

# College of Physical Activity and Sport Sciences

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## Degree Offered

- Bachelor of Science

## Nature of Program

Students in athletic coaching education, athletic training, physical education teacher education, sport and exercise psychology, and sport management examine the relationship of play, games, sport, athletics, fitness, and dance to our culture and cultures throughout the world. Their preparation includes the acquisition of knowledge and skills from a vast array of movement activities in addition to an understanding of associated physiological, biomechanical, sociological, psychological, historical, philosophical, and pedagogical principles. Preparation in athletic training is designed to enable students to prevent and treat injuries related to athletic competition.

Graduates in physical education with teaching certification are generally employed as elementary or secondary health and/or physical education teachers and athletic coaches. Graduates in sport and exercise psychology and sport management are employed with professional and collegiate sport enterprises, fitness centers, recreation programs, sporting goods stores, or commercial sporting goods manufacturers, or pursue graduate training in sport and exercise psychology. Athletic coaching education graduates are employed as coaches, strength and conditioning specialists, and work in the health and fitness industry. Athletic training graduates often work in high school, college, professional, and health/medical facilities to help treat and prevent injury.

## Programs

Baccalaureate programs offered in the College of Physical Activity and Sport Sciences (CPASS) include athletic training, athletic coaching education, physical education teacher education, sport and exercise psychology, and sport management. The College of Physical Activity and Sport Sciences has available to students minors including:

- personal trainer
- group fitness instructor
- sport and exercise psychology
- sport communication
- aquatic facility management
- strength and conditioning
- sport coaching
- adventure sports leadership
- youth physical activity leadership
- adapted physical activity.

## Facilities

The facilities of the College of Physical Activity and Sport Sciences include the gymnasium, dance studio, and swimming pool in E. Moore Hall; a gymnasium and fitness center in Stansbury Hall; bowling lanes and billiard area in the Mountainlair; indoor track and sports area in the Shell Building; outdoor areas including the stadium, tennis courts, soccer and field hockey fields, and outdoor track; and the Natatorium with its pool and diving well. The College of Physical Activity and Sport Sciences moved into a new building bordering the Student Recreation Center and intramural fields in the summer of 2014. The new building has nine technology based classrooms, three large seminar/conference rooms, a 46 seat computer lab, research space, a consulting/observation room, multipurpose instructional room, an instructional fitness lab, and faculty offices. Additional faculty and staff offices are in E. Moore Hall, Stansbury Hall, the Natatorium, and the Shell Building.

## Credit Load Per Semester

The minimum workload per semester for a full-time student is twelve hours and the maximum workload per semester is twenty hours. However, an advisor may register a student as a part-time student if fewer than twelve hours are required to meet all requirements for the bachelor's degree. Other exceptions to these regulations may be requested by petitioning the Committee on Academic Standards.

## Physical Education Basic Instruction

Physical education classes are open to all students of the University. A wide variety of team, individual, and leisure sports and recreational activities in the form of aquatics, fitness, martial arts, and outdoor adventure are offered. The motto of the Basic Instruction Program is "Play to be fit, and be fit to play" so the aims of the program are to develop:

- An appreciation of the body and its capacity to move
- Movement skills of games, sport, dance, and aquatics

- An appreciation of the value of continued activity throughout all age periods in an individual's life
- An understanding of the cultural significance of sport and dance
- Concepts of the physiological characteristics of sport and movement

All courses numbered PE 101–293 are at a beginner's level unless otherwise specified. Repeating an activity is not allowed except at a more advanced level.

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## ADMINISTRATION

### DEAN

- Dana D. Brooks - Ed.D. (West Virginia University)  
Dean

### DEPARTMENT CHAIR FOR SPORT SCIENCES

- Jack Watson - Ph.D. (Florida State University)  
Chair, Sport Sciences

### DEPARTMENT CHAIR FOR COACHING & TEACHING STUDIES

- Valerie Wayda - Ed.D. (West Virginia University)  
Chair, Coaching and Teaching Studies

