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

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