

PE - PHYSICAL EDUCATION

PE131 Introduction to Exercise and Sports Science

Credits 3

Fall

This course explores career opportunities in exercise science, sports science, kinesiology, physical education, personal training and other exercise related fields. Students will examine educational pathways, research, advocacy, current standards, and professional organizations for these various careers.

This course fulfills: Health & Physical Education

PE185AK Cardio Kickboxing/Muscle Blast

Credit 1

Fall/Winter/Spring

Cardio Kickboxing/Muscle Blast combines elements of boxing, martial arts and strength training. Students are guided through an exercise routine that utilizes intervals of moderate to high levels of intensity coupled with periods of active recovery. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185BK Intro to Backpacking

Credit 1

Fall

This course provides an exciting introduction to backpacking. We will look at choosing appropriate clothing for backpacking. We will also look at equipment needed for a backpacking trip and the proper use, storage and basic repair of that equipment. Students will get an exposure to map and compass use, trip planning and preparation process, and risk management. Emphasis is placed on safety, low-impact hiking and camping techniques following the principles of Leave No Trace and environmental awareness. Students must participate in field outings. Repeatable.

Additional Course Fee: \$117.00

This course fulfills: Health & Physical Education

PE185CE Cardio/Lower Body and Abs

Credit 1

Summer/Fall/Winter/Spring

This course guides students through intervals of moderate to high levels of intensity coupled with periods of active recovery. Students also participate in lower body and abdominal strength training and exercises. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185CG Spinning and Abs

Credit 1

Summer/Fall/Winter/Spring

Spinning is a workout program that utilizes a stationary bicycle in various ways to pursue exercise-related goals. Students are guided through periods of aerobic and anaerobic intervals that include steady-state, up-tempo cadences, sprinting, climbing hills, coasting, and other types of cycling. Abdominal and core strengthening exercises are emphasized as well. Students registered for this class have access to the ACT room during regular hours of operation.

Additional Course Fee: \$25.00

This course fulfills: Health & Physical Education

PE185CH Beginning Tai Chi

Credit 1

Fall/Winter/Spring

Tai Chi is a Chinese exercise form with a history dating back thousands of years. Its graceful movements and slow tempo make it an ideal activity to improve the mind/body connection, balance and coordination. This art also has self-defense applications. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185CN Intermediate Tai Chi

Credit 1

Fall/Winter/Spring

Registration Requirement: PE185CH, Beginning Tai Chi or instructor consent.

Tai Chi is a Chinese exercise form with a history dating back thousands of years. Its graceful movements and slow tempo make it an ideal activity to improve the mind/body connection, balance and coordination. This art also has self-defense applications. This intermediate class builds on beginning skill/form development. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185CP Pilates

Credit 1

Summer/Fall/Winter/Spring

Registration Requirement: Due to hygiene concerns, students will need to provide their own mats.

Pilates presents methods of controlled movements that emphasize body alignment, breathing, core strengthening and improving coordination and balance. Due to hygiene concerns, students will need to provide their own mats. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185CV Advanced Tai Chi

Credit 1

Fall/Winter/Spring

Registration Requirement: PE185CN, Intermediate Tai Chi.

A continuation of the theories and principles that form the foundation of this art. Advanced techniques are applied in a practical way towards: Chen style, Wu style, Yang style and Chi Kung. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185DAA Beginning Ballet

Credit 1

Fall/Winter/Spring

Beginning Ballet is designed to develop an appreciation of technique and style through participation. The pure technique will be stressed with emphasis on terminology, traditional background and personal value. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185DAB Intermediate Ballet

Credit 1 Fall/Winter/Spring

Registration Requirement: PE185DAA, Beginning Ballet, or consent of instructor.

This course offers students the opportunity to continue practice dance styles and techniques that were introduced in beginning ballet. This course also introduces more intricate combinations of ballet to allow for more freedom of movement and dance variations. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185DAH Jazz/Hip-Hop Dance - Beginning

Credit 1 Fall/Winter/Spring

Registration Requirement: None, though previous knowledge of another dance technique (modern or ballet) is desirable, but not required.

