

Physical Education Development (PED)

PED 100 Aerobic and Weight Training I

1 Hour

Prerequisites: None
2 hours weekly (0-2)

Introduction to and participation in multi-station Aerobic Super Circuit, utilizing sub-maximal weight during multiple repetitions. The student will rotate through a 21-station circuit, going from stationary bike to Universal equipment each 30 seconds.

PED 101 Aerobic and Weight Training II

1 Hour

Prerequisites: None
2 hours weekly (0-2)

Introduction to concepts of aerobic activities and weight training. Demonstrations of differences between body parts conditioning vs. cardiovascular conditioning. Use of Aerobic Super Circuit and Universal weight training equipment.

PED 102 Aerobic and Weight Training III

1 Hour

Prerequisites: None
1-8 hours weekly (0-1) – (0-8)

This course is designed as a continuation of PED 101; however, with proper orientation it may be started as the first aerobics class. The program consists of an Aerobic Super Circuit, which takes 26 minutes to complete.

PED 103 Aerobic and Weight Training IV

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed as a continuation of PED 102. However, with proper orientation it may be started as the first aerobics and weight training class. The program consists of an Aerobic Super Circuit which takes 28 minutes to complete. The main thrust of the circuit is to promote cardiovascular fitness. A second phase of the program is in the individual body parts section, which allows the student to make gains in the muscular tone-up and strength development areas.

PED 104 Physical Fitness

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed as a continuation of aerobics and weight training; however, with proper orientation it may be started as a beginning fitness class. The program consists of an Aerobic Super Circuit, which takes 28 minutes to complete. The main thrust of the circuit is to promote cardiovascular fitness. A second phase of the program is in the individual body parts section, which allows the student to make gains in the muscular tone-up and strength development areas.

PED 105 Fitness Walking

1 Hour

Prerequisites: None
2 hours weekly (0-2)

Fitness walking class consists of information on everything you need to know about a successful walking program: the health benefits and physiology of walking; technique for both fitness walking and race walking; special considerations for pregnancy, diabetes, and other medical conditions; motivational tools; sound advice on walking shoes and equipment. The methods of presentation consist of brief professor lectures combined with walking outdoors, indoors, or to a series of video tapes.

PED 106 Lifetime Cardio Fitness

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed to promote and improve cardiovascular efficiency by methodical exercise bouts relative to strengthening the heart muscle and improving blood flow. Students will exercise in the target heart rate range for 30 minutes 3 times per week.

PED 107 Lifetime Strength Fitness

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed to improve muscular strength/endurance by methodical exercise bouts relative to various muscles and/or muscle groups. Both weight training machines and free weights will be used.

PED 108 Lifetime Total Fitness

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This course is designed to identify weaknesses in muscular strength and cardiovascular efficiency. Improvement will be made by regular fitness producing exercises relative to both strength and cardiovascular gains. Both aerobic and progressive resistance machines will be utilized.

PED 113 Tennis I

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This class is designed for the student who is attempting to develop the skills necessary for successful and enjoyable participation in tennis and for the player who wishes to raise the standard of play to a higher level. Methodology of administration consists of lectures, demonstrations, and drills with supervision and feedback provided by the instructor. NCAA rules and regulations are applied. Actual play will begin when the student has made satisfactory progress in the basic skills.

PED 114 Tennis II

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This course provides the student with continued instruction on stroke development and strategies of the game. Emphasis is on court awareness and double play. This course is designed to provide an educational situation and atmosphere for students who are beyond the beginning level but do not feel comfortable in an advanced tennis class with students of tennis team quality. Instruction to consist of review of beginning tennis techniques while providing additional supervised practice and individual attention in areas of skill weakness.

PED 115 Advanced Tennis

1 Hour

Prerequisites: None

2 hours weekly (0-2)

Advanced tennis provides advanced students the opportunity to perfect their strokes while competing at a high level of tournament competition.

PED 116 Badminton I

1 Hour

Prerequisites: None

2 hours weekly (0-2)

Badminton for beginners is designed for the student who is attempting to develop the skills necessary for successful and enjoyable participation in badminton and for the player who wishes to raise the standard of play to a higher level. The student will receive information about the construction of the game, the events of which the game is composed, the court layout, and information about the equipment needed for the game. Teaching methodology of stroke mechanics consists of lectures, demonstrations, drills, and instructor feedback. Competitive strategies for singles and doubles play as well as class tournaments are included.

