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## COURSE DESCRIPTIONS BY COURSE DISCIPLINE PREFIX

### AEROBICS I

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<b>PED-113</b>	<b>Aerobics I</b>	<b>1 (0-3)</b>	<b>Spring Fall</b>
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**Prerequisites:****Corequisites:**

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.

### BACKPACKING

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<b>PED-170</b>	<b>Backpacking</b>	<b>1 (0-2)</b>	<b>AND</b>
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**Prerequisites:****Corequisites:**

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.

### BASKETBALL-BEGINNING

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<b>PED-145</b>	<b>Basketball-Beginning</b>	<b>1 (0-2)</b>	<b>Spring</b>
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**Prerequisites:****Corequisites:**

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.

### CANOEING-BASIC

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<b>PED-160</b>	<b>Canoeing-Basic</b>	<b>1 (0-2)</b>	<b>AND</b>
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**Prerequisites:****Corequisites:**

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.

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## FIT AND WELL FOR LIFE

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<b>PED-110</b>	<b>Fit and Well for Life</b>	<b>2 (1-2)</b>	<b>Summer Spring Fall</b>
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**Prerequisites:****Corequisites:**

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.

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## KAYAKING-BASIC

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<b>PED-163</b>	<b>Kayaking-Basic</b>	<b>1 (0-2)</b>	<b>AND</b>
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**Prerequisites:****Corequisites:**

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.

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## PHYSICAL FITNESS I

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<b>PED-111</b>	<b>Physical Fitness I</b>	<b>1 (0-3)</b>	<b>AND</b>
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**Prerequisites:****Corequisites:**

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.

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## PHYSICAL FITNESS II

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<b>PED-112</b>	<b>Physical Fitness II</b>	<b>1 (0-3)</b>	<b>AND</b>
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**Prerequisites:** PED-111<sup>S</sup>**Corequisites:**

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.

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## PICKLEBALL

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**PED-157 Pickleball 1 (0-2) AND**

**Prerequisites:**

**Corequisites:**

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.

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## PILATES I

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**PED-217 Pilates I 1 (0-2) AND**

**Prerequisites:**

**Corequisites:**

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.

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## PILATES II

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**PED-218 Pilates II 1 (0-2) AND**

**Prerequisites:** PED-217<sup>S</sup>

**Corequisites:**

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.

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## TENNIS-BEGINNING

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**PED-130 Tennis-Beginning 1 (0-2) Spring  
Fall**

**Prerequisites:**

**Corequisites:**

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.

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## TENNIS-INTERMEDIATE

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**PED-131      Tennis-Intermediate      1 (0-2)      AND**

**Prerequisites:** PED-130<sup>S</sup>

**Corequisites:**

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.

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## VOLLEYBALL-BEGINNING

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**PED-143      Volleyball-Beginning      1 (0-2)      Spring  
Fall**

**Prerequisites:**

**Corequisites:**

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.

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## WALKING FOR FITNESS

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

**Prerequisites:**

**Corequisites:**

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.

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## WEIGHT TRAINING I

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

**Prerequisites:**

**Corequisites:**

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.

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## WEIGHT TRAINING II

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

**Prerequisites:** PED-117<sup>S</sup>

**Corequisites:**

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.

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## YOGA I

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**PED-122**      **Yoga I**      **1 (0-2)**      **Summer  
Spring  
Fall**

**Prerequisites:**

**Corequisites:**

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.

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## YOGA II

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**PED-123**      **Yoga II**      **1 (0-2)**      **AND**  
**Prerequisites:** PED-122<sup>S</sup>

**Corequisites:**

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.