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.

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 students who desire to participate in a physical education course and have physical limitations which prevent participation in general physical education courses. Students must be registered with the Student Accessibility Services Office to enroll.
Laboratory: 2 hours
Prerequisite(s): Departmental approval: must be registered with Student Accessibility Services 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, and muscular 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 CTBPO001 (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-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 
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 
routes 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.