Physical Education

**PED-110 Fit and Well for Life**  
Class 1  Lab 2  Clinical 0  Work 0  Credit 2  

This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests.

Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-111 Physical Fitness I**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course provides an individualized approach to physical fitness utilizing the five major components. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness programs. Upon completion, students should be able to set up and implement an individualized physical fitness program.

Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-112 Physical Fitness II**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course is an intermediate-level fitness class. Topics include specific exercises contributing to fitness and the role exercise plays in developing body systems. Upon completion, students should be able to implement and evaluate an individualized physical fitness program.

Minimum State Prerequisites: Take PED-111  
Minimum State Corequisites: None

**PED-113 Aerobics I**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program.

Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-114 Aerobics II**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course provides a continuation of a program of cardiovascular fitness involving rhythmic exercise. Emphasis is placed on a wide variety of aerobic activities which include cardiovascular efficiency, strength, and flexibility. Upon completion, students should be able to participate in and design a rhythmic aerobic exercise routine.

Minimum State Prerequisites: Take PED-113  
Minimum State Corequisites: None

**PED-117 Weight Training I**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.

Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-118 Weight Training II**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course covers advanced levels of weight training. Emphasis is placed on meeting individual training goals and addressing weight training needs and interests. Upon completion, students should be able to establish and implement an individualized advanced weight training program.

Minimum State Prerequisites: Take PED-117  
Minimum State Corequisites: None

**PED-119 Circuit Training**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  

This course covers the skills necessary to participate in a developmental fitness program. Emphasis is placed on the circuit training method which involves a series of conditioning timed stations arranged for maximum benefit and variety. Upon completion, students should be able to understand and appreciate the role of circuit training as a means to develop fitness.

Minimum State Prerequisites: None  
Minimum State Corequisites: None
**PED-120 Walking for Fitness**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  
This course introduces fitness through walking. Emphasis is placed on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-121 Walk, Jog, Run**  
Class 0  Lab 3  Clinical 0  Work 0  Credit 1  
This course covers the basic concepts involved in safely and effectively improving cardiovascular fitness. Emphasis is placed on walking, jogging, or running as a means of achieving fitness. Upon completion, students should be able to understand and appreciate the benefits derived from these activities.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-122 Yoga I**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course introduces the basic discipline of yoga. Topics include proper breathing, relaxation techniques, and correct body positions. Upon completion, students should be able to demonstrate the procedures of yoga.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-128 Golf-Beginning**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course emphasizes the fundamentals of golf. Topics include the proper grips, stance, alignment, swings for the short and long game, putting, and the rules and etiquette of golf. Upon completion, students should be able to perform the basic golf shots and demonstrate a knowledge of the rules and etiquette of golf.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-129 Golf-Intermediate**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course covers the more advanced phases of golf. Emphasis is placed on refining the fundamental skills and learning more advanced phases of the games such as club selection, trouble shots, and course management. Upon completion, students should be able demonstrate the knowledge and ability to play a recreational round of golf.  
Minimum State Prerequisites: Take PED-128  
Minimum State Corequisites: None

**PED-130 Tennis-Beginning**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course emphasizes the fundamentals of tennis. Topics include basic strokes, rules, etiquette, and court play. Upon completion, students should be able to play recreational tennis.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-131 Tennis-Intermediate**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course emphasizes the refinement of playing skills. Topics include continuing the development of fundamentals, learning advanced serves, and strokes and pace and strategies in singles and doubles play. Upon completion, students should be able to play competitive tennis.  
Minimum State Prerequisites: Take PED-130  
Minimum State Corequisites: None

**PED-132 Racquetball-Beginning**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course introduces the fundamentals of racquetball. Emphasis is placed on rules, fundamentals, and strategies of beginning racquetball. Upon completion, students should be able to play recreational racquetball.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-137 Badminton**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course covers the fundamentals of badminton. Emphasis is placed on the basics of serving, clears, drops, drives, smashes, and the rules and strategies of singles and doubles. Upon completion, students should be able to apply these skills in playing situations.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None

**PED-138 Archery**  
Class 0  Lab 2  Clinical 0  Work 0  Credit 1  
This course introduces basic archery safety and skills. Topics include proper techniques of stance, bracing, drawing, and releasing as well as terminology and scoring. Upon completion, students should be able to participate safely in target archery.  
Minimum State Prerequisites: None  
Minimum State Corequisites: None
PED-139 Bowling-Beginning
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course introduces the fundamentals of bowling. Emphasis is placed on ball selection, grips, stance, and delivery along with rules and etiquette. Upon completion, students should be able to participate in recreational bowling.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-124 Lifetime Sports
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course is designed to give an overview of a variety of sports activities. Emphasis is placed on the skills and rules necessary to participate in a variety of lifetime sports. Upon completion, students should be able to demonstrate an awareness of the importance of participating in lifetime sports activities.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-143 Volleyball-Beginning
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers the fundamentals of volleyball. Emphasis is placed on the basics of serving, passing, setting, spiking, blocking, and the rules and etiquette of volleyball. Upon completion, students should be able to participate in recreational volleyball.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-144 Volleyball-Intermediate
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers more advanced volleyball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to participate in competitive volleyball.
Minimum State Prerequisites: Take PED-143
Minimum State Corequisites: None