### PROFESSORS EMERITI

- William Alsop - Ed.D. (West Virginia University)
- William Bonsall - M.S. (West Virginia University)
- J. William Douglas - Ph.D. (Ohio State University)
- Andrew Hawkins - Ph.D.  
(Ohio State University)
- Lynn Housner - Ph.D.  
(University of Pittsburgh)
- Beatrice Hurst - M.A. (Columbia University)
- Andrew C. Ostrow - Ph.D. (University of California)
- Daniel Ziatz - Ph.D.  
(University of Utah)

## Degree Designation Learning Goals

### BACHELOR OF SCIENCE (BS)

A mission of the College of Physical Activity and Sport Sciences is to prepare our students to become effective practitioners and leaders in their respective fields and to enhance the quality of life of the citizens of West Virginia and beyond. The college offers emphasis areas in Athletic Coaching Education, Athletic Training, Physical Education Teacher Education, Sport and Exercise Psychology, and Sport Management. These programs are characterized by curricular experiences which are designed to broaden perspectives, enrich awareness, deepen understanding, establish disciplined habits of thought, prepare for meaningful careers, and thus help individuals become informed, responsive and productive citizens.

Students in Bachelor of Science degree programs in CPASS

- Participate in professional development activities to become engaged professionals within community and professional field of practice
- Demonstrate ability to utilize technology to advance own professional growth and practice
- Engage in diverse thinking and generation of ideas with the goal of promoting critical inquiry
- Demonstrate professional program competencies, where appropriate, aligned with national accreditation agencies
- Apply knowledge to promote healthy lifestyles

The College of Physical Activity and Sport Sciences offers eight different minors. To complete any minor, you must notify your department to declare your minor.

**ADVENTURE SPORTS LEADERSHIP MINOR****MINOR CODE - U083**

This minor is designed to provide students with the solid base of knowledge, skills, and experiences sought by many employers within the adventure sports industry. Adventure Sports Internship can not be completed until required courses (ACE 451, ACE 452, ACE 454, PE 169, and PE 189) are completed with a letter grade of C or higher. Student must possess valid WFA or WFR and CPR certifications upon graduation. Other electives may be approved and accepted. Contact Valerie Wayda, Chair, Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

**REQUIRED COURSES**

|             |  |     |
|-------------|--|-----|
| ACE 389     | Introduction to Adventure Sports         | 1   |
| ACE 451     | Plan/Risk Management for Adventure Sport | 3   |
| ACE 452     | Outdoor Leader/Group Dynamics            | 3   |
| ACE 454     | Advanced Sport Instruction Techniques    | 3   |
| PE 169      | Outdoor Navigation and Survival          | 1   |
| PE 183      | Wilderness First Aid Basics              | 1-3 |
| or RPTR 148 | Wilderness First Responder               |     |
| PE 189      | Outdoor Living Skills                    | 1   |
| ACE 455     | Adventure Sports Internship (Internship) | 2-6 |

**ELECTIVES (minimum of four courses)** 4-6

|   |                         |  |
|---|-------------------------|--|
| PE 120                                    | Canoeing                |  |
| PE 171                                    | Caving Basics           |  |
| PE 172                                    | Cycling Basics          |  |
| PE 177                                    | Adventure Racing Basics |  |
| PE 181                                    | Rock Climbing Basics    |  |
| PE 184                                    | Snow Sport Basics       |  |
| RPTP Course - Group Facilitation Dynamics |                         |  |

Total Hours 19-27

**AQUATIC FACILITY MANAGEMENT MINOR****MINOR CODE - U080**

The Aquatic Facility Management minor prepares students to manage an aquatic facility effectively and efficiently. The students will have the opportunity to receive four different certifications needed for pool operation. The certifications students can obtain are American Red Cross Lifeguard, Water Safety Instruction, Certified Pool Operator, and Aquatic Aerobics Instructor. Students will get hands-on experience working with pool managers and aquatic directors during their internship. The Aquatic Facility Management Minor requires the completion of all required courses with a letter grade of C or higher. Most of the content for the courses is completed on line with skills assessments on weekends or evenings. For more information, contact Valerie Wayda, Chair, Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

