PHYSICAL EDUCATION (PE)

PE-1000 Personal Fitness
2 Credits
Introduction to techniques, principles and benefits of personal conditioning program including flexibility, cardiovascular fitness and muscle endurance training.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): None. CTAN Approved: CTBPO001.

PE-1010 Personal Strength Development
2 Credits
Activities which incorporate the five components of fitness: body composition, cardiovascular fitness, muscle strength, muscle endurance and flexibility with emphasis on strength training.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): None.

PE-1020 Weight Training
1 Credit
Basic instruction in theory of using weights to improve muscular fitness and in fundamentals of correct lifting techniques using dumbbells, nautilus, universal and/or various other machines.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1031 Introduction to Lifetime Fitness I
2 Credits
Participation in basic total wellness/fitness education program. Through instruction, supervision, and evaluation, student will exercise with increased knowledge on how to develop a safe fitness program for his/her goals and needs. Additional fees required.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): None.

PE-1041 Introduction to Lifetime Fitness II
1 Credit
Designed for students who have completed PE-1031 Introduction to Lifetime Fitness I; PE-1000 Personal Fitness; or PE-1010 Personal Strength Development and desire a more individualized total wellness/fitness education program. Additional fees required.
Laboratory: 2 hours
Prerequisite(s): PE-1031 Introduction to Lifetime Fitness I, or PE-1000 Personal Fitness, or PE-1010 Personal Strength Development.

PE-1051 Adapted Lifetime Fitness
1 Credit
Designed for student who desires to participate in individualized circuit training program and has physical limitations which prevent participation in individualized current fitness courses. Students must be registered with the Access Office to enroll. Contact Director for Physical Education. Additional fees required.
Laboratory: 2 hours
Prerequisite(s): Departmental approval: must be registered with Access Office.

PE-1060 Cardio-Fitness
1 Credit
Cardio/respiratory conditioning class, consisting of flexibility and aerobic conditioning exercises and use of variety of training machines.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1070 Walking/Jogging
1 Credit
Introduces walking/jogging activities including warm-up, stretching, and cool down.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1080 Low Impact Aerobics
1 Credit
Instruction and practice in aerobic dance movements which involve minimum stress of joints. Includes exercises to improve cardiovascular fitness, flexibility, and muscle tone.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1100 Step Aerobics
1 Credit
Instruction and practice in aerobic dance movements utilizing a step with emphasis on individual performance levels including techniques to improve cardiovascular fitness, flexibility, muscle tone and strength.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1110 Intermediate Step Aerobics
1 Credit
Emphasizes aerobic dance movements utilizing a step with emphasis on individual performance levels. Students should have step aerobics experience and knowledge of basic step movements and terminology.
Laboratory: 2 hours
Prerequisite(s): Department approval: comparable skills.

PE-1120 Adapted Physical Education
1 Credit
Individualized program for students with temporary or permanent physical limitations. Contact campus director of Physical Education for registration procedures.
Laboratory: 2 hours
Prerequisite(s): Departmental approval: must be registered with Access Office.

PE-1130 Archery
1 Credit
Instruction and practice for skill development, safety procedures, equipment care and value as a lifetime activity.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1140 Bowling
1 Credit
Instruction and participation in bowling fundamental skills course. Additional fee required.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1150 Golf for Beginners
1 Credit
Instruction in and development of skills, fundamentals of the swing and physical skills of the game. Additional fees required.
Laboratory: 2 hours
Prerequisite(s): None.
PE-1160 Golf for Players
1 Credit
Advanced class in golf emphasizing playing game of golf and improving already learned skills. Most of class time scheduled off campus.
Additional fees required.
Laboratory: 2 hours
Prerequisite(s): PE-1150 Golf for Beginners, or departmental approval: comparable skill.

PE-1190 Self Defense I
1 Credit
Instruction, practice and skill development in basic self-defense. Students gain appreciation of fitness and self-discipline.
Laboratory: 2 hours
Prerequisite(s): None. CTAN Approved: CTBPO001.