PED 117 Badminton II

1 Hour

Prerequisites: None

2 hours weekly (0-2)

Intermediate badminton is designed for the student who is attempting to develop the skills necessary for successful and enjoyable participation in badminton and for the player who wishes to raise the standard of play to a higher level. The student will receive information about the rules of the game, the events of which the game is composed, the court layout, and information about the equipment needed for the game. Teaching methodology of stroke mechanics consists of lectures, demonstrations, drills, and instructor feedback. Competitive strategies for singles and doubles play as well as a class tournament are included.

PED 118 Badminton III

1 Hour

Prerequisites: None

2 hours weekly (0-2)

Advanced badminton is designed for the student who is attempting to develop advanced skills and strategies necessary for successful and enjoyable participation in badminton and for the player who wishes to raise the standard of play to a higher level. The student will receive information about the rules of the game, the events of which the game is composed, the court layout, and information about the equipment needed for the game. Teaching methodology of stroke mechanics consists of lectures, demonstrations, drills, and instructor feedback. Competitive strategies for singles and

doubles play as well as a class tournament are included.

PED 122 Individual Physical Education I

1 Hour

Prerequisites: Permission of Instructor
2 hours weekly (0-2)

This course is designed for students who cannot fit a scheduled physical education class into their program. The course allows the student, under the supervision of an instructor, to participate in a variety of fitness-producing and recreational activities. The student will arrange with the instructor to become involved in a particular activity at an off-campus facility.

This course is also offered as part of a study abroad program. Contact the International Education Coordinator for more information.

PED 123 Individual Physical Education II

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed for students who cannot fit a scheduled physical education class into their program. The course allows the student, under the supervision of an instructor, to participate in a variety of fitness-producing and recreational activities. The student will arrange with the instructor to become involved in a particular activity at an off-campus facility.

This course is also offered as part of a study abroad program. Contact the International Education Coordinator for more information.

PED 124 Individual Physical Education III

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This program is designed for students who cannot fit a scheduled physical education class into their program. The course allows the student, under the supervision of an instructor, to participate in a variety of fitness-producing and recreational activities. The student will arrange with the instructor to become involved in a particular activity at an off-campus facility.

PED 125 Individual Physical Education IV

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed for students who cannot fit a scheduled physical education class into their program. The course allows the student, under the supervision of an instructor, to participate in a variety of fitness-producing and recreational activities. The student will arrange with the instructor to become involved in a particular activity at an off-campus facility.

PED 126 Beginning Weight Training

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however, with proper orientation it may be started as the first aerobics and weight training class.

PED 127 Intermediate Weight Training

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however with proper orientation it may be started as the first aerobics and weight training class.

PED 128 Advanced Weight Training

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed as a continuation of the aerobic and weight training courses; however, with proper orientation it may be started as the first aerobics and weight training class. The program consists of an Aerobic Super Circuit, which takes 13 minutes to complete. The main thrust of the circuit is to promote cardiovascular fitness. A second phase of the program is in the individual body parts section, which allows the student to make gains in the muscular tone and strength development areas.

PED 129 Strength Training & Conditioning

2 Hours

Prerequisites: None

4 hours weekly (0-4)

This course is designed to provide the student athlete with additional fitness gains such as muscular strength, endurance, flexibility, body composition, agility, and cardio respiratory endurance. The student will have an opportunity to create a daily log to assess gains in fitness components.

PED 130 Strength Training & Conditioning II

2 Hours

Prerequisites: Permission of Instructor

4 hours weekly (0-4)

This course is designed to provide the student athlete with additional fitness gains such as muscular strength, endurance, flexibility, body composition, agility and cardiorespiratory endurance. The student will have an opportunity to create a daily log to assess gains in fitness components. It is a continuation of PED 129.

PED 134 Softball I

1 Hour

Prerequisites: None

2 hours weekly (0-2)

An introduction to the game of softball through the acquisition of knowledge and understanding of the rules, skill techniques, and strategies.

PED 135 Softball II

1 Hour

Prerequisites: Permission of Instructor

2 hours weekly (0-2)

An intermediate concept of the game of softball through the acquisition of additional knowledge and understanding of the rules, skill techniques, and strategies.

PED 136 Softball III

1 Hour

Prerequisites: None

2 hours weekly (0-2)

An advanced concept of the game of softball through the acquisition of knowledge and understanding of the rules, skill techniques, and

strategies. Round Robin and tournament play will be emphasized.

PED 137 Volleyball I

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This class presents an approach to learning the game of volleyball that will take the learner through the beginning level. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application.

