

Physical Education (PEHR)

PEHR 1100 Individual Sports

1 Credit

These specialized courses provide opportunities for students to learn about and participate in a variety of sports and lifetime activities.
(2 contact hours: 2 lab)

PEHR 1101 Aerobic Conditioning

1 Credit

Step and dance aerobics. Improve cardio-respiratory performance with progressive aerobic movements to music; learn about benefits of aerobics, exercise, and nutrition.
(2 contact hours: 2 lab)

PEHR 1102 Aikido I

1 Credit

One of the most modern Japanese martial arts, promotes lifelong approach to self-defense, physical fitness, and wellness. Improve balance and timing, unification of body and spirit, response to weapon and free-style attacks. Mental aspects include Ki (life-energy) development, mat etiquette, breathing and mediation. Movements do not rely on only physical strength, coordination of the total body is emphasized.
(2 contact hours: 2 lab)

PEHR 1103 Aikido II

1 Credit

Prerequisite: PEHR 1102 or permission of the instructor.

Reinforces and extends concepts learned in PEHR 1102. Increase technical skill, improve techniques, deal with various attacks. Mental and physical aspects including discipline, stamina, advanced techniques, and handling multiple attackers.
(2 contact hours: 2 lab)

PEHR 1104 Archery

1 Credit

Basic skill techniques of bracing the bow, stance and grip, nocking, drawing, anchoring, aiming and release and follow through for bare bow and bow sight target shooting. Progressive skill learning culminating in tournament matches.
(2 contact hours: 2 lab)

PEHR 1105 Badminton

1 Credit

This course introduces students to the sport of badminton, teaching, in a progressive manner, the skills and techniques of ready position, grips, forehand and backhand drives, serves, overhead clear, drop, and smash shots. Students will learn rules and regulations, history, sportsmanship, equipment selection, and singles and doubles match strategy.
(2 contact hours: 2 lab)

PEHR 1106 Basketball

1 Credit

Basic skill techniques of ball handling, shooting, rebounding, offensive and defensive maneuvers, team offense and defense, game situation, strategy, and rules and regulations.
(2 contact hours: 2 lab)

PEHR 1107 Bowling

1 Credit

Skills and techniques of grip, stance, approach, delivery, and follow through. Sportsmanship, scoring, and vocabulary. Participate in individual and team competition.
(2 contact hours: 2 lab)

PEHR 1108 Dance-Ballet

1 Credit

This course introduces the art of classical ballet. Students will learn the basic vocabulary and format for a technique class in ballet and to recognize and execute proper alignment, the primary positions of the feet, and the placement or carriage of the arms, legs, and head. Laboratory experiences will include practice exercises designed to improve the execution of turns, kicks, jumps and balances. Students will learn to recognize and articulate meaningful gestures and to more fully appreciate ballet dance. This course is cross-listed as DANC 1108 Basic Ballet and PEHR 1108 Basic Ballet. Students who have taken the course under the alternative course ID should not take this course.
(2 contact hours: 2 lab)

PEHR 1109 Dance-Jazz

1 Credit

This course introduces students to the fundamentals of jazz dance. Students will learn the general vocabulary and exercises practiced in a dance technique class and perform exercises and basic steps to various types of contemporary music. Students will progressively learn to group together steps and movements to form longer phrases. Regular participation will improve physical fitness in terms of strength, flexibility, coordination, timing, and balance. This course will also provide opportunity for students to gain a deeper appreciation for dance and other art forms. This course is cross-listed as DANC 1109 Basic Jazz Dance and PEHR 1109 Basic Jazz Dance. Students who have taken the course under the alternative course ID should not take this course.
(2 contact hours: 2 lab)

PEHR 1110 Dance-Modern**1 Credit**

This course introduces the art of modern dance, including, through active student participation, the basic vocabulary concepts and techniques involved with performing and viewing modern dance. Students will develop a general understanding of the human body in terms of anatomy and how the body moves. Regular participation will improve physical condition in terms of strength, flexibility, balance, coordination, and efficiency in executing any given task. The course will also develop critical and creative thinking skills. This course is cross-listed as DANC 1110 Basic Modern Dance and PEHR 1110 Basic Modern Dance. Students who have taken the course under the alternative course ID should not take this course.

(2 contact hours: 2 lab)

PEHR 1111 Golf**1 Credit**

Skills and techniques of grips, stances, swing development for woods and irons, and putting. Safety, exercises for golfers history, rules, regulations, etiquette and sportsmanship, scoring, shot selection, equipment selection, and vocabulary.

(2 contact hours: 2 lab)

PEHR 1112 Karate I**1 Credit**

Origin, history, and philosophy of Karate. Emphasis on physical and mental fitness, flexibility, and applications of Kwanmukan style techniques. Students supply traditional karate uniforms.