PE-1215 Snowboarding
1 Credit
Development of basic skills of snowboarding, selection and use of equipment, terminology, and safety rules. Extra fee required for off-site snowboarding.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1220 Skiing
1 Credit
Development of basic skiing techniques and safety practices and appreciation of skiing as lifetime activity. Extra fee required for off-site skiing.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1230 Tennis for Beginners
1 Credit
Instruction, practice and skill development of tennis as lifetime activity. Scoring, rules and etiquette of tennis included.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1240 Tennis for Players
1 Credit
Instruction, practice and skill development in tennis with emphasis on Singles and Doubles competition. Additional instruction and drills of beginners skills included.
Laboratory: 2 hours
Prerequisite(s): PE-1230 Tennis for Beginners, or departmental approval.

PE-1260 Basketball
1 Credit
Introduction to fundamentals of basketball for men and women. Rules, safety, and basketball skills stressed.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1270 Softball
1 Credit
Instruction and participation in softball for men and women. Basic softball skills, rules and game strategy stressed.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1280 Soccer
1 Credit
Instruction and participation in soccer for men and women. Basic soccer rules, skills and game strategy stressed.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1290 Volleyball
1 Credit
For men and women. Instruction and practice of volleyball skills including safety procedures, competitive experience, and appreciation of volleyball as lifetime activity.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1300 Aqua Fitness
1 Credit
Non-swimming water fitness class. Includes various types of water workouts in both the shallow and deep ends, cardio and toning components. Swimming skills not required.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1310 Shallow Water Exercise
1 Credit
Shallow water exercises to improve aerobic fitness, muscle tone and flexibility.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1320 Deep Water Exercise
1 Credit
Cardiovascular exercises, muscle toning, strengthening, and flexibility in deep water. Requires students to be comfortable in deep water wearing a buoyancy device.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1330 Swimming I
1 Credit
Fundamental swimming skills for non-swimmers and shallow water swimmers including water adjustment, floating, breathing techniques, basic swimming strokes, and water safety skills.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1340 Swimming II
1 Credit
Swimming for the intermediate and advanced swimmer in the development and/or refinement of a wide variety of swimming strokes. Includes front and back crawl, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, underwater swimming, turns, and diving. Also includes water safety skills, deep water entry, and treading water.
Laboratory: 2 hours
Prerequisite(s): PE-1330 Swimming I, or departmental approval: equivalent skill.
PE-1370 Cardio Kickboxing
1 Credit
Instruction and practice in kickboxing/martial arts fitness based program. Emphasis on proper technique, safe kicks, punches, and combinations. Kickboxing movements performed to improve aerobic endurance, flexibility, balance, muscle strength and tone. Instruction and practice with kickboxing bags and gloves included.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1380 Aqua Kickboxing
1 Credit
Traditional kickboxing moves, adapted for the water, conducted in both the shallow and deep ends. Swimming skill is not required.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1390 Horsemanship
1 Credit
Instruction and practice for skill in the basics of horseback riding at the walk, trot, canter and trail riding. Basic knowledge of riding equipment, the tack (western), parts and health management of the horse.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1400 Whitewater Rafting
2 Credits
Introduction to outdoor activities including instruction and participation in specific areas such as whitewater rafting, canoeing, or sailing. Includes lecture sessions in preparation for outdoor experience. Activity may include weekend and/or overnight participation. Additional laboratory fees vary according to activity. Check course schedule for specific information.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): Departmental approval.

PE-1410 Backpacking
2 Credits
Introduction to outdoor activities, including instruction and participation in specific areas such as backpacking, hiking and orienteering. Includes lecture sessions in preparation for the outdoor experience. Weekend and/or overnight participation required.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): Departmental approval; physical fitness test.

