Physical Education, Wellness

Rodney W. Bussey, Chair; Thomas Bunch, Barbara R. Harsany, Krystal R. Hauff, Chad Hutchinson, Michael England
Adjunct: Janet Goodman, Kent Tucker

AIMS OF THE DEPARTMENT
The Physical Education Department provides classes and support for Physical Education, Wellness and Exercise Science majors as well as minors in Physical Education, Wellness, and Coaching. Classes to support the general studies students in fitness, wellness and physical education are also provided. In the basic fitness and wellness classes, students are guided through a personal fitness program and encouraged to adopt a proactive wellness lifestyle, consistent with SDA teachings. Infrastructure to the University is provided by the Physical Education Department through the management of an intramural sports program and the operation of a fitness/recreation center that are available to all students and faculty 16 hours a day.

Students may elect courses which prepare them for careers as elementary or secondary physical education teachers. A major in Physical Education will also prepare the student for a career in the public or private sector of recreation. Exercise Science is an excellent pre-professional course of study for exercise physiology, physical therapy or other areas of medicine. A major in Wellness prepares the student to become a certified personal trainer and find a career in the hospital, corporate or private fitness industry. All of the majors prepare students to enter graduate school.

PROGRAMS
B.S. Exercise Science
B.S. Physical Education
B.S. Wellness
A.S. Wellness
Teaching Area - All Level Certification
Minors in Coaching, Physical Education, and Wellness

Exercise Science, B.S.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Hours</th>
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<tbody>
<tr>
<td>BIOL 101</td>
<td>Anatomy &amp; Physiology</td>
<td>4</td>
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<tr>
<td>BIOL 102</td>
<td>Anatomy &amp; Physiology</td>
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<tr>
<td>CHEM 111</td>
<td>General Chemistry</td>
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<tr>
<td>CHEM 112</td>
<td>General Chemistry</td>
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<tr>
<td>HLED 111</td>
<td>Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>HLED 216</td>
<td>Nutrition</td>
<td>2</td>
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<tr>
<td>PEAC 115</td>
<td>Strength Training</td>
<td>1</td>
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<tr>
<td>PETH 241</td>
<td>Care and Prevention of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>PETH 310</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>PETH 321</td>
<td>Exercise Physiology</td>
<td>3</td>
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<tr>
<td>PETH 331</td>
<td>Human Kinesiology</td>
<td>3</td>
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<tr>
<td>PETH 352</td>
<td>ACSM Certification</td>
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<tr>
<td>PETH 354</td>
<td>Certified Strength &amp; Conditioning Specialist</td>
<td>3</td>
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<tr>
<td>PETH 460</td>
<td>Applied Social Research Methodology</td>
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<tr>
<td>HNRS 480</td>
<td>Honors Thesis</td>
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<td>PETH 480</td>
<td>Exercise Science Internship</td>
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<tr>
<td>PHYS 121</td>
<td>General Physics</td>
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<tr>
<td>PEAC Electives</td>
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<td>TOTAL</td>
<td></td>
<td>56</td>
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*Requires additional fee.

Required Cognates:

<table>
<thead>
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<tbody>
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<tr>
<td>HLED 111</td>
<td>Health &amp; Wellness</td>
<td>3</td>
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<tr>
<td>RLGN 212</td>
<td>Basic Christian Ethics</td>
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The degrees in Exercise Science and Physical Education are composite majors, therefore no minors are required.