This course introduces various styles of dance that includes lyrical Broadway, hip hop, modern, and classical. It emphasizes classical and hip hop, center floor and isolation sequences. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185DAJ Jazz/Hip-Hop Dance -Intermediate

Credit 1 Fall/Winter/Spring

Registration Requirement: PE185DAH or one quarter of jazz dance. Recommended requisite: Experience with another dance technique (modern or ballet).

This course allow students to practice a variety of dance styles that are presented in Beginning Jazz Hip Hop. This course also includes additional combinations of dance styles including Musical Theater, Latin, Jazz Funk, Krumping, and Freestyle. All material presented will be layered with additional technique that was presented in the Beginning level course. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185DC Sports and Dance Conditioning

Credit 1 Winter/Spring

All bodies can benefit from building core stabilization and a deeper awareness of body placement while training. The strength and agility conditioning in this course is designed to improve an individual's ability to react quickly, with a solid foundation and correct form, to enhance sport performance. Barre fitness, weight training, bands, and stability ball workouts are some of the tools and exercises used to transfer the training benefits of traditional and non-traditional dance training to all athletes. This course welcomes all experience levels and abilities.

This course fulfills: Health & Physical Education

PE185FA Lower Body and Abs

Credit 1 Summer/Fall/Winter/Spring

This course utilizes resistant training exercises to increase muscular strength and endurance in the legs, lower back and abdominal region. This course also emphasizes safe and efficient techniques for various exercises. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185FD Core Conditioning

Credit 1 Fall/Winter/Spring

This course utilizes a variety of exercise equipment throughout an exercise routine. Exercises are presented to increase the strength, stability and mobility of the abdominal and core region. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185FSW Swimming and Basic Water Safety

Credit 1 Spring

Course design is intended to provide the student with the opportunity to learn/improve basic swimming skills, swim conditioning and endurance, and aquatic rescue skills. Stroke instruction, swim conditioning and basic rescue skills will enable self-sufficiency and enjoyment in aquatic environments. The American Red Cross Basic Water Safety certification will be awarded upon successful completion. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185FW Beginning Fitness Walking

Credit 1 Summer/Fall/Winter/Spring

This course provides students a quality aerobic workout by engaging in fitness walking. The course addresses the basic principles that govern sound aerobic conditioning programs. The Beginning Fitness Walking course aims to have students develop positive attitudes and lifestyle habits that support exercise adherence. Repeatable.

This course fulfills: Health & Physical Education

PE185FY Intermediate Fitness Walking

Credit 1 Summer/Fall/Winter/Spring

Registration Requirement: None.

Intermediate Fitness Walking is for individuals who have decided walking is going to be their primary mode of exercise. This course will help students in setting up and adhering to a walking program for effective exercise and weight control for a lifetime. Repeatable.

This course fulfills: Health & Physical Education

PE185GC Introduction to Indoor Rock Climbing

Credit 1 Fall/Winter/Spring

Registration Requirement: None.

This course is designed for the beginning climber who wants to learn the basics of climbing at an indoor climbing gym. This course covers the topics and skills necessary to safely boulder and top rope. Topics covered include safety, knots, belaying and basic climbing technique. In addition, this course is designed to improve the climbing ability and fitness level of those enrolled. Repeatable.

Additional Course Fee: \$84.00

This course fulfills: Health & Physical Education

PE185KA Beginning Tae Kwon Do

Credit 1 Fall/Winter/Spring

This course introduces the fundamental techniques, skills and philosophies employed in the Korean martial art of Tae Kwan Do to beginning students. Korean history and culture is also presented. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185KB Intermediate Tae Kwon Do

Credit 1

Fall/Winter/Spring

Registration Requirement: PE185KA, or by consent of instructor. This course allows students to continue practicing the fundamental techniques presented in beginning Tae Kwon Do. Students are also presented with additional techniques, skills and philosophies. Korean culture and history is also expanded. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185KC Advanced Tae Kwon Do**

Credit 1

Fall/Winter/Spring

Registration Requirement: PE185KB or instructor consent. This course will present advanced techniques and philosophies employed in the Korean martial art of Tae Kwan Do. This course will also provide aspects of Korean history and culture. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185KD Street Defense: The Combative Art**

Credit 1

Spring

This is a martial art that originated in the Philippines over a thousand years ago. This combative art involves hands, sticks, and the use of other martial arts weapons. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185KY Introduction to Whitewater Kayaking**

Credit 1

Spring

Registration Requirement: Solid swimming skills are necessary. This course introduces students to the safe and skilled use of whitewater kayaks. It is designed for students with no previous whitewater kayaking experience. The course will focus on basic paddling skills, river reading, and navigating whitewater. Instruction will take place in the aquatic center and in the river setting. Repeatable.

Additional Course Fee: \$137.00**This course fulfills:** Health & Physical Education**PE185KYI Intermediate Whitewater Kayaking**

Credit 1

Spring

Registration Requirement: PE185KY.

This course is designed to build upon the skills introduced in the introduction to whitewater kayaking class. Students will learn more advanced whitewater kayaking skills. Emphasis is on river reading techniques, strokes, safety, self-rescue and rescue of others. This course prepares students to effectively navigate class III whitewater. Repeatable.

Additional Course Fee: \$137.00**This course fulfills:** Health & Physical Education**PE185LAA Basketball Conditioning**

Credit 1

Fall

This course is designed to physically condition students to prepare them to be able to participate in basketball at the intercollegiate level. NCAA women's basketball rules are followed. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185LAF Advanced Basketball**

Credit 1

Winter

Registration Requirement: Instructor permission. Concurrent requisite: REC3B or REC3C.

Advanced Basketball is established for our men's and women's collegiate teams and covers skill development in passing, dribbling, shooting and rebounding needed to participate in basketball at the intercollegiate level. Team concepts of offense, defense and transition as well as strategy, conditioning and personal development will also be covered. Section 01 will use men's basketball rules; section 02 will use women's basketball rules. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185LAI Volleyball Strategies, Advanced**

Credit 1

Fall

This course provides instruction and drill in advanced skills in volleyball for intercollegiate participants. Particular emphasis is placed upon strategy and skill combinations. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185MNA Basketball**

Credit 1

Fall/Winter/Spring

Registration Requirement: None.

This class provides an opportunity for the student to receive instruction in the basic skills required for participation in the game of basketball. It is recommended for those desiring to develop their knowledge and understanding of the game while participating in an activity which will enhance their physical conditioning. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185MNB Basketball Conditioning**

Credit 1

Fall

This course is designed to physically condition students to prepare them to be able to participate in the sport of basketball at the intercollegiate level. The course observes NCAA men's basketball rules. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185MND Baseball Conditioning**

Credit 1

Fall/Winter

Registration Requirement: Concurrent requisite: REC3A.

Students review fundamental skills. Advanced techniques are introduced. Competitive team play is provided to increase the student's skill level, using various performance evaluations. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education

PE185MNE Advanced Baseball

Credit 1

Spring

Registration Requirement: Concurrent requisite: REC3A. Instructor permission.

The course provides an opportunity for the already skilled performer to further develop and improve their physical and mental baseball skills.

Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185OB Hiking

Credit 1

Summer - odd years/Spring

This course is designed for students interested in learning the fundamentals of day hiking. Students have an opportunity to learn about specialized equipment, clothing, map reading, and resources for gathering information pertinent to planning a hike. Students learn about the essential safety equipment needed in the outdoor environment.

Course includes field trips throughout the term. It is recommended that students be in good physical health.

Additional Course Fee: \$83.00

This course fulfills: Health & Physical Education

PE185OJ Introduction to Mountaineering

Credit 1

Spring - even years

This course is designed for students interested in learning the basics of mountain climbing. Students learn how to travel in mountain environments on rock, snow, and ice. Students will learn about the proper use of mountaineering equipment, knots, snow anchors, rope systems and rope travel. Repeatable.

