

## Physical Education

### PE 0101 - Flag Football

Fundamental skills and rules will be learned for co-recreational play of flag football. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

### PE 0102 - Orienteering

"Hands on" course teaches basic principles of orienteering including map reading emphasizing terrain association/elevation, map margin information, topographic symbology, and determining location using intersection and resection techniques. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall

### PE 0103 - Bait and Fly Casting

Bait and fly casting skills. Each student must have a valid current year Michigan fishing license. Trout stamp is optional. Equipment is available if needed. Requires some additional hours outside of class. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0104 - Ultimate Frisbee

Fundamental skills, rules, and play of ultimate frisbee. The class is physically strenuous. Frisbees are provided. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

### PE 0105 - Beginning Bowling

Fundamental skills, rules, and scoring of bowling. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0106 - Beginning Golf

Rules, terminology, and etiquette of golf and the individual skills of grip, stance, and swing. Equipment is supplied. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

### PE 0107 - Floor Hockey

Individual skills, team techniques, rules and strategies of floor hockey. Hockey gloves or winter gloves are highly recommended. Sticks and goalie equipment are provided. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0108 - Broomball

Students will learn the rules, strategy, and safety needed to compete in broomball. Offensive and defensive zone coverages and individual skills are stressed. Team play with officials. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

### PE 0109 - Aikido

Aikido is a specific martial arts training for physical and character development. Physically strenuous. Students should wear loose sweatsuits (with long sleeves) or white martial arts uniform. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0113 - Disc Golf

Fundamental skills, rules and play of disc golf. Students will learn recreational play and organized tournament play (various formats). Students can bring their own disc (or discs); some are provided. The class meets at MTU's Disc Golf Course on Sharon Avenue by the Advanced Technology Development Complex. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

### PE 0115 - Beginning Swimming

Nonswimmers learn to have no fear of water, to float, and to swim the four fundamental strokes. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

### PE 0116 - Beginning Basketball

Theory, organization, and defensive and offensive skills of basketball. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0117 - Beginning Hockey

Individual skills, team techniques, rules, and strategies. Requires basic hockey equipment of helmet with face mask, shoulder pads, hockey pants, shin pads, elbow pads, hockey gloves, skates, supporter, jersey, hockey socks, hockey stick. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

### PE 0118 - Beginning Weight Training

Training methods for physical development using stationary and free weights. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

### PE 0120 - Beginning Alpine Skiing (Downhill)

Beginning skills of alpine skiing techniques taught, evaluated, and recommendations made for improvement. Students with skills above beginner level cannot take this class. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

### PE 0121 - Beginning Snowboarding

Beginning skills of snowboarding techniques taught, evaluated, and recommendations made for improvement. Students must be a beginner or have never snowboarded to this class. Students with skills above beginner level cannot take this class. Students must provide their own transportation to Mont Ripley. It is recommended that students provide own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

### PE 0122 - Softball

Fundamentals of throwing, fielding, and hitting a softball. Bats, balls, and bases are provided. Each student should bring a glove. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

### PE 0123 - Telemark Skiing

The beginning skills of Telemark skiing techniques will be taught, evaluated and recommendations made for improvement. Students must provide own transportation and Telemark ski equipment. Rentals are not available.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0125 - Sand Volleyball**

Sand volleyball rules, basic fundamentals and team play. Passing, setting, attacking, serving, blocking, round robin, 2 vs. 2, and 4 vs. 4 tournaments, 6 vs. 6 system and drills to improve one's overall play. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0126 - Beginning Volleyball**

Fundamental skills, rules interpretation, strategy, and conduct of tournament play. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0127 - Beginning Archery**

Students will demonstrate the fundamental knowledge and skills of archery, safety, and care of equipment necessary for its enjoyment and participation as a lifelong activity. One dozen arrows must be supplied by the student (available for purchase on campus). May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0130 - Water Aerobics**

Improvement of fitness and body measurement through water exercise. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0132 - Beginning Soccer**

Fundamental skills, techniques, terminology, and rules of soccer. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0135 - Beginning Cross Country Skiing**

Develop the skills for touring/recreational cross-country skiing. Own equipment is recommended; rental equipment available. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0138 - Beginning Racquetball/Squash**