PED 138 Volleyball II

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This class presents an approach to learning the game of volleyball that will take the learner to the intermediate level. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application.

PED 139 Volleyball III

1 Hour

Prerequisites: Permission of Instructor

2 hours weekly (0-2)

This class presents an approach to learning the game of volleyball that will rapidly take the learner from basic beginner play to the intermediate or advanced levels. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application.

PED 140 Advanced Volleyball

1 Hour

Prerequisites: None

2 hours weekly (0-2)

This class presents an approach to learning the game of volleyball that will rapidly take the learner from basic beginner play to the advanced level. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application.

PED 141 Basketball I

1 Hour

Prerequisites: Permission of Instructor
2 hours weekly (0-2)

This class presents an approach to learning the game of basketball that will introduce the beginner to the basic skills of basketball. Methodology of presentations consists of lectures, demonstrations, and drills with supervision and feedback provided by the instructor. The student will receive an introduction to the mechanics of each skill, as well as information about various types of offensive and defensive systems of play, strategies, individual development, and team development. Actual play will begin when the student has made satisfactory progress in the basic skills.

PED 142 Basketball II

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This class presents an approach to learning the game of basketball that will rapidly take the learner from basic play to the intermediate level. Methodology of presentations consists of lectures, demonstrations, and drills with supervision and feedback provided by the instructor. The student will receive an introduction to the mechanics of each skill, as well as information about various types of offensive and defensive systems of play, strategies, individual development, and team development.

PED 143 Basketball III

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This class presents an approach to learning the game of basketball that will rapidly take the learner from intermediate to advanced levels. Methodology of presentations consists of lectures, demonstrations, and drills with supervision and feedback provided by the instructor. The student will receive an introduction to the mechanics of each skill, as well as information about various types of offensive and defensive systems of play, strategies, individual development, and team development.

PED 150 Bowling

1 Hour

Prerequisites: None
2 hours weekly (0-2)

The basic techniques are explained for the new bowler. Experienced bowlers will find many valuable tips about how to improve. Individualized instruction is stressed, and each student is encouraged to develop his or her style at an individual pace. Bowling terms, etiquette, and scoring give students a better understanding of the elements involved in the game and enhance his/her enjoyment and performance.

PED 155 Golf I

1 Hour

Prerequisites: Permission of Instructor
2 hours weekly (0-2)

This class is designed for beginning golfers. The full swing will be presented first to allow sufficient time to develop the most difficult skills. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application. The majority of class time will be spent on the driving range. Actual play will begin when the student has made satisfactory progress in the basic skills.

PED 156 Golf II

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This class is designed for intermediate golfers. The full swing will be presented first to allow sufficient time to develop the most difficult skills. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application. Class time will be spent on the driving range and the golf course.

PED 157 Golf III

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This class is designed for advanced golfers. The full swing will be presented first to allow sufficient time to develop the most difficult skills. The student will receive a review of the mechanics of each skill and information about mental preparation, strategies, and game application. The majority of class time will be spent on the golf course.

PED 158 Advanced Golf

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This class is designed for serious, advanced golfers. The full swing will be presented first to allow sufficient time to develop the most difficult skills. The student will receive an introduction to the mechanics of each skill and information about mental preparation, strategies, and game application. Class time will be spent on the golf course. Tournament play will be encouraged.

PED 159 Beginning Judo

1 Hour

Prerequisites: None
2 hours weekly (0-2)

A study of Kudokan sport judo, its story, rules, philosophy, and techniques. A demonstrated proficiency in this art form, i.e., standing throws (Tachi waza), falling (Ukemi), and grappling (Katame waza) will lead to an optional belt rank test. Aikido, a system of self-defense based upon judo principle, will also be introduced.

PED 160 Weight Training and Aquacise I

4 Hours

Prerequisites: None
8 hours weekly (0-8)

This course will allow the student to participate in fitness producing and recreational activity in both the Aerobic and Weight Training Center and the Aquatic Center during the designated class times.

PED 161 Weight Training and Aquacise II

4 Hours

Prerequisites: None
8 hours weekly (0-8)

This course will allow the student to use both the Aerobic Center and the Aquatic Center from the first day of the semester until the first day of the following semester during available Aerobics and Aquatic times. A continuation of PED 160.

PED 162 Weight Training and Aquacise III

4 Hours

Prerequisites: None
8 hours weekly (0-8)

This course will allow the student to use both the Aerobic Center and the Aquatic Center from the first day of the semester until the first day of the following semester during available Aerobics and Aquatic times. A continuation of PED 161.