PE-1421 Camping
2 Credits
Fundamental class in camping designed to develop basic knowledge and skills pertinent to safe and enjoyable camping. Activity may include weekend and/or overnight participation. Additional laboratory fees vary according to activity. Check current Credit Schedule for specific information.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): None.

PE-1430 Physical Relaxation Techniques
1 Credit
Introduces student to basic physical techniques of relaxation including breathing, Jon Kabut-Zinn’s body scan method, active and passive meditation. Includes awareness of body tension and stressors.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1440 Yoga
1 Credit
Emphasis on basic Hatha yoga practice consisting of pranayama (breath control), asanas (postures), vinyasa (flow of postures), mantra (chanting), mudra (hand positioning) and dhyana (meditation) to benefit and bring balance to the body, mind, and spirit. Introduction to basic yoga philosophies also included.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1450 Intermediate Yoga
1 Credit
Emphasis on various Hatha yoga practices at the intermediate and advanced levels. The class will consist of intermediate and advanced pranayama (breath control), asanas (postures), vinyasa (flow of postures), mantra (chanting), and dhyana (meditation) to benefit and bring balance to the body, mind, and spirit.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1460 Pilates
1 Credit
Emphasis on proper breathing, core strength, kinesthetic awareness, mind over muscle, strengthening of opposing muscle groups and disease prevention as it relates to stress.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1470 Core Strength
1 Credit
Focuses on strengthening the core muscles of the trunk of the body and improving balance. Consists of a warm up, conditioning segment using body weight, stability balls, and other core conditioning equipment, and concludes with a stretching segment.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1480 Yoga and Pilates
1 Credit
Provides instruction, information, and exploration about the mind-body systems of yoga and pilates, with emphasis on physical exercise, relaxation, mindfulness, and self-awareness.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1490 Tai Chi
1 Credit
Explores the traditional Chinese exercise of Tai Chi. Provides for the development of basic skills and techniques that lead toward an integration of mind and body to enhance fitness, health, and well-being. Focus is on the Yang style of 24 forms.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1510 Beginner Middle Eastern Belly Dance
1 Credit
Emphasizes beginner and advanced beginner Middle Eastern belly dance movements and patterns. Provides an overall body workout to improve and enhance cardiovascular fitness, muscle tone, coordination, balance and self-esteem. No prior experience is required.
Laboratory: 2 hours
Prerequisite(s): None.
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PE-1520 Intermediate Middle Eastern Belly Dance
1 Credit
This course will focus on Middle Eastern belly dance movements, patterns, and combinations at the intermediate and advanced levels. Emphasis will be on movements that enhance coordination, balance, flexibility, muscle tone, cardiorespiratory fitness, and self-confidence. Prior experience in Middle Eastern belly dance is required.
Laboratory: 2 hours
Prerequisite(s): PE-1510 Beginner Middle Eastern Belly Dance or departmental approval.

