PE 104. Archery. 1 Credit Hour.
This is an introductory course that focuses on basic archery rules, skills, terminology, and equipment. Techniques of shooting including stance, draw, aim, release and follow through of a compound bow are introduced. Columbia Cross, National Safety Council, or American Heart Association. This course may be taken to satisfy one credit hour of the physical education requirement. Prerequisite: Reading Proficiency.

PE 105. Deep Water Exercise. 1 Credit Hour.
This course is designed to promote cardiovascular fitness. Assisted by flotation devices students will engage in warm-up, aerobic, and muscle toning exercises in a suspended state, thereby avoiding hard impact on joints. Recommended for individuals who have excess weight, knee or back problems. Additional hours required.

PE 106. Backpacking and Hiking. 1 Credit Hour.
This course is an introduction to leisure-time activities of hiking, backpacking, and camping skills. Food and hydration preparations, choice of proper hiking-camping apparel, campsite development, safety and sanitation are explored. This course requires two one-day trail hikes (roughly 10 miles) and one weekend camping trip. Each student is responsible for his/her own equipment and transportation to and from the campsite. Additional hours required.

PE 107. Baseball I. 1 Credit Hour.
Indoor/outdoor instruction in hitting, fielding, throwing, baserunning, conditioning, bunting, strategy, position play.

PE 108. Archery. 1 Credit Hour.
This course is an introductory course that focuses on basic archery rules and skills, including shooting with a bow and arrow. Basic archery safety and procedures are covered. The course includes six hours of instruction and training, including the use of a recurve bow.

PE 109. Basic Fitness I. 1 Credit Hour.
This course is an introductory course that focuses on fitness principles and exercise techniques used to develop strength, muscular endurance, flexibility, and cardio-respiratory fitness. A variety of physical activities and exercises will be introduced.

PE 110. Basic Fitness II. 1 Credit Hour.
This course focuses on the development of strength and cardio-respiratory fitness. Fitness principles, various types of exercises, and the role of eating patterns are identified to enhance a healthy lifestyle. Focus will be placed on students designing their own workout routines. Prerequisite: PE 109.

PE 111. Basketball I. 1 Credit Hour.
Basics of ball handling, shooting, offense, defense, team play, conditioning.

PE 112. Dance Aerobics I. 1 Credit Hour.
This course is an introduction to continuous rhythmic movements and steps to encourage this enjoyable physical activity to be part of a healthy lifestyle. Workout sessions incorporate various genres of music designed for all fitness levels to improve cardio-respiratory fitness, flexibility, muscle toning and strengthening, and coordination.

PE 113. Dance Aerobics II. 1 Credit Hour.
This course is an introduction to continuous rhythmic movements and steps to encourage this enjoyable physical activity to be part of a healthy lifestyle. Workout sessions incorporate various genres of music designed for all fitness levels to improve cardio-respiratory fitness, flexibility, muscle toning and strengthening, and coordination.

PE 114. Cross Country. 1 Credit Hour.
This course is a continuation of PE 112 with emphasis on strengthening the cardio-respiratory system, improving muscle tone and flexibility, and promoting weight loss through rhythmic movements and steps. Various genres of music accompany workouts, which include floor aerobics, step aerobics, and low- and high-impact movements. Prerequisite: PE 112.

PE 115. First Aid. 2 Credit Hours.
This course includes emergency recognition and first aid treatment for sudden illness and injuries with adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED). First Aid and CPR/AED certification is available through the one of the following certifying agencies: American Red Cross, National Safety Council, or American Heart Association. This course may be taken to satisfy one credit hour of the physical education requirement. Prerequisite: Reading Proficiency.

PE 116. Bowling I. 1 Credit Hour.
This course is an introduction of basic fundamentals and techniques including starting positions, the push away, footwork, and arm swing used in the approach and delivery. Instruction includes history, rules, safety, strategies, scoring, and handicapping. This course is held at a nearby bowling facility and there is an additional fee for equipment rental. Prerequisite: PE 116 with a minimum grade of "C".

PE 117. Bowling II. 1 Credit Hour.
This course expands on skills including adjustments to lane conditions, approach, developing a strike ball, picking all spare and split combinations; individual and team competition. This course is held at a nearby bowling facility and there is an additional fee for equipment rental. Prerequisite: PE 116 with a minimum grade of "C".

PE 118. Camping and Floating. 1 Credit Hour.
This course introduces the fundamentals of outdoor living including camping skills, cooking, campsite development, shelter, canoeing, and selection and care of equipment. The course includes and overnight float trip on Missouri Rivers.

PE 119. Total Fitness 1 Credit Hour.
This course provides physiological principles of cardiovascular functions with practical application in administering such techniques. Use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 120. Community Red Cross CPR. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 121. Dance Aerobics I. 1 Credit Hour.
This course is an introduction to continuous rhythmic movements and steps to encourage this enjoyable physical activity to be part of a healthy lifestyle. Workout sessions incorporate various genres of music designed for all fitness levels to improve cardio-respiratory fitness, flexibility, muscle toning and strengthening, and coordination.

