**PE - Physical Education**

**PHYSICAL EDUCATION Courses**

**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 107+ - Beginning SCUBA. 1 Credit.**  
Three classes per week; 7 1/2 weeks; 1 credit. Development of the basic skills and knowledge of skin and SCUBA diving. NAUI certification issued Upon completion of PE 107+ and 108+. Students must furnish their own equipment and pay for air used.

**PE 108+ - Intermediate SCUBA. 1 Credit.**  
Development of intermediate SCUBA skills. NAUI certification issued upon completion of the course. Several open-water dives are required. Students must furnish their own equipment and pay for air used. Prerequisites: completion of any beginning SCUBA 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 113+ - SCUBA Assistant Instruction. 2 Credits.**  
This course is the initial leadership-level certification for scuba divers. The course is designed to prepare individuals to pass the tests in fundamental water skills and basic diving instruction necessary to authorize them to assist scuba instructors in the conduct of diving training. Prerequisites: certification as an advanced scuba diver or documented equivalent experience.

**PE 114+ - Beginning Sailing. 1 Credit.**  
Development of basic seamanship and sailing techniques. Additional fees are required. Swimming competency required.

**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 124+ - Intermediate Badminton. 1 Credit.**  
Development of all the strokes to enable an individual to play a good game of badminton. Emphasis is placed on the strategy of the game of singles and doubles.

**PE 125+ - Beginning Tennis. 1 Credit.**  
Development of sufficient skills in the basic strokes and knowledge to give the individual an enjoyment of the game. The student is responsible for furnishing one can of new and approved USTA balls.

**PE 126+ - Intermediate Tennis. 1 Credit.**  
Development of strokes to enable an individual to play a good game of tennis. Emphasis is placed on the strategy of the game of singles and doubles. The student is responsible for furnishing one can of new and approved USTA balls.

**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 139+ - Volleyball. 1 Credit.**  
Development of fundamental skills of volleyball. Rules and strategies are stressed.

**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 provide comprehensive information on the philosophical and aesthetic aspects of Aikido.

**PE 181+ - Kobudo. 1 Credit.**  
This course is designed to introduce the fundamentals of classical weaponry arts in Bo (long oak stick), Kama (sickle), Jo (short oak stick), Sai (speared iron sword), and Bokuto (wooden sword).

**PE 182+ - Kendo. 1 Credit.**  
This course is designed to introduce the fundamental Japanese classical swordsmanship in skill components as well as its philosophical foundation. Bokuto (wooden sword), Shinai (bamboo sword) and a full armor are used for the skill training.

**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, safety landing, intermediate level of defensive pattern drills, and overall understanding of Aikido as a classical art form. Prerequisites: PE 180+.
PE 185+. Advanced Aikido. 1 Credit.
Course is designed to introduce the advanced level of Aikido dynamics. It contains training in advanced 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 191+. IAIIDO (Art of Sword Harmony). 1 Credit.
This course is designed to introduce the classical art form of sword drawing skills and its philosophic principle. This course focuses on the skills dynamics of traditional and ceremonial art forms. Prerequisites: PE 182+, PE 180+ or PE 186+, PE 184+. Pre- or corequisite: PE 185+.

PE 194+. Intermediate Kendo. 1 Credit.
This course is designed to provide the intermediate level of Kendo skills beyond a basic skill level. The course emphasizes the correct mental attitude and physical discipline. Prerequisites: PE 182+ or equivalent proficiency.

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 Iaido, self defense seminar, yoga, cross country skiing, yacht racing, raquetball, 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 226+. Advanced SCUBA. 2 Credits.
NAUI Advanced Diver certification issued. Development of advanced SCUBA skills. Open water training with the emphasis on leadership training necessary for assisting the instruction of group dives. Students must furnish their own equipment and air. Prerequisites: PE 107+ and PE 108+ or permission of the instructor.

PE 308. Driver Education Foundations of Traffic Safety. 3 Credits.
The intent of the course is to develop a thorough understanding of the highway transportation systems, the complexity of the driving task, and factors contributing to performance of highway users (e.g. attitudes and skills) necessary to develop competent drivers for prospective teachers to have the essential knowledge and skills to effectively deliver course content as an endorsed driver education trainer. Prerequisites: permission of the instructor. Pre- or corequisite: PE 309.

PE 309. Principles and Methodologies of Classroom and In-Car Instruction. 3 Credits.
This course provides teacher candidates with an overview of teaching methods and effective practices for driver education instruction with a focus on teaching skills. An emphasis is placed on program organization, administration, classroom instruction, single car instruction, multiple-car range instruction, simulation and evaluation. A minimum of 20 hours behind-the-wheel supervised teaching experiences. Pre- or corequisite: PE 308.

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.