Fundamentals, rules, and basic strategies of racquetball/squash. Gives students opportunity to play singles, cutthroat, and doubles. Racquets, balls, and eyewear provided. Recommend use of personal racquet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0139 - Beginning Badminton**

Fundamental skills, rules, and scoring of badminton. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0140 - Beginning Tennis**

Fundamentals of the game, rules, and etiquette of tennis. Meets at Gates Tennis Center. Non-marking court shoes must be worn. Tennis balls and racquets provided. Recommend use of personal racquet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0145 - Beginning Rifle**

Using precision air rifles, beginners develop an awareness of firearms safety and marksmanship. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0146 - Beginning Billiards**

Introduction to the etiquette, rules, and recreational value of pocket billiards. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0148 - Beginning Skating**

Fundamental skills of ice skating, including proper stroking forward and backward, edges, crossovers, stops, and other basic skills. Requires own skates. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0150 - Lifetime Activities**

This class will introduce students to a variety of recreational activities often used in a social/leisure setting (i.e. shuffleboard). May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0152 - Beginning Social Dance**

Introduction to a variety of dance steps, such as the jitterbug/swing, polka, country 2 step, tango, waltz, foxtrot, and slow dance. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0153 - Beginning Aerobics**

Improvement of cardiovascular fitness, strength, coordination, and body mechanics through exercise. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0155 - Beginning Road Biking**

Learn to be comfortable and confident while riding a regular road bike. Covers basic maintenance repair procedures. Requires own equipment and supplies, including a bike helmet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0156 - Beginning Mountain Biking**

Learn to be comfortable and confident while riding a mountain bike off-road. Covers basic maintenance repair procedures. Requires own equipment and supplies as well as a biking helmet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0165 - Rowing**

Students will learn the anatomy and technique of rowing. Students will be given workouts they can use outside of class to improve their technique and fitness levels. Workouts during class will vary accordingly with class ability levels. Students will participate in facility challenges.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0166 - Moving for Fitness**

Basic movement at your own level. Requires own equipment for some activities. Some examples of activities are running, walking, rollerblading, biking, and group activities. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0167 - Beginning Yoga**

Learn the basics or compliment previous experience while improving flexibility, balance and concentration. Improve focus. Relax mentally and physically.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0168 - Beginning Pilates**

Students will learn a unique approach to exercise that develops body awareness. Pilates is one of the safest forms of exercise today. Students will improve coordination, posture and flexibility, as well as, release stress. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0169 - Spinning**

High energy, group cycling class. No complicated moves to learn. Upbeat music that gets your legs pumping. Course is taught at the Aspirus Keweenaw Rehab & Fitness Center on Sharon Avenue.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0170 - Beginning Tae Kwon Do and Hapkido**

Introduction to the basic kicking, blocking, punching, joint locking, and throwing techniques of TaeKwonDo and Hapkido. Emphasizes improvement of flexibility. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0173 - Fall Outdoor Adventures**

Outdoor seasonal activities; may involve hiking, camping, fishing, orienteering, etc. Class is instructed by members of the Outdoor Ventures Crew. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall

**PE 0174 - Winter Outdoor Adventures**

Outdoor seasonal activities; may involve fishing, camping, skiing, orienteering, etc. Class is instructed by the Outdoor Ventures Crew. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0175 - Hiking**

Fundamental knowledge and skills specific to hiking will be covered. Appropriate clothing and footwear for hiking is recommended. Course meets on weekends (usually Saturdays). May be use once as a general education co-curricular course. Due to class structure, students must attend all classes - No Exceptions.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Summer

**PE 0200 - Fitness Foundations**

Students will be introduced to practices and physical activities that they can incorporate into their daily life to sustain their healthy body and mind.

**Credits:** 1.0; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0205 - Intermediate Bowling**

Intermediate to advanced techniques in bowling, including skills and strategy involved in tournament play. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0206 - Intermediate Golf**

Intermediate to advanced individual instruction in golf techniques, terms, courtesies, and tournament regulations. Equipment needed; some rental clubs available. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0210 - Special Topics in Physical Education**

Unconventional activity courses that address varying and changing student interests. Topics vary. Each topic may count once as a general education co-curricular course as long as the topic and course content are different than other co-curricular courses taken.

