

## Physical Education Sports (PES)

### PES 1010 Aerobics I

1

A co-ed aerobic dance-exercise class that introduces aerobic conditioning principles designed to develop cardiovascular/respiratory systems, strength, coordination, and flexibility. Teaches choreographed routines involving jogging, dancing, and vigorous exercise set to music.

### PES 1011 Aerobics II

1

A co-ed aerobic dance-exercise class that emphasizes increased knowledge in cardiovascular training, flexibility, and exercise injuries. Students acquire a more strenuous and advanced level of aerobic proficiency through high impact routines set to music.

### PES 1050 Powertone

1

For students interested in strength and weight training in a group exercise setting. Utilizes bar/ barbells, weights, bands, medi-balls, stability balls, and ropes set to music to present a total muscle conditioning class that is target-specific.

### PES 1055 Pilates I CoreMax Training

1

A contemporary approach to Pilates exercise. A total body workout that challenges and optimizes strength, flexibility and endurance. Incorporates FlexBands, BOSU, stability balls, weighted balls, fitness circle and matwork to assist individuals in achieving optimal health and well-being. All exercises are designed to lengthen the body, strengthen the mid-section (core & spine), and improve posture and flexibility.

### PES 1057 Power Yoga

1

For students interested in bringing balance to both body and mind. Presents a vigorous and powerful approach using Ashtanga, Anusara, and Hatha Yoga's. Uses flowing progressive postures, meditative awareness, and breath control.

### PES 1085 Weight Training I

1

An introductory weight training course which provides the student with the needed information to develop a personalized strength program. Teaches proper lifting techniques. Demonstrates methods to increase muscular strength and endurance. Includes lab. Course fee of \$25 for equipment applies.

### PES 1086 Weight Training II

1

An individualized intermediate course for students who wish to continue their weight training program. Students will write their own program and set standards of goals that are attainable throughout the training period. Course fee of \$25 for equipment applies.

### PES 1087 Weight Training III

1

\* Prerequisite(s): PES 1086 or instructor approval

An advanced course for students and varsity athletes who wish to maintain their individualized weight training program. Students will write their own program and set standards or goals that are attainable throughout the training period.

### PES 1097 Fitness for Life TE

2

Provides information, tools, and skills to aid students in engaging in an active, healthy lifestyle throughout life. Offers the opportunity to learn about exercise program design, physiological adaptations that underlie fitness, and strategies to maintain an active lifestyle across the lifespan. Features access to high quality exercise facilities. Requires participation in exercise 2-3 days per week outside of the scheduled class activities. Stresses comprehensive principles in health, wellness, physical activity, and fitness assessment. Canvas Course Mats \$66/McGraw applies

### PES 1100 Tennis I

1

Covers the basic concepts of the game. Teaches general tennis skills including scoring, forehand, backhand, overhead, volley and net game, and service. Teaches basic tennis rules and strategy techniques. Includes labs, lectures, audio-visual, practice and inter-class participation. Taught on block only.

### PES 1101 Tennis II

1

Covers more advanced techniques of tennis. Includes volley and half volley (net game) and technical shots - drop, lob and top spin. Includes labs, lectures, audio-visual, practice and inter-class participation. Covers the more competitive strategies for both singles and doubles. Taught on block only.

### PES 1105 Badminton

1

Covers basic concepts of badminton. Includes scoring, forehand, backhand, overhead, net game, and service. Studies strategy techniques for both singles and doubles. Uses labs, lectures, audio-visual, practice and inter-class participation. Emphasizes skills, fundamentals, conditioning, and rules of the sport.

### PES 1110 Racquetball I

1

Covers basic fundamentals of racquetball. Teaches the skills, rules and strategies necessary to play and enjoy racquetball. Uses demonstrations and labs, practice and inter-class participation.

### PES 1111 Racquetball II

1

Includes advanced skills, rules and strategies in singles, