

Physical Education (PED)

PED 101J Topics in Swimming 1 Hour

PED 101J.1 Beginning Swimming I 1 Hour

Elementary physical and mental adjustments, four basic strokes, water safety.

PED 101J.2 Beginning Swimming II 1 Hour

Five basic strokes, elementary diving, water safety.

PED 101J.3 Intermediate Swimming 1 Hour

Six power strokes, diving, water safety, introduction to conditioning.

PED 101J.5 Stroke Technique and Fitness Swimming 1 Hour

PED 102G Topics in Skin Diving and Scuba Diving 1 Hour

Training in underwater safety, skin and scuba skills, care of equipment. Culminates in PADI certification.

PED 102G.1 Basic Scuba Diving 1 Hour

Classroom, pool, and open water training with emphasis on underwater safety, the skills of skin and scuba diving, equipment, the underwater environment, planning for a dive. Culminates in nationally recognized certification.

PED 102G.2 Intermediate Scuba Diving 1 Hour

Classroom, pool, and open water training with emphasis on navigation, air consumption, emergency procedures, night dives. Culminates in nationally recognized certification.

PED 102G.3 Advanced Scuba Diving 1 Hour

Classroom, pool, and open water training with emphasis on deep dives, mapping, search and research diving, equipment rescue work. Culminates in nationally recognized certification.

PED 103L Topics in Social Dance 1 Hour

PED 103L.1 Beginning Social Dance: Leads 1 Hour

Introduction to popular social dances, including swing, waltz, bachata, nightclub two-step, cross-step waltz, salsa, west coast swing, and tango. Emphasis on connecting with a dance partner and the art of leading and following. Must register for the role you want to learn: lead or follow.

PED 103L.2 Intermediate Social Dance 1 Hour

An intermediate survey of popular social dances. Includes more complex partnering and variations in familiar and new dance styles.

PED 103L.3 Advanced Social Dance 1 Hour

An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style.

PED 103L.4 Intermediate Social Dance: Follows 1 Hour

Continue exploring the skills learned in Beginning Social Dance. Examine intermediate variations and partnering as well as new dances.

PED 103L.5 Advanced Social Dance: Leads 1 Hour

An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style.

PED 103L.6 Advanced Social Dance: Follows 1 Hour

An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style.

PED 103L.7 Beginning Social Dance: Follows 1 Hour

Introduction to popular social dances, including swing, waltz, bachata, nightclub two-step, cross-step waltz, salsa, west coast swing, and tango. Emphasis on connecting with a dance partner and the art of leading and following. Must register for the role you want to learn: lead or follow.

PED 103L.8 Intermediate Social Dance: Leads 1 Hour

Continue exploring the skills learned in Beginning Social Dance. Examine intermediate variations and partnering as well as new dances.

PED 104P Topics in Tennis 1 Hour

PED 104P.1 Beginning Tennis 1 Hour

PED 104P.2 Advanced Beginning Tennis 1 Hour

PED 104P.3 Intermediate Tennis 1 Hour

PED 104P.4 Advanced Intermediate Tennis 1 Hour

PED 104P.5 Advanced Tennis 1 Hour

PED 104R Topics in Racquetball 1 Hour

PED 104R.1 Beginning Racquetball 1 Hour

PED 104R.2 Intermediate Racquetball 1 Hour

PED 104R.3 Advanced Racquetball 1 Hour

PED 105C Topics in Handball 1 Hour

PED 105C.1 Beginning Handball 1 Hour

PED 105C.2 Intermediate Handball 1 Hour

PED 105C.3 Advanced Handball 1 Hour

PED 105C.4 Handball Doubles 1 Hour

PED 105M Topics in Fencing 1 Hour

PED 105M.1 Beginning Fencing: Foil 1 Hour

PED 105M.2 Beginning Fencing: Epee 1 Hour

PED 105M.3 Intermediate Fencing: Foil 1 Hour

PED 105M.4 Intermediate Fencing: Epee 1 Hour

PED 105M.5 Intermediate Fencing: Saber 1 Hour

PED 105M.6 Advanced Fencing: Foil 1 Hour

PED 105R Topics in Karate/Tae Kwon Do 1 Hour

Includes self-defense.

PED 105R.1 Beginning Karate/Tae Kwon Do 1 Hour

Explore basic hand strikes, kicks, blocks, and fighting combinations. Engage in strikes and kicks on pads and learn practical self-defense techniques. Examine physical conditioning, discipline, and respect.

PED 105R.2 Intermediate Karate/Tae Kwon Do 1 Hour

Explore beginner and intermediate hand strikes, kicks, blocks, and fighting combinations. Engage in strikes on pads and learn practical self-defense techniques. Examine light sparring, form training, conditioning, respect, and discipline.

PED 105R.3 Advanced Karate/Tae Kwon Do 1 Hour

PED 105T Topics in Judo 1 Hour

Includes self-defense.

PED 105T.1 Beginning Judo 1 Hour

PED 105T.2 Intermediate Judo 1 Hour

PED 105T.3 Advanced Judo 1 Hour

PED 105U Beginning Hapkido/Self-Defense 1 Hour

PED 105V Kickboxing and Self-Defense 1 Hour

Explore basic karate and boxing hand strikes, kicks, and blocks. Work fighting combinations on pads and understand concepts of speed and power. Examine conditioning and practical self-defense strategies.

PED 106C Topics in Conditioning 1 Hour

PED 106C.1 Swim Conditioning 1 Hour

PED 106C.10 Intermediate Yoga 1 Hour

Explore yogic physical and subtle body anatomy through poses, breath and meditation techniques. Follow alignment-based instruction to deepen poses learned in Beginner's Yoga and to further explore new and more challenging poses. Employ breathing and meditation practices to experience increased self-regulation and self-awareness.