**Credits:** 0.5; Repeatable to a Max of 1; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0215 - Intermediate Swimming**

Students learn to swim four basic strokes with proficiency. Requires ability to swim the length of pool comfortably. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0216 - Intermediate Basketball**

Intermediate to advanced techniques, skills, and strategies of basketball. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0217 - Intermediate Hockey**

Intermediate/advanced techniques, skills, and strategies. Requires basic hockey equipment of helmet with face mask, shoulder pads, hockey pants, shin pads, elbow pads, hockey gloves, skates, supporter, jersey, hockey socks, hockey stick. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0218 - Intermediate Weight Training**

Intermediate to advanced techniques of weight lifting. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0220 - Intermediate Alpine Skiing (Downhill)**

Intermediate to advanced skills of alpine skiing techniques taught, evaluated and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be use once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0221 - Intermediate Snowboarding**

Intermediate to advanced skills of snowboarding techniques taught, evaluated, and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0222 - Alpine Ski Racing**

Intermediate to advanced skills of alpine ski racing techniques taught. Ski races each week, alternating between giant slalom, slalom, and super G. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0223 - Freestyle (jumps/tricks) Alpine Skiing**

Fundamentals of freestyle (jumps/tricks) skiing techniques taught, evaluated, and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0224 - Snowboard Racing (Bordercross)**

Intermediate to advanced skills of bordercross snowboard racing techniques taught. Weekly bordercross racing. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0225 - Freestyle (jumps/tricks) Snowboarding**

Fundamentals of freestyle (jumps/tricks) snowboarding techniques taught, evaluated, and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0226 - Intermediate Volleyball**

Organization and development of team competition in volleyball. Requires previous volleyball experience. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0227 - Intermediate Archery**

Students will improve their fundamental knowledge and skills of archery leading to continued enjoyment and participation as a lifelong activity. Students must have their own bow. One dozen arrows must be supplied by the student (available for purchase on campus). May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0230 - Water Polo**

Fundamental skills, rules, strategy, and play of water polo. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0232 - Intermediate Soccer**

Intermediate to advanced techniques, skills, and strategies involved in soccer. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0235 - Intermediate Cross Country Skiing**

Development of touring, recreational, and racing skills in cross country skiing. Own equipment is recommended; rental equipment available. Basic skills evaluated to ensure proper level of skiing proficiency. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0238 - Intermediate Racquetball/Squash**

Reviews the fundamentals and instructs the students on the intermediate/advanced skills of racquetball and squash. Gives all students the opportunity to play singles, cutthroat, and doubles. Racquets, balls, and eyewear provided. Recommend use of personal racquet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0239 - Intermediate Badminton**

Intermediate to advanced techniques, skills, and strategies involved in badminton. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0240 - Intermediate Tennis**

Intermediate to advanced techniques, skills, and strategies in tennis. Class meets at Gates Tennis Center. Non-marking court shoes must be worn. Tennis balls and racquets provided. Recommend use of personal racquet. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**Pre-Requisite(s):** PE 0140

**PE 0246 - Intermediate Billiards**

Intermediate to advanced techniques, skills, and strategies in billiards. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0248 - Intermediate Skating**

Intermediate/advanced skills, including three turns, mohawk turns, jumps and spins, and drills for stops, starts, and power skating. Requires own skates. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0252 - Intermediate Social Dance**

Continuation of beginning social dance. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0253 - Intermediate Aerobics**

Intermediate to advanced techniques and steps involved in aerobics. Requires previous aerobics experience. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0256 - Intermediate Mountain Biking**

Intermediate to advanced techniques and skills involved in mountain biking. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0266 - Running for Fitness**

The techniques, skills, and strategies involved in running. The class is physically strenuous. Requires appropriate running shoes and attire. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring, Summer

**PE 0267 - Intermediate Yoga**

Combined ancient Hatha yoga poses with modern fitness movement to create a total mind/body workout for all fitness levels. Improve breathing and oxygen intake.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0268 - Intermediate Pilates**

Students will learn advanced techniques to build strength and flexibility while engaging the muscles of their abdominals, lower back and hips, otherwise known as the "Power House" for a more streamline shape.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0270 - Intermediate Tae Kwon Do and Hapkido**

Intermediate to advanced techniques, skills, and strategies involved in TaeKwonDo. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0301 - Military Marksmanship**

Develops marksmanship skills through individual practice and competition among individuals and record fire for qualification. Emphasizes awareness of firearm safety and leadership responsibility through marksmanship training. May be used once as a general education co-curricular course.