Physical Education Minor

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<thead>
<tr>
<th>Course</th>
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<tbody>
<tr>
<td>PEAC 115</td>
<td>Strength Training</td>
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<tr>
<td>PETH 110</td>
<td>Fundamentals of Physical Education</td>
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<tr>
<td>PETH 131</td>
<td>Officiating I</td>
<td>3</td>
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<tr>
<td>PETH 132</td>
<td>Officiating II</td>
<td>3</td>
</tr>
<tr>
<td>PETH 231</td>
<td>Professional Activities I</td>
<td>3</td>
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<tr>
<td>PETH 232</td>
<td>Professional Activities II</td>
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<td>PETH 241</td>
<td>Care and Prevention of Athletic Injuries</td>
<td>3</td>
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<tr>
<td>PETH 243</td>
<td>Health &amp; PE in the Elementary School</td>
<td>3</td>
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<tr>
<td>PETH 310</td>
<td>Motor Learning</td>
<td>3</td>
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<tr>
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<td>3</td>
</tr>
<tr>
<td>PETH 331</td>
<td>Human Kinesiology</td>
<td>3</td>
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<tr>
<td>PETH 351</td>
<td>Coaching</td>
<td>3</td>
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<td>PETH 354</td>
<td>Certified Strength &amp; Conditioning Specialist</td>
<td>3</td>
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<tr>
<td>PETH 420</td>
<td>Adaptive Physical Education</td>
<td>3</td>
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<tr>
<td>PETH 431</td>
<td>Secondary Methods</td>
<td>3</td>
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<td>PETH 450</td>
<td>Administration of PE &amp; Athletics</td>
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<tr>
<td>PETH 490</td>
<td>Senior Seminar</td>
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Choose three different hours from the following: 3

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<tbody>
<tr>
<td>PEAC 112</td>
<td>Aerobics or Advanced Aerobics</td>
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</tr>
<tr>
<td>PEAC 131</td>
<td>112 or Intermediate Swimming</td>
<td>3</td>
</tr>
<tr>
<td>PEAC 133</td>
<td>112 or Intermediate Swimming</td>
<td>3</td>
</tr>
<tr>
<td>PEAC 334</td>
<td>Lifeguard Training*</td>
<td>3</td>
</tr>
<tr>
<td>PEAC 344</td>
<td>Golf*</td>
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<tr>
<td>PETH 429</td>
<td>Gymnastics Team</td>
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<tr>
<td>PETH 436</td>
<td>Pro Act/Track &amp; Field</td>
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*Requires additional fee.

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*Requires additional fee.
Coaching Minor
PEAC 115 Strength Training .................................................. 1
PETH 131 or 132 Officiating I or II ........................................ 3
PETH 231 or 232 Professional Activities I or II ....................... 3
PETH 241 Care and Prevention of Athletic Injuries ................... 3
PETH 351 Coaching ............................................................ 2
PETH 354 Certified Strength & Conditioning Specialist* .......... 3
Choose two different P.E. activity courses: ............................... 2
TOTAL 18

Required Cognates:
BIOL 101 Anatomy & Physiology ........................................... 4
HLED 111 Health & Wellness ................................................... 3

Wellness, B.S.
HLED 111 Health and Wellness ............................................... 3
HLED 151 Introduction to Fitness Management ......................... 3
HLED 216 Nutrition ............................................................. 2
HLED 280 Health Fitness Internship ......................................... 2-4
HLED 330 Healthful Living Programs ...................................... 3
HLED 452 Advanced Fitness Assessment ................................... 3
PEAC 111 Physical Fitness .................................................... 1
PEAC 112 or 312 Aerobics or Advanced Aerobics .................... 1
PEAC 115 Strength Training ................................................... 1
PEAC 116 Fitness Walking ..................................................... 1
PEAC 333 Water Aerobics ..................................................... 1
PEAC 334 Lifeguard Training ................................................ 1
PEAC 415 Advanced Strength Training .................................... 1
PETH 241 Care and Prevention of Athletic Injuries ................. 3
PETH 260 First Aid, CPR and AED Training ............................ 2
PETH 321 Exercise Physiology ............................................... 3
PETH 331 Human Kinesiology ............................................... 3
PETH 352 ACSM Certification* ............................................. 3
PETH 354 Certified Strength & Conditioning Specialist* .......... 3
TOTAL 38-42

*Requires additional fee.