PED 163 Weight Training and Aquacise IV

4 Hours

Prerequisites: None
8 hours weekly (0-8)

This course will allow the student to use both the Aerobic Center and the Aquatic Center from the first day of the semester until the first day of the following semester during available Aerobics and Aquatic times. A continuation of PED 162.

PED 170 Aquacise I

.5-2 Hours

Prerequisites: None
.5-2 hours weekly (variable)

This course is designed to provide instructional pool availability to students at designated times throughout the day. The purpose is to provide lap swimming for fitness, rehabilitation and therapy, individual skills improvement, and relaxation techniques. After registering for the course, the new student selects an Orientation to Aquacise session. These times are listed in the class schedule book each semester. Upon completion of the Orientation to Aquacise session, the student may use the instruction pool at any designated aquacise time. These times are also listed in the class schedule book each semester. The rehabilitation pool may be used at aquacise scheduled times only if available.

PED 171 Aquacise II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide instructional pool availability to students at designated times throughout the day. The course is a continuation of Aquacise I; however, with proper aquacise orientation, it may be started as the first aquacise course. The purpose is to provide lap swimming for fitness, rehabilitation and therapy, individual skills improvement, and relaxation techniques. After registering for the course, the new student selects

an Orientation to Aquacise session. These times are listed in the class schedule book each semester. Upon completion of the Orientation to Aquacise session, the student may use the instruction pool at any designated aquacise time. These times are also listed in the class schedule book each semester. The rehabilitation pool may also be used at aquacise scheduled times only if available.

PED 172 Aquacise III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide instructional pool availability to students at designated times throughout the day. The course is a continuation of Aquacise II; however with proper aquacise orientation, it may be started as the first aquacise course. The purpose is to provide lap swimming for fitness, rehabilitation and therapy, individual skills improvement, and relaxation techniques. After registering for the course, the new student selects an Orientation to Aquacise session. These times are listed in the class schedule book each semester. Upon completion of the Orientation to Aquacise session, the student may use the instruction pool at any designated aquacise time. These times are also listed in the class schedule book each semester. The rehabilitation pool may be used at aquacise scheduled times only if available.

PED 173 Aquacise IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide instructional pool availability to students at designated times throughout the day. The course is a continuation of Aquacise III; however with proper aquacise orientation, it may be started as the first aquacise course. The purpose is to provide lap swimming for fitness, rehabilitation and therapy, individual skills improvement, and relaxation techniques. After registering for the course, the new student selects an Orientation to Aquacise session. These times are listed in the class schedule book each semester. Upon completion of the Orientation to Aquacise session, the student may use the instructional pool at any designated aquacise time. These times are also listed in the class schedule book each semester. The rehabilitation pool may be used at aquacise scheduled times only if available.

PED 174 Beginning Swimming

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed for the non-swimmer and covers the basic swimming strokes, provides instruction in drown-proofing, adjustment skills, basic techniques of safety, survival, and propulsion.

PED 175 Intermediate Swimming

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to improve on the five basic swimming strokes, with an emphasis on moderate endurance. Students will have an opportunity to design individual fitness programs of aquatic activity for themselves.

PED 176 Advanced Swimming

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide students with an opportunity to improve upon their basic swimming strokes and skills. Students will create individual aquatic fitness programs unique to their own goals. Instruction in mask, fin and snorkel, and basic pre-scuba diving techniques will be provided.

PED 177 Aqua Aerobics

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to give students a conceptual and practical understanding of aquatic skills to develop physical fitness. Special exercises are designed to take advantage of the water's buoyancy and resistance. Regular participation in water resistance training will be the primary mechanism by which students will improve or sustain desirable levels of fitness. This course also emphasizes the importance of fitness becoming a lifestyle activity, maintaining update information on overall wellness, and utilizing a variety of water activities.

PED 178 Scuba Diving

2 Hours

Prerequisites: None
3 hours weekly (1-2)

This course is designed to cover the nationally standardized principles and skills of scuba diving. Upon completion of this course, the student has the option of qualifying for the PADI certification.

PED 179 Aquatic Recreational Games

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course is designed to give the student instruction in the skills, techniques, and rules of inner tube water polo, water basketball, water volleyball, and underwater hockey. Regular participation in the aquatic recreational games listed will be the primary mechanism by which the student will improve or maintain desired levels of fitness. This course also emphasizes the importance of fitness becoming a lifestyle activity, maintaining up-to-date information on overall wellness, and utilizing a variety of water activities.