A minimum GPA of 2.0 is required in all minor courses

**REQUIRED COURSES**

|         |                               |   |
|---------|-------------------------------|---|
| PE 175  | Lifeguard Training            | 2 |
| PET 324 | Water Safety Instructorships  | 2 |
| ACE 482 | Certified Pool Operator       | 3 |
| ACE 483 | Aquatic Exercise Professional | 3 |
| ACE 484 | Aquatic Staff and Programming | 3 |
| ACE 485 | Aquatic Design and Budget     | 3 |
| ACE 486 | Aquatic Management Internship | 3 |

Total Hours 19

**SCHOLASTIC COACHING MINOR****MINOR CODE - U137**

The Scholastic Coaching minor is designed for students who are education majors, in the MDS program, sport and exercise psychology majors, sport management majors, and in any other sport or exercise related profession who may be interested in coaching at the interscholastic or recreational

levels. Upon completion of the minor, students will fulfill the West Virginia Secondary School Activities Commission (WVSSAC) coaching certification requirements. Students must earn a letter grade of a C or higher in all courses in the minor. In addition, students must provide proof of current First Aid, AED, and CPR certifications prior to enrolling in and through the duration of Practicum Coaching Youth Sports. For more information, contact Valerie Wayda, Dept Chair for Coaching & Teaching Studies at (304) 293-0830 or e-mail at [valerie.wayda@mail.wvu.edu](mailto:valerie.wayda@mail.wvu.edu) ([Valerie.Wayda@mail.wvu.edu](mailto:Valerie.Wayda@mail.wvu.edu)) or Carol Straight, Advising Center at (304) 293-0839 or email at [cstraig@mail.wvu.edu](mailto:cstraig@mail.wvu.edu).

A grade of C- or higher must be earned in all minor courses

| <b>REQUIRED COURSES</b>                                     |  |    |
|---|--|----|
| ACE 256   | Principles and Problems of Coaching (offered in summer only) | 3  |
| PET 244   | Motor Learning and Performance                               | 2  |
| ACE 330   | Coaching Education Administration                            | 3  |
| or SM 485   | Sport Management   |    |
| SM 426  | Liability in Sport   | 3  |
| ACE 489   | Practicum Coaching Youth Sport                               | 3  |
| <b>One of the following Techniques of Coaching classes:</b> |  | 2  |
| ACE course - Techniques of Coaching Lacrosse                |  |    |
| ACE 357   | Techniques of Coaching: Swimming                             |    |
| ACE 359   | Techniques of Coaching: Track                                |    |
| ACE 361   | Techniques of Coaching: Soccer                               |    |
| ACE 362   | Techniques of Coaching: Basketball                           |    |
| ACE 364   | Techniques of Coaching: Football                             |    |
| ACE 365   | Techniques of Coaching: Baseball                             |    |
| ACE 366   | Techniques of Coaching: Volleyball                           |    |
| Total Hours   |  | 16 |

## GROUP FITNESS MINOR

### MINOR CODE - U089

The Group Fitness minor is designed to prepare students for a professional career in designing and conducting comprehensive group fitness exercise programs. Students must earn a letter grade of C or higher in all courses.

Students will demonstrate the necessary professional competencies to design and teach group fitness exercise classes in step, hi/lo, interval, and use of resistance equipment using appropriate music tempo and progressive choreography. In addition, students will specialize in three of the following: Fitness Yoga, Indoor Cycling, Mat Pilates, Boxing, and Aqua Fitness. Students will learn to design safe and effective group fitness exercise programs that adhere to all codes, laws, regulations, and procedures within the recognized scope of practice for group fitness instructors set by the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Students must sit for the American Council on Exercise National Certification Exam. For more information, contact Nancy Naternicola, Coordinator at (304) 293-0858 or e-mail at [Nancy.Naternicola@mail.wvu.edu](mailto:Nancy.Naternicola@mail.wvu.edu).

| <b>REQUIRED COURSES</b>                 |                                |    |
|---|--------------------------------|----|
| ACE 373                                 | Fitness Management             | 3  |
| ACE 470                                 | Methods of Aerobic Instruction | 3  |
| ACE Course - Methods of Group Fitness 2 |                                | 3  |
| ACE 463                                 | Group Fitness Internship       | 6  |
| Total Hours                             |                                | 15 |

## PERSONAL TRAINING MINOR

### MINOR CODE - U068

The Personal Trainer minor is designed for individuals who want a professional career in the fitness/wellness industry. Students are trained to screen clients, evaluate their clients' current fitness abilities, and to individualize an exercise program to fit client goals. The goal is to provide guided practical skills application to those students who wish to teach fitness related concepts to individuals (clients). Students will be prepared for and required to sit for the American Council on Exercise National Certification Exam. Students must earn a letter grade of C or higher in all coursework. For more information, contact Nancy Naternicola, Coordinator at (304) 293-0858 or e-mail at [Nancy.Naternicola@mail.wvu.edu](mailto:Nancy.Naternicola@mail.wvu.edu).