Required Cognates:
ACCT 211 Accounting Principles I ........................................... 4
BIOL 101 Anatomy and Physiology ......................................... 4
COMM 111 Fundamentals of Speech ....................................... 3
COMM 223 Media Writing or.................................................. 3
CSIS 303 E-Commerce and Website Design ............................ 3
PSYC 220 Human Growth and Development ............................ 3

Wellness, A.S.
HLED 111 Health & Wellness ............................................... 3
HLED 151 Introduction to Fitness Management ......................... 3
HLED 216 Nutrition ............................................................. 2
HLED 280 Health Fitness Internship ......................................... 2-4
PEAC 111 Physical Fitness .................................................... 1
PEAC 112 or 312 Aerobics or Advanced Aerobics .................... 1
PEAC 115 or 415 Strength Training or Adv. Strength Training.... 1
PEAC 116 Fitness Walking ..................................................... 1
PEAC 333 Water Aerobics ..................................................... 1
PEAC 334 Lifeguard Training ................................................ 1
PETH 241 Care and Prevention of Athletic Injuries ................. 3
PETH 352 ACSM Certification* ............................................. 3
TOTAL 21-23

*Requires additional fee.

Required Cognate:
BIOL 101 Anatomy & Physiology ........................................... 4

Wellness Minor
HLED 111 Health and Wellness ............................................... 3
HLED 151 Introduction to Fitness Management ......................... 3
HLED 216 Nutrition ............................................................. 2
PEAC 111 or 312 Aerobics or Advanced Aerobics .................... 1
PEAC 115 or 415 Strength Training or Adv. Strength Training.... 1
PEAC 116 Fitness Walking ..................................................... 1
PEAC 333 Water Aerobics ..................................................... 1
PEAC 334 Lifeguard Training ................................................ 1
PETH 241 Care and Prevention of Athletic Injuries ................. 3
PETH 352 ACSM Certification* ............................................. 3
TOTAL 18

*Requires additional fee.

Required Cognates:
BIOL 101 Anatomy & Physiology ........................................... 4

TEACHING CERTIFICATION PROGRAM
You must make formal application for admittance to the Teacher Education Program. Applications are available at the Education Department office.

Physical Education, B.S. - All Level K-12 Teaching Certification Option V (See Education section of Bulletin.)
These students must meet the requirements for a B.S. degree in Physical Education.

HEALTH EDUCATION COURSES
HLED 111 Health and Wellness 3 hours
A study of wellness as it relates to personal fitness, nutrition, stress management, substance abuse, communicable diseases, cancer, heart disease, environmental health, and SDA health heritage. Each student participates in a 15 week personal fitness program in which they track their body composition, strength, and oxygen uptake. Lecture and lab. (Fall, Spring, Summer)

HLED 151 Introduction to Fitness Management 3 hours
An introduction to the fitness marketplace with emphasis in administration. Laboratory experience includes selected aspects of fitness including fitness screening, weight management programs, and fitness assessments. Visitation to hospitals, private clubs, and corporate clubs are part of the class. (Spring, even years)

HLED 216 Nutrition 2 hours
A study of the nutrients now known to be required in the human diet and how to best obtain these nutrients. The student will learn to correlate dietary practice with physiological consequences and understand basic physiological functions of the nutrients in food. (Fall, Spring)

HLED 280 Health Fitness Internship 2-4 hours
Prerequisite: Approval by department chair.
This course offers the student on-the-job training at an approved fitness center. Rotation of duties is planned so the student will be exposed to a variety of experiences. Admission is limited to seniors with a GPA of 2.5 in wellness. Forty-five hours of experience is required for each hour of credit earned. Pass/fail course. (Fall, Spring, Summer)
## Physical Education, Wellness

**HLED 291 Selected Topics**  
1-3 hours  
Prerequisite: Approval by department chair.  
A study in an area of student interest under the direction of a staff member. This study may involve research, laboratory, or library work. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

### PHYSICAL EDUCATION THEORY COURSES

**PETH 110 Fundamentals of Physical Education**  
3 hours  
A general introduction to physical education, including historical and scientific foundations of physical education, exercise science and sports. Students will explore career opportunities and current issues in these fields. (Fall, odd years)

**PETH 131 Officiating & Recreational Sports I**  
3 hours  
Theory and practice of officiating soccer, basketball and floor hockey, including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements are to officiate college intramurals and to assist in the administration of the recreational sports program. (Spring, even years)

**PETH 132 Officiating & Recreational Sports II**  
3 hours  
Theory and practice of officiating flagball, volleyball, and softball including rules, interpretation of rules, officiating techniques and examinations. Part of the class requirements are to officiate college intramurals and to assist in the administration of the recreational sports program. (Fall, odd years)