**Credits:** 1.0; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0306 - Advanced Golf**

Learn different types of tournaments. Compete with advanced players and learn proper etiquette in tournament competition. Add to skills in this great lifelong sport. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**PE 0315 - Fitness Swimming**

Practices the basic strokes; introduces knowledge in creating workouts to encourage swimming as a lifetime fitness activity. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**PE 0320 - Advanced Skiing**

Advanced skills of skiing techniques taught, evaluated, and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0321 - Advanced Snowboarding**

Advanced skills of snowboarding techniques taught, evaluated, and recommendations made for improvement. Students must provide their own transportation to Mont Ripley. It is recommended that students provide their own equipment. Daily rental and "rent for the season" equipment available at Mont Ripley. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0340 - Advanced Tennis**

Advanced skills and strategy to make play more efficient. Multiple spins on forehand and backhand, ground strokes, drop shots, and different types of serves. Non-marking court shoes must be worn. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Spring

**Pre-Requisite(s):** PE 0240

**PE 0355 - Advanced Road Biking**

Learn advanced road biking techniques and strategies. Course requires own equipment, including road bike/wheels, bike shorts, biking shoes/pedals, and a helmet. Course also requires sufficient fitness to ride continuously in excess of 15 mph for 1.5 hours. May be used once as a general education co-curricular course.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Fall, Summer

**Restrictions:** Permission of department required

**PE 0420 - Ski Instructor Training**

Students will learn how to teach ski classes. Upon completion of this course students will have the knowledge to complete the Level I certification test with the American Snowsports Education Association, if they choose.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**PE 0421 - Snowboard Instructor Training**

Students will learn to teach snowboard classes. Upon completion of this course students will have the knowledge to complete the Level I certification test with the American Snowsports Education Association, if they choose.

**Credits:** 0.5; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** On Demand

**PE 1470 - Lifeguard Swimming**

Water strokes and skills required for Lifeguard Training. Requires strong 500-yard continuous swim using front crawl, breaststroke, and sidestroke. Fulfills 1 unit of general education co-curricular activity.

**Credits:** 1.0; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**Co-Requisite(s):** EH 2470

**PE 1580 - Water Safety Skills**

American Red Cross swimming and diving skills required for certification in Water Safety Instructor. Fulfills 1 unit of general education co-curricular activity.

**Credits:** 1.0; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-2)

**Semesters Offered:** Spring

**Co-Requisite(s):** EH 2580

**PE 2010 - Varsity Football**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall

**PE 2020 - Varsity Basketball**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2028 - Ski Patrol (Hill)**

National Ski Patrol training involving fitness, skiing proficiency, toboggan handling, and lift evacuation. Leads to qualifying membership test into National Ski Patrol. Requires payment of dues to become a member of National Ski Patrol. Offered first half of spring semester. Fulfills 1 unit of general education co-curricular activity.

**Credits:** 1.0; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-4)

**Semesters Offered:** Spring

**PE 2030 - Varsity Hockey**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2040 - Varsity Nordic Skiing**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Spring

**PE 2080 - Varsity Track**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2090 - Varsity Tennis**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2130 - Varsity Volleyball**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall

**PE 2140 - Varsity Cross Country**

Selective collegiate-level sports participation requiring an elite level of skill and extensive time commitment. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall

**PE 2150 - Cross Training**

A broad base understanding of sports cross training and activities that can be pursued as lifelong activities. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2230 - Cheerleading Dance Team**

A dance squad that attends set class practices and participates in athletic contests. A varsity letter is earned by those who fulfill the requirements. May be used once as a general education co-curricular credit.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring

**PE 2240 - Cheer Team**

A squad that attends set class practices and participates in athletic contests. A varsity letter is earned by those who fulfill the requirements. May be used once as a general education co-curricular course.

**Credits:** 1.0; May be repeated; Graded Pass/Fail Only

**Lec-Rec-Lab:** (0-0-5)

**Semesters Offered:** Fall, Spring