PE 122. Dance Aerobics II. 1 Credit Hour.
This course is an introduction to continuous rhythmic movements and steps to encourage this enjoyable physical activity to be part of a healthy lifestyle. Workout sessions incorporate various genres of music designed for all fitness levels to improve cardio-respiratory fitness, flexibility, muscle toning and strengthening, and coordination.

PE 123. Dance Aerobics III. 1 Credit Hour.
This course is designed to promote cardiovascular fitness. Assisted by flotation devices students will engage in warm-up, aerobic, and muscle toning exercises in a suspended state, thereby avoiding hard impact on joints. Recommended for individuals who have excess weight, knee or back problems. Additional hours required.

PE 124. Cross Country. 1 Credit Hour.
This course is a continuation of PE 123 with emphasis on strengthening the cardio-respiratory system, improving muscle tone and flexibility, and promoting weight loss through rhythmic movements and steps. Various genres of music accompany workouts, which include floor aerobics, step aerobics, and low- and high-impact movements. Prerequisite: PE 123.

PE 125. First Aid. 2 Credit Hours.
This course includes emergency recognition and first aid treatment for sudden illness and injuries with adult cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED). First Aid and CPR/AED certification is available through the one of the following certifying agencies: American Red Cross, National Safety Council, or American Heart Association. This course may be taken to satisfy one credit hour of the physical education requirement. Prerequisite: Reading Proficiency.

PE 126. Fencing I. 1 Credit Hour.
This is an introductory course that focuses on basic fencing rules and skills including attacks, parries, strategy, and rules. Intraclass competition is performed.

PE 127. Fencing II. 1 Credit Hour.
This course is an introduction to continuous rhythmic movements and steps to encourage this enjoyable physical activity to be part of a healthy lifestyle. Workout sessions incorporate various genres of music designed for all fitness levels to improve cardio-respiratory fitness, flexibility, muscle toning and strengthening, and coordination.

PE 128. Fencing III. 1 Credit Hour.
This course provides basic fencing principles, awareness of healthy food choices, and physical activities for students to improve health and well-being. Active participation in physical activities for the development of muscular strength and endurance, flexibility, and cardiorespiratory fitness is required.

PE 129. Fitness Center I. 1 Credit Hour.
This course provides basic fitness principles, awareness of healthy food choices, and physical activities for students to improve health and well-being. Active participation in physical activities for the development of muscular strength and endurance, flexibility, and cardiorespiratory fitness is required.

PE 130. Fitness Center II. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 131. Fitness Center III. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 132. Total Fitness. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 133. Total Fitness II. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.

PE 134. Total Fitness III. 1 Credit Hour.
This course provides physiological principles of cardio-pulmonary functions with practical application in administering this lifesaving technique and use of an automated external defibrillator. Certification through the American Red Cross adult, child and infant Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillation (AED) available for those who meet course requirements. Additional fee is required to obtain certification.
Additional hours may be required.

crawl, back crawl, side stroke, elementary back, breast stroke, and butterfly.

will be demonstrated, explained, and evaluated. Strokes taught include front

introduce skills and techniques of swimming and basic water safety. Each skill

This course is designed to promote comfort in an aquatic environment and to

include all strokes survival swimming, endurance, elementary rescues, plus recreational water games.

Tai Chi I is an introduction to the history, philosophy, and movements of the

soft form of ancient Chinese martial arts. This low-impact activity is comprised

of slow, full-body movements using all muscle groups throughout the full

joint range of motion. Active participation is required in this course. Tai Chi

will improve posture and balance, muscle strength, cardiovascular fitness,

kinesthetics (body awareness), and concentration. Various styles may be

introduced to promote physical and mental well-being.

This course is designed to emphasize the importance of team play in sports

activities. Indoor and outdoor activities include: flag football, kickball, volleyball, softball, soccer, basketball, and ultimate frisbee.

This is an introductory course on basic skills and techniques of ice skating

including attire and equipment. Course is held at local skating rink and there is

an additional fee for skate rental.

This course (translated as "gentle way") is designed to introduce students
to the Olympic sport. Focus on fundamental skills and techniques of falling,
throwing, grappling, holding, and recognition of choking, and arm locks.
Students will explore basic terminology, etiquette, and history and rules of
the sport. Emphasis will be placed on safety and controlled execution of

This course is a continuation of Judo I (translated as "gentle way").
Introduction to intermediate and advanced skills and techniques of falling,
throwing (Nage Waza), grappling (Katame Waza or Ne Waza), holding
(Osae-komi Waza), choking (Shime Waza), and joint locks (Kansetsu Waza).
Students will explore advanced terminology, rules of competitive Judo, match
scoring system and strategies for scoring points in Judo competition. Emphasis
will be placed on safety and controlled execution of techniques.
Prerequisite: PE 137 with a minimum grade of "C".

This course focuses on basic techniques of blocking, striking, and kicking.
Combined techniques with emphasis on form, correct timing, distance, and
focus will be introduced. Emphasis will be placed on safety and controlled
execution of techniques.

This is an introductory course that focuses on the principles and basic skills
of soccer including ball handling, dribbling, trapping, passing, shooting,
heading, throwing, goal tending, position play, team play, and rules of the
game. Interclass competition is performed.