**PETH 231 Professional Activities I**  
3 hours  
Development of skills and teaching techniques of soccer, basketball, badminton and floor hockey. (Spring, odd years)

**PETH 232 Professional Activities II**  
3 hours  
Development of skills and teaching techniques of flagball, volleyball, softball and tennis. (Fall, even years)

**PETH 241 Care and Prevention of Athletic Injuries**  
3 hours  
Prerequisite: BIOL 101  
An introduction to prevention and management of injuries resulting from athletic activities. Treatment options include: support methods, conditioning exercises, and therapeutic aids. Laboratory work includes bandaging and taping various athletic injuries. (Spring)

**PETH 243 Health and Physical Education in the Elementary School**  
3 hours  
Prerequisite: Admission to teacher education.  
The course provides the student with an extensive repertoire of teaching techniques in the elementary physical education program. Emphasis is placed on health-related fitness, skill development, special events, and game development. Students will have the opportunity to develop lesson plans. Includes field experience. (Fall)

**PETH 260 First Aid, CPR, and AED Training**  
2 hours  
This course will give students the opportunity to become certified by the American Red Cross in First Aid, CPR and AED. (Fall, even years)

**PETH 291 Selected Topics**  
1-3 hours  
Prerequisite: Approval by department chair.  
A study in an area of student interest under the direction of a staff member. This study may involve research, laboratory, or library work. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

**PETH 310 Motor Learning**  
3 hours  
Prerequisite: BIOL 101  
Students will develop the ability to analyze motor behavior in a physical education or clinical setting, create solutions to motor problems, and coach athletes and students to better performance. Class includes laboratory activities, critical readings and a research study. This course meets the upper division writing component for senior year English. (Fall, odd years)

**PETH 321 Exercise Physiology**  
3 hours  
Prerequisite: BIOL 101  
Emphasizes physiological response and adaptation to exercise with regard to human performance limitations, training effects, and health-related benefits. Class includes laboratory activities and fitness assessments. (Fall, even years)

**PETH 331 Human Kinesiology**  
3 hours  
Prerequisite: BIOL 101  
This course teaches students to analyze, describe, and understand motion principles of the body that relate to sport and teaching movement skills. Class includes laboratory activities and qualitative research. This course meets the upper division writing component for senior year English. (Spring, even years)

**PETH 346 Professional Activities/Track & Field**  
3 hours  
Development of skills and teaching techniques of the triple jump, long jump, high jump, hurdles, sprints, relays, cross-country, javelin throw, discus and shot-put. (Fall, odd years)

**PETH 351 Coaching**  
3 hours  
Prerequisite: PETH 131 or 132, 231 or 232  
This course is designed to introduce the student to coaching sports. It will consist of several types of learning activities: reading, lecture, discussion, videotape, and writing. This course meets the upper division writing component for senior year English. Requires additional fee. (Spring, odd years)
Physical Education, Wellness

PETH 352  ACSM Health & Fitness Instructor  3 hours  
Prerequisite: BIOL 101  
Covers an in-depth knowledge of exercise physiology, health appraisal techniques, risk factor identification, sub-maximal exercise testing and exercise prescriptions for various populations. Class includes laboratory activities. Certification requires additional fee. (Fall, odd years)

PETH 354  Certified Strength & Conditioning Specialist  3 hours  
Prerequisite: PETH 321, 331.  
The study of safe and effective strength training, lifting, and spotting techniques. In depth study of anatomy and kinesiology affecting muscle strength and endurance. Certification requires additional fee. (Spring, odd years)

PETH 420  Adapted Physical Education  3 hours  
A course designed to aid the educator in identifying physical, structural, functional, or neurological impairments found in school-age children. Emphasis includes a survey of source material needed to plan and conduct individual, developmental and special courses in physical education. Lecture and lab. (Fall, even years)

PETH 431  Secondary Methods  3 hours  
Prerequisite: PETH 231 and 232.  
The study of methods and techniques of teaching physical education in the secondary school, includes individual as well as group activities; students are required to observe and demonstrate in class. Should be taken the senior year. (Fall, even years)