PED 180 Aquatic Toning and Aerobic Activity I

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed to provide the student with increased fitness and flexibility through aquatic exercise. The student will participate in an aquatic fitness and toning exercise program.

PED 181 Aquatic Toning and Aerobic Activity II

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is a continuation of PED 180. With proper orientation, the student may enroll in this course for the first time without previous enrollment in the prior course.

PED 182 Aquatic Toning and Aerobic Activity III

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is a continuation of PED 181. With proper orientation, the student may enroll in this course for the first time without previous enrollment in the prior course.

PED 183 Aquatic Toning and Aerobic Activity IV

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is a continuation of PED 182. With proper orientation, the student may enroll in this course for the first time without previous enrollment in the prior course.

PED 188 Moms and Tots Swim

.5-2 Hours

Prerequisites: None
hours weekly (variable)

The course will provide instruction for young children who are accompanied by their parent. The parent will implement ways to teach the child to swim and be comfortable in the water. Instruction will be in the rehabilitation pool.

PED 189 Prenatal Aquatics

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will provide aquatic exercise for pregnant women who would like to participate in a low-impact physical fitness program.

PED 192 Contemporary Physical Fitness

2 Hours

Prerequisites: None
2 hours weekly (2-0)

Fitness class is designed to acquaint college students of all ages with the nature and scope of establishing lifelong patterns of fitness. The student will receive the facts and principles that provide the basis for motivating people to resources, and assessment instruments will be used in developing

an individualized, well-rounded physical fitness program.

PED 199 Physical Education Activities

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course will acquaint students with various physical education activities. Topics may vary each semester.

PED 200 Block Total Fitness

.5-2 Hours

Prerequisites: None
hours weekly (variable)

This course is designed as block scheduling. The student must participate in 30 exercise sessions geared to provide basic knowledge of strength and cardiovascular gains. Block scheduling allows students to complete the course in 8 weeks instead of 16 weeks. This course may be taken in either the first or second 8 weeks of the semester as described in the current course schedule. Orientation to Aerobics and Weight Training is required prior to using the Aerobic Center.

PED 203 Walking for Fitness

2 Hours

Prerequisites: None
4 hours weekly (0-4)

This course will provide students with the opportunity to learn the fundamentals and proper techniques of walking for health and fitness.

PED 204 Walking for Fitness II

2 Hours

Prerequisites: None
4 hours weekly (0-4)

This course will provide students with the opportunity to learn the fundamentals and proper techniques of walking for health and fitness. A continuation of PED 203.

PED 205 Walking for Fitness III

2 Hours

Prerequisites: None
4 hours weekly (0-4)

This course will provide students with the opportunity to learn the fundamentals and proper techniques of walking for health and fitness. A continuation of PED 204.

PED 206 Walking for Fitness IV

2 Hours

Prerequisites: None
4 hours weekly (0-4)

This course will provide students with the opportunity to learn the fundamentals and proper techniques of walking for health and fitness. A continuation of PED 205.

PED 215 Block Aquatics I

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This 8-week course is designed to provide the swimmer with additional aquatic skills such as the crawl, backstroke, and breast stroke. The student will have an opportunity to create an aquatic fitness exercise program and participate in various physical fitness-producing aquatic exercises.

PED 218 Block Aqua Aerobics I

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This 8-week course is designed to give students a conceptual and practical understanding of aquatic skills to develop physical fitness. Special exercises are designed to take advantage of the water's buoyancy and resistance. Regular participation in water resistance training will be the primary mechanism by which students will improve or sustain desirable levels of fitness. This course also emphasizes the importance of fitness becoming a lifestyle activity, maintaining updated information on overall wellness, and utilizing a variety of water activities.

PED 230 Aqua Yoga

2 Hours

Prerequisites: None
2 hours weekly (0-4)

The Aqua Yoga course is a combination of slow deliberate Aqua Yoga movements that are adapted to the 92-degree therapy pool. The class will promote general mobility, range of motion and body stretching. The Aqua Yoga class can decrease stress, anxiety and fatigue plus be helpful for arthritis and other body conditions. The class will stress body balance and mental control with the goal of improving overall individual health and fitness.

PED 250 Lifeguard Certification

1 Hour

Prerequisites: None
2 hours weekly (0-2)

This course will result in Red Cross Life Guard certification for the student.