PHYSICAL EDUCATION

Cascade Campus
Physical Education Building (PEB)
971-722-5524

Rock Creek Campus
Building 5, Room 245
971-722-7327

Southeast Campus
Mt. Scott Hall (MSH), Room 103
971-722-6146

Sylvania Campus
Health Technology Building (HT), Room 215
971-722-4210

Newberg Center
971-722-4210

pcc.edu/programs/pe/

DESCRIPTION

Portland Community College Physical Education promotes fit and healthy lifestyles for a diverse group of students by delivering a quality education that includes the knowledge, skills, and practice necessary for living a physically active and healthy life. We offer a wide range of over 100 courses each term. Course offerings vary from campus to campus, as do facilities and program availability.

PCC does not provide medical coverage. It is strongly recommended that students have medical coverage and a recent physical exam before they participate in physical education courses.

Students who require classroom accommodations should notify the physical education instructor and the Disability Services (DS) office. Disability Services works with students to identify and ensure reasonable accommodations in PCC classes and programs.

Many physical education classes fulfill degree requirements at PCC or other institutions and colleges, or may transfer as elective credit. Students should check with their PCC academic advisor or with the institution to which they plan to transfer. For information on the Fitness Technology program, see Fitness Technology in the catalog.

PE 10. Physical Education Activity Program. 1 Credit.

Provides independent study format allowing participation in a variety of activities using designated PCC facilities when classes are not scheduled. This class does not count towards PCC degrees or PCC financial aid. Check with appropriate institution or high school for transferability of this class. Consultation with instructor may be required. Recommended: signed physical examination form. Audit available.

PE 120A. Ballet I. 1 Credit.

Introduces fundamentals of Ballet technique with a focus on correct alignment, development of strength, flexibility, range of motion, stability, and Ballet terminology. D 190A and PE 120A cannot both be taken for credit. Audit available.

PE 120B. Ballet I. 1 Credit.

Explores concepts of beginning Ballet with a focus on correct alignment, form, musicality and moving with greater awareness. Provides a foundation for Ballet II. D 190B and PE 120B cannot both be taken for credit. Prerequisites: D 190A or PE 120A. Audit available.

PE 120C. Ballet II. 1 Credit.

Develops Ballet technique at Intermediate level with a focus on dynamic alignment, musicality, movement qualities, and functional technique. D 191A and PE 120C cannot both be taken for credit. Prerequisites: D 190B or PE 120B. Audit available.

PE 120D. Ballet II. 1 Credit.

Continues development of Ballet technique at an Intermediate level with a focus on dynamic alignment, musicality, movement qualities, and functional technique. D 191B and PE 120D cannot both be taken for credit. Prerequisites: D 191A or PE 120C. Audit available.

PE 120E. Ballet III. 1 Credit.

Develops Ballet technique at an advanced level with a focus on dynamic alignment, musicality, movement qualities, functional technique and performance. D 290A and PE 120E cannot both be taken for credit. Prerequisites: D 191B or PE 120D. Audit available.

PE 120F. Ballet III. 1 Credit.

Continues development of Ballet technique at an advanced level with a focus on increasingly complicated choreography and the expression and communication of Ballet in performance. D 290B and PE 120F cannot both be taken for credit. Prerequisites: D 290A or PE 120E. Audit available.

PE 121A. Modern Dance I. 1 Credit.

Introduces fundamentals of Modern Dance technique with a focus on correct alignment, development of strength, flexibility, range of motion, and stability, and dance specific terminology. D 130A and PE 121A cannot both be taken for credit. Audit available.

PE 121B. Modern Dance I. 1 Credit.

Explores concepts of beginning Modern Dance with a focus on correct alignment, form, musicality and moving with greater awareness. D 130B and PE 121B cannot both be taken for credit. Prerequisites: D 130A or PE 121A. Audit available.

PE 121C. Modern Dance II. 1 Credit.

Develops Modern Dance technique at an Intermediate level with a focus on dynamic alignment, musicality, movement qualities, and functional technique. D 131A and PE 121C cannot both be taken for credit. Prerequisites: D 130B or PE 121B. Audit available.

PE 121D. Modern Dance II. 1 Credit.

Continues development of Modern Dance technique at an Intermediate level with a focus on dynamic alignment, musicality, movement qualities, ensemble work, and functional technique. D 131B and PE 121D cannot both be taken for credit. Prerequisites: D 131A or PE 121C. Audit available.

PE 121E. Modern Dance III. 1 Credit.

Develops Modern Dance technique at an Intermediate/Advanced level with a focus on applying techniques and skills to enhance performance. D 230A and PE 121E cannot both be taken for credit. Prerequisites: D 131B or PE 121D. Audit available.

PE 121F. Modern Dance III. 1 Credit.

Continues development of Modern Dance technique at an Intermediate/Advanced level with a focus on applying techniques and skills to enhance performance. D 230B and PE 121F cannot both be taken for credit. Prerequisites: D 230A or PE 121E. Audit available.

PE 124. World Dance. 1 Credit.

Introduces traditional and popular dance forms and styles from a selection of countries and cultures. Examines and practices dance movement within a cultural context. Ethnic dances may vary by term. This course is also offered as D 170; a student who enrolls in this course a second time under either designator will be subject to the course repeat policy. Audit available.

