

# PHYSICAL EDUCATION (PE)

## PE-1000 Personal Fitness 2 Credits

Introduction to techniques, principles and benefits of a personal conditioning program including flexibility, muscle endurance, muscle strength, body composition, with an emphasis on cardiorespiratory fitness training.

*Lecture: 1 hour. Laboratory: 2 hours*

*Prerequisite(s): None. CTAN Approved: Career Technical Assurance Guide CTBP0001 (6 of 7 courses, all must be taken) and CTES002.*

## 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-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-1120 Adapted Physical Education 1 Credit

Designed for students who have temporary or permanent physical limitations which prevent participation in current group fitness courses and desire to participate in an individualized program. Contact Faculty Coordinator for Physical Education for registration procedures.

*Laboratory: 2 hours*

*Prerequisite(s): Departmental approval: must be registered with Access Office.*

## 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 the game of golf and improving 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.*

*OAN Approved: CTAN Approved: Career Technical Assurance Guide CTBP0001 (7 of 7 courses, all must be taken).*

## 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 a 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 skills, rules and game strategy stressed.

*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-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-1400 Whitewater Rafting**

**2 Credits**

Introduction to outdoor activities, including instruction and participation in whitewater rafting. 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): None.*

**PE-1410 Backpacking**

**2 Credits**

Introduction to outdoor activities, including instruction and participation in 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-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-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-1560 Meditation Techniques****1 Credit**

Students will explore the many different forms of meditation to foster a daily practice that is tailored to individual needs.

*Laboratory: 2 hours*

*Prerequisite(s): None.*

**PE-1600 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*

**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.*