A grade of C or higher must be earned in all minor courses

| <b>REQUIRED COURSES</b> |   |   |
|-------------------------|---|---|
| ACE 373                 | Fitness Management (only offered in summer) | 3 |

|             |  |       |
|-------------|--|-------|
| ACE 374     | Fitness Field Testing (only offered in summer)           | 3     |
| ACE 375     | Lifestyle and Weight Management (only offered in summer) | 3     |
| ACE 472     | Methods of Personal Training (only offered in summer)    | 3     |
| ACE 476     | Fitness Internship                                       | 3-6   |
| Total Hours |  | 15-18 |

## SPORT AND EXERCISE PSYCHOLOGY MINOR

### MINOR CODE - U056

A grade of C or higher must be earned in all minor courses

#### REQUIRED COURSES

|                                       |   |   |
|---------------------------------------|---|---|
| SEP 271                               | Sport in American Society (Pre-requisite Courses)                     | 3 |
| SEP 272                               | Psychological Perspectives of Sport (Pre-requisite Course)            | 3 |
| <b>Choose three of the following:</b> |   | 9 |
| SEP 373                               | African Americans in Sports   |   |
| SEP 383                               | Exercise Psychology   |   |
| SEP 385                               | Social Psychology of Sport  |   |
| SEP 420                               | Sport Performance Enhancement (Can only be taken in summer for minor) |   |
| SEP 425                               | Psychological Aspects of Sport Injury                                 |   |
| SEP 493                               | Special Topics (Must be 3 credit hour course)                         |   |
| COUN 303                              | Introduction to Helping Professions                                   |   |

Total Hours 15

## SPORTS COMMUNICATION MINOR

### MINOR CODE - U088

The sport communication minor requires courses offered by the WVU College of Physical Activity and Sport Sciences and the College of Media. This blended minor includes both on-campus and online courses, and summer coursework is typically required to complete it.

To earn a minor in sport communication, a minimum grade of C- is required in all minor courses.

Students who double or triple minor in any two or three College of Media minors may only count each course towards one specific minor. In the case of overlapping curricula, students must replace the redundant course(s) with one of the College of Media's online 200-level or higher open-enrollment courses.

A grade of C- or higher must be earned in all minor courses

#### Requirements

|  |   |   |
|--|---|---|
| <b>One of the following:</b>   |   | 3 |
| ADV 201  | Advertising and Society   |   |
| ADV 215  | Principles of Advertising   |   |
| PR 215   | Introduction to Public Relations                                  |   |
| <b>Required:</b>   |   | 3 |
| JRL 361  | Media Relations In Sport  |   |
| <b>One of the following:</b>   |   | 3 |
| JRL 412  | Sport Journalism  |   |
| PR 412   | IMC for Sport   |   |
| <b>Required: offered by the College of Physical Activity and Sports Sciences</b>             |   | 3 |
| SEP 271  | Sport in American Society   |   |
| <b>Two of the following offered by the College of Physical Activity and Sports Sciences:</b> |   | 6 |
| SM 426   | Liability in Sport (Only offered in spring and summer for minors) |   |
| SM 485   | Sport Management (Only offered in fall and summer for minors)     |   |
| SM 486   | Sport Marketing & Sales (Only offered in summer for minors)       |   |

Total Hours 18

## STRENGTH AND CONDITIONING MINOR

### MINOR CODE - U091

The Strength and Conditioning minor is designed for individuals who would like to be a strength coach at the high school, college, or professional level or a strength and conditioning professional in the fitness/wellness fields. The minor provides students with in-depth understanding of the theory and practical consideration associated with physical training in the areas of speed, agility, strength, endurance, flexibility, and power.

