

## Physical Education Activity Courses 2013/2014

<b>PEAC 121. Walking/Jogging (P-1b)</b>	<b>1 hour</b>
<b>PEAC 123. Volleyball (P-1b)</b>	<b>1 hour</b>
<b>PEAC 125. Fitness for Collegiate Life (P-1a)</b>	<b>1 hour</b>
<b>PEAC 131. Badminton (P-1b)</b>	<b>1 hour</b>
<b>PEAC 133. Racquetball (P-1b)</b>	<b>1 hour</b>
<b>PEAC 134. Basic Tennis (P-1b)</b>	<b>1 hour</b>
<b>PEAC 136. Basic Golf (P-1b)</b>	<b>1 hour</b>
<b>PEAC 137. Cycling (P-1b)</b>	<b>1 hour</b>
<b>PEAC 140. Weight Training (P-1b)</b>	<b>1 hour</b>
<b>PEAC 143. Basic Tumbling (P-1b)</b>	<b>1 hour</b>
<b>PEAC 153. Basic Swimming (P-1b)</b>	<b>1 hour</b>
<b>PEAC 215. Group In-Door Cycling (P-1b)</b>	<b>1 hour</b>
<b>PEAC 223. FitX (P-1b)</b>	<b>1 hour</b>
<b>PEAC 225. Fitness for Life (P-1a)</b>	<b>1 hour</b>
<b>PEAC 230. Women's Fitness (P-1b)</b>	<b>1 hour</b>
<b>PEAC 231. Aerobics (P-1b)</b>	<b>1 hour</b>
<b>PEAC 232. Aerobic Fitness (P-1b)</b>	<b>1 hour</b>
<b>PEAC 235. Personal Conditioning (P-1b)</b>	<b>1 hour</b>
<b>PEAC 241. Triathlon (P-1b)</b>	<b>1 hour</b>
<b>PEAC 243. Gymnastics Team (Gym-Masters) (P-1b)</b>	<b>1 hour</b>
<b>PEAC 254. Life Guarding (P-1b)</b>	<b>1 hour</b>
<b>PEAC 257. Pilates (P-1b)</b>	<b>1 hour</b>
<b>PEAC 261. Introduction to Recreation (P-1b)</b>	<b>1 hour</b>
<b>PEAC 425. Fit for Hire (P-1c)</b>	<b>1 hour</b>

**PEAC 121. Walking/Jogging (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

This course is designed to prepare the student for a lifetime of aerobic activity with low intensity but great results. The course will include but not be limited to: equipment, foot care, stride, pace, terrain, hydration, nutrition and supplements, calorie burning and metabolism, volks walks, race walking, logs and motivation. A wide variety for activities will be part of this course. A pedometer will be required. Offered on a rotating basis.

**PEAC 123. Volleyball (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

Development of the skills of passing, setting, serving, and spiking necessary in participation in power volleyball. (Fall)

**PEAC 125. Fitness for Collegiate Life (P-1a)****1 hour**

This course provides students with the knowledge and skills necessary for physical fitness and training. Fitness testing is completed to identify a starting point for developing a personalized fitness plan. Students will be taught how to do personal fitness assessments and learn how to train correctly for improving their physical fitness. Weekly activity logs will be completed. Lab fee 3 will be assessed for this course. This course cannot be taken as a pass/fail course.

**PEAC 131. Badminton (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

Instruction includes strokes, rules, and playing situations plus physical conditioning for badminton. Lab fee 3 will be assessed for this course. (Fall)

**PEAC 133. Racquetball (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

Focus is given to basic skills, rules, and terminology so that the student can carry on successful play. Each student will need to purchase their own racquet, goggles and racquetballs.

**PEAC 134. Basic Tennis (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

This course is designed to provide the student with the knowledge and basic skill to play tennis as a lifetime activity. Skill emphasis includes the forehand, backhand, serve, volley, lob, and smash. Each student will need to purchase their own racquet. (Fall)

**PEAC 136. Basic Golf (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

A basic course for the beginning golfer. Transportation needed. Lab fee 4 will be assessed for this course.

**PEAC 137. Cycling (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

A course for the active cyclist emphasizing various types of cycling, cycling techniques, safe cycling, and maintenance. Each student provides his/her own bicycle and helmet. Lab fee 4 will be assessed for this course.

**PEAC 140. Weight Training (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

A course designed for the beginning weightlifter. Instruction is focused on the basic weight training lifts that leads to the students developing their own personal weight training program.

**PEAC 143. Basic Tumbling (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

Mat tumbling leading to gymnastic free-exercise routines in conjunction with acrosport exposure. Lab fee 5 will be assessed for this course.

