COURSE DESCRIPTIONS BY COURSE DISCIPLINE PREFIX

PED PHYSICAL EDUCATION

PED-110 **Fit and Well for Life** **2 (1-2)** **Fall Spring Summer**

Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.
- Other Gen. Ed. and Premajor Elective course for A.E.

PED-111 **Physical Fitness I** **1 (0-3)** **AND**
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-112 **Physical Fitness II** **1 (0-3)** **AND**
Prerequisites: PED-111[S]
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-113 **Aerobics I** **1 (0-3)** **Fall Spring**

Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-117 **Weight Training I** **1 (0-3)** **Fall Spring Summer**

Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-118 **Weight Training II** **1 (0-3)** **Fall Spring**

Prerequisites: PED-117[S]
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-119 **Circuit Training** **1 (0-3)** **AND**
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-120 **Walking for Fitness** **1 (0-3)** **Fall Spring Summer**

Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.

PED-121 Walk, Jog, Run 1 (0-3) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-122 Yoga I 1 (0-2) Fall Spring Summer
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-123 Yoga II 1 (0-2) AND
Prerequisites: PED-122[S]
Corequisites: None
This course introduces more detailed aspects of the discipline of yoga. Topics include breathing and physical postures, relaxation, and mental concentration. Upon completion, students should be able to demonstrate advanced procedures of yoga.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-125 Self-Defense: Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course is designed to aid students in developing rudimentary skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature. (1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-128 Golf-Beginning 1 (0-2) Fall
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-129 Golf-Intermediate 1 (0-2) Fall
Prerequisites: PED-128[S]
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-130 Tennis-Beginning 1 (0-2) Fall Spring
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-131 Tennis-Intermediate 1 (0-2) AND
Prerequisites: PED-130[S]
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-135 Fencing-Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course introduces the fundamentals of fencing. Emphasis is placed on grip, stance, and establishment of good techniques for attacks and parries. Upon completion, students should be able to perform elementary foil techniques and demonstrate the basic skills of fencing.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-137 Badminton 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-138 Archery 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-142 Lifetime Sports 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-143 Volleyball-Beginning 1 (0-2) Fall Spring
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-145 Basketball-Beginning 1 (0-2) Fall Spring
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-147 Soccer 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-149 Flag Football 1 (0-2) AND
Prerequisites: None
Corequisites: None
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. (1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-152 Swimming-Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-153 Swimming-Intermediate 1 (0-2) AND
Prerequisites: PED-152[S]
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-154 Swimming for Fitness 1 (0-3) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-157 Pickleball 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course covers the fundamentals of pickleball. Emphasis is placed on the basics of serving, ground strokes (drives, drops, dinks, punches, and lobs), overhead strokes (smashes and slams), and the rules and strategies of singles and doubles play. Upon completion, students should be able to apply these skills in pickleball playing situations. (2017 FA) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-160 Canoeing-Basic 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(2007 SP) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-161 Canoeing-Rivers 1 (0-2) AND
Prerequisites: PED-160[S]
Corequisites: None
This course provides practice in the basic skills of river and whitewater canoeing. Emphasis is placed on river running, safety, and care of equipment. Upon completion, students should be able to demonstrate navigation in a moving current, canoe safety, and self-rescue skills.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-162 Angling 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course introduces the sport of angling. Emphasis is placed on fishing with the use of artificial lures. Upon completion, students should be able to cast and retrieve using baitcaster and spinning reels and identify the various types of artificial lures.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-163 Kayaking-Basic 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course is designed to teach the basic skills of kayaking. Topics include forward and reverse strokes, sweeps, Eskimo roll, and self-rescue skills. Upon completion, students should be able to maneuver and demonstrate safe kayaking practices.(2007 SP) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-169 Orienteering 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course introduces the various types of orienteering and proper orienteering techniques. Emphasis is placed on defining various types of orienteering and recognizing and drawing topographic map symbols. Upon completion, students should be able to draw topographic map symbols and negotiate a 3-5 km cross-country orienteering course in a specified time period.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-170 Backpacking 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-173 Rock Climbing 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course teaches the fundamental skills and safety of rock climbing. Topics include rock climbing, bouldering, rappelling, the correct method of belaying for climbing and rappelling, and knowledge of equipment. Upon completion, students should be able to demonstrate strong and skillful techniques in climbing and rappelling.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-174 Wilderness Pursuits 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-181 Snow Skiing-Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-186 Dancing for Fitness 1 (0-2) AND
Prerequisites: None
Corequisites: None
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.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-187 Social Dance-Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course introduces the fundamentals of popular social dances. Emphasis is placed on basic social dance techniques, dances, and a brief history of social dance. Upon completion, students should be able to demonstrate specific dance skills and perform some dances.(1997 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-212 Snowboarding-Beginning 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course is designed to develop the basic knowledge and skills of snowboarding. Topics include equipment, conditioning exercises, terminology, safety, rules, fundamental skills, and the use of lifts. Upon completion, students should be able to snowboard downhill, enter and exit a ski lift, and perform basic maneuvers on a snowboard.(2002 SP) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-217 Pilates I 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course provides an introduction to the pilates method of body conditioning exercise. Topics include instruction in beginning and intermediate pilates exercises using a mat or equipment, history of pilates method, and relevant anatomy and physiology. Upon completion, students should be able to perform beginning and intermediate exercises, and possess an understanding of the benefits of conditioning the body's core muscles.(2005 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-218 Pilates II 1 (0-2) AND
Prerequisites: PED-217[S]
Corequisites: None
This course provides continued instruction to the pilates method of body conditioning exercise. Topics include instruction in intermediate and advanced pilates exercises using a mat or equipment, relevant anatomy and physiology, and further discussion of related concepts. Upon completion, students should be able to perform intermediate and advanced exercises, and possess the autonomy to maintain their own personal pilates practice.(2005 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-219 Disc Golf 1 (0-2) AND
Prerequisites: None
Corequisites: None
This course introduces the fundamentals of disc golf. Emphasis is placed on basic throwing techniques, putting, distance driving, scoring, and single and doubles play. Upon completion, students should be able to perform the skills required in playing situations.(2009 SU) This course has been approved to satisfy the following requirement(s):
- Premajor and/or Elective course for A.A. and A.S.

PED-254 Coaching Basketball 2 (1-2) AND
Prerequisites: None
Corequisites: None
This course introduces the theory and methods of coaching basketball. Emphasis is placed on rules, game strategies, and selected techniques of coaching basketball. Upon completion, students should be able to demonstrate competent coaching skills in basketball.(1997 SU) This course has been approved to satisfy the following requirement(s):

- Premajor and/or Elective course for A.A. and A.S.