

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

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

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.

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

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

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 student's knowledge techniques.

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

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

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

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