**PEAC 153. Basic Swimming (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

The basic swimming course is dedicated to developing the safety and swimming skills necessary for maximum enjoyment of the swimming pool environment. The class will feature the development and refinement of the six swimming strokes. It is hoped that students will be able to swim these strokes with ease, efficiency, power, and smoothness over distance.

**PEAC 215. Group In-Door Cycling (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

A group fitness class that uses stationary bikes to create holistic physical health. Group in-door cycling exercises will be used to increase student aerobic fitness and to motivate students to pursue an active lifestyle.

**PEAC 223. FitX (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

A maximal fitness class that uses motor movements with a time component to create the most efficient, explosive and dynamic use of the body to advance physical fitness. Rope climbs, kettle bells, other equipment, and body weight exercises will be used to prepare students for a high level of physical fitness. Circuit training will also be included.

**PEAC 225. Fitness for Life (P-1b)**

**1 hour**

This course includes a study of the basic areas of physical fitness and training, in conjunction with a personalized long-range conditioning program for optimal well-being. Principles of wellness are presented including assessments for nutrition, stress, and multiple areas of physical fitness. Lab fee 4 will be assessed for this course. (Fall, Winter, Summer)

**PEAC 230. Women's Fitness (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

This course is designed specifically to meet the health and fitness needs of women. Image, self-concept, and societal perceptions will be addressed. Basic assessments will be completed to develop a personalized fitness plan. Group activities will be conducted for motivation and instruction. Lab fee 1 will be assessed for this course.

**PEAC 231. Aerobics (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

An aerobic conditioning course that promotes enjoyment of aerobic fitness activities through a variety of means including: low/high impact, floor and kick boxing aerobics.

**PEAC 232. Aerobic Fitness (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

This course covers the basic components of aerobic fitness. The Rockport One-Mile Walk Test will be completed to develop a personalized action plan. Students will journal on-line about aerobic fitness topics and write reflective responses to the implementation of their action plan. The FitLinxx ActiPed/ActiLink system will be used to quantify daily activity. A minimum of 100 minutes per week is required. (This is an online course offered for off-campus B.S. nursing students only.) Lab fee 6 will be assessed for this course.

**PEAC 235. Personal Conditioning (P-1b)**

**1 hour**

Prerequisite(s): PEAC 125.

This course meets a wide variety of personal conditioning needs. The course is designed to help an individual assess, learn about and practice conditioning techniques for cardiovascular health, muscular strength and endurance, biomechanical flexibility and range of motion, and body composition.

**PEAC 241. Triathlon (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

An activity course that will promote participation in and appreciation of multisport activities as a lifelong pursuit. This course will include but not be limited to: training, equipment, clothing, nutrition, safety, basic to advanced skills, and event selection. Participation in a culminating official triathlon event (sprint or Olympic distance) is required for a passing grade. Lab fee 9 will be assessed for this course.

**PEAC 243. Gymnastics Team (Gym-Masters) (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

A "variety show" team that emphasizes acrosport, sports acrobatics, gymnastics, physical fitness, and health. Admission will be based on satisfactory performance of try-out requirements. Participation in all tours is required. Due to program conflicts, second-semester Gym-Masters will not enroll in classes that meet after 12:00 noon on Friday. This course may be repeated for credit.

**PEAC 254. Life Guarding (P-1b)****1 hour**

Prerequisite(s): PEAC 125. 500 yards continuous swim

This course is cross-listed with RECR 254. A student may receive credit for this course from only one program.

Students will earn the American Red Cross Lifeguarding certification, First Aid and CPR/AED certification. The purpose of this course is to provide entry-level lifeguarding candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses until advanced medical personnel arrive and take over. Lab fee 4 will be assessed for this course.

**PEAC 257. Pilates (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

The foundation of movement is "Holding yourself upright." That is what CORE muscles do. Far too often today's lifestyle promotes poor posture and misalignment that can be corrected with strengthening CORE MUSCLES.

**PEAC 261. Introduction to Recreation (P-1b)****1 hour**

Prerequisite(s): PEAC 125.

A course designed to promote outdoor recreation and provide experience for those interested in preparing for different phases of camp life, outdoor living and activities

**PEAC 425. Fit for Hire (P-1c)****1 hour**

Prerequisite(s): PEAC 125 and completion of 2 additional activity courses. Senior class standing only.

This capstone course is designed to prepare students as they commit to and prepare for a life of balance, wholeness, and personal responsibility for their own wellbeing. This course guides students as they reflect on their past fitness plan experiences while developing lifetime fitness goals. Fitness testing is completed to identify current fitness levels. Students will implement their personalized fitness plan and create a post-college fitness plan. Wellness principles will be discussed as they relate to physical fitness and overall health.