Additional Course Fee: \$152.00

PE185PD Beginning Pickleball

Credit 1

Summer/Fall/Winter/Spring

This course is designed to introduce students to the sport of pickleball. The basic skills, rules, strategy, etiquette, and the competitive nature of the game will be introduced. The major objectives of the course will be achieved through practice and refinement of skills during the competitive experience.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185PF Applied Cross Training

Credit 1

Fall/Winter/Spring

An individualized approach to lifelong fitness with significant emphasis on developing cardiovascular endurance, muscular strength, endurance and flexibility along with altering body composition. Repeatable.

Individuals who have any of the following conditions, or have an immediate family history of any of the listed conditions, are considered to be at higher risk for incident. A physical examination by a physician prior to attempting A.C.T. is recommended. Conditions: Heart disease or currently taking medication for heart disease; High blood pressure (in excess of 140/85); Diabetes; Use or have used drugs (tobacco, alcohol, opioids, illicit drugs, etc.); Over the age of 35.

Additional Course Fee: \$25.00

This course fulfills: Health & Physical Education

PE185RK Beginning Rock Climbing

Credit 1

Summer - even years/Fall/Spring

This course is designed to introduce the student to the sport of rock climbing. Students climb in a variety of settings including indoor and outdoor. Students learn belay techniques, knots, climbing movement, rappelling, simple anchor building, as well as equipment selection and care. Students will learn how to safely set up and manage a top rope climb. Repeatable.

Additional Course Fee: \$87.00

This course fulfills: Health & Physical Education

PE185RKI Intermediate Rock Climbing

Credit 1

Spring

Registration Requirement: PE185RK.

This course is designed for students with previous climbing experience. Students have an opportunity to learn intermediate level climbing skills and equipment management. Topics include anchor construction using natural and artificial protection, belaying from the top and bottom, clipping bolts during sport climbs and cleaning/removing gear from a route. Climbing takes place in the field on real rock and at the MHCC indoor climbing wall. Repeatable.

Additional Course Fee: \$87.00

This course fulfills: Health & Physical Education

PE185RT Rafting

Credit 1

Spring

This course introduces students to whitewater rafting. Students will learn basic paddle techniques, hydrology, and river-reading skills. The course will also include self-rescue and group rescue techniques. Instruction will take place on local rivers, no experience or equipment needed. Repeatable.

Additional Course Fee: \$97.00

This course fulfills: Health & Physical Education

PE185RTI Intermediate Rafting

Credit 1

Spring

Registration Requirement: PE185RT or instructor permission. Recommended WL182.

This course is designed to build upon the skills introduced in the beginning rafting class. This class introduces students to more advanced whitewater rafting skills. Emphasis is on river reading techniques, maneuvering raft, safety, rescue and equipment care. This course also introduces students to maneuvering an oar raft and rigging. Repeatable.

Additional Course Fee: \$97.00

This course fulfills: Health & Physical Education

PE185SB Beginning Snowboarding and Skiing

Credit 1

Winter

This course introduces students to the sport of alpine skiing and snowboarding and covers all fundamental skill requirements for safe, enjoyable participation. Students learn about equipment use, safety, ski lift loading and unloading techniques, turning, speed control and proper stopping. Students may incur additional fees for equipment rentals, lift tickets, etc. depending on students' needs.

Additional Course Fee: \$18.00

This course fulfills: Health & Physical Education

PE185SBV Advanced Softball

Credit 1

Spring

Registration Requirement: Concurrent enrollment in REC3E. Instructor signature.

This course provides an opportunity for the skills performer to improve performance levels in selected skill areas and overall game strategy. Women's NCAA and NWAACC rules will be the basis for this course. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SS Snowshoeing

Credit 1

Winter

This class will introduce students to the fundamentals of snowshoeing.

Topics include equipment selection, appropriate winter clothing, trip planning, risk management, avalanche awareness, and cold-related injuries. Students must participate in snowshoe field outings to surrounding locations. No experience or equipment needed. Repeatable.

