

PHYSICAL EDUCATION (PE)

PE131 Intro to Health & Physical Ed 3 credits (3 lec hrs/wk)

This course provides an orientation and foundational understanding of the academic disciplines and professions that lie beneath the umbrella of physical education, fitness, and sport. Students learn the underpinnings of historical and contemporary development in the disciplines and broaden their understanding of opportunities available within related professions.

This course may be taken 1 time for credit.

Course classification: LDC

PE180 Internship: Physical Education 1-12 credits (3 lab hrs/wk/cr)

Prerequisite(s): Instructor consent

Practical on-site experience that will allow students to explore workplace environments and career options.

This course may be taken 12 times for credit.

Course classification: LDC

PE185AA Gymnastics Advanced 1 credit (3 lab hrs/wk)

This course is a continuation of intermediate gymnastics with an emphasis on more advanced gymnastic skills, teaching, and spotting techniques.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AB Baseball Advanced 1 credit (3 lab hrs/wk)

This course is designed to increase students' knowledge of the game; skills offensive and defensive strategies. Offensive strategies will revolve around executing various plays to move runners into scoring position and then score runs. Defensive strategies will emphasize limiting base runners limiting their advancement and eliminating them through various defensive plays.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AC Gymnastics Beginning 1 credit (3 lab hrs/wk)

Beginning Gymnastics will offer the student instruction on basic gymnastics skills with an emphasis on tumbling, balance beams, rings, bars and vault. Students will also develop the basic strength needed to be successful on the various gymnastics apparatus.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AD Gymnastics Intermediate 1 credit (3 lab hrs/wk)

Students in Intermediate Gymnastics will continue learning skills that are more advanced than those learned in Beginning Gymnastics. Students will use fundamentals developed in Beginning Gymnastics to safely learn more challenging skills. Students will also learn basic spotting techniques so that they can work on their own with fellow students. Students will put skills together in combinations on the various apparatus.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AE Indoor Rock Climbing Advanced 1 credit (3 lab hrs/wk)

Prerequisite(s): Instructor consent

This class will present the level content, method and safety of indoor rock climbing necessary for the advanced student. Students will learn to use and implement an advanced level of climbing equipment and knots. Emphasis will be placed on the continued acquisition of skills and techniques necessary for indoor rock climbing including advanced climbing techniques and the development of climbing routes.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AF Indoor Rock Climbing Beginning 1 credit (3 lab hrs/wk)

This class will present the beginning level content, method and safety of indoor rock climbing. Emphasis will be placed on the acquisition of beginning level skills, techniques and equipment necessary for indoor rock climbing.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AG Indoor Rock Climbing Intermediate 1 credit (3 lab hrs/wk)

This class will present the level content, method and safety of indoor rock climbing necessary for the intermediate student. Students will learn to use and implement an intermediate level of climbing equipment and knots. Emphasis will be placed on the continued acquisition of skills and techniques necessary for indoor rock climbing including.

This course may be taken 3 times for credit.

Course classification: LDC

PE185AH Techniques and Skills Outdoor Climbing 1 credit (3 lab hrs/wk)

Through this course, students will become capable assets to the southern Oregon climbing community. Capable in terms of the practical knowledge they will gain in the areas of anchoring construction and basic rescue techniques. With these technical skills, students will exit the class with definite proficiency in climbing safely and securely both indoors and out as well as in their ability to assist other climbers should the need arise. Students will become assets to the outdoor community in general and to the climbing community specifically in the sense that through this course, students will be endowed with an understanding of the responsibilities we assume when we are active in the outdoors. To accomplish this, all class excursions, though primarily intended to provide students opportunity to practice skills on the rocks, will be partnered with experiences of service (trail maintenance, rubbish removal, anchor replacement, meeting with local access representatives, etc.).

This course may be taken 3 times for credit.

Course classification: LDC

PE185AT Track Advanced 1 credit (3 lab hrs/wk)

This course will focus on expanding the students knowledge base relating to the latest technical information on track and field. Students will work with instructors in analyzing the biomechanical aspects of training for track. Students will make analytical comparisons of their performance compared to those of world class athletes.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BB Baseball Beginning 1 credit (3 lab hrs/wk)

This course offers an introduction to the game of baseball. Also the necessary skills drills fundamentals and strategies for baseball players will be addressed.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BC Bowling Advanced 1 credit (3 lab hrs/wk)

This course is designed to help students learn the advanced fine-tuned skills of bowling and how to make adjustments with different types of equipment and conditions.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BF Basketball Advanced 1 credit (3 lab hrs/wk)

