

# Physical Education Courses

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## Courses

### **PE 1101. Fitness for Life.**

Fitness for Life (0-3) Various topics are offered in different course sections, focused on improving physical fitness for life. See course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

### **PE 1104. Aerobic Dance.**

Aerobic Dance (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

### **PE 1106. Aquatics.**

Aquatics Fitness(0-3) Activity course. Course sections focus on improving cardiovascular and muscular fitness through physical activities in aquatic environments; see semester course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical Education Course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

### **PE 1116. Basketball.**

Basketball (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

### **PE 1122. Conditioning.**

Conditioning (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

### **PE 1125. Cheerleading.**

Cheerleading (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1128. Beginning Fencing.**

Beginning Fencing (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1151. Martial Arts.**

Martial Arts (0-3) Activity Course offering various forms of martial arts in different course sections; see semester course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1154. Kick Boxing.**

Kick Boxing (0-3) Activity course. Co-educational. May be repeated for credit. Open to all students. Physical Education Course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1157. Military Conditioning.**

Military Conditioning (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1173. Team Sports.**

Team Sports (0-3) Activity Course offering various forms of team sports in different course sections; see semester course offerings for specific topics. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1178. Beginning Swimming.**

Beginning Swimming (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1188. Volleyball.**

Volleyball (0-3) Activity Course. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours

**PE 1194. Weight Training.**

Weight Training (0-3) Activity Course. Course offers beginning through advanced weight training with individualized muscular fitness programming and periodization. Co-educational. May be repeated for credit. Open to all students. Physical education course fee required.

**Department:** Physical Edu. Activity Courses

**1 Credit Hour**

**3 Total Contact Hours**

3 Lab Hours

0 Lecture Hours

0 Other Hours