This course is designed to introduce the student to a complete physical keeping to monitor individual progress. This course addresses the basic principles of progressive weight training. An intermediate course in Sport Judo covering intermediate skills and lockings, and pinnings. Philosophy and cultural aspects of Sport Judo are presented. Driving range and golf course may be used. Students pay all fees.

PE 102+. Beginning Swimming. 1 Credit.
Development of the basic water safety skills and knowledge to make one reasonably safe in the water.

PE 103+. Intermediate Swimming. 1 Credit.
Instruction in all strokes will be covered. Prerequisites: must be comfortable in deep water.

PE 104+. Lifeguard Training. 2 Credits.
Development of the skills and knowledge designed to save the life of another in the event of an emergency in the water. Red Cross certification.

PE 105+. Water Safety Instruction. 3 Credits.
This course is designed to provide the student with knowledge and skills in water safety and teaching techniques for certification to teach swimming, lifesaving, rescue and water safety courses. Red Cross Water Safety Instructor Certificate upon successful completion. Prerequisites: must be at least 17, in sound physical condition, and have the ability to perform skills in the level VI ARC swim course.

PE 112+. Yoga. 1-2 Credits.
The 1-credit option of this course focuses on yoga postures and breathing exercises. The 2-credit option provides a foundation for the understanding and practice of Hatha yoga in its complete form. Course covers yoga postures, breathing exercises, philosophy, and meditation.

PE 117+. Accessible Fitness and Wellness. 1-2 Credits.
Designed for students who self-identify as having social, cognitive, emotional, psychological, or physical limitations who would benefit from a small group and/or individualized fitness/nutritional training program. Students will learn the basic principles about cardiovascular/aerobic training and resistance/weight training to increase flexibility, balance and overall fitness. Upon completion, students should be able to plan and implement a personal, lifelong fitness program based on their individual needs, abilities, goals and interests. Course will also include classes on nutrition to increase overall wellness.

PE 118+. Weight Training. 1 Credit.
Designed to allow students an individualized weight training program. The program will include use of free weights, universal, and other appropriate tools for the variety of weight training differences.

PE 134+. Beginning Golf. 1 Credit.
The fundamentals of golf, stance, grip, swing, rules, and etiquette are presented. Driving range and golf course may be used. Students pay all fees.

PE 167+. Beginning Judo. 1 Credit.
An introduction to Judo including the techniques of throws, holdings, lockings, and pinnings. Philosophy and cultural aspects of Sport Judo are also covered.

PE 168+. Intermediate Judo. 1 Credit.
An intermediate course in Sport Judo covering intermediate skills and strategies.

PE 171+. Physical Conditioning. 1 Credit.
This course addresses the basic principles of progressive weight training. Objectives of the course include knowledge of various weight-training systems, proper use of weight-training equipment, and effective record-keeping to monitor individual progress.

PE 174+. Aerobics I. 1-2 Credits.
This course is designed to introduce the student to a complete physical fitness program that strengthens the heart and lungs, and tones up the muscles.

PE 175+. Zumba. 1 Credit.
Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music with dance movements. It is a high calorie-burning fitness class that features fast and slow rhythms. The student will participate in instructor led routines. This class will include discussion of Zumba's history and basic four rhythms. No dance experience necessary.

PE 176+. Pilates. 1 Credit.
Students will understand the basic principles of Pilates and will be able to demonstrate the ability of performing beginning and intermediate Pilates exercises with correct form and technique.

PE 180+. Beginning Aikido. 1 Credit.
Course is designed to introduce the fundamental dynamics of Aikido principle. It contains the fundamental skills in body dynamics, body movements, safety landing, defensive pattern drills, and overall understanding of Aikido as a classical art form. Course provides comprehensive information on the philosophical and aesthetic aspects of Aikido.