PE 130A. Adapted Physical Education I. 1 Credit.

Provides instruction on exercises that deal with acute or chronic injuries or disabilities to improve fitness, health and overall wellness. Covers knowledge and skills needed to perform safe and proper group and individual fitness exercises. Introduces activities adapted to disabilities to promote and emphasize cardiorespiratory conditioning, muscular strength and endurance, flexibility, and body composition. Audit available.

PE 130B. Adapted Physical Education II. 1 Credit.

Covers exercises that deal with acute or chronic injuries or disabilities to improve fitness, health and overall wellness. Continues to develop knowledge and skills needed to perform safe and proper group and individual fitness exercises. Introduces activities adapted to disabilities to promote and emphasize cardiorespiratory conditioning, muscular strength and endurance, flexibility, and body composition. Introduces instruction regarding individual exercise programming. Audit available.

PE 130C. Adapted Physical Education III. 1 Credit.

Covers exercises that deal with acute or chronic injuries or disabilities to improve fitness, health and overall wellness. Continues to develop knowledge and skills needed to perform safe and proper group and individual fitness exercises. Introduces activities adapted to disabilities to promote and emphasize cardiorespiratory conditioning, muscular strength and endurance, flexibility, and body composition. Introduces instruction regarding individual exercise programming utilizing two or more components of fitness (muscular strength and endurance, cardiovascular fitness, flexibility, body composition.) Audit available.
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PE 130D. Aquatic Adapted Physical Education I. 1 Credit.
Provides exercises that deal with acute or chronic injuries to improve fitness, health and overall wellness through structured water exercise. Develops knowledge and skills needed to perform safe and proper group and individual fitness exercises in the water. Introduces water activities to promote and emphasize cardiorespiratory conditioning, muscular strength and endurance, flexibility, and body composition. Audit available.

PE 140A. Boxing I. 1 Credit.
Introduces basic knowledge and fundamental techniques used in boxing. Utilizes boxing equipment and focus pads to simulate contact. This is a non-contact class. Boxing gloves and hand wraps are required. Audit available.

PE 140B. Boxing II. 1 Credit.
Expands knowledge, application and skills of the techniques used in Boxing I. Utilizes boxing equipment and focus pads to simulate contact. This is a non-contact class. Boxing gloves and hand wraps are required. Audit available.

PE 141A. Disc Golf. 1 Credit.
Provides disc golf instruction in skills, drills and game play. Emphasizes history, etiquette, rules, vocabulary and strategy. Promotes skill related components of physical fitness (agility, balance, coordination, power, speed and reaction time). Audit available.

PE 142A. Zumba Fitness I. 1 Credit.
Introduces Zumba Fitness to improve health and overall wellness through structured group exercise. Promotes improvement of cardiorespiratory conditioning, muscle endurance and flexibility. Audit available.

PE 142B. Zumba Fitness II. 1 Credit.
Expands knowledge, application and skills of Zumba Fitness I.Builds upon fundamental techniques learned in Zumba Fitness I. Promotes continued improvement of cardiorespiratory conditioning, muscular endurance, and flexibility through the safe and proper execution of Zumba. Audit available.

PE 142C. Zumba Fitness Gold. 1 Credit.
Introduces a slower paced Zumba. Incorporates Zumba music at half pace for lower impact work. Promotes improved cardiorespiratory conditioning, muscle endurance, flexibility and body composition. Audit available.

PE 143A. Aquatic Exercise I. 1 Credit.
Includes aerobic exercise, strength conditioning, and stretching movements set to music in an aquatics environment. Incorporates exercise in both shallow and deep water in order to take advantage of the natural buoyancy and resistance properties of water. Swimming skills are not required. Audit available.

PE 143B. Aquatic Exercise II. 1 Credit.
Includes aerobic exercise, strength conditioning and stretching movements set to music in an aquatics environment. Incorporates exercise in both shallow and deep water in order to take advantage of the natural buoyancy and resistance properties of water. Introduces exercises and equipment related to improving speed, agility and quickness. Swimming skills are not required. Audit available.

PE 143C. Aquatic Exercise III. 1 Credit.
Includes aerobic exercise, strength conditioning, and stretching movements set to music in an aquatics environment. Incorporates exercise in both shallow and deep water in order to take advantage of the natural buoyancy and resistance properties of water. Continues utilization of exercises and equipment related to improving speed, agility, and quickness. Introduces add-on, pyramid, and layer choreography. Swimming skills are required. Audit available.

PE 162G. Cardio Conditioning. 1 Credit.
Introduces cardio conditioning to improve fitness, health, and overall wellness through structured group fitness and individualized cardiorespiratory exercises. Covers knowledge and skills needed to perform safe and proper group and individual fitness exercises. Emphasizes improved cardiorespiratory conditioning, muscular strength and endurance, flexibility, and body composition. Audit available.