PED 106C.11 Advanced Yoga 1 Hour

Continue exploring yoga poses, breathing, and meditation techniques. Discover the modern-day relevance and application of the ancient teachings of yoga as explored in the text *The Yogi Sutras*.

PED 106C.12 Beginning Yoga 1 Hour

Explore the principles and benefits of mind-body fitness through the lens of yoga and examine the relationship between exercise, health, and wellness. Discover a yogic approach to cardio and strength training exercises through hatha and vinyasa styles of yoga, as well as mental focus and breathing techniques. Explore aerobic capacity, muscular endurance, muscular strength, mental focus, and overall flexibility.

PED 106C.13 Beginning Pickleball 1 Hour

Learn to play pickleball: a racquet sport which merges elements of badminton, tennis, and table tennis. Work on the basic pickleball shots and discuss how to keep score, rules, ways to win or lose points, serve order, safety, and etiquette. Play singles and doubles matches.

PED 106C.2 Cardiovascular and Weight Training 1 Hour

PED 106C.3 Aerobic Walking 1 Hour

PED 106C.4 Aerobics 1 Hour

PED 106C.5 Body Works 1 Hour

Step training with emphasis on muscular/strength endurance work, and inclusion of yoga and pilates. Combines aerobic conditioning with muscular work for a shorter, more intense aerobic segment followed by a challenging muscular workout for the trunk and upper and lower body. Designed to improve body composition, aerobic capacity, muscular endurance, muscular strength, and overall flexibility.

PED 106C.6 Circuit Aerobics 1 Hour

PED 106C.7 Weight Training 1 Hour

PED 106D Topics in Running 1 Hour

PED 106D.1 Beginning Running 1 Hour

PED 106D.2 Intermediate Running 1 Hour

PED 106D.3 Advanced Running 1 Hour

PED 107C Topics in Archery 1 Hour

PED 107C.1 Beginning Archery 1 Hour

Basic form.

PED 107C.2 Intermediate Archery 1 Hour

Bow mechanics and competition.

PED 107C.3 Intermediate Field Archery 1 Hour

PED 107C.4 Advanced Archery 1 Hour

Tournament shooting and psychology of competition.

PED 107D Topics in Golf 1 Hour

PED 107D.1 Beginning Golf 1 Hour

PED 107D.2 Intermediate Golf 1 Hour

PED 107D.3 Beginning Golf II 1 Hour

PED 107L Topics in Gymnastics 1 Hour

PED 107L.1 Beginning Tumbling and Trampoline 1 Hour

PED 107L.2 Intermediate Tumbling and Trampoline 1 Hour

PED 107L.3 Rhythmic Gymnastics 1 Hour

Combination of gymnastics and dance movements performed to music using the hand apparatus of balls, hoops, ribbons, or ropes.

PED 107L.4 Beginning Gymnastics I 1 Hour

Apparatus work in either men's or women's Olympic gymnastics events.

PED 107L.5 Beginning Gymnastics II 1 Hour

Apparatus work in either men's or women's Olympic gymnastics events.

PED 107L.6 Intermediate Gymnastics 1 Hour

Apparatus work in either men's or women's Olympic gymnastics events.

PED 107L.7 Intermediate Advanced Gymnastics 1 Hour

Apparatus work in either men's or women's Olympic gymnastics events. Intense activity.

PED 107L.8 Advanced Gymnastics 1 Hour

Apparatus work in either men's or women's Olympic gymnastics events. Intense activity.

PED 108C Topics in Basketball 1 Hour

PED 108C.1 Beginning Basketball 1 Hour

PED 108C.2 Intermediate Basketball 1 Hour

PED 108C.3 Advanced Basketball 1 Hour

PED 108C.4 Basketball: All Level 1 Hour

PED 108S Topics in Softball 1 Hour

PED 108S.1 Beginning Softball 1 Hour

PED 108S.2 Intermediate Softball 1 Hour

PED 109D Topics in Volleyball 1 Hour

PED 109D.1 Beginning Volleyball 1 Hour

Designed for students with few or no volleyball skills.

PED 109D.2 Intermediate Volleyball 1 Hour

Designed for students with good basic skills: bump, set, spike, serve.

PED 109D.3 Advanced Volleyball 1 Hour

Designed for students with high skills and knowledge of multiple offenses.

PED 109D.4 Sand Volleyball 1 Hour

Explore basic motor skills and apply systems and skills of outdoor sand volleyball. Examine physical activity, service learning, cardiovascular health and fitness, and overall well-being.

PED 119S, 219S, 319S, 419S, 519S, 619S, 719S, 819S, 919S Topics in Physical Education 1-9 Hours

This course is used to record credit the student earns while enrolled at another institution in a program administered by the University's Study Abroad Office. Credit is recorded as assigned by the study abroad adviser in the Department of Kinesiology and Health Education. University credit is awarded for work in an exchange program; it may be counted as coursework taken in residence. Transfer credit is awarded for work in an affiliated studies program.

PED 129S, 229S, 329S, 429S, 529S, 629S, 729S, 829S, 929S Topics in Physical Education 1-9 Hours

This course is used to record credit the student earns while enrolled at another institution in a program administered by the University's Study Abroad Office. Credit is recorded as assigned by the study abroad adviser in the Department of Kinesiology and Health Education. University credit is awarded for work in an exchange program; it may be counted as coursework taken in residence. Transfer credit is awarded for work in an affiliated studies program.

PED 130S, 230S, 330S Topics in Physical Education 1-3 Hours