

PHYSICAL EDUCATION (PE)

PE 105 Fitness Walking 2 Credits

Develops aerobic fitness through analysis and practice of three levels of walking intensity. Emphasizes training and individual goal setting. Includes lecture and lab sessions.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 111 Weight Training 2 Credits

Develops muscular strength and endurance through analysis and practice of resistance training. Emphasizes training and individual goal setting. Includes lecture and lab sessions.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 125 Yoga Pilates 2 Credits

Combines yoga and Pilates techniques to increase flexibility, strength and balance. Blends the core toning exercise of Pilates and the relaxing benefits of yoga to increase a balanced workout. Includes lecture and lab session.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 128 Yoga for Stress 2 Credits

Focuses on the use of yoga techniques, stress reduction exercises, breathing, meditation, and diet to manage stress and bring the body, mind and spirit to a healthful state. Includes lab and lecture.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 130 Core and Injury Prevention 2 Credits

Utilizes Swiss balls, free weights, and other innovative exercise modalities to build core strength and functional fitness. Lecture and labs activities emphasize health benefits and safe, effective activity techniques.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 131 Fundamentals of Physical Activity 2 Credits

Focuses on the concepts of fitness and wellness to include the introduction of physical activity and the development of positive lifestyle behaviors with physiological assessment, consultation and the implementation of an individualized fitness and wellness program. Includes lecture and lab sessions.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 140 Court Sports 3 Credits

Focuses on the fundamentals of badminton, pickle ball, and volleyball as lifetime leisure activities. Students will practice and acquire proper techniques and strategies associated with these games and learn the rules governing each game. Lecture portion will include positive coaching strategies, team building, and game strategy.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 165 Cross Fitness 2 Credits

Focuses on constantly varied, functional movements performed at high level of intensity appropriate for the individual. This course is designed to train all aspects of fitness through a variety of modalities. Functional anatomy and nutritional planning for optimal performance covered. Includes lab and lecture.

Prerequisite: None.

PE 168 Total Fitness 2 Credits

Examines the role of exercise in health promotion, fitness, and performance including the physiologic responses to exercise. Includes lecture and lab sessions.

Prerequisite: None.

PE 170 Performance Health and Fitness 2 Credits

Provides training preparation for runners or those new to running who are interested in training for and completing their first 5/10K, half, marathon or triathlon. The primary emphasis will be on developing aerobic capacity through a variety of training methods. Includes lecture and lab sessions.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 180 Lifetime Wellness 5 Credits

Approaches health and wellness as a balance of physical, social, emotional, intellectual, and spiritual dimensions.

Prerequisite: None.

PE 185 Stress Management 2 Credits

Introduces the psychological and physiological responses to stress and specific stress management techniques for optimal well-being.

Prerequisite: None.

Distribution Requirements: Specified Electives

PE 187 Introduction to Sports Psychology 3 Credits

Introduces the interaction between psychological variables and performance in sports and physical activity. Ideal for students who wish to work with athletes in some capacity, pursue a career in physical education teaching, coaching, or plan on working with individuals in the health and fitness industry.

Prerequisite: None.

PE 189 Cardio Fit 2 Credits

Develops cardiorespiratory fitness and muscular endurance through analysis and application of various modes of cardiorespiratory exercise. Implements strategies for cardiovascular fitness program development. Includes lecture and lab sessions.

Prerequisite: None.

Distribution Requirements: Specified Electives