PE 101+, Swim Conditioning. 1 Credit.
Students will discuss and learn the training process including advantages and
benefits of swimming, principles of training, training procedures, evaluation
and motivation, and minor annoyances. Stroke mechanics and improvement
and information for triathletes.

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+. Disabled and Fit. 1-2 Credits.
Developed for students with a physical disability who wish to participate in
an individually designed fitness program.

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 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 419. SCUBA Instructor. 3 Credits.
NAUI instructor certification issued. Practice teaching of beginning SCUBA class required. Students must furnish their own equipment and air. Prerequisites: NAUI assistant instructor or equivalent; one year and 24 hours of open water time after basic SCUBA course certification, and permission of the instructor.

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.