PE-1530 Zumba
1 Credit
Zumba is an aerobic exercise program with choreographed movement routines, featuring fast and slow Latin rhythms. Emphasizes cardiorespiratory fitness, muscular strength and toning, and proper, effective and safe Zumba techniques at the beginner/advanced beginner level.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1540 Body Toning
1 Credit
Instruction, practice, and participation in group exercise class consisting of total-body muscular strength and endurance exercises using a variety of equipment and methods.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1550 Hula Hoop Fitness
1 Credit
A low intensity aerobic exercise program that incorporates core and off-body hoop dance skill training. Students will learn choreographed hoop dance routines and drills targeting large muscle groups featuring a variety of rhythms. Introduces hoop dance and toning exercises at the beginner and intermediate levels.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1801 Special Topics: Disc Golf
1 Credit
Disc Golf players use golf discs and aim for a Disc Pole Hole, a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing at the Disc Pole Hole. Generally, a course is 9 or 18 Disc Pole Holes long. Players start at one and complete the course in order, playing through to the last hole. The player with lowest total cumulative score wins.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1807 Special Topics: Indoor Power Cycling
1 Credit
Indoor cycle exercise designed to replicate outdoor cycle training. Use of specialized bikes that students can adjust to simulate anywhere from flat roads to hill climbs.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1808 Special Topics in Meditation Techniques
1 Credit
Various meditation techniques will be taught, including mindfulness, walking, body scan and mantra.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1809 Special Topics: Boot Camp Fitness
1 Credit
Group exercise class emphasizing the use of functional fitness equipment along with body weight exercises to improve cardiovascular and muscular fitness along a continuum of physical skills and abilities.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1812 Special Topics: Half Marathon Training
1 Credit
The class will consist of a variety of jogging/walking work outs along with resistance training and flexibility exercises to improve and enhance the student’s physical fitness components: cardiovascular (aerobic) fitness, muscular strength and endurance, flexibility and body composition. All work outs will build toward and culminate with the student entering and successfully completing the Cleveland Half Marathon race by running, alternating running and walking, or walking. Class meetings will consist of a proper warm-up, variations of run/walk cardiovascular (aerobic) workouts, resistance training (free weights and circuit training) and a proper cool-down with stretching. Topics included in short discussions will include running technique, training programs, race preparation, mental and physical training, and goal setting.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1813 Special Topics: Cardio & Tone
1 Credit
Instruction, practice and participation in a group exercise class consisting of a combination of aerobic and total body muscular strength and endurance exercises using a variety of methods and equipment.
Laboratory: 2 hours
Prerequisite(s): None.

PE-1815 Functional Training for Sports
1 Credit
Competitive athletes and active individuals will learn exercise and movement strategies to improve function and performance of the neuro-myo-fascial system. The course will provide assessments to identify neuro-muscular dysfunctions and corrective exercises and movement strategies to enhance mobility, balance, proprioception, stability, strength, power, agility and coordination.
Laboratory: 2 hours
Prerequisite(s): None.

PE-2000 Lifeguard Training
2 Credits
Minimum skills training to qualify individuals as nonsurf lifeguard with certification from American Red Cross in Lifeguard, First Aid and CPR for the Professional Rescuer. Additional fees required.
Lecture: 1 hour. Laboratory: 2 hours
Prerequisite(s): Departmental approval: Prerequisite swimming test defined by Red Cross.
PE-2010 Lifeguard Instructor  
2 Credits  
Focuses on teaching skills contained in American Red Cross Lifeguarding, First Aid, CPR for the Professional Rescuer and Community Water Safety courses with the American Red Cross certification as a Lifeguard and CPR for Professional Rescuer Instructor. Additional fees required.  
Lecture: 1 hour. Laboratory: 2 hours  
Prerequisite(s): Departmental approval; 17 years of age by end of class, demonstrate knowledge of lifeguarding and CPR skills.

PE-2020 Water Safety Instructor  
2 Credits  
Instruction in teaching all skills and courses in the American Red Cross Learn-To-Swim program, Parent and Child Aquatics, Water Safety Courses, and Longfellow’s Whale Tales. Includes American Red Cross certification. Additional fees are required.  
Lecture: 1 hour. Laboratory: 2 hours  
Prerequisite(s): Must be 16 years of age by end of course. Demonstrate the ability to perform the following swimming skills consistent with Stroke Performance charts, level 4: front crawl, back crawl, breaststroke, elementary backstroke and side stroke - 25 yards each and butterfly 15 yards.

PE-2100 Personal Training  
2 Credits  
Preparation to pass typical national examination for certification as a personal trainer. Covers anatomy, physiology, biomechanics, strength and fitness theory, performance and weight management, exercise programming, and developing a client base.  
Lecture: 1 hour. Laboratory: 2 hours  
Prerequisite(s): PE-1000 Personal Fitness, or departmental approval; based on comparable experience. (First Aid and CPR certificates are required by most personal training accrediting bodies.)