

PHYSICAL EDUCATION (PE)

Your participation in an STLCC activity course confirms you are aware of the risks and are physically able to safely participate in class and have no health-related conditions that may affect your ability to participate.

Course Descriptions

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 rounds and intraclass competition are performed. (Credit is only allowed for either PE 104 or HW 112.)

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 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. (Credit is only allowed for either HW 115 or PE 109.)

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.

Prerequisites: PE 109 with a minimum grade of "C"

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.

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.

Prerequisites: 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 an overnight float trip on Missouri Rivers.

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. Addition fee is required to obtain certification. (Credit is only allowed for either PE 120 or HW 124.)

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. (Credit is only allowed for either HW 129 or PE 126.)

PE 127. Fencing II. 1 Credit Hour.

This course is a refinement of techniques learned in Fencing I. Foil and Epee, advanced parries, attacks and electric equipment are introduced. Intraclass competition is performed. (Credit is only allowed for either HW 130 or PE 127.) Prerequisites: PE 126 with a minimum grade of "C"

PE 129. 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. (Credit is only allowed for either PE 129 or HW 109.)

Prerequisites: Reading Proficiency

PE 130. 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. (Credit is only allowed for either HW 131 or PE 130.)

PE 131. Fitness Center II. 1 Credit Hour.

This course is a continuation of PE 130 with consideration given to concepts of body composition and weight management through healthy food selection and physical activities. Active participation in self-guided physical activities to improve muscular strength and endurance, cardiorespiratory fitness, and flexibility is required. (Credit is only allowed for either HW 132 or PE 131.) Prerequisites: PE 130 with a minimum grade of "C"

PE 132. Total Fitness. 1 Credit Hour.

This course is a continuation of PE 131 with consideration given to self-directed lifetime fitness for health and well-being. Performance of physical activities is required. Advanced training techniques for improving muscular strength and endurance, cardiorespiratory fitness, and flexibility are explored. Additional hours required. (Credit is only allowed for either HW 150 or PE 132.) Prerequisites: PE 130 and PE 131 with minimum grades of "C"

PE 133. Golf. 1 Credit Hour.

Basic fundamentals such as swing, club selection, putting, rules and etiquette are covered. Clubs are not provided.

PE 135. Health and Personal Hygiene. 3 Credit Hours.

This is an introduction to the concept of health being a foundation for positive movement throughout the life cycle. The course will explore the inter-relatedness of the body systems, the nature and communication of disease and the recovery process. Course topics will include healthy eating, fitness, sexuality, drugs, stress, and wellness. (Credit is only allowed for either PE 135 or HW 102.)

Prerequisites: Reading Proficiency

PE 137. Judo I. 1 Credit Hour.

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 techniques.

PE 139. Karate I. 1 Credit Hour.

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.

PE 145. Personal Defense I. 1 Credit Hour.

Basic techniques of hand-to-hand defense including jujitsu and karate. Basic throws, attacks, blocks and releases. General rules of safety and prevention of attack situations are covered.

PE 161. Stress Management. 3 Credit Hours.

This course includes an overview of stress and its impact on physical, mental, emotional, and spiritual health and wellness. Coping strategies, relaxation techniques, healthy eating behaviors, and physical activities for stress reduction will be explored. (Credit is only allowed for either PE 161 or HW 103.) Prerequisites: Reading Proficiency

PE 162. Swimming I (Beginning/Elementary). 1 Credit Hour.

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 163. Swimming II (All Levels). 1 Credit Hour.

Intermediate course in swimming includes all strokes survival swimming, endurance, elementary rescues, plus recreational water games.

PE 165. Tai Chi I. 1 Credit Hour.

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.

PE 171. Volleyball I. 1 Credit Hour.

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

PE 172. Volleyball II. 1 Credit Hour.

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

Prerequisites: PE 171 with a minimum grade of "C"

PE 173. Walking for Fitness. 1 Credit Hour.

Walking for Fitness provides students with an opportunity to participate in walking as a technique to improve health through the development of cardiorespiratory endurance, muscular endurance, and weight management. Students will identify the benefits of consistent participation in fitness walking as well as the types, technique, equipment, and skills necessary for developing and maintaining an appropriate and successful fitness walking program. (Credit is only allowed for either PE 173 or HW 153.)

PE 177. Weight Training I. 1 Credit Hour.

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. (Credit is only allowed for either PE 177 or HW 155.)

PE 178. Weight Training II. 1 Credit Hour.

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. (Credit is only allowed for either PE 178 or HW 156.)

Prerequisites: PE 177 with a minimum grade of "C"

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. (Credit is only allowed for either PE 180 or HW 104.)

Prerequisites: 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. (Credit is only allowed for either HW 157 or PE 181.)

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. (Credit is only allowed for either PE 182 or HW 158.)

Prerequisites: PE 181 with a minimum grade of "C"

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. (Credit is only allowed for either PE 220 or HW 111.)

Prerequisites: Reading Proficiency