

PHYSICAL EDUCATION (PED)

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

PED 116. Pilates. 1 Credit Hour.

Pilates, a form of physical conditioning for all fitness levels, is introduced as well as an introduction to the history of Pilates and basic concepts of alignment, centering, breathing, stabilization, and balance. Active participation is required for non-impact floor exercises using specialized equipment to develop muscle strength, flexibility, posture, and inner awareness.

PED 201. Psychological Perspective in Exercise and Sport. 3 Credit Hours.

Sport and exercise psychology is the scientific study of people and behaviors in sport and exercise activities and the practical application of that knowledge. This course focuses on two areas of study: (1) learning how psychological factors affect an individual's physical performance and (2) understanding how participation in sport and exercise affects a person's psychological development, health, and well-being. (Credit is only allowed for either HW 101 or PED 201).

Prerequisites: PSY 200 with a minimum grade of "C" and Reading Proficiency