Additional Course Fee: \$83.00

This course fulfills: Health & Physical Education

PE185SWK Water Aerobics

Credit 1

Fall/Winter/Spring

Registration Requirement: Beginning level of swimming and water comfort is strongly recommended.

Water Aerobics introduces low-impact water exercises aimed to improve overall fitness. Students will learn a variety of water movement techniques to develop or maintain cardiorespiratory fitness as well as muscular strength and endurance. A non-swimmer should seek instructor approval. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SWM Beginning Swimming

Credit 1

Fall/Spring

This course is designed to help the non-swimming student feel comfortable and safe in the water. Water adjustment, fundamental swimming skills and safety concepts are addressed. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SWQ Fitness Lap Swimming

Credit 1

Fall/Winter/Spring

Registration Requirement: Students must be able to swim 100 yards (4 lengths of the indoor pool), preferably continuously, or have instructor permission.

Fitness Lap Swim provides an opportunity to maintain or improve general fitness through regular swim training. Workouts will be provided in the form of written swim sets, individual development workouts and group competitions. Swim techniques will also be evaluated and developed in order for individual swimmers to achieve safe and efficient workout skills in and structured, instructor lead, training program. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SWY Flexible Fitness Lap Swim

Credit 1

Fall/Winter/Spring

Registration Requirement: Student must have the ability to swim 100 yards (4 lengths of the indoor pool) continuously or have instructor's permission.

Flexible Fitness Lap Swim provides an opportunity for swim training, technique development, and general fitness maintenance or improvement in an independent, self-guided, format. Swim workouts will be provided through online links to workouts or left up to individual choice. Instructor will be available during prearranged times for stroke evaluation, technique drills, and personalized workout programs. Repeatable. Flexible Lap Swim students are required to participate a minimum of three hours per week at the MHCC Aquatic Center. Students may swim at their convenience during open lap swim hours. Students must attend an orientation session after they register or contact instructor during the first week of instruction.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SWZ Introduction to Swim Training

Credit 1

Fall/Spring

This swimming class is designed to help the beginning swimmer feel more comfortable in the water and introduces basic swim training techniques. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185SY Sunrise Yoga

Credit 1

Summer/Fall/Winter/Spring

Yoga in the morning can help minimize stress and improve productivity. This class is designed to teach individuals the value of early morning stretching and improve overall flexibility and strength. Students will build mind-body connection through an understanding of flexion/extension and correlation to inhalation/exhalation during movement. Starting the day connected to oneself supports skills essential in creating the life you desire. This course welcomes all experience levels and abilities.

This course fulfills: Health & Physical Education

PE185TA Beginning Tennis

Credit 1

Fall/Spring

This course is an introduction to basic instruction on strokes, rules and strategy as they pertain to beginning tennis. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185TB Intermediate Tennis

Credit 1

Fall/Spring

Registration Requirement: PE185TA, Beginning Tennis, or equivalent skills.

This course will provide a review of basic fundamentals and terminology of tennis and instruction in intermediate play. Advanced strategies in singles and doubles play are introduced. A key component is continued work on individual stroke improvement. Repeatable.

Additional Course Fee: \$5.00

This course fulfills: Health & Physical Education

PE185TC Track and Field Conditioning

Credit 1

Fall

This course prepares students for participation in the sport of track and field. Students will engage in strength and conditioning exercises as well as demonstrate an understanding of the rules that govern the sport of track and field. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185TD Track and Field**

Credit 1

Fall/Winter

This course offers students the opportunity to practice techniques necessary to participate in the various events of track and field. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185TE Running Cross Country**

Credit 1

Fall

Registration Requirement: Instructor permission.

This course allows students to practice the strategies and skills necessary to engage in competitive long distance running. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185TF Advanced Track and Field**

Credit 1

Spring

Registration Requirement: Instructor permission.

Advanced conditioning techniques and skill techniques in track and field events will be presented in this course. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185VA Beginning Volleyball**

Credit 1

Fall/Winter/Spring

This course introduces students to the sport of volleyball. Students will learn the basic skills, rules, strategy and competitive nature of the game. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185VB Intermediate Volleyball**

Credit 1

Fall/Winter/Spring

Registration Requirement: PE185VA or consent of instructor.