Advanced Basketball is the course sequential to Intermediate Basketball and is designed to provide the student with opportunities to develop and use the basic individual and group fundamental skills, techniques, tactics, concepts, rules and philosophies acquired in the previous course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BG Basketball Beginning 1 credit (3 lab hrs/wk)

A physical education class that is designed to teach mechanical principles and beginning skills of basketball.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BH Basketball Intermediate 1 credit (3 lab hrs/wk)

Intermediate Basketball is the course sequential to Beginning basketball and is designed to provide the student with additional instruction to develop and use the basic individual and group fundamental skills, techniques, tactics, concepts, rules and philosophies acquired in the previous course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BI Bowling Intermediate 1 credit (3 lab hrs/wk)

This course is designed to help students learn intermediate bowling skills and to achieve the ability to adjust to different lane conditions. Students will learn intermediate spare shooting, different hook techniques, and the effects of technology on equipment performance (surfaces, cores, finger hole locations).

This course may be taken 3 times for credit.

Course classification: LDC

PE185BJ Bowling Beginning 1 credit (3 lab hrs/wk)

This course is designed to help students develop and enhance their bowling skills. Students will learn about bowling, its history, equipment and skills needed to bowl.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BK Kayak Beginning 1 credit (3 lab hrs/wk)

Students will gain experience with the basic strokes, maneuvers, and rescue techniques of kayaking on flat, ocean and moving river water. River structure and ocean action will be reviewed as well as kayaking and water safety measures.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BL Cross Country Beginning 1 credit (3 lab hrs/wk)

Student will learn methods of training, strategy, and techniques for cross country running. Competitive experience will be offered as part of the class.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BM Cross Country Intermediate 1 credit (3 lab hrs/wk)

Student will learn advanced methods of training, strategies, and techniques for cross country running. Competitive experience will be offered as part of the course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BN Softball Advanced 1 credit (3 lab hrs/wk)

This course is designed to introduce students to an advanced level of development in the fundamentals of fastpitch softball. Students will develop their knowledge and understanding of softball skills and techniques, game history and characteristics, and skill development. The course is designed to help students develop beyond the basic and intermediate skills and techniques of fastpitch softball.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BO Softball Beginning 1 credit (3 lab hrs/wk)

This course is designed to introduce students to basic skill development in the fundamentals of softball. Students will develop their knowledge and understanding of softball skills and techniques, game history and characteristics, and skill development. The course is designed to help students develop the basic skills and techniques to participate in games at an acceptable level of competence.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BP Softball Intermediate 1 credit (3 lab hrs/wk)

This course is designed to introduce students to an intermediate level of development in the fundamentals of fastpitch softball. Students will develop their knowledge and understanding of softball skills and techniques, game history and characteristics, and skill development. The course is designed to help students develop beyond the basic skills and techniques of fastpitch softball in order to participate in games at an acceptable level of competence.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BQ Weight Training Beginning 1 credit (3 lab hrs/wk)

Students will be introduced to basic methods and techniques of heavy resistance exercises. Weightlifting will be used to increase muscular strength endurance, and flexibility.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BR Weight Training Intermediate 1 credit (3 lab hrs/wk)

Students will be taught intermediate methods and techniques of heavy resistance exercises. Weightlifting will be used to increase muscular strength endurance, and flexibility. Preparation for athletic competition in weightlifting and other sports will be offered.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BS Advanced Weight Training 1 credit (3 lab hrs/wk)

The study of advanced weight training techniques. The course is designed to give the student experience in advanced lifting techniques and provide them with a more rigorous workout than intermediate or beginning.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BT Track Beginning 1 credit (3 lab hrs/wk)

Beginning Track is a class that will focus on the execution of basic track and field skills needed to perform running and field events. The use of handouts and film analysis of current track and field techniques as well as performing various drills will be used to improve the students knowledge techniques.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BV Turbo Kick 1 credit (3 lab hrs/wk)

This course will enable the student to participate in moderate turbo kick group exercise through choreographed movement patterns combinations and techniques. The student will experience a cardiovascular challenge with a sport specific warm-up, bouts of intense intervals of kickboxing, specific strength and endurance training, and cool-down exercises.

This course may be taken 3 times for credit.

Course classification: LDC

PE185BY Bicycling 1 credit (3 lab hrs/wk)

Bicycling is a course designed to give the novice bicycle rider basic knowledge about effectively using cycling to improve one's cardiovascular health. The course will also provide information on how to maximize the use of multi gear bicycles. Students will spend a majority of class time actually riding their bicycles. Several local routes will be utilized and at least one long day trip will be planned. Students will also learn the basic bicycle maintenance including gear adjustment, flat tire repair and brake adjustment.