PETH 450  Administration of Physical Education, Fitness & Sports  3 hours  
Students develop basic skills and knowledge necessary to administer daily activities of a physical education department or athletic program. Topics include facility management, intramural activities, adapted physical education, fiscal management, leadership, and legal issues related to physical education. This course meets the upper division writing component for senior year English. (Fall, even years)

PETH 452  Advanced Fitness Assessment  3 hours  
Includes an in-depth study of electrophysiology of the heart, normal 12 lead EKG tracing, and identification of abnormalities due to medications and heart disease. Students will have the opportunity to perform sub-maximum and maximum stress tests used to identify heart disease and estimated VO2. (Spring, even years)

PETH 460  Applied Social Research Methods  3 hours  
Prerequisite: MATH 241.  
An introduction to applied research methods and their applications to the disciplines of Criminal Justice and Law Enforcement, Physical Education, and Psychology. Emphasis is on understanding basic terminology, the use of fundamental research tools, and the integration of research and practice. Students will gain experience with single subject designs, program evaluation methods, SPSS-driven data analysis, and case studies in data collection. This course meets the upper division writing component for senior year English. (Also taught as CJLE, or PSYC 460.) (Spring, even years)

PETH 480  Exercise Science Internship  3-6 hours  
Prerequisite: Approval by department chair.  
The Physical Education Department coordinates placement of students. The nature of the work depends on the student's interest. Possibilities include medical clinic, sports team, athletic training, or physical therapy. Credit earned depends on hours of work. May be repeated for a total of 6 credits. Pass/fail course. (Fall, Spring, Summer)

PETH 490  Senior Seminar  3 hours  
This is a capstone course where students will study and discuss current issues and concepts within the Physical Education profession. In addition, the students will prepare for employment in the profession. The class also prepares students for the major exit exam. (Spring)

PETH 491  Selected Topics  1-3 hours  
Prerequisite: Approval by department chair.  
Open to advanced physical education students for research or special project. Content and method of study must be arranged prior to registration. May be repeated for a total of 3 credits.

PHYSICAL EDUCATION ACTIVITY COURSES

PEAC 111  Physical Fitness  1 hour  
An introduction to personal fitness and application of training principles. Includes flexibility, strength, body composition, and cardiovascular pre- and post-semester assessment. This course also incorporates SDA heritage on healthful living. (Fall, Spring)

PEAC 112  Aerobics  1 hour  
An introduction to basic floor movements, calisthenics, and step aerobics. Students are also introduced to choreography. (Fall, Spring)

PEAC 115  Strength Training  1 hour  
An introduction to the development of muscular strength through the use of weighted resistance. Safety procedures are stressed. (Fall, Spring, odd years)

PEAC 116  Fitness Walking  1 hour  
An introduction to cardiovascular fitness through walking. (Fall)

PEAC 118  Individual Conditioning  1 hour  
Designed for special students who, because of physical limitations, cannot mainstream in other physical education classes. (Fall, Spring)

PEAC 121  Flag Football  1 hour  
This course develops fundamental skills, knowledge of rules, and implementation of strategy in flag football. (Fall, even years)

PEAC 122  Soccer/Futsal (Indoor Soccer)  1 hour  
Students are taught the basic skills in kicking, passing, tackling and goalkeeping. Offensive and defensive strategies are introduced. (Fall, odd years) Rules and scorekeeping of both soccer and futsal are taught.

PEAC 125  Volleyball  1 hour  
Students are taught basic skills in passing, setting, serving, and spiking. Offensive and defensive strategies are introduced. (Spring)

PEAC 130  Baseball/Softball  1 hour  
This course develops fundamental skills, knowledge of rules, and implementation of strategy in baseball and softball. (Spring, even years)
Physical Education, Wellness

PEAC 131 Beginning Swimming 1 hour
Students are introduced to basic aquatic safety, floating, freestyle, and elementary back stroke. (Fall)

PEAC 133 Intermediate Swimming 1 hour
Students are taught elementary rescue and intermediate skills in freestyle, back crawl, and sidestroke. The butterfly stroke is introduced. (Fall)