The completion of the minor prepares students to take the Strength and Conditioning Specialist Certification exam offered by the National Strength and Conditioning Association (NSCA). Certification in CPR is required for the CSCS exam. EXPH 364 (or PET 124 & PET 125) and EXPH 365 (or EXPH 369) are pre-requisite courses for ACE 369. ACE 369 is a pre-requisite course for ACE 371 and ACE 372. ACE 371 and ACE 372 are pre-requisites for ACE 475. For more information, contact Guy Hornsby, Coordinator at William.Hornsby@mail.wvu.edu or Carol Straight, Advising Center at (304) 293-0839 or email at cstraig@mail.wvu.edu.

An overall SPA of 2.0 with a letter grade of "C-" or better in all required courses.

#### REQUIRED COURSES

|  |  |     |
|--|--|-----|
| EXPH 365   | Exercise Physiology 1  | 3   |
| Select one of the following sequences:             |  | 3-4 |
| EXPH 364   | Kinesiology  |     |
| Or   |  |     |
| PET 124<br>& PET 125                               | Human Body: Structure and Function<br>and Principles of Human Movement         |     |
| All of the following coursework MUST be completed: |  |     |
| ACE 369  | Basic Strength/Condtnng-Coaches (EXPH majors can substitute EXPH 369 for 4 cr) | 3   |
| ACE 371  | Strength and Conditioning Coaching Techniques (only offered during summer)     | 3   |
| ACE 372  | Sport Specific Strength and Conditioning (only offered during summer)          | 3   |
| HN&F 200   | Nutrition/Activity/Health (NH&F 171 is pre-req)                                | 3   |
| ACE 475  | Strength and Conditioning Internship (Culminating course in minor)             | 3   |
| Total Hours  |  | 21  |

#### PE 100. Lifetime Activities. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Health and physical education concepts includes carry over skills and techniques in a broad and varied list of elective activities.

#### PE 101. Badminton. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in badminton.

#### PE 103. Beginning Basketball. 1 Hour.

(May be repeated for a maximum of 2 credit hours). This course is designed to provide historical background, rules and regulations, and fundamental skills. These will be accomplished through instruction, drills, games and class team play.

#### PE 104. Intermediate Basketball. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to intermediate knowledge and skills in basketball.

#### PE 105. Rifle Conditioning and Weight Training. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for rifle.

#### PE 106. Rowing Conditioning/Weight Training. 1 Hour.

(May be repeated for a maximum of 2 credit hours). This course is designed to present students with hands-on approach to proper techniques of strength and conditioning as it applies to rowing athletes.

#### PE 107. Basketball Conditioning/Weight Training. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for basketball.

#### PE 108. Football Conditioning/Weight Training. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for football.

#### PE 109. Baseball Conditioning/Weight Training. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for baseball.

#### PE 110. Military Physical Conditioning. 1 Hour.

(May be repeated for a maximum of 2 credit hours).

#### PE 111. Air Force Military Physical Conditioning. 1 Hour.

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning techniques for military training.

**PE 112. Gymnastics Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for gymnastics.

**PE 113. Soccer Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for soccer.

**PE 114. Tennis Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for tennis.

**PE 115. Volleyball Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for volleyball.

**PE 116. Wrestling Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for wrestling.

**PE 118. Swim Conditioning/Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic conditioning and weight training techniques for swimming.

**PE 119. Track and Field Weight Conditioning. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic weight training techniques for track and field.

**PE 120. Canoeing. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). PR: Swimming skill. Types of canoeing strokes, life-saving techniques for recreational canoeing.

**PE 121. Zumba. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Fuses various fast and slow Latin rhythms and movements with resistance training to create dynamic fitness routine, balance, and introduces breathing techniques to increase energy and focus.

**PE 122. Billiards. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in billiards.

**PE 124. Fitness Walking. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course provides a supervised walking program in a safe, enjoyable environment. Classes meet ACSM guidelines for safe, effective classes. Includes warm-up, cardiovascular segment, cool-down, and stretch.