This course may be taken 3 times for credit.

Course classification: LDC

PE185DF Dance Fitness 1 credit (3 lab hrs/wk)

Dance Fitness fuses fitness, entertainment and culture into an addictive dance-fitness class. The course utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It's a way of mixing body sculpting movements with easy-to-follow dance steps. Inspired by fun and upbeat dance music, using a variety of dance styles in the routines. Music selections include both fast and slow rhythms to help tone and sculpt the body.

This course may be taken 3 times for credit.

Course classification: LDC

PE185EA Esports Advanced 1 credit (3 lab hrs/wk)

This course offers and introduces the advanced fundamentals of the sport including skills, strategies, fitness, health and social behavior necessary to participate at the collegiate level.

This course may be taken 3 times for credit.

Course classification: LDC

PE185EB Esports Beginning 1 credit (3 lab hrs/wk)

This course offers and introduces the basic fundamentals of Esports including skills, strategies, equipment, health and social behavior.

This course may be taken 3 times for credit.

Course classification: LDC

PE185EI Esports Intermediate 1 credit (3 lab hrs/wk)

This course develops and builds upon the basic fundamentals of the sport including skills, strategies, health and social behavior.

This course may be taken 3 times for credit.

Course classification: LDC

PE185GA Golf Advanced 1 credit (3 lab hrs/wk)

Advanced Golf is part of the physical education curriculum. This course continues the process of skill development acquired knowledge and appreciation of the sport of golf started in Beginning Golf and enhanced by Intermediate Golf. The class is designed as an individual activity so that the students may develop an appreciation of the recreational aspects of golf. Advanced Golf will focus on skills needed to lower the participants handicap, teach them to read situations on the course, and perform basic golf skills with a higher degree of accuracy.

This course may be taken 3 times for credit.

Course classification: LDC

PE185GB Golf Beginning 1 credit (3 lab hrs/wk)

Golf is a part of the physical education curriculum. This course introduces students to basic skill development in the fundamentals of golf. Students will develop their knowledge and understanding of golf skills, game characteristics, and skill development. The course is designed as an individual activity so the students may develop an appreciation of the recreational aspects of golf.

This course may be taken 3 times for credit.

Course classification: LDC

PE185GI Golf Intermediate 1 credit (3 lab hrs/wk)

Golf is a part of the physical education curriculum. This course continues the process of skill development, acquired knowledge, and appreciation of the sport of golf started in Beginning Golf. The class is designed as an individual activity so that the students may develop an appreciation of the recreational aspects of golf.

This course may be taken 3 times for credit.

Course classification: LDC

PE185IB Baseball Intermediate 1 credit (3 lab hrs/wk)

This course will add to the knowledge, skills, and drills emphasized in the beginning class. More emphasis will be placed on strategy; both offensive and defensive.

This course may be taken 3 times for credit.

Course classification: LDC

PE185IT Track Intermediate 1 credit (3 lab hrs/wk)

Intermediate Track will focus on applying the latest technical information related to track and field to the students actual performance and daily practice. Students will be videotaped and analyzed to recognize technical weakness and strengths. The instructor and student will use current information to improve performance.

This course may be taken 3 times for credit.

Course classification: LDC

PE185P Plyometrics 1 credit (3 lab hrs/wk)

Plyometrics is an intense workout designed to improve quickness power agility strength and jumping ability. The participant will perform a variety of strenuous exercises including jumping hopping rebounding and basic calisthenics. Students will work against resistance and obstacles to improve athletic performance.

This course may be taken 3 times for credit.

Course classification: LDC

PE185PC Physical Conditioning 1 credit (3 lab hrs/wk)

A physical education class designed to motivate and educate students of all ages in the methods of and the necessity for physical education.

This course may be taken 3 times for credit.

Course classification: LDC

PE185PF Pound Fit 1 credit (3 lab hrs/wk)

Pound is a full-body cardio session, combining light resistance with constant simulated drumming. The workout fuses cardio, pilates, isometric movements, plyometrics and isometric poses into a 50-minute series. Pound combines easy to follow cardio moves with strength training and drumming. This combo works the entire body, raises the heart rate to a fat-burning zone, and forces each move to be as precise as a basic beat.

This course may be taken 3 times for credit.

