

# PHYSICAL EDUCATION (PE)

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## PE-185 Physical Education

1 credits, Fall/Winter/Spring/Summer

Various activity classes which may include aikido, aerobic dance, ballet, basketball, conditioning, cross training, golf, karate, racquetball, rock climbing, self-defense, soccer, softball, swimming, swing dance, tai chi, tennis, volleyball, weight training, yoga, and zumba.

Recommended: Current physical examination before enrolling

## PE-194 Professional Activities

1 credits, Fall/Winter/Spring/Summer

Team skills and strategy courses. Designed to provide the student with basic skills and methodology necessary to conduct physical fitness programs in the school, corporate, and community setting. Emphasis is placed on fitness concepts, techniques of weight training and aerobic exercises to encourage life-long physical activity. Course offerings are: baseball, basketball, cross-country, soccer, softball, track and field, volleyball, and wrestling. Required: Student Petition.

## PE-240 Strength & Conditioning Theory & Techniques

3 credits, Fall/Winter/Spring

An overview of introductory exercise physiology, biomechanics, program design, and exercise techniques that prepares students to design and implement physical training programs and exercise for clients and athletes.

## PE-260 Care and Prevention of Athletic Injuries

2 credits, Winter

This course introduces the concepts of sports medicine. The course will benefit those students interested in improving their own knowledge as a recreational athlete, or in career areas such as physical and health education, coaching, sports medicine, nursing, physical and occupational therapy. Taping techniques and rehabilitation methods of injury will be discussed and practiced.

## PE-270 Sport and Exercise Psychology

3 credits, Not Offered Every Term

The course is designed to provide students the basic understanding and knowledge of psychological skills used to improve physical performance in themselves and/or their peers/teammates. The course would be well suited for athletes, coaches or exercise leaders.

## PE-280 Physical Education/CWE

2-6 credits, Fall/Winter/Spring/Summer

Cooperative work experience. Provides students with on-the-job experience and training related to the Physical Education field. Covers job problems and procedures, evaluation of students' job performance by qualified college staff and site supervision. Variable Credit: 2-6 credits.

May be repeated for up to 12 credits. Required: Student Petition.

Corequisites: CWE-281

## PE-294 Professional Activities

1 credits, Fall/Winter/Spring/Summer

Advanced team skills and strategy courses. Designed to provide the student with basic skills and methodology necessary to conduct physical fitness programs in the school, corporate, and community setting. Emphasis is placed on fitness concepts, techniques of weight training and aerobic exercises to encourage life-long physical activity. Course offerings are: baseball, basketball, cross-country, soccer, softball, track and field, volleyball, and wrestling. Required: Student Petition.

## PE-294A Philosophy of Coaching

2 credits, Fall/Winter/Spring

This course is designed to enhance the leadership, teaching and management skills of coaches as they relate to interacting with athletes at all levels. Group discussions and seminar sessions relating to coaching philosophies, ethics, practice planning, motivation, and dealing with parents, peers and assistants.