PE 162J. Brazilian Jiu Jitsu I. 1 Credit.
Provides opportunities to improve fitness, health and overall wellness through Brazilian Jiu Jitsu (BJJ). Covers basic BJJ knowledge and skills (such as movements, positions, and concepts) in a progressive skill building approach. Emphasizes proper technique, mobility, pressure and leverage awareness. Establishes a foundational knowledge of BJJ, including utilization of ground techniques for self defense. Introduces both Gi and non-Gi techniques. Students will be required to obtain a Gi by the 3rd week of class. Audit available.

PE 162K. Brazilian Jiu Jitsu II. 1 Credit.
Expands knowledge, application and skills in Brazilian Jiu Jitsu (BJJ). Continues covering fundamentals and techniques explored in Brazilian Jiu Jitsu I. Recommended: PE 162J or instructor approval. Audit available.

PE 162L. Brazilian Jiu Jitsu III. 1 Credit.
Continues to expand knowledge, application and skills in Brazilian Jiu Jitsu. Builds upon fundamentals and techniques explored in Brazilian Jiu Jitsu II. Introduces Brazilian Jiu Jitsu leadership concepts and skills. Recommended: PE 162K or instructor approval. Audit available.

PE 152M. Mixed Martial Arts Conditioning. 1 Credit.
Introduces high-intensity mixed martial arts (MMA) group exercise focusing on challenging the body in a dynamic and energetic fashion. Includes a variety of activities and exercises in challenging conditions unique to MMA. Utilizes resistance, balance, and compounded motions to improve overall fitness to help optimize athletic performance while minimizing potential injury when performing mixed martial arts activities. Audit available.

PE 1620. Core Fitness. 1 Credit.
Introduces safe and proper exercises, in a group exercise setting, that stabilize the core muscles including back, abdominal, hip, pelvis and lateral trunk muscles. Promotes improved cardiorespiratory conditioning, muscle strength and endurance, flexibility, and/or composition with an emphasis on involvement of strong core muscles. Audit available.

PE 180A. Beginning Swimming. 1 Credit.
Introduces swimming and aquatic skills to those who have very limited or no swimming skills and may be uncomfortable in the water. Audit available.

PE 180B. Intermediate Swimming. 1 Credit.
Continues the development of swimming and water safety skills in both shallow and deep water. Introduces new strokes, including breaststroke, sidestroke, elementary backstroke, and butterfly. Prerequisite: PE 180A or instructor permission. Audit available.

PE 180C. Advanced Swimming. 1 Credit.
Continues the development of swimming and water safety skills. Introduces stroke refinement, building toward skill proficiency. Prerequisite: PE 180B or instructor permission. Audit available.

PE 180G. Masters Swimming. 1 Credit.
Introduces a competitive swimming class that incorporates all competition strokes, starts, turns, strategies, rules, and training. Promotes opportunities for optional weekend Masters swim meets. Recommended: Advanced swimming skills. Audit available.

PE 180L. Swim Conditioning I. 1 Credit.
Focuses on improvements in cardiovascular endurance, muscular strength/ endurance, and flexibility through swimming. Includes water/land exercises, lap swimming and water games. Recommended: intermediate level swim skills or equivalent. Audit available.

PE 180M. Swim Conditioning II. 1 Credit.
Focuses on improvements in cardiovascular endurance, muscular strength and endurance, and flexibility through swimming. Includes water and land exercises, lap swimming and water games. Incorporates all of the competitive strokes for improved conditioning. Recommended: Swim Conditioning I, intermediate level swim skills or equivalent. Audit available.

PE 180N. Swim Conditioning III. 1 Credit.
Focuses on skills to improve cardiovascular endurance, muscular strength and endurance, and flexibility through swimming. Includes water and land exercises, lap swimming, and water games. Includes all competitive strokes for improved conditioning. Recommended: Swim Conditioning II, intermediate level swimming skills or equivalent. Audit available.

PE 181A. Beginning Weight Training. 1 Credit.
Stresses the proper guidelines, principles, and techniques of weight lifting and the development of muscular strength and endurance. Introduces the development of individual weight training programs which allow for body and strength differences, including weight training etiquette and safety. Introduces evaluation techniques for muscular endurance and strength. Audit available.

PE 181B. Intermediate Weight Training. 1 Credit.
Continues to stress the proper guidelines, principles, and techniques of weight lifting and the development of muscular strength and endurance at an intermediate level. Introduces intermediate level evaluation techniques for muscular strength and endurance. Continues the development of individual weight training programs. Recommended: PE 181A Beginning Weight Training or equivalent. Audit available.

PE 181C. Advanced Weight Training. 1 Credit.
Reinforces the proper guidelines, principles and techniques of weight lifting, and the development of muscular strength, endurance and power at an advanced level. Introduces Olympic lifting techniques. Continues development of individual weight training programs and advanced evaluation techniques. Recommended: PE 181B Intermediate Weight Training or equivalent. Audit available.
PE 181M. Boot Camp II. 1 Credit.
Focuses on cardio-respiratory fitness, muscular strength and endurance. Includes interval training, dynamic stretching, strength trainings, high intensity fitness training, muscle confusion training, endurance training and plyometrics. Audit available.

PE 181N. Circuit Interval Training 1. 1 Credit.
Improves aerobic, anaerobic, and strength conditioning through interval training. Includes the use of free weights and/or gym circuit weight training machines and functional fitness training. Audit available.

