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