

# Physical Education (PED)

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**PED 110. Fit and Well for Life. 2.0 Credits.** Class-1.0. Clinical-0.0. Lab-2.0. Work-0.0

This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests.

**PED 111. Physical Fitness I. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-3.0. Work-0.0

This course provides an individualized approach to physical fitness utilizing the five major components. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness programs. Upon completion, students should be able to set up and implement an individualized physical fitness program.

**PED 113. Aerobics I. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-3.0. Work-0.0

This course introduces a program of cardiovascular fitness involving continuous, rhythmic exercise. Emphasis is placed on developing cardiovascular efficiency, strength, and flexibility and on safety precautions. Upon completion, students should be able to select and implement a rhythmic aerobic exercise program.

**PED 117. Weight Training I. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-3.0. Work-0.0

This course introduces the basics of weight training. Emphasis is placed on developing muscular strength, muscular endurance, and muscle tone. Upon completion, students should be able to establish and implement a personal weight training program.

**PED 121. Walk, Jog, Run. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-3.0. Work-0.0

This course covers the basic concepts involved in safely and effectively improving cardiovascular fitness. Emphasis is placed on walking, jogging, or running as a means of achieving fitness. Upon completion, students should be able to understand and appreciate the benefits derived from these activities.

**PED 122. Yoga I. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course introduces the basic discipline of yoga. Topics include proper breathing, relaxation techniques, and correct body positions. Upon completion, students should be able to demonstrate the procedures of yoga.

**PED 128. Golf-Beginning. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course emphasizes the fundamentals of golf. Topics include the proper grips, stance, alignment, swings for the short and long game, putting, and the rules and etiquette of golf. Upon completion, students should be able to perform the basic golf shots and demonstrate a knowledge of the rules and etiquette of golf.

**PED 152. Swimming-Beginning. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course is designed for non-swimmers and beginners. Emphasis is placed on developing confidence in the water, learning water safety, acquiring skills in floating, and learning elementary strokes. Upon completion, students should be able to demonstrate safety skills and be able to tread water, back float, and use the crawl stroke for 20 yards.

**PED 163. Kayaking-Basic. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course is designed to teach the basic skills of kayaking. Topics include forward and reverse strokes, sweeps, Eskimo roll, and self-rescue skills. Upon completion, students should be able to maneuver and demonstrate safe kayaking practices.

**PED 169. Orienteering. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course introduces the various types of orienteering and proper orienteering techniques. Emphasis is placed on defining various types of orienteering and recognizing and drawing topographic map symbols. Upon completion, students should be able to draw topographic map symbols and negotiate a 3-5 km cross-country orienteering course in a specified time period.

**PED 170. Backpacking. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course covers the proper techniques for establishing a campsite, navigating in the wilderness, and planning for an overnight trip. Topics include planning for meals, proper use of maps and compass, and packing and dressing for extended periods in the outdoors. Upon completion, students should be able to identify quality backpacking equipment, identify the principles of no-trace camping, and successfully complete a backpacking experience.

**PED 173. Rock Climbing. 1.0 Credit.** Class-0.0. Clinical-0.0. Lab-2.0. Work-0.0

This course teaches the fundamental skills and safety of rock climbing. Topics include rock climbing, bouldering, rappelling, the correct method of belaying for climbing and rappelling, and knowledge of equipment. Upon completion, students should be able to demonstrate strong and skillful techniques in climbing and rappelling.