PE 181E. Circuit Interval Training 2. 1 Credit.
Covers the continued improvement of aerobic and anaerobic fitness, and strength through circuit interval training. Includes the use of free weights and/or gym circuit weight training machines and functional fitness training. Audit available.

PE 182A. Beginning Group Fitness. 1 Credit.
Promotes fitness, health, and overall wellness through structured group fitness classes. Introduces knowledge and skills needed to perform safe and proper group fitness exercises. Emphasizes improved cardiorespiratory conditioning, muscle strength and endurance, flexibility, and body composition. Skills covered may vary by campus, term, and/or instructor. Audit available.

PE 182B. Intermediate Group Fitness. 1 Credit.
Promotes maintenance or improvement of fitness, health, and overall wellness through structured group fitness. Covers knowledge and skills for performing group fitness exercises safely at an intermediate level. Emphasizes improved cardiorespiratory conditioning, muscle strength and endurance, flexibility, body composition, and skill-related fitness (balance, speed, agility, reaction time, coordination). Skills covered may vary by campus, term, and/or instructor. Recommended: PE 182A or a recent group exercise class. Audit available.

PE 182C. Walking for Fitness I. 1 Credit.
Introduces a self-paced walking program as a lifelong fitness activity that maintains and enhances physical fitness and well-being. Provides basic information and tools needed to understand, organize, plan, and implement a physical fitness program that features walking as the primary activity. Audit available.

PE 182D. Walking for Fitness II. 1 Credit.
Introduces a self-paced walking program as a lifelong fitness activity that maintains and enhances physical fitness and well-being at an intermediate level. Focuses on safe and effective ways to increase walking frequency, duration, and intensity. Provides information and tools needed to understand, organize, plan and implement a progressive physical fitness program that features walking as the primary activity. Recommended: PE 182C, or average fitness level. Audit available.

PE 182E. Running for Fitness. 1 Credit.
Introduces basic running performance fundamentals that help maintain and enhance physical fitness and overall well-being. Provides foundational information and tools needed to understand, organize, plan, and implement a physical fitness program that features running as a primary cardiorespiratory activity. Audit available.

PE 182F. Boot Camp I. 1 Credit.
Focuses on cardiorespiratory fitness and muscular endurance using dumbbells and other equipment (physioballs, steps, etc.) Covers key muscle groups, facilitating muscle fitness and flexibility gains. Introduces high-intensity calisthenic training in a group class format. Audit available.

PE 182G. Tai Chi I. 1 Credit.
Continues the exploration of theories and movement principles, meditation and Yi (mind) development introduced in Tai Chi I. Expands upon the basic techniques to develop a life-long practice of Tai Chi. Recommended: PE 182S or instructor approval. Audit available.

PE 182H. Adult Fitness. 1 Credit.
Introduces exercises and activities that address the body as it develops through adulthood. Focuses on large muscle group strengthening, conditioning, and flexibility. Incorporates exercise safety regarding proper exercise techniques, and proper use of exercise equipment. Audit available.

PE 182I. Power Yoga. 1 Credit.
Covers intermediate and advanced Hatha yoga poses. Offers exposure to other areas of mind body fitness and an opportunity to study a selected yoga topic in depth. Recommended: Prior knowledge and skills to perform the Sun Salutation A and B. Audit available.

PE 182J. Gentle Yoga. 1 Credit.
Introduces Vinyasa yoga techniques to better manage stress. Incorporates a dynamic series of poses performed at a gentle pace. Covers basic yoga philosophy, asanas, pranayama, meditation and relaxation for a holistic approach to better health and wellness. Recommended for students with limited abilities and beginners who are not ready for Yoga I. Audit available.

PE 182K. Yoga I. 1 Credit.
Introduces the values and skills of Hatha yoga. Includes basic yoga philosophy and exercises for increased flexibility, improved health, relaxation, and reduced stress in daily living. Audit available.

PE 182L. Yoga II. 1 Credit.
Expands application of the values and skills of Hatha yoga. Includes intermediate yoga exercises for increased flexibility, Improved health, relaxation, and reduced stress in daily living. Recommended: prior class in Hatha yoga. Audit available.

PE 182M. Pilates I. 1 Credit.
Covers the practice of Pilates with a focus on increasing core strength and stabilization, muscle balance, tone, coordination, and flexibility. Incorporates non-impact mat exercises designed to develop whole body awareness and control, and includes modifications for various fitness levels. Audit available.

PE 182N. Pilates II. 1 Credit.
Covers the continued application of Pilates with a focus on increasing core strength and stabilization, muscle balance, tone, coordination, and flexibility. Incorporates non-impact mat exercises designed to develop whole body awareness and control, and includes modifications for various fitness levels. Audit available.

PE 182P. Tai Chi I. 1 Credit.
Explores history, mechanics, balance, and teamwork through a variety of team sports. Incorporates sport-specific related skills in both drill and game/action environments. Audit available.

PE 182Q. Self-Paced Fitness. 1 Credit.
Introduces a self-paced physical exercise program encompassing cardiorespiratory conditioning, strength training and flexibility exercises. Incorporates individual and independent physical exercise and requires tracking exercises in a log/journal. Audit available.