PEAC 141 Beginning Badminton 1 hour
Students will develop skill in the basic badminton strokes, including the long and short serve, overhead clear, drop shot, smash, round-the-head shot and net shots. They will also learn doubles and singles strategy. (Fall, even years, Spring even years)

PEAC 142 Beginning Tennis 1 hour
Students develop skill in the basic strokes (forehand, backhand, serve, volley, and lob). They are also introduced to strategy of play. (Fall)

PEAC 145 Beginning Racquetball 1 hour
An introduction to five basic serves, forehand, backhand, strokes, rules, sportsmanship and strategy of the game. (Fall, Spring)

PEAC 237 Canoeing 1 hour
An introduction to basic skills and safety procedures of recreational canoeing. (Offered periodically)

PEAC 243 Snow Boarding 1 hour
An introduction to basic skills of snow boarding. Mountain trip during spring break. Requires additional fee. (Spring)

PEAC 245 Snow Skiing 1 hour
An introduction to basic skills of downhill skiing. Mountain trip during spring break. Requires additional fee. (Spring)

PEAC 291 Selected Topics 1 hour
Prerequisite: Introductory course or approval of instructor.
A course designed for students who must complete a class independently.

PEAC 312 Advanced Aerobics 1 hour
High intensity aerobic class. May include step aerobics, kick boxing, or other popular routines. (Spring)

PEAC 315 Intermediate Basketball 1 hour
Development of skills in shooting, passing, executing plays and understanding offensive and defensive strategy. (Spring, odd years)

PEAC 320 SCUBA 1 hour
Development of skills necessary for PADI scuba certification. Check-off dives at Lake Travis. Requires additional fee. (Offered periodically)

PEAC 333 Water Aerobics 1 hour
An introduction to basic water movements for strength and flexibility. (Fall)

PEAC 334 Lifeguard Training 1 hour
Credit granted only by proficiency for those holding current Red Cross certification. Requires a recording fee.

PEAC 335 Advanced Swimming 1 hour
Prerequisite: Approval by department chair.
Opportunity is given for students to progress to advanced levels of swimming in backstroke, freestyle, breaststroke, and butterfly stroke. (Offered periodically)

PEAC 342 Intermediate Tennis 1 hour
Prerequisite: Introductory course or approval of instructor.
For the student who wants to develop advanced skills in overhead smash, full serve, drop shot, and advanced strategy for both singles and doubles play. (Offered periodically)

PEAC 343 Intermediate Racquetball 1 hour
Students have the opportunity to develop advanced skills in overhead, kill, drive serve and advanced strategies for offensive and defensive play for both singles and doubles. (Spring, odd years)

PEAC 344 Golf 1 hour
An introduction to the basic strokes in golf (driving, chipping, and putting). Scoring terminology and golf etiquette are also taught. Students play on community golf courses. Requires additional fee. (Fall, even years)

PEAC 346 Inline Hockey 1 hour
Students will learn fundamental skills of skating, stick handling, passing and shooting. They will also be introduced to offensive and defensive strategy of play. Students must have their own skates and protective equipment, including helmet/mask, gloves, shin guards and elbow pads. (Spring, odd years)

PEAC 415 Advanced Strength Training 1 hour
Prerequisite: PEAC 115 or Approval by Instructor.
Students enhance their strength training routines with advanced methods of resistance training. Students are introduced to new training techniques and sport-specific routines. (Spring, even years)

PEAC 429 Gymnastics Team 1 hour
This class is a touring, witnessing acrosport team. The skills required are basic and power tumbling, pyramid building and basket tossing. Team members are required to tour and attend clinics. May be repeated for credit. (Fall, Spring)

PEAC 430 Golf Team 1 hour
Prerequisite: Approval by Instructor.
Students must be prepared for match play and develop course management skills. (Offered periodically)

PEAC 436 Water Safety Instructor 1 hour
Prerequisite: PEAC 334
Credit granted only by proficiency for those holding current Red Cross certification. Requires a recording fee.

PEAC 491 Selected Topics 1 hour
Prerequisite: Approval by department chair.
A course designed for students with intermediate skill level. (Offered periodically)