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 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 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 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

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 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 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 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 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 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 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