PE 182R. Back Care. 1 Credit.
Explores pain and injury prevention, body mechanics, posture, and other techniques for prevention and relief of back pain. Audit available.

PE 182S. Tai Chi II. 1 Credit.
Explores this ancient form of gentle movement which emphasizes balance, concentration and coordination. Addresses traditional styles of Tai Chi, meditation and Yi (mind) development techniques in an easy to follow format. Audit available.

PE 182T. Sports Fitness. 1 Credit.
Covers cardiorespiratory fitness, functional training, agility, balance, and teamwork through a variety of team sports. Incorporates sport-specific related skills in both drill and game/action environments. Audit available.

PE 182V. Sports Fitness. 1 Credit.
Provides an introduction to the principles of fitness and wellness. Focuses on large muscle group exercise and includes modifications for various fitness levels. Audit available.

PE 182W. Physical Activity for Weight Control. 1 Credit.
Introduces a lifelong fitness activity that maintains and enhances physical fitness and well-being. Provides basic information and tools needed to understand, organize, plan, and implement a physical fitness program that features walking as the primary activity. Audit available.

PE 182Y. Indoor Cycling. 1 Credit.
Introduces a specialty fitness class that focuses on large muscle group strengthening, conditioning, and flexibility. Incorporates exercise safety regarding proper exercise techniques, and proper use of exercise equipment. Audit available.

PE 183A. Beginning Hiking. 1 Credit.
Introduces hiking concepts and skills necessary to hike safely as a regular fitness activity. Includes fitness for hiking, route planning, safety, and environmental considerations. Required: Be able to comfortably walk on outdoor trails for three miles or more. Be prepared for day hiking trips off campus by providing your own transportation, parking fees, and equipment. Audit available.

PE 183B. Beginning Tennis. 1 Credit.
Introduces the game of tennis at a beginning level. Covers basic skills that relate to the serve, ground strokes, and the volley. Emphasizes strategy related to singles, doubles, and competition play. Audit available.

PE 183C. Intermediate Tennis. 1 Credit.
Introduces the game of tennis at an intermediate level. Covers intermediate skills that relate to the serve, ground strokes, and the volley. Emphasizes strategy related to singles, doubles, and competition play. Audit available.
PE 183G. Beginning Golf. 1 Credit.
Covers fundamental techniques in the use of all clubs for the game of golf. Introduces rules, course management, and golf etiquette. Utilizes off-campus driving range, putting green and pitching area practice facilities. Requirement: Students must play a few rounds of golf outside of class. They are responsible for own transportation to off-campus locations and facility use fees. Audit available.

PE 183H. Intermediate Golf. 1 Credit.
Covers intermediate level techniques in the use of all clubs for the game of golf. Reinforces rules, course management, and golf etiquette. Utilizes off-campus driving range, putting green and pitching area practice facilities. Requirement: Students must play a few rounds of golf outside of class. They are responsible for own transportation to off-campus locations and facility use fees. Audit available.

PE 183I. Beginning Volkswalking. 1 Credit.
Provides an independent opportunity to approach age-related walking and fitness levels through an individualized walking program and active participation in Volkswalking events. Requirement: Weekly walking log reports submitted via current PCC email account. Audit available.

PE 183J. Intermediate Volkswalking. 1 Credit.
Provides an independent opportunity to achieve and maintain age-related walking and fitness levels through an individualized walking program and active participation in Volkswalking events. Requirement: Weekly walking log reports submitted via current PCC email account. Audit available.

PE 183M. Advanced Volkswalking. 1 Credit.
Provides an independent opportunity to exceed age-related walking and fitness levels through an individualized walking program and active participation in Volkswalking events. Requirement: Weekly walking log reports submitted via current PCC email account. Audit available.

PE 183R. Karate I. 1 Credit.
Introduces the fundamental techniques employed in the art of Karate. Audit available.

PE 183S. Karate II. 1 Credit.
Introduces the fundamental techniques employed in the art of Karate at an intermediate level or above. Recommended: Beginning Karate skills and/or PE 183R. Audit available.

PE 183T. Aikido I. 1 Credit.
Introduces a working knowledge of the fundamental techniques employed in the art of Aikido. Audit available.

PE 183U. Aikido II. 1 Credit.
Progressive continuation of the fundamental techniques employed in the art of Aikido. Audit available.

PE 183V. Judo I. 1 Credit.
Introduces a working knowledge of the fundamental techniques employed in the art of Kodolan Judo. Audit available.

PE 183W. Judo II. 1 Credit.
Build on knowledge and skill areas covered in Judo I. Audit available.

PE 183X. Tae Kwon Do I. 1 Credit.
Introduces a working knowledge of the fundamental techniques employed in the art of Tae Kwon Do. Audit available.

PE 183Y. Tae Kwon Do II. 1 Credit.
Progressive continuation of the fundamental techniques employed in the art of Tae Kwon Do I. Audit available.

PE 183Z. Tae Kwon Do III. 1 Credit.
Expands knowledge of Tae Kwon Do techniques beyond the basics while strengthening self-defense skills. Covers skills required for national and international black belt certifications, as well as skills required for Olympic-style sparring referee certification through USA Taekwondo. Develops skill set required to instruct beginning Tae Kwon Do students, including the use of Korean vocabulary and classroom etiquette. Recommend: PE 183Y or instructor approval. Audit available.