**PE 125. Aerobics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in aerobics.

**PE 126. Aquatic Aerobics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in aquatic aerobics.

**PE 127. Clogging. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in clogging.

**PE 129. Spinning. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course provides a supervised, indoor cycling program in a safe, enjoyable environment. Classes meet ACSM (American College of Sports Medicine) guidelines for safety and effectiveness. Includes a warm-up, cardiovascular segment, cool-down, and stretch.

**PE 130. Flag Football. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in flag football.

**PE 131. Frisbee. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in frisbee.

**PE 133. Beginning Archery. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in archery.

**PE 134. Gymnastics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in gymnastics.

**PE 135. Horsemanship 1. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in horsemanship.

**PE 136. Horsemanship 2. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to intermediate and advanced knowledge in horsemanship.

**PE 137. Ice Skating. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in ice skating.

**PE 143. Intermediate Ice Skating. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to intermediate/advanced knowledge and skills in ice skating. For students with some previous skating experience.

**PE 145. Karate. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in karate.

**PE 146. Self-Defense. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in self-defense.

**PE 149. Tae Kwon Do. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in tae kwon do.

**PE 150. Martial Arts Fitness. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in martial arts fitness.

**PE 151. Advanced Tae Kwon Do. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course builds on the techniques learned in PE 149, and introduces additional skills into practice and free sparring.

**PE 152. Beginning Kickboxing. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). An introduction to the popular martial art and competitive sport of kickboxing. Emphasis is given to building flexibility and strength, the foundations of powerful kicking and punching techniques.

**PE 153. Yoga for Fitness. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course introduces the student to basic yoga techniques that can be practiced as a way of developing a wide variety of sports.

**PE 154. Racquetball. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in racquetball.

**PE 156. Riflery. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in riflery.

**PE 157. Slow Pitch Softball. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in slow pitch softball.

**PE 158. Indoor Soccer. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in indoor soccer.

**PE 159. Soccer. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in soccer.

**PE 160. Beginning Tennis. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in tennis.

**PE 161. Tennis. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to basic knowledge and skills for people who are familiar with tennis.

**PE 162. Intermediate Tennis. 1 Hour.**

(May be repeated for a maximum of 2 credit hours.) Introduction to intermediate/ advanced knowledge and skills in tennis.

**PE 163. Advanced Tennis. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course will build on basic knowledge of skills, rules and strategies in tennis. It is presumed that all students have passed intermediate tennis (PE 162) and play at a high intermediate level.

**PE 164. Weight Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in weight training.

**PE 165. Conditioning. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in conditioning.

**PE 167. Floor Hockey. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Basic concepts and instructional techniques for learning floor hockey skills.

**PE 168. Introductory Ice Hockey. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to knowledge and skills of Ice Hockey. Students should have some previous skating experience.

**PE 169. Outdoor Navigation and Survival. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide a comprehensive overview of outdoor navigation and survival techniques.

**PE 170. Volleyball. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in volleyball.

**PE 171. Caving Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course provides an overview of the activity of caving. Course content will address the equipment, skills, and knowledge necessary to safely participate in the activity of caving at the basic level.



**PE 172. Cycling Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Provides a comprehensive overview of the activity of cycling. The course content will address the equipment, skills, and knowledge necessary to safely participate in the life-long activity of cycling for fitness and sport.

**PE 173. Beginning Swimming. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in swimming.

**PE 174. Intermediate Swimming. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to intermediate knowledge and skills in swimming.

**PE 175. Lifeguard Training. 2 Hours.**

(May be repeated for a maximum of 2 credit hours). Red Cross certification for lifeguards.

**PE 176. Advanced Swimming. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to advanced knowledge and skills in swimming.

**PE 177. Adventure Racing Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide students with a conceptual and experiential introduction to several of the common components found in the sport of adventure racing.

**PE 178. Water Polo. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Open to intermediate/advanced swimmers only. This class will introduce students to the game of water polo. Students will learn basic techniques, rules and fundamentals for playing water polo. Offense and defense strategies will be learned and practiced.

**PE 179. Orientation to Scuba. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in scuba diving.

**PE 180. Triathlon Training. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course provides an overview of the sport of triathlon. The course content will address the equipment, skills, and knowledge necessary to safely participate in the life-long activity of triathlon for fitness and sport.

**PE 181. Rock Climbing Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course provides an overview of the activity of rock climbing. The course content will address the equipment, skills, and knowledge necessary to safely participate in the activity of rock climbing on a top-rope system.

