

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