Physical Education Courses

Courses

**PE 1101. Fitness for Life.**
Fitness for Life (0-3) Various topics are offered in different course sections, focused on improving physical fitness for life. See course offerings for specific topics. Coeducational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour

**PE 1104. Aerobic Dance.**
Aerobic Dance (0-3) Activity course. Coeducational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour

**PE 1106. Aquatics.**
Aquatics Fitness (0-3) Activity course. Course sections focus on improving cardiovascular and muscular fitness through physical activities in aquatic environments; see semester course offerings for specific topics. Coeducational. May be repeated for credit. Open to all students. Physical Education Course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour

**PE 1116. Basketball.**
Basketball (0-3) Activity course. Coeducational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour

**PE 1122. Conditioning.**
Conditioning (0-3) Activity course. Coeducational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour

**PE 1125. Cheerleading.**
Cheerleading (0-3) Activity course. Coeducational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour
3 Total Contact Hour
3 Lab Hour
0 Lecture Hour
0 Other Hour
Physical Education Courses

**PE 1128. Beginning Fencing.**
Beginning Fencing (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1151. Martial Arts.**
Martial Arts (0-3) Activity Course offering various forms of martial arts in different course sections; see semester course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1154. Kick Boxing.**
Kick Boxing (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical Education Course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1157. Military Conditioning.**
Military Conditioning (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1173. Team Sports.**
Team Sports (0-3) Activity Course offering various forms of team sports in different course sections; see semester course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1178. Beginning Swimming.**
Beginning Swimming (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour

**PE 1188. Volleyball.**
Volleyball (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.  
**Department:** Physical Edu. Activity Courses  
**1 Credit Hour**  
**3 Total Contact Hour**  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour
PE 1194. Weight Training.
Weight Training (0-3) Activity Course. Course offers beginning through advanced weight training with individualized muscular fitness programming and periodization. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

1 Credit Hour  
3 Total Contact Hour  
3 Lab Hour  
0 Lecture Hour  
0 Other Hour