Course classification: LDC

PE185PS Public Safety Conditioning 1 credit (3 lab hrs/wk)

This course is designed to prepare and enhance individuals in public safety for essential physical capacities required to satisfactorily perform job duties and pre-employment physical exams. This course will result in students having to meet specific and measureable standards with respect to job specific physical conditioning in public safety professions. This course may be taken 3 times for credit.

Course classification: LDC

PE185S1 Swimming Beginning 1 credit (3 lab hrs/wk)

The course is designed to provide the student with the opportunity to improve competitive swimming skills and become proficient at all competitive swimming strokes. In addition, students will begin to explore concepts of the physiology of swimming and training methodology. In addition, opportunities are provided for swim conditioning, so the student's fitness level should improve. Students will be asked to pass a swim test to participate in this course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185S2 Swimming Intermediate 1 credit (3 lab hrs/wk)

The course is designed to provide the student with the opportunity to gain an intermediate knowledge of the sport, its history, equipment and facilities, safety procedures, rules, terminology, and to improve the fundamental skills of all four competitive strokes in order to become proficient at an intermediate competitive swimming level. In addition, opportunities are provided for swim conditioning, so the student's fitness level should improve. Students must pass an advanced swim test to participate in this course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185S3 Swimming Advanced 1 credit (3 lab hrs/wk)

Prerequisite(s): (PE185S2)

The course is designed to provide the student with advanced knowledge of the sport, the physiology of how the body can react and adapt to training as well as gaining practical knowledge on how to develop a training plan and progressions to bring about improvements. Students will also develop the advanced skills of competitive swimming in order to become proficient at an advanced swimming level. In addition, opportunities are provided for swim conditioning, so the student's fitness level should improve. Students must pass an advanced swim test to participate in this course.

This course may be taken 3 times for credit.

Course classification: LDC

PE185SA Soccer: Advanced 1 credit (3 lab hrs/wk)

This is an advanced course emphasizing the highest level of technique and tactics of the sport of soccer. This class will present the content method and safety of advanced soccer. Students will learn to use and implement a variety of advanced soccer skills and techniques. Emphasis will be placed on the acquisition of advanced skills and techniques necessary for advanced soccer.

This course may be taken 3 times for credit.

Course classification: LDC

PE185SB Soccer Beginning 1 credit (3 lab hrs/wk)

This is an introductory course emphasizing the fundamentals of beginning soccer. This class will present the content method and safety of beginning soccer. Students will learn to use and implement a variety of beginning soccer skills and techniques. Emphasis will be placed on the acquisition of basic skills and techniques necessary for beginning soccer. This course may be taken 3 times for credit.

Course classification: LDC

PE185SI Soccer Intermediate 1 credit (3 lab hrs/wk)

This is an intermediate course emphasizing the fundamentals of intermediate soccer. This class will present the content method and safety of intermediate soccer. Students will learn to use and implement a variety of intermediate soccer skills and techniques. Emphasis will be placed on the acquisition of intermediate skills and techniques necessary for intermediate soccer.

This course may be taken 3 times for credit.

Course classification: LDC

PE185SO Scuba Open Water Dive 1 credit (3 lab hrs/wk)

Discover the exciting world of underwater exploration by SCUBA diving. This course will teach students how to become comfortable and confident in the water. Students will learn the basics including hand signals buoyancy control and self-aide skills. Students will also gain the knowledge to plan and execute a dive safely.

This course may be taken 9 times for credit.

Course classification: LDC

PE185SP Self-Paced Fitness 1 credit (3 lab hrs/wk)

Introduces a self paced physical exercise program encompassing cardiovascular conditioning, strength training, and flexibility exercises. Incorporates individual and independent physical exercises and requires tracking exercises in a log/journal. This is a Hybrid Course that may meet at the beginning and end of the term for pre/post evaluation. SWOCC email addresses are required and weekly submission of work to the instructor via myLakerLink.

This course may be taken 3 times for credit.

Course classification: LDC

PE185TA Tennis: Advanced 1 credit (3 lab hrs/wk)

This course offers and introduces the basic fundamentals of the sport including skills, strategies, fitness, health and social behavior. This course may be taken 3 times for credit.

Course classification: LDC

PE185TB Tennis Beginning 1 credit (3 lab hrs/wk)

This course offers and introduces the basic fundamentals of the sport including skills, strategies, fitness, health and social behavior. This course may be taken 3 times for credit.