(2 contact hours: 2 lab)

PEHR 1113 Karate II**1 Credit**

Prerequisite: PEHR 1112 or permission of the instructor.

Continues development. Learn advanced techniques of Kwanmukan style, with continued emphasis on advancement in rank and development of coordination, power, and endurance . Students supply traditional karate uniforms.

(2 contact hours: 2 lab)

PEHR 1114 Personal Self-Defense**1 Credit**

Self-defense skills, personal protection, and assault-rape prevention techniques. Martial arts practice and defensive skills, utilizing common-sense actions for home safety and security, personal security, and automobile, phone, credit card and computer security.

(2 contact hours: 2 lab)

PEHR 1115 Racquetball**1 Credit**

Basic techniques of stance, footwork, grips, forehand and backhand strokes, serve and serve reception, and offensive and defensive shots. Progressive skill training. Rules, safety, etiquette, equipment selection, and singles, doubles, and cutthroat strategies.

(2 contact hours: 2 lab)

PEHR 1116 Softball**1 Credit**

Skills and techniques of batting, base running, throwing, fielding and pitching, and information on rules, scoring, strategy, sportsmanship, and practice drills. Students provide softball glove.

(2 contact hours: 2 lab)

PEHR 1117 Tennis**1 Credit**

Basic techniques of stance and ready position, grips, groundstrokes and volleys, serve and offensive and defensive shots. Progressive skill training. Rules, history, etiquette, equipment selection, and singles and doubles strategies.

(2 contact hours: 2 lab)

PEHR 1118 Volleyball**1 Credit**

Progressive skill training. Rules and regulations, history, sportsmanship, offensive and defensive strategies, skills of footwork, serving, passing, spiking, blocking, dinking, and serve receiving.

(2 contact hours: 2 lab)

PEHR 1119 Fitness Walking/Jogging**1 Credit**

Lifetime leisure aerobic activities of fitness walking or jogging. Students calculate a scientific assessment of pre-and-post-aerobic fitness levels. Personalized programs with fitness information on cardiovascular endurance intensity, duration, and frequency of exercise, nutrition and weight control.

(2 contact hours: 2 lab)

PEHR 1120 Volleyball II/Wallyball**1 Credit**

Prerequisite: PEHR 1118 or permission of the instructor.

This course further develops techniques and strategies used in volleyball and introduces students to the sport of wallyball. Students will learn rules and regulations of wallyball, its history, sportsmanship, and offensive and defensive game strategies. Students will also develop footwork, serving, setting, passing, kicking, spiking, blocking, dinking, and serve receiving skills.

(2 contact hours: 2 lab)

PEHR 1121 Weight Training and Fitness Conditioning**1 Credit**

Proper lifting techniques and use of weight training and cardiovascular fitness machines. Students develop personal training programs. Includes information on intensity, duration, and frequency of exercise.
(2 contact hours: 2 lab)

PEHR 1122 Cardio Kickboxing**1 Credit**

This course introduces students to kickboxing and various lifetime aerobic activities. Students will improve cardio respiratory performance with progressive aerobic movements set to music. Students will learn information on the fitness benefits of aerobic activities, resistance exercises and nutrition.
(2 contact hours: 2 lab)

PEHR 1123 Stretch and Strength Training**1 Credit**

This course will introduce another option of strength/resistance and flexibility training. This course will use bands and weights and body weight to stretch and strengthen the body as opposed to the traditional types of strength training. Students will learn the Active-isolated Stretching techniques to increase flexibility, strength and proper body mechanics.
(2 contact hours: 2 lab)

PEHR 1124 Yoga**1 Credit**

This course is an introduction to Hatha Yoga. This course will demonstrate the importance of practicing yoga. The students will be introduced to yoga poses, meditation and breathing techniques that is used in this practice. Yoga will also develop your strength and flexibility. This class will be taught in a progressive manner and will lead to the development of yoga practice at home. Yoga is an excellent form of exercise and meditation.
(2 contact hours: 2 lab)

PEHR 1125 Zumba**1 Credit**

This course will introduce another form of cardiovascular exercise through music and dance. The course is a fun way to enhance endurance, core strength in the back and abdominals and to develop flexibility. Zumba is also great stress reducer. Easy to learn dance steps are choreographed with Latin and other international music for a group fitness work out. It combines high energy and upbeat music with unique combination of dance moves that create one of the most engaging forms of exercise.
(2 contact hours: 2 lab)

PEHR 1126 Suspension Training**1 Credit**

This course introduces students to the TRX suspension training system. Students will improve cardiorespiratory performance, muscular strength, and endurance, core strength and balance. Students will learn information on the fitness benefits of aerobic activities, resistance exercises and nutrition. TRX will be taught progressively and will focus on intensity, stamina, and endurance. No prior experience necessary.
(2 contact hours: 2 lab)