PE 184A. Beginning Skiing - Nordic. 1 Credit.
Introduces nordic ski techniques for groomed tracks and ungroomed snow conditions. Emphasizes speed control, efficient body movement and safety. Covers basic winter survival techniques, proper clothing, and trail etiquette. Audit available.

PE 184B. Intermediate Skiing - Nordic. 1 Credit.
Emphasizes techniques to increase power and control in the diagonal stride, speed control in varied downhill conditions, varied turning maneuvers and beginning skating and telemark skiing Recommended: experience in basic cross country skiing. Audit available.

PE 184C. Advanced Skiing - Nordic. 1 Credit.
Introduces advanced nordic ski techniques. Prepares skiers to make dynamic technique adjustments to timing, terrain changes, turning for speed control and efficiency in skating and telemark skiing. Addresses terrain changes, weather and snow conditions. Audit available.

PE 184D. Beginning Skiing - Alpine. 1 Credit.
Designed to teach inexperienced skiers to link turns together with control on beginning and beginning/intermediate terrain. Introduces the fun of downhill skiing and emphasizes skills necessary to ski safely on appropriate terrain. Addresses the variables of weather and snow conditions. Audit available.

PE 184E. Intermediate Skiing - Alpine. 1 Credit.
Covers the continued improvement of safe, enjoyable skiing, utilizing the skill of wedge christies at an intermediate level. Includes skidded parallel turns of varying radii with control on beginning to intermediate terrain. Addresses variables of weather, snow conditions, and terrain. Prerequisite: PE 184D or equivalent or instructor permission. Audit available.

PE 184F. Advanced Skiing - Alpine. 1 Credit.
Ski on intermediate/advanced terrain with dynamic parallel turns. Apply edging, pressure control, rotary and balancing movements to allow confidence and versatility on steeper terrain and in varying snow conditions. Addresses variables of weather, snow conditions, and terrain. Recommended: Intermediate Alpine class or equivalent. Audit available.

PE 184L. Beginning Snowboard Skiing. 1 Credit.
Basic skills necessary for safe and fun snowboarding on appropriate terrain will be taught. Also skidded turns with control on beginning and beginning/intermediate terrain. The variables of weather and snow conditions will be addressed. Audit available.

PE 184M. Advanced Snowboard Skiing. 1 Credit.
Continues refinement of basic skills. Students will be taught to link beginning carved turns with rhythm and control on intermediate and beginning advanced terrain. Stresses safe boarding with improvement in skill applications. The variables of weather and snow conditions will be addressed. Recommended: Beginning Snowboarding class or equivalent. Audit available.

PE 184N. Physical Activity for Weight Control II. 1 Credit.
Continues as an independent and progressive activity program for overweight and/or older students who have taken PE 182W. Covers concepts, activities, and programming that promote weight control through physical activity. Prerequisite: PE 182W. Audit available.

PE 184P. Advanced Hiking. 1 Credit.
Expands upon beginning hiking concepts and skills necessary to hike safely. Introduces advanced hiking topics such as longer route planning, map reading, compass use, GPS and other technologies, orienteering, and wilderness emergency planning. Required: Be able to comfortably walk on outdoor trails for six miles or more. Be prepared for day hiking trips off campus by providing your own transportation, parking fees and equipment. Audit available.

PE 185A. Beginning Basketball. 1 Credit.
Provides instruction in basketball fundamentals, skills, and rules through drills and game play. Audit available.

PE 185B. Intermediate Basketball. 1 Credit.
Provides instruction and an opportunity to develop basketball skills and knowledge at an intermediate level. Covers implementation of set plays and rules through drills and game play. Recommended: Beginning basketball skills. Audit available.

PE 185C. Advanced Basketball. 1 Credit.
Emphasizes continued development of skills necessary to participate in basketball at an advanced level through game play and drills. Beginning/Intermediate basketball skills required. Audit available.

PE 185D. Beginning Volleyball. 1 Credit.
Includes basic history, terminology, etiquette, strategies and skills of game. Audit available.

PE 185E. Intermediate Volleyball. 1 Credit.
Builds further on the beginning techniques of the game. Emphasizes team play, special situations and officiating. Beginning volleyball class or instructor permission required. Audit available.
PE 185F. Advanced Volleyball I. 1 Credit.
Builds further on the intermediate techniques of the game. Emphasizes team play, offensive/defensive situations and other advanced skills of spiking, team blocking and shoulder roll. Beginning volleyball and intermediate volleyball skills or instructor permission required. Audit available.

PE 185G. Beginning Soccer. 1 Credit.
Basic skills, rules, and strategies for soccer will be taught. Includes dribbling, kicking, trapping, head, throw-in, tackling, shooting, goalie play, corner kicks, goalie kicks, penalty kicks, soccer formations (5-3-2, 4-3-3, 3-3-4, 2-4-4), defensive play, offensive play, rules of soccer. Audit available.

PE 185H. Advanced Soccer. 1 Credit.
Continues the development of soccer skills beyond the introductory level. Emphasizes advanced skills of leading and playing and uniting with the team. Focus may vary from term to term. PE 186Z and PE 186R are equivalent and only one may be taken for credit. Audit available.

