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. 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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1104. *Aerobic Dance.*
Aerobic Dance (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1105. *Slide Aerobics.*
Slide Aerobics (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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. 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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1107. *Archery.*
Archery (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1110. *Badminton.*
Badminton (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours
Physical Education Courses

PE 1116. Basketball.
Basketball (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1120. Walking.
Walking (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1122. Conditioning.
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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1125. Cheerleading.
Cheerleading (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

Intermediate Fencing (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Beginning fencing strongly recommended prior to enrollment in this course. Physical education course fee required.
Department: Physical Edu. Activity Courses
1 Credit Hour
3 Total Contact Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1137. Golf.
Golf (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Fee: Determined at golf course.
Department: Physical Edu. Activity Courses
1 Credit Hour
3 Total Contact Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours
PE 1147. T'ai Chi Ch'uan.
T'ai Chi Ch'uan (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1149. Judo.
Judo (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1152. Intermediate Karate.
Intermediate Karate (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Beginning karate strongly recommended prior to enrollment in this course. Physical education course fee required.
Department: Physical Edu. Activity Courses
1 Credit Hour
3 Total Contact Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1155. Marksmanship-Rifle & Pistol.
Marksmanship-Rifle and Pistol (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours
PE 1156. Advanced Marksmanship.
Advanced Marksmanship (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Marksmanship-Rifle and Pistol strongly recommended prior to enrollment in this course. Physical Education Course fee required.
**Department:** Physical Edu. Activity Courses
1 Credit Hour
3 Total Contact Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1161. Advanced Modern Dance.
Advanced Modern Dance (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1164. Beginning Racquet.
Beginning Racquetball (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1166. Advanced Racquetball.
Advanced Racquetball (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

Self Defense (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours
PE 1174. **Advanced Soccer.**
Advanced Soccer (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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

PE 1176. **Softball.**
Softball (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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

PE 1180. **Advanced Swimming.**
Advanced 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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

PE 1182. **Tennis Beginning.**
Beginning Tennis (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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

PE 1184. **Advanced Tennis.**
Advanced Tennis (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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours

PE 1186. **Touch Football.**
Touch Football (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 Hours  
3 Lab Hours  
0 Lecture Hours  
0 Other Hours
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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1191. Water Polo.
Water Polo (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1195. Intermediate Weight Training.
Intermediate Weight Training (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours

PE 1196. Advanced Weight Training.
Advanced Weight Training (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 Hours
3 Lab Hours
0 Lecture Hours
0 Other Hours