PED-145 Basketball-Beginning
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers the fundamentals of basketball. Emphasis is placed on skill development, knowledge of the rules, and basic game strategy. Upon completion, students should be able to participate in recreational basketball.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-146 Basketball-Intermediate
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers more advanced basketball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to play basketball at a competitive level.
Minimum State Prerequisites: Take PED-145
Minimum State Corequisites: None

PED-147 Soccer
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course introduces the basics of soccer. Emphasis is placed on rules, strategies, and fundamental skills. Upon completion, students should be able to participate in recreational soccer.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-148 Softball
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course introduces the fundamental skills and rules of softball. Emphasis is placed on proper techniques and strategies for playing softball. Upon completion, students should be able to participate in recreational softball.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-149 Flag Football
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course introduces the fundamentals and rules of flag football. Emphasis is placed on proper techniques and strategies for playing in game situations. Upon completion, students should be able to participate in recreational flag football.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-150 Baseball - Beginning
Class 0  Lab 3  Clinical 0  Work 0  Credit 1
This course covers the fundamentals of baseball. Emphasis is placed on skill development, knowledge of the rules, and basic game strategy. Upon completion, students should be able to participate in recreational baseball.
Minimum State Prerequisites: None
Minimum State Corequisites: None
PED-151 Baseball/Intermediate
Class 0  Lab 3  Clinical 0  Work 0  Credit 1
This course covers more advanced baseball techniques. Emphasis is placed on refining skills and developing more advanced strategies and techniques. Upon completion, students should be able to play baseball at a competitive level.
Minimum State Prerequisites: Take PED-150
Minimum State Corequisites: None

PED-152 Swimming-Beginning
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course is designed for non-swimmers and beginners. Emphasis is placed on developing confidence in the water, learning water safety, acquiring skills in floating, and learning elementary strokes. Upon completion, students should be able to demonstrate safety skills and be able to tread water, back float, and use the crawl stroke for 20 yards.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-153 Swimming-Intermediate
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course is designed for those who have mastered basic swimming skills. Emphasis is placed on refining basic skills and learning new swim strokes. Upon completion, students should be able to demonstrate the four basic strokes, the scissors kick, the underwater swim, and other related skills.
Minimum State Prerequisites: Take PED-152
Minimum State Corequisites: None

PED-154 Swimming for Fitness
Class 0  Lab 3  Clinical 0  Work 0  Credit 1
This course introduces lap swimming, aquacises, water activities, and games. Emphasis is placed on increasing cardiovascular efficiency through aquatic exercise. Upon completion, students should be able to develop an individualized aquatic fitness program.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-155 Water Aerobics
Class 0  Lab 3  Clinical 0  Work 0  Credit 1
This course introduces rhythmic aerobic activities performed in water. Emphasis is placed on increasing cardiovascular fitness levels, muscular strength, muscular endurance, and flexibility. Upon completion, students should be able to participate in an individually-paced exercise program.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-160 Canoeing-Basic
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course provides basic instruction for the beginning canoeist. Emphasis is placed on safe and correct handling of the canoe and rescue skills. Upon completion, students should be able to demonstrate basic canoeing, safe-handling, and self-rescue skills.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-170 Backpacking
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers the proper techniques for establishing a campsite, navigating in the wilderness, and planning for an overnight trip. Topics include planning for meals, proper use of maps and compass, and packing and dressing for extended periods in the outdoors. Upon completion, students should be able to identify quality backpacking equipment, identify the principles of no-trace camping, and successfully complete a backpacking experience.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-171 Nature Hiking
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course provides instruction on how to equip and care for oneself on the trail. Topics include clothing, hygiene, trail ethics, and necessary equipment. Upon completion, students should be able to successfully participate in nature trail hikes.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-172 Outdoor Living
Class 1  Lab 2  Clinical 0  Work 0  Credit 2
This course is designed to acquaint the beginning camper with outdoor skills. Topics include cooking and preserving food, safety, and setting up camp. Upon completion, students should be able to set up camp sites in field experiences using proper procedures.
Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-174 Wilderness Pursuits
Class 0  Lab 2  Clinical 0  Work 0  Credit 1
This course covers the skills necessary to prepare for and participate in a wilderness trip. Emphasis is placed on planning, preparing, and participating in a wilderness pack trip. Upon completion, students should be able to safely participate in overnight wilderness pack trips.
Minimum State Prerequisites: None
Minimum State Corequisites: None
PED-181 Snow Skiing-Beginning

This course introduces the fundamentals of snow skiing. Topics include basic techniques, safety, and equipment involved in snow skiing. Upon completion, students should be able to ski a down slope, enter and exit a ski lift, and perform basic maneuvers on skis.

Minimum State Prerequisites: None
Minimum State Corequisites: None

PED-186 Dancing for Fitness

This course is designed to develop movement and recreational dance skills, safety, fitness, coordination, and techniques used to teach various groups. Emphasis is placed on participation and practice with adapting dances for ages and ability levels. Upon completion, students should be able to demonstrate knowledge of fitness through social, folk, and square dance participation and instruction.

Minimum State Prerequisites: None
Minimum State Corequisites: None