This course includes an overview of stress and its impact on physical, mental,
emotional, and spiritual health and wellness. Coping strategies, relaxation

This course is designed to promote comfort in an aquatic environment and to
introduce skills and techniques of swimming and basic water safety. Each skill
will be demonstrated, explained, and evaluated. Strokes taught include front
crawl, back crawl, side stroke, elementary back, breast stroke, and butterfly.
Additional hours may be required.

This is an introductory course on basic skills and techniques of ice skating
including attire and equipment. Course is held at local skating rink and there is
an additional fee for skate rental.

This course (translated as "gentle way") is designed to introduce students
to the Olympic sport. Focus on fundamental skills and techniques of falling,
throwing, grappling, holding, and recognition of choking, and arm locks.
Students will explore basic terminology, etiquette, and history and rules of
the sport. Emphasis will be placed on safety and controlled execution of

This course is designed to promote comfort in an aquatic environment and to
introduce skills and techniques of swimming and basic water safety. Each skill
will be demonstrated, explained, and evaluated. Strokes taught include front
crawl, back crawl, side stroke, elementary back, breast stroke, and butterfly.
Additional hours may be required.

This course focuses on the creation of team play in sports

activities. Indoor and outdoor activities include: flag football, kickball, volleyball, softball, soccer, basketball, and ultimate frisbee.

This course is an introduction to the game of tennis. Physical skills (e.g., racket
grip, serves, shots, and footwork) and strategic play for "singles" and "doubles"
play will be introduced.

This course is an extension of Tennis I. Continued emphasis on physical skills
and strategy will be examined and practiced.
Prerequisite: PE 169.

This is an introductory course that focuses on basic volleyball rules and skills
including passing, serving, setting, spiking, and scoring. Interclass competition
is performed.

This course focuses on the continuation and progression from Volleyball I
including history, rules, advanced skills, and strategies. Competitive team play
is performed.
Prerequisite: PE 171.

This course focuses on the proper technique and attire, and the importance of

cardiovascular fitness, weight control, and safety.

This course is designed to promote cardiovascular fitness, improve muscle
strength, muscle endurance, and flexibility. A variety of water exercises are
introduced to meet the needs of the student. Non-swimmers can participate in
this course. Additional hours may be required.

This course is designed to introduce the beginner to a variety of basic weight
training skills. Techniques focus on safe execution of weight lifting using pin-
select weight equipment and free weights to develop strength, size, endurance,
and flexibility of major muscle groups. Circuit training is introduced.

This course focuses on advanced weight lifting techniques utilizing pin-select
machines and free weights. Advanced level training programs for increased
muscular development are designed. Circuit training is utilized.
Prerequisite: PE 177 with a minimum grade of "C".

This course is designed to promote comfort in an aquatic environment and to
introduce skills and techniques of swimming and basic water safety. Each skill
will be demonstrated, explained, and evaluated. Strokes taught include front
crawl, back crawl, side stroke, elementary back, breast stroke, and butterfly.
Additional hours may be required.
PE 180. Wellness and Fitness Concepts. 3 Credit Hours.
This course focuses on the impact physical activity, healthy eating behaviors, weight management, stress management, substance abuse, sexually transmitted diseases and other relevant topics have on health and wellness. The development of an individualized wellness program enhances understanding of course concepts. Additional hours required.
Prerequisite: Reading Proficiency.

PE 181. Yoga I (Beginning). 1 Credit Hour.
This course is an introduction to Hatha Yoga (the Yoga of physical wellbeing), which includes basic poses (asanas), breathing techniques, meditation, and yoga philosophy. Active participation in these activities is designed to increase flexibility and balance, strengthen and tone muscles, and energize the body to reduce stress and enhance physical and mental health.

PE 182. Yoga II (All Levels/Intermediate). 1 Credit Hour.
This course is a continuation of PE 181, which is an introduction to Hatha Yoga (the Yoga of physical well-being). Active participation and emphasis on awareness and internal focus while practicing advanced yoga asanas (poses), pranayama (controlled breath), and meditation. Performance of these skills and techniques will increase muscle strength and endurance, increase flexibility and balance, improve body posture, reduce stress, and enhance relaxation.
Prerequisite: PE 181.

PE 191. Body Contouring. 1 Credit Hour.
This course is an exercise class using resistance in the form of free weights and elastic bands to develop the figure, posture, flexibility and muscle tone. Nutrition strategies will be discussed.

PE 220. American Heart Association Cardiopulmonary Resuscitation (CPR) for Healthcare Providers. 1 Credit Hour.
This course is designed to prepare students in healthcare professions with basic life support and cardiopulmonary resuscitation (CPR). Students will learn how to recognize cardiac arrest, give chest compressions, deliver ventilations, and provide early use of an automated external defibrillator (AED) individually and with a partner. Adult, child, and infant rescue techniques including choking will be part of this course. American Heart Association Basic Life Support (BLS) for Healthcare Providers certification is available for those who meet the course requirements. Additional fee is required to obtain certification.
Prerequisite: Reading Proficiency.