PED - Physical Education

Physical Education: PED

Lower-Division Courses

PED 101J. Swimming.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Swimming I. For nonswimmers. Elementary physical and mental adjustments, four basic strokes, water safety.
Topic 2: Beginning Swimming II. For well-adjusted but weak swimmers. Five basic strokes, elementary diving, water safety.
Topic 3: Intermediate Swimming. For the average swimmer. Six power strokes, diving, water safety, introduction to conditioning.
Topic 5: Stroke Technique and Fitness Swimming.

PED 102G. Skin Diving and Scuba Diving.

Training in underwater safety, skin and scuba skills, care of equipment. Culminates in PADI certification. Three laboratory hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Advanced-level swimming skills. Strong swimming and survival skills required.

Topic 1: Basic Scuba Diving. 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.
Topic 2: Intermediate Scuba Diving. Open to divers with Basic Certification. Classroom, pool, and open water training with emphasis on navigation, air consumption, emergency procedures, night dives. Culminates in nationally recognized certification.
Topic 3: Advanced Scuba Diving. Open to experienced divers with Intermediate Certification. 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. Social Dance.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Varies with the topic.

Topic 1: Beginning Social Dance: Leads. 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. Only one of the following may be counted: Kinesiology 119 (Topic 16), Kinesiology 119 (Topic 20), Physical Education 103L (Topic 1), 103L (Topic 7).
Topic 2: Intermediate Social Dance. An intermediate survey of popular social dances. Includes more complex partnering and variations in familiar and new dance styles. Only one of the following may be counted: Physical Education 103L (Topic 2), 103L (Topic 4), 103L (Topic 8). Additional prerequisite: Kinesiology 119 (Topic 16) or Physical Education 103L (Topic 1).
Topic 3: Advanced Social Dance. An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style. Only one of the following may be counted: Physical Education 103L (Topic 3), 103L (Topic 5), 103L (Topic 6). Additional prerequisite: Physical Education 103L (Topic 2), and audition on first class meeting.
Topic 4: Intermediate Social Dance: Follows. Continue exploring the skills learned in Beginning Social Dance. Examine intermediate variations and partnering as well as new dances. Only one of the following may be counted: Physical Education 103L (Topic 2), 103L (Topic 4), 103L (Topic 8). Additional prerequisite: Physical Education 103L (topic 1), or 103L (topic 7); or Kinesiology 119 (topic 16), or 119 (topic 20)
Topic 5: Advanced Social Dance: Leads. An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style. Only one of the following may be counted: Physical Education 103L (Topic 3), 103L (Topic 5), 103L (Topic 6). Additional prerequisite: Physical Education 103L (Topic 8), and audition on first class meeting.
Topic 6: Advanced Social Dance: Follows. An advanced survey of popular social partner dances. Includes advanced partnering, role reversal, and an emphasis on creativity and style. Only one of the following may be counted: Physical Education 103L (Topic 3), 103L (Topic 5), 103L (Topic 6). Additional prerequisite: Physical Education 103L (Topic 4), and audition on first class meeting.
Topic 7: Beginning Social Dance: Follows. 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. Only one of the following may be counted: Kinesiology 119 (Topic 16), Kinesiology 119 (Topic 20), Physical Education 103L (Topic 1), 103L (Topic 7).
Topic 8: Intermediate Social Dance: Leads. Continue exploring the skills learned in Beginning Social Dance. Examine intermediate variations and partnering as well as new dances. Only one of the following may be counted: Physical Education 103L (Topic 2), 103L (Topic 4), 103L (Topic 8). Additional prerequisite: Physical Education 103L (topic 1), or 103L (topic 7); or Kinesiology 119 (topic 16), or 119 (topic 20)

PED 104P. Tennis.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Tennis. For the nonplayer.
Topic 2: Advanced Beginning Tennis. For players with weak strokes and serves.
Topic 3: Intermediate Tennis. Additional prerequisite: Physical Education 104P (Topic 1) or consent of instructor.
Topic 4: Advanced Intermediate Tennis. Additional prerequisite: Physical Education 104P (Topic 1) or consent of instructor.
Topic 5: Advanced Tennis. Additional prerequisite: Physical Education 104P (Topic 1) or consent of instructor.

PED 104R. Racquetball.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Racquetball. For the nonplayer.
Topic 2: Intermediate Racquetball. Additional prerequisite: Credit for Physical Education 104R (Topic 1) or consent of instructor.
Topic 3: Advanced Racquetball. Additional prerequisite: Credit for Physical Education 104R (Topic 2) or consent of instructor.

PED 105C. Handball.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Handball. For the nonplayer.
Topic 2: Intermediate Handball. Additional prerequisite: Physical Education 105C (Topic 1) or consent of instructor.

Topic 3: Advanced Handball. Additional prerequisite: Physical Education 105C (Topic 2) or consent of instructor.
Topic 4: Handball Doubles. Additional prerequisite: Physical Education 105C or consent of instructor.

PED 105M. Fencing.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Fencing: Foil.
Topic 2: Beginning Fencing: Epee.
Topic 3: Intermediate Fencing: Foil. Prerequisite: Physical Education 105M (Topic 1).
Topic 4: Intermediate Fencing: Epee. Prerequisite: Physical Education 105M (Topic 2).
Topic 5: Intermediate Fencing: Saber. Prerequisite: Physical Education 105M (Topic 1).
Topic 6: Advanced Fencing: Foil. Prerequisite: Any intermediate-level fencing course.

