

Physical Education (PE)

***103 Sports and Physical Fitness* 3 credit hours**

Techniques and skills of physical activities are introduced with objectives of developing and maintaining lifetime fitness. (Fall and Spring)

***114 Step Cardio* 1 credit hour**

Step cardio is an aerobic based class that uses a step platform with various athletic movements on top of, and around, the step. In this course, the student will be exposed to various aerobic routines using a step platform and the surrounding floor surface. There will also be exposure to non-step cardio-based moves including basic cardio-boxing routines and moves. (As needed)

***115 Pilates Tone* 1 credit hour**

Pilates tone is primarily a mat based class that will use a floor mat with various athletic movements to increase flexibility and strength for the core and entire body. In this course, the student will be exposed to various low impact routines using a mat and occasionally light hand weights, stretching bands and stability balls. There will also be exposure to lower body resistance exercises. (As needed)

***118 Cardio Kickboxing* 1 credit hour**

Cardio Kickboxing is an aerobic activity using kickboxing moves, such as jabs, kicks, knee-blocks, bob and weaves, etc. The kickboxing moves elevate the heart rate to improve cardiorespiratory conditioning, and to burn calories. (As needed)

***119 Aerobic Dance* 1 credit hour**

Activity of aerobic dance led by a certified instructor with objectives of improving level of health-related fitness. (As needed)

***120 Advanced Aerobics and Body Sculpting* 1 credit hour**

This course will include a 30-minute aerobic work-out, as well as

a total-body toning and stretching segment. Free weights, weight machines and resistance tubing will be used in the toning and sculpting segment, as well as gravity-resistant exercises. (As needed)

121 Advanced Body Sculpting and Weight Training 1 credit hour

This course will include total-body shaping and muscle-toning exercises using resistance tubing, free weights, weight machines, and exercises incorporating gravity resistance. (As needed)

122 Stretch and Flexibility Physical Education 1 credit hour

This class will take you from head to toe, stretching your muscles and increasing your flexibility. Flexibility is one of the components of fitness that is often not emphasized, but is equally important as strength and endurance for a balanced and fit body. (As needed)

124 Beginning Yoga 1 credit hour

This class will involve several beginning Yoga poses that will help to create strength, flexibility, endurance, and balance for the participant. (As needed)

126 TAG (Thighs, Abdominals, Glutes) 1 credit hour

TAG is primarily a lower body resistance-based class that will use a variety of moves and circuit athletic training exercises to strengthen the core and lower body. (As needed)

130 Cross-Fit Cardio 1 credit hour

Cross-Fit Cardio consists of a warm-up, a high-intensity cardio workout, and end-of-class stretching. The high-intensity cardio workout will include squats, sprinting, bodyweight exercises, etc. in various combinations every week. (As needed)

150 Introduction to Coaching 3 credit hours

This course focuses on major coaching theories, methods, practices, and outcomes. Topics include study of first principles in coaching, coaching cases and analyses, great coaches, coaching decision

making, and other contemporary issues. This class is designed for individuals interested in learning the fundamental techniques, organization, and strategy for coaching selected team sports. (As needed)

175 Sports Officiating 1 credit hour

This course will provide students with the opportunity to acquire knowledge, skills and experience to become a sports official. This course teaches the philosophy of officiating, officiating tips, the code of ethics for officials, how to deal with aggressive behavior, and preventative officiating. Other topics covered include personal equipment, pre-game, in-game, and post-game responsibilities, rules and regulations, as well as proper field/floor mechanics. (As needed)

228 Advanced Yoga 1 credit hour

Advanced Yoga will include more advanced poses than beginning yoga, challenging the students' balance, strength, and flexibility.

273 Team Sport Skills 3 credit hours

This course is designed to assist students in the acquisition of skills and rules of selected team sports. Prereq: declared Sports and Fitness Programs Mgmt. major or permission of instructor. (Fall)

274 Individual Sport Skills 3 credit hours

This course is designed to assist students in the acquisition of skills and rules of selected individual sports. Prereq: declared Sports and Fitness Programs Mgmt. major or permission of instructor. (Spring)

405 Psychology of Sport 3 credit hours

An overview of behavioral science in physical activity. The role and effects of physical activity in modern society is discussed along with appreciation, enjoyment, and improvement of individual performance. Prereq: Psy 101, Soc 101 and Senior status; declared Sports and Fitness Programs Mgmt. major or permission of instructor. (Fall)

406 Sociology of Sport 3 credit hours

Sociology of sport is the study of social theories, aspects and interactions of people and how they relate to sport and activity. Religion, education, politics, economics, family, violence, gender, social mobility, the media and other aspects of life are all involved in sport whether they be good or bad. Prereq: declared Sports and Fitness Programs Mgmt. major or permission of instructor. (Spring)