Course classification: LDC

PE185TF Track & Field Throwing Techniques 1 credit (3 lab hrs/wk)
Track and Field Throwing Techniques is designed to instruct the student in the throwing events for Track and Field. Students will concentrate on the discus shot put and hammer. Techniques of throwing as well as current conditioning will be studied.
This course may be taken 3 times for credit.
Course classification: LDC

PE185TI Tennis Intermediate 1 credit (3 lab hrs/wk)
This course offers and introduces the basic fundamentals of the sport including skills, strategies, fitness, health and social behavior
This course may be taken 3 times for credit.
Course classification: LDC

PE185VA Volleyball Advanced 1 credit (3 lab hrs/wk)
Advanced Volleyball is for the student that has completed beginning and intermediate volleyball and would like to focus on the advanced skills and strategies related to volleyball. Students will work on techniques related to serving receiving blocking and strategic aspects of Volleyball. Advanced Volleyball will also include strength and conditioning exercises to enhance the players physical abilities.
This course may be taken 3 times for credit.
Course classification: LDC

PE185VB Volleyball Beginning 1 credit (3 lab hrs/wk)
Volleyball is part of the physical education curriculum. This course is designed to introduce students to basic skill development in the fundamentals of volleyball. Students will develop their knowledge and understanding of volleyball skills game history and characteristics as well as skill development. The course is designed to help students develop a lifelong interest in playing the game of volleyball.
This course may be taken 3 times for credit.
Course classification: LDC

PE185VI Volleyball Intermediate 1 credit (3 lab hrs/wk)
Volleyball is part of the physical education curriculum. This course continues the process of skill development acquired knowledge and appreciation of the sport of volleyball started in Beginning Volleyball. The class is designed as a group activity so that students may develop and perfect their skills and knowledge of the game to better appreciate the sport as a lifetime physical activity.
This course may be taken 3 times for credit.
Course classification: LDC

PE185WA Wrestling Advanced 1 credit (3 lab hrs/wk)
This is an advanced course emphasizing the fundamentals of advanced wrestling. This class will present the content, method, and safety of advanced wrestling. Students will learn to use and implement a variety of advanced wrestling skills and techniques. Emphasis will be placed on the acquisition of advanced skills and techniques necessary for advanced wrestling.
This course may be taken 3 times for credit.
Course classification: LDC

PE185WB Wrestling Beginning 1 credit (3 lab hrs/wk)
This is an introductory course emphasizing the fundamentals of beginning wrestling. This class will present the content, method, and safety of beginning wrestling. Students will learn to use and implement a variety of beginning wrestling skills and techniques. Emphasis will be placed on the acquisition of basic skills and techniques necessary for beginning wrestling.
This course may be taken 3 times for credit.
Course classification: LDC

PE185WI Wrestling Intermediate 1 credit (3 lab hrs/wk)
This is an intermediate course emphasizing the fundamentals of intermediate wrestling. This class will present the content method and safety of intermediate wrestling. Students will learn to use and implement a variety of intermediate wrestling skills and techniques. Emphasis will be placed on the acquisition of intermediate skills and techniques necessary for intermediate wrestling.
This course may be taken 3 times for credit.
Course classification: LDC

PE210 Theory Of Coaching 3 credits (3 lec hrs/wk)
A survey of issues encountered by coaches in all sports. Topics will include, but not be limited to communication with players, colleagues and administration, ethical issues and responsibilities, coaching philosophies, relations with media and community, time management, coach and athlete motivation, mental training skills, and equipment and facilities management.
This course may be taken 1 time for credit.
Course classification: LDC

PE231 Wellness for Life 3 credits (3 lec hrs/wk)
Physical assessment techniques to assess present strength, flexibility, and cardiovascular health will be administered in this course. Students will receive informational tools needed to facilitate positive change in their present state of fitness. Basic blood work will assess cholesterol, glucose, and other results. Health issues and concepts are also covered.
This course may be taken 1 time for credit.
Course classification: LDC

PE270 Sport and Exercise Psychology 3 credits (3 lec hrs/wk)
The course is designed to provide students the knowledge to understand the basics of psychological skills to improve physical performance in others or themselves. The course would be well suited for athletes, coaches or exercise leaders.
This course may be taken 1 time for credit.
Course classification: LDC

PE280 CWE: Physical Education 1-12 credits (3 lab hrs/wk/cr)
Prerequisite(s): Instructor consent
Students will gain real life experience in the various roles and responsibilities related to the field of Physical Education. Students will participate in a variety of supervised settings that are applicable to the development of the student as a professional in Health and Physical Education field including; areas related to life time wellness, fitness and conditioning as well as the educational aspect such as teaching.
This course may be taken 12 times for credit.
Course classification: LDC