PE 184+. Intermediate Aikido. 1 Credit.
Course is designed to introduce the intermediate level of Aikido dynamics. It contains the basics of fundamental skills in body dynamics, body movements, defensive pattern drills, and overall understanding of Aikido theory and application as a classical art form. Prerequisites: PE 184.

PE 186+. Beginning Karate. 1 Credit.
This course is designed to give the traditional Karate training (‘Art of Empty Hand’) to the beginning student. It emphasizes the traditional mode of training with mental and physical discipline. Formal Kata, defensive skills, punches, kicks, and blocking techniques are introduced.

PE 187+. Intermediate Karate. 1 Credit.
This course is designed to give the student further instruction and practice in traditional Karate. Prerequisites: PE 186.

PE 188+. Beginning Self-Defense. 1 Credit.
The student is introduced to the various practical skills and methods of self-defense. Judo, Aikido, Jujutsu, and Karate are combined to explore the most effective means to defend oneself.

PE 189+. Intermediate Self-Defense. 1 Credit.
This course is designed to give the student further instruction and practice in the various practical skills and methods of self-defense. Prerequisites: PE 188.

PE 190+. Advanced Karate. 1 Credit.
This course is designed to introduce further instruction and practice in traditional martial art aspects of Karate-doh. Philosophical understanding and high level of skill proficiency are emphasized. Prerequisites: PE 187.

PE 195+. Theory of Advanced Aikido. 1 Credit.
This course is designed to provide the theoretical framework of Aikido that embodies the mental and physical dynamics of the martial arts discipline of Aikido. Prerequisites: PE 180, PE 184, PE 185 or equivalent proficiency level.

PE 196+. Topics in Health and Physical Education. 1-3 Credits.
A variety of new and innovative courses in lifetime physical activities are offered such as advanced theory class in martial arts, advanced lagoon, self defense seminar, yoga, cross country skiing, yacht racing, racquetball, nautilus, swim conditioning, water safety instructor, scuba and aerobic dance.

PE 197+. Theory of Advanced Karatedo. 1 Credit.
This course is designed to provide the theoretical framework of Karatedo that embodies the higher principle of physical and mental dynamics and aims to achieve the advanced skills in Karatedo. Prerequisites: PE 186+, PE 187+, PE 190+ and/or equivalent proficiency level.
PE 198+. **Intermediate Self-Defense. 1 Credit.**
This course is designed to provide the intermediate level of self-defense skills beyond the basic skill. The course stresses both the application of basic techniques and proper physical and mental discipline. Prerequisites: PE 188+ or equivalent skills.

PE 368. **Coaching Internship. 6 Credits.**
Final field placement required for all students with an emphasis in a coaching minor. Students will be placed in an athletic coaching environment to gain experience in personal communication, technique instruction, practice organization and administrative duties required of the specific sport of their emphasis. Placement of internship subject to instructor approval. Minimum of 200 clock hours (hours to be arranged). Prerequisites: Senior standing; HPE 409, PE 415, PE 456.

PE 415. **Principles of Coaching Management. 3 Credits.**
This course is designed to provide students with a basic knowledge of the coaching profession. Special emphasis will be placed on establishing a sound coaching philosophy, selecting a coaching style, desirable qualities of a coach, ethics and the coach, roles of the head coach, planning and organizing for games and practices, coaching pedagogy, off-season planning, final preparations for the season, and issues and problems related to coaching and recruiting athletes. Prerequisites: junior standing.

PE 456. **Sports Psychology. 3 Credits.**
Study of the psychological bases of coaching strategies and methodologies. Emphasis is placed on applying knowledge in field settings. Prerequisites: Junior standing.

PE 497/597. **Topics in Health and Physical Education. 1-3 Credits.**
This course provides an opportunity for in-depth study of selected topics in health and physical education. Prerequisites: junior standing and approval of program advisor.

PE 597. **Topics in Health and Physical Education. 1-3 Credits.**
This course provides an opportunity for in-depth study of selected topics in health and physical education. Prerequisites: approval of program advisor.