of all sessions is required.

**PE-288**    **First Aid**

**3 Credits**

**Lecture:** 3 hours per week

**Offering:** Fall, Spring, and Summer, All Years

This course offers instruction and practice in the emergency care for victims of injury or sudden illness. Students will have an opportunity to qualify for certification in First Aid and CPR. It is designed for students interested in safety, prevention, and first aid treatment.