PHYSICAL EDUCATION (PE)

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.

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

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 II. 1 Credit Hour.
Basics of ball handling, shooting, offense, defense, team play, conditioning.

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. 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 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 122. 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 123. Dance Aerobics II. 1 Credit Hour.
This course is a continuation of Dance Aerobics I (PE 122) 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 122.

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 a refinement of techniques learned in Fencing I. Foil and Epee, advanced parries, attacks and electric equipment are introduced. Intraclass competition is performed. Prerequisite: PE 126.

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. Prerequisite: 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.

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 is self-guided physical activities to improve muscular strength and endurance, cardiorespiratory fitness, and flexibility is required. Prerequisite: PE 130.

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. Prerequisites: PE 130 and PE 131.
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. Prerequisite: Reading Proficiency.

PE 136. Ice Skating. 1 Credit Hour.
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.

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, etiquettes, and history and rules of the sport. Emphasis will be placed on safety and controlled execution of techniques. Prerequisite: PE 137 with a minimum grade of "C".

PE 138. Judo II. 1 Credit Hour.
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 (Osaekomi 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".

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 140. 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 158. Soccer. 1 Credit Hour.
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.

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. Prerequisite: 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 166. Tai Chi II. 1 Credit Hour.
Tai Chi II is a continuation of Tai Chi I. Meditation, breathing techniques, and Chinese terms for advanced movements and postures of Hun Yuan Chen style will be introduced. Emphasis will be placed on advanced Tai Chi movements through active participation.

PE 167. Team Sports I. 1 Credit Hour.
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.

PE 169. Tennis I. 1 Credit Hour.
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.

PE 170. Tennis II. 1 Credit Hour.
This course is an extension of Tennis I. Continued emphasis on physical skills and strategy will be examined and practiced. Prerequisite: PE 169.

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. Prerequisite: PE 171.

PE 173. Walking for Fitness. 1 Credit Hour.
This course focuses on the proper technique and attire, and the importance of cardiovascular fitness, weight control, and safety.

PE 174. Water Aerobics. 1 Credit Hour.
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.

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.

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. Prerequisite: 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.
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.