

PHYSICAL EDUCATION AND SPORT (PE)

PE 101 Physical Education 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 102 Tabata 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 103 Pilates 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 104 Yoga 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 105 Tai Chi 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 106 Cardio Kickboxing 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 110 DV:Lifestyle Health/Fitness 1 sem. hr.

The course emphasizes health and wellness through safe living, nutrition, and fitness. Students participate in the classroom as well as in physical activity. Each class reflects the knowledge, attitudes, and skills in current areas of lifetime sports. Offered fall and spring semesters.

PE 112 Intermediate Yoga 1 sem. hr.

Specific semester-long physical education disciplines such as yoga, tai chi, cardio-kick boxing, etc.

PE 150 Intercollegiate Athletics 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 151 Intercollegiate Baseball 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 152 Intercollegiate Basketball 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 153 Intercollegiate W Basketball 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 154 Intercollegiate Soccer 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 155 Intercollegiate Athletics 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 156 Intercollegiate Cross-Country 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 157 Intercollegiate Cheerleading 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 158 Intercollegiate Softball 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 159 Intercollegiate Synchro Swim 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 161 Intercollegiate Volleyball 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 162 Intercollegiate Golf 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 163 Intercollegiate Athletics 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 164 Intercollegiate Athletics 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 165 Intercollegiate Tennis 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 166 Intercollegiate Track 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 167 Intercollegiate Athletics 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 168 Intercollegiate Football 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 169 Intercollegiate Lacrosse 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 170 Intercollegiate Bowling 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 171 Intercollegiate STUNT 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 172 Intercollegiate Sprint 1 sem. hr.

Offered for varsity athletes in a variety of individual and team sports. One semester credit is available only one time during collegiate years.

PE 210 Coaching Baseball 3 sem. hrs.

Covers how to teach the fundamental principles and techniques required to play the game of baseball at any level, while at the same time discussing, exploring and understanding the various theories, philosophies and strategies surrounding America's pastime. Includes the use of various on-the-field drills in which students physically participate. Handouts, videos and discussions are an inherent part of the class. Students are also introduced to baseball field maintenance, official rules and the art of scoring a game. For students who want to gain a greater appreciation and understanding of the game and/or for those individuals who may someday want to become involved in coaching at an appropriate level. Offered every fall.