PED 105R. Karate/Tae Kwon Do.

Includes self-defense. Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Karate/Tae Kwon Do. 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. Additional prerequisite: No experience required.
Topic 2: Intermediate Karate/Tae Kwon Do. 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. Additional prerequisite: Basic knowledge and experience of martial arts.
Topic 3: Advanced Karate/Tae Kwon Do. Additional prerequisite: Karate/Taekwondo experience.

PED 105T. Judo.

Includes self-defense. Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Judo. Prerequisite: No experience required.
Topic 2: Intermediate Judo. Prerequisite: Judo experience.
Topic 3: Advanced Judo. Additional prerequisite: Previous judo experience.

PED 105U. Beginning Hapkido/Self-Defense.

Three laboratory hours a week for one semester. Physical Education 105T (Topic: Beginning Hapkido/Self-Defense) and 105U may not both be counted.

PED 105V. Kickboxing and Self-Defense.

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. Three laboratory hours a week for one semester.

PED 106C. Conditioning.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Swim Conditioning. Additional prerequisite: Comfortable in deep water and able to swim 50 yards.
Topic 2: Cardiovascular and Weight Training.
Topic 3: Aerobic Walking.
Topic 4: Aerobics.
Topic 5: Body Works. 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.
Topic 6: Circuit Aerobics.
Topic 7: Weight Training.
Topic 10: Intermediate Yoga. 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. Additional prerequisite: Physical Education 106C (Topic 5), 106C (Topic 9), 106C (Topic 12).
Topic 11: Advanced Yoga. 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. Additional prerequisite: Physical Education 106C (Topic 10).
Topic 12: Beginning Yoga. 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. Physical Education 106C (Topic 9) and 106C (Topic 12) may not both be counted.

PED 106D. Running.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary. Prerequisite: Varies with the topic.

Topic 1: Beginning Running.
Topic 2: Intermediate Running.
Topic 3: Advanced Running.

PED 107C. Archery.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Archery. Basic form.
Topic 2: Intermediate Archery. Bow mechanics and competition. Prerequisite: Archery experience.
Topic 3: Intermediate Field Archery. Prerequisite: Archery experience.
Topic 4: Advanced Archery. Tournament shooting and psychology of competition. Prerequisite: Intermediate-level archery skills or 225 FITA average.

PED 107D. Golf.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Golf.
Topic 2: Intermediate Golf. Additional prerequisite: One semester of beginning golf or an eighteen hole scoring average of seventy five to ninety.
Topic 3: Beginning Golf II. Physical Education 107D (Topic: Beginning Golf II) and 107D (Topic 3) may not both be counted. Additional prerequisite: Physical Education 107D (Topic 1).

PED 107L. Gymnastics.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Tumbling and Trampoline.
Topic 2: Intermediate Tumbling and Trampoline. Prerequisite: Tumbling and trampoline experience.
Topic 3: Rhythmic Gymnastics. Combination of gymnastics and dance movements performed to music using the hand apparatus of balls, hoops, ribbons, or ropes.
Topic 4: Beginning Gymnastics I. Apparatus work in either men's or women's Olympic gymnastics events.
Topic 5: Beginning Gymnastics II. Apparatus work in either men's or women's Olympic gymnastics events. Prerequisite: Limited gymnastics experience.
Topic 6: Intermediate Gymnastics. Apparatus work in either men's or women's Olympic gymnastics events. Prerequisite: Gymnastics experience.
Topic 7: Intermediate Advanced Gymnastics. Apparatus work in either men's or women's Olympic gymnastics events. Intense activity. Prerequisite: Gymnastics experience.
Topic 8: Advanced Gymnastics. Apparatus work in either men's or women's Olympic gymnastics events. Intense activity. Prerequisite: Intermediate-level gymnastics experience.

PED 108C. Basketball.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Basketball. For those with little or no basketball experience.
Topic 2: Intermediate Basketball. For those with some skills in the game.
Topic 3: Advanced Basketball. For those with high skill and some competitive experience.
Topic 4: Basketball: All Level. Physical Education 108C (Topic: Basketball: All Level) and 108C (Topic 4) may not both be counted.

PED 108S. Softball.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Softball. For those with few softball skills.
Topic 2: Intermediate Softball. For those with experience and good basic skills.

PED 109D. Topics in Volleyball.

Three laboratory hours a week for one semester. May be repeated for credit when the topics vary.

Topic 1: Beginning Volleyball. Designed for students with few or no volleyball skills. Physical Education 109D (Topic 1) and 108J (Topic 1) may not both be counted.
Topic 2: Intermediate Volleyball. Designed for students with good basic skills: bump, set, spike, serve. Physical Education 109D (Topic 2) and 108J (Topic 2) may not both be counted.
Topic 3: Advanced Volleyball. Designed for students with high skills and knowledge of multiple offenses. Physical Education 109D (Topic 3) and 108J (Topic 3) may not both be counted.
Topic 4: Sand Volleyball. 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. Physical Education 106C (Topic: Sand Volleyball) and 109D (Topic 4) may not both be counted. Additional prerequisite: Basic recreational or competitive volleyball playing experience.

Upper-Division Courses

Graduate Courses

Professional Courses