PE 185I. Flag Football. 1 Credit.
Covers rules and strategies. Emphasizes individual and team offensive, defensive and kicking techniques as well as concepts of team organization and play. Considerable time is spent playing the game. Audit available.

PE 185J. Beginning Softball. 1 Credit.
Focuses on the fundamentals of softball throw, receiving, and baserunning. Includes basic offensive and defensive play. Audit available.

PE 185K. Advanced Softball. 1 Credit.
Introduces basic offensive and defensive play. Includes skill development in batting, running bases, sliding, throwing, pitching, catching, fielding and team communication. Audit available.

PE 185L. Intermediate Soccer. 1 Credit.
Continues development of soccer skills at an intermediate level. Emphasizes greater efficiency in movement. Focus may vary from term to term. PE 186Z and PE 186R are equivalent and only one may be taken for credit. Audit available.

PE 185M. Advanced Soccer. 1 Credit.
Introduces the critical concepts of soccer. Focuses on mastering skills of leading and playing and uniting. Focus may vary from term to term. PE 186Z and PE 186R are equivalent and only one may be taken for credit. Audit available.

PE 185N. Introductory Softball. 1 Credit.
Introduces beginning softball skills. Emphasizes basic offensive and defensive play. Audit available.

PE 185P. Intermediate Softball. 1 Credit.
Introduces the fundamental principles and skills of Hip Hop dance. Places emphasis on development of correct technique, strength and flexibility, musicality, and individual expression through movement. D 177 and PE 186R are equivalent and only one may be taken for credit. Audit available.

PE 185Q. Advanced Softball. 1 Credit.
Introduces the critical concepts of softball throw, receiving, and baserunning. Includes basic offensive and defensive play. Audit available.

PE 185R. Hip Hop. 1 Credit.
Introduces the fundamental principles and skills of Hip Hop dance. Places emphasis on development of correct technique, strength and flexibility, musicality, and individual expression through movement. D 177 and PE 186R are equivalent and only one may be taken for credit. Audit available.

PE 185S. Advanced Softball. 1 Credit.
Covers the skills and strategies of soccer in preparation for playing on competitive soccer teams and clubs. Audit available.

PE 185T. Beginning Volleyball. 1 Credit.
Introduces the fundamental principles of Ballroom Dance. Places emphasis on proper partnering, style, and phrasing. Focuses on elements of dance. PE 186D and D 184 are equivalent and only one may be taken for credit. Audit available.

PE 185U. U-JAM Dance Fitness I. 1 Credit.
Introduces a cardiovascular dance fitness workout that fuses world music with pre-designed dance choreography. Includes interval training that is built in by sequencing high intensity work periods followed by active rest periods, which develops both aerobic and anaerobic energy systems. Promotes maximizing caloric expenditure. Audit available.

PE 185V. U-JAM Dance Fitness II. 1 Credit.
Introduces an advanced cardiovascular dance fitness workout that fuses world music with pre-designed dance choreography. Includes interval training that is built in by sequencing high intensity work periods followed by active rest periods, which develops both aerobic and anaerobic energy systems. Promotes maximizing caloric expenditure. Recommended: PE 185U. Audit available.

PE 186D. Ballroom Dance. 1 Credit.
Introduces the fundamental principles of Ballroom Dance. Places emphasis on proper partnering, style, and phrasing. Focuses on elements of dance. PE 186D and D 184 are equivalent and only one may be taken for credit. Audit available.

PE 186E. Ballroom II. 1 Credit.
Continues the development of skills in ballroom dance at an intermediate level as well as enriching the depth of the dance technique and complexity of choreography. Focus placed on appropriate partnering in order to lead or follow, rhythm, style, and phrasing. Dances may include: Waltz, Foxtrot, Tango, Quickstep, Rumba, Cha-Cha, Swing, Samba, Jive, and Night Club Two Step. PE 186E and D 184B are equivalent and only one may be taken for credit. Prerequisite: PE 186D or D 184 or instructor approval. Audit available.

PE 186F. Jazz Dance I. 1 Credit.
Introduces principles and skills in the fundamentals of jazz dance technique. Emphasizes and develops correct body alignment, coordination, strength, flexibility, rhythm, and movement awareness. Includes jazz dance vocabulary and simple jazz dance combinations. D 150 and PE 186F are equivalent and only one can be taken for credit. Audit available.

PE 186G. Jazz Dance II. 1 Credit.
Continues development of jazz dance technique at the beginning/intermediate level. Emphasizes increased coordination, control, flexibility, stamina, musicality, and jazz dance vocabulary in more challenging combinations. D 151 and PE 186G are equivalent and only one can be taken for credit. Recommended: D 150 or PE 186F or equivalent. Audit available.

PE 186H. Jazz Dance III. 1 Credit.
Continues development of jazz dance technique at the intermediate level. Emphasizes increased control, flexibility, stamina, musicality, dynamics, and jazz dance vocabulary in more challenging combinations. D 252 and PE 186H are equivalent and only one may be taken for credit. Recommended: D 175A or PE 186H or equivalent. Audit available.