This course is designed for students who have completed a course in PE185VA Beginning Volleyball or can demonstrate beginning volleyball skills and competencies and provides opportunity for acquisition of intermediate skills as well as higher levels of competitive action. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185VC Advanced Volleyball**

Credit 1

Summer/Spring

This course is designed to physically and psychologically condition advanced students to participate in competitive and collegiate volleyball. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185WBT Winter Camping**

Credit 1

Winter

This course introduces students to the basics of winter camping. Students learn about and practice the design/construction of traditional and modern winter shelters including: igloos, snow caves, quinzees, snow trenches and protected tents. This course also covers the essentials of winter camping including winter expedition food selection and preparation, appropriate clothing selection, winter backcountry hazards, and minimum impact camping techniques. Repeatable.

Additional Course Fee: \$149.00**This course fulfills:** Health & Physical Education**PE185WD Weightlifting - Beginning**

Credit 1

Summer/Fall/Winter/Spring

This course introduces principles, terminology, and techniques involved in weightlifting. Students will obtain and follow an individualized weightlifting program. Proper instruction using resistance machines, free weights, body weight, and other strength training exercises will be given. An emphasis will be placed on safe and efficient lifting technique, etiquette, and spotting. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185WE Weightlifting - Intermediate**

Credit 1

Summer/Fall/Winter/Spring

Registration Requirement: Previous weight lifting experience.

Recommended Requisite: PE185WD.

This course reinforces principles, terminology, and techniques involved in weightlifting. Students will participate in a variety of fitness assessments to aid in the development of a goal-centered weightlifting program.

Proper instruction using resistance machines, free weights, body weight, and other strength training exercises will be given. An emphasis will be placed on safe and efficient lifting technique, etiquette, and spotting. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE185WSB Softball Conditioning**

Credit 1

Fall/Winter

Registration Requirement: Concurrent enrollment in REC3E required.

This course reviews fundamental skills. Advanced skill techniques and conditioning drills will be introduced and practiced. Competitive team play will be provided to increase the students' skill level. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education

PE185WTA Introduction to Outdoor Water Sports

Credit 1

Spring

This course introduces students to various outdoor water sports. Students are exposed to the fundamental techniques of river kayaking, sea kayaking, canoeing, stand up paddle boarding, and whitewater rafting. Focuses are on proper paddling techniques, safety, and self and assisted rescue. This course is taught in the pool. Repeatable.

Additional Course Fee: \$17.00**This course fulfills:** Health & Physical Education**PE185YC Mind-Body Yoga**

Credit 1

Summer/Fall/Winter/Spring

This course will allow the student to experience the mind-body connection and learn mindfulness techniques through yoga postures, breathing, and meditation. This course is also designed to give the student an option to create a personalized home practice plan that will promote strength, flexibility and peace of mind. The class will also include a brief introduction to yoga philosophy and meditation. Due to hygiene concerns, students will need to provide their own mats. Repeatable.

Additional Course Fee: \$5.00**This course fulfills:** Health & Physical Education**PE280A Co-op Education - Physical Educ**

Credit 1

Summer/Fall/Winter/Spring

This course is intended to provide students with learning experience to support their course of study and/or career goals. Each Co-op experience will provide opportunities to develop marketable workplace readiness skills, apply classroom learning on-the-job, and gain specific occupational skills through real-world hands-on learning. Must be enrolled in a certificate or degree program. Instructor and Dean's signature required.

PE280B Coop Ed-Physical Education

Credits 2

Summer/Fall/Winter/Spring

This course is intended to provide students with learning experience to support their course of study and/or career goals. Each Co-op experience will provide opportunities to develop marketable workplace readiness skills, apply classroom learning on-the-job, and gain specific occupational skills through real-world hands-on learning. Must be enrolled in a certificate or degree program. Instructor and Dean's signature required.

Course fees are subject to change. Additional section fees (web, hybrid, etc.) may apply.