**PE 182. Bowling. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in bowling.

**PE 183. Wilderness First Aid Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide students with the knowledge and skills necessary to manage emergency medical situations when they occur in a delayed-help and/or wilderness setting.

**PE 184. Snow Sport Basics. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). The objective of this course is to provide students with a comprehensive overview of several common snow sports including downhill snow skiing, snowboarding, and Nordic skiing.

**PE 185. Fencing. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to beginning knowledge and skills in fencing.

**PE 186. Outdoor Leisure Pursuits. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduction to knowledge and skills in outdoor leisure pursuits.

**PE 187. Golf. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). The course is designed to introduce students to the rules, skills, and strategies involved in golf.

**PE 188. Folk, Square, and Ballroom Dance. 2 Hours.**

(May be repeated for a maximum of 2 credit hours). This class will introduce the student to beginning levels of folk, square, and ballroom dance.

**PE 189. Outdoor Living Skills. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). This course will provide a comprehensive overview of the equipment, skills, and knowledge necessary to safely and comfortably spend time in a wilderness setting while backpacking, hiking, and/or camping.

**PE 201. Pilates. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). Introduces students to basic techniques, postures, and controlled breathing designed to build core strength, improve flexibility, and increase physical fitness in a non-competitive atmosphere.

**PE 202. Intermediate Yoga. 1 Hour.**

(May be repeated for a maximum of 2 credit hours). PR: PE 153 or previous yoga experience. Emphasizes poses which build a combination of strength, flexibility, balance, and introduces breathing techniques to increase energy and focus. Moderately paced for students with previous yoga practice.

**PE 203. Yoga for Health and Wellness. 1 Hour.**

This course provides an introduction to yoga and yoga philosophy and encourages students to incorporate healthy lifestyles habits into their daily routines. This course has a positive impact on student's stress levels and outlook on life.

**PE 206. Modified Indoor Tennis. 1 Hour.**

Introduce students to the basic skills and techniques involved in playing Modified Indoor Tennis (Pickle ball).

**PE 212. Confident City Cycling. 1 Hour.**

Riding skills and crash avoidance maneuvers; how to control situations in traffic and ride confidently; bicycle maintenance; proper clothing and equipment selection; in classroom and on-bike instruction.

**PE 214. Beginning Lacrosse. 1 Hour.**

Introduces students to the basic skills and techniques involved in playing lacrosse.

**PE 215. Intermediate Lacrosse. 1 Hour.**

This course focuses on more advanced concepts and skills involved in the game of lacrosse for the experienced player.

**PE 220. Striking and Field Games. 1 Hour.**

This teaching games for understanding (TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing striking and fielding games.

**PE 221. Invasion Games. 1 Hour.**

This teaching games for understanding(TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing games where one invades their opponent's territory.

**PE 223. Net and Wall Games. 1 Hour.**

This teaching games for understanding (TGfU) course is designed to introduce the students to the rules, skills, and strategies involved in playing net and wall games.

**PE 224. Enhancing Wellbeing. 1 Hour.**

This course will help students recognize they are creative, resourceful and whole with the capability to optimize their wellbeing. Students will explore: self-responsibility and love, breathing, sensing, eating, moving, thinking, feeling, communication, intimacy, finding meaning, and transcending. Online resources and tools will be used to learn about each dimension, helping students set goals and create action steps.

**PE 225. Dance Conditioning. 2 Hours.**

The course provides the dance student with the tools to condition and maintain a healthy body. Through elementary anatomical vocabulary, basic theoretical concepts and experiential physical routines such as proper warm up and cross-training methodologies focused on dance, the student will acquire his/her own sequence and daily physical maintenance for dance.

**PE 229. Fitness and Wellness. 2 Hours.**

Basic concepts associated with the development and maintenance of physical activity. Exposure to local fitness opportunities. Engagement in health-promoting and wellness activities. Awareness and responsibility for the maintenance of health and physical well-being through physical activity.

**PE 293. Special Topics. 1-6 Hours.**

(May be repeated for a maximum of 2 credit hours). PR: Consent. Investigation of topics not covered in regularly scheduled courses.