PE 186K. Tap Dance I. 1 Credit.
Introduces beginning skills in tap dance. Covers basic steps, terminology, rhythms, and combinations. D 175A and PE 186K are equivalent and only one may be taken for credit. Audit available.

PE 186L. Tap Dance II. 1 Credit.
Continues the development of tap dance techniques beyond the introductory level. Further develops a sense of rhythm, musicality, and tap sounds. Learn basic through intermediate levels of traditional tap steps, rhythm tap combination, and complete dances. D 175B and PE 186L are equivalent and only one may be taken for credit. Recommended: D 175A or PE 186L or equivalent. Audit available.

PE 186M. Hip Hop II. 1 Credit.
Introduces the development of Hip Hop dance at an intermediate level with a focus on rhythm, more challenging phrases and performance aspects. Emphasis will be placed on the development of correct technique, strength and flexibility, musicality, and individual expression through movement. Focuses on Hip Hop elements, culture, and terminology. D 177 and PE 186M are equivalent and only one may be taken for credit. Audit available.

PE 186N. Hip Hop I. 1 Credit.
Continues the development of Hip Hop dance at an intermediate level with a focus on rhythm, more challenging phrases and performance aspects. Emphasis will be placed on the development of correct technique, strength and flexibility, musicality, and individual expression through movement. D 177 and PE 186N are equivalent and only one may be taken for credit. Audit available.

PE 250. Introduction to Outdoor Leadership. 2 Credits.
Introduces the skills necessary for effective outdoor recreation leadership. Provides an overview of the outdoor recreation field, leadership theory, decision making skills, group dynamics and management, trip planning, first aid, navigation and environmental concerns (such as "leave no trace" principles and practices). Includes a required backpacking/camping trip, which promotes application of learned skills in a wilderness setting. Recommended: students should be able to walk with a heavy backpack over uneven terrain for at least 8 miles per day. Required: students must provide basic camping equipment for the planned trip and their own transportation to and from backpacking trailheads. Audit available.

PE 281. Professional Activities: Weight Training. 2 Credits.
Provides students with the skills, knowledge, and abilities to describe and safely demonstrate a progression of resistance training exercises for all major muscle groups designed to improve muscular fitness. Emphasizes identifying and utilizing training principles for enhanced muscular fitness and proper technique on a wide variety of resistance training exercises. Prerequisite: PE 181A, 181B, or 181C, and FT 131 or instructor approval. Audit available.

PE 282A. Professional Activities: Group Fitness. 2 Credits.
Covers components of group fitness classes, styles of group exercise, and teaching methods. Prerequisites: Acceptance to the Fitness Technology Program or instructor approval, and (WR 115 and RD 115) or WR 115 and MTH 20 or equivalent placement. Audit available.
PE 282B. Professional Activities: Special Populations. 2 Credits.
Explores fitness instruction and leadership for older adult populations. Provides tools and knowledge needed to design fitness training programs for healthy older individuals and groups. Explores the wide range of abilities and needs in individuals within older population groups and provides appropriate exercise program modifications when necessary through observation, participation, and service learning activities. Prerequisite: FT 202. Audit available.

PE 283. Professional Activities: Mind-Body Disciplines. 2 Credits.
Explores fitness instruction and leadership in selected modalities within the mind-body disciplines. Examines key principles of the mind-body disciplines and integrates them into a conventional exercise setting. Prerequisites: Acceptance to the Fitness Technology Program or instructor approval and (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

PE 287. Professional Activities: Aquatics. 2 Credits.
Explores fitness instruction and leadership in the field of aquatics. Incorporates principles of hydrodynamics and exercise to achieve total fitness. Prerequisites: Acceptance to the Fitness Technology Program or instructor approval and (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

PE 288. Professional Activities: Team Sports Training. 2 Credits.
Explores fitness instruction and leadership in team sports. Covers components of coaching team sports and skill-related physical fitness such as: progressions and techniques of practice format, sport specific drills, plyometrics, and speed-agility-quickness coaching strategy and methodology. Prerequisites: Acceptance to the Fitness Technology Program or instructor approval and (WR 115 and RD 115) or IRW 115 and MTH 20 or equivalent placement. Audit available.

PE 291A. Lifeguard Training. 2 Credits.
Designed to help students learn, practice, and develop the skills of water safety. Successful completion results in receiving an American Red Cross Lifeguard Training certificate. Red Cross swim screening test required. Audit available.

PE 292A. Water Safety Instructor. 2 Credits.
Teach swimming and water safety and further develop personal skills in these areas. Successful completion leads to receiving the American Red Cross Water Safety instructor (WSI) certificate. Students must be at least 17 years of age, skilled at intermediate swim level, and have completed pertinent Red Cross requirements. Audit available.

PE 293. Scuba Diving. 2 Credits.
Covers information relating to modern scuba diving science, equipment, responsible practices, and the environment. Provides an opportunity to practice scuba diving skills in a confined water environment. Audit available.

PE 295. Health and Fitness for Life Lab. 1 Credit.
Explores the interrelationship of the five components of physical fitness, basic nutrition concepts, and stress management activities to increase individual health and wellness through lab sessions, fitness assessments, and fitness program development. Corequisite: HE 295. Audit available.