PEHR 1200 Sports Appreciation**2 Credits**

This multi-experience course introduces students to sport, recreation, health, and fitness issues. Laboratory experience includes participation in individual and team lifetime sports and fitness activities.
(3 contact hours: 1 lecture, 2 lab)

PEHR 1250 First Aid**2 Credits**

This course introduces students to accident or sudden illness recognition and the analysis and correct application of first aid procedures when immediate or temporary care is needed. Laboratory experience includes practice on both mannequins and classmates. Successful completion of lab experience and standardized exam will enable students to achieve American Red Cross certification in Adult CPR and Responding to Emergencies.
(2 contact hours)

PEHR 1500 Health and Wellness**1 Credit**

This course introduces students to topical health information emphasizing the six dimensions of health: physical, emotional, environmental, intellectual, social, and spiritual. It also includes the health and skill-related components of fitness, stress management, disease prevention, and prevention of alcohol, tobacco, and drug abuse. The course emphasizes making positive lifestyle choices for optimal health and wellness.
(1 contact hour)

PEHR 1550 Introduction to Personal Training**2 Credits**

This course provides an introduction to the personal training profession, including information pertaining to legal issues, program design, assessment, history and future of the profession, and personal qualifications and certification.
(2 contact hours)

PEHR 1600 Exercise Physiology I**2 Credits**

This course emphasizes fundamental principles that provide basic and balanced information for the study of exercise physiology for the introductory level student. It examines both the immediate responses to, as well as the long-term benefits of, exercise and how the body responds to the high physiological demands of physical activity. The course covers the essentials of movement, energy for movement, cardio-respiratory function and performance, environmental influences on performance, optimizing performance in sport, age and sex considerations, and physical activity for health and fitness.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1650 Health Fitness**2 Credits**

This course introduces students to the development of optimal fitness and wellness lifestyles. The course emphasizes aerobic conditioning, nutrition, body composition, muscle strength and endurance, flexibility, skill-related fitness components, and early detection and prevention of disease, and alcohol, tobacco, and drug abuse. Laboratory experiences assess fitness classifications and participation in regular cardiovascular exercises.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1660 Diet and Weight Management Strategies for Sport and Fitness**2 Credits**

This course introduces students to the study of food and the effects on health, physical activity, and performance. It emphasizes dietary intake of vitamins, minerals, protein, fat, carbohydrates, supplements, and water, and how these various components influence energy, body weight, body composition, metabolism rate, and performance, as well as how to incorporate this knowledge into a health-related fitness program for physically active individuals and athletes.

(2 contact hours)

PEHR 1670 Instructional Techniques: Strength and Cardio Fitness Training**2 Credits**

This course introduces students to strength and cardio fitness training as a part of total body fitness. The course emphasizes methods of instruction and individualized program development with emphasis on elements of fitness, weight training fundamentals, cardio fitness training, motivation and mental conditioning, muscle identification and function, flexibility, injuries, nutrition, drugs, and equipment use. Laboratory experiences will address methods of instruction, training techniques, proper equipment use, and equipment maintenance.

(3 contact hours: 1 lecture, 2 lab)

PEHR 1750 Personal Health**3 Credits**

This course includes topical information that enables students to develop a healthy lifestyle of optimal fitness and wellness. The course emphasizes critical thinking on contemporary health issues and includes discussion of fitness (strength/aerobic), nutrition, stress, relationships, heart disease, chronic and infectious diseases, cancer, smoking, alcohol, drugs, disease prevention, psychological health, parenting, aging, and environmental and safety issues and concerns.

(3 contact hours)

PEHR 2500 Athletic Training**2 Credits**

This course introduces students to the basic components of a comprehensive athletic training program. It includes a study of injury prevention, recognition, and rehabilitation, as well as the healing process, commonly utilized modalities, and administrative procedures.

(2 contact hours)

PEHR 2750 Personal Trainer Internship/Seminar**2 Credits**

Prerequisite: COMM 1100, PEHR 1250, PEHR 1550, PEHR 1670, PEHR 2500, permission of the Physical Education department chair.

Students will gain practical experience under the direct supervision of a professional personal trainer within an on-campus setting. The in-class seminar portion of the course will serve as a forum for student discussion of practical experiences and provide students with an overview of the procedural, ethical, and liability issues faced by a personal trainer. In addition, it will help students develop job-seeking skills and provide information pertaining to professional certifications

(6 contact hours: 1 lecture, 5 lab)

PEHR 2800 Methods of Teaching Elementary School Physical Education**3 Credits**

This course introduces students to methods of teaching physical education classes to elementary age children. Students will learn progressive teaching strategies, including theoretical and practical experience in methods, organization, planning, and assessment, with the emphasis on movement education, cooperative, lead-up games, and age-related sports and activities. Laboratory experience includes teaching of individual lessons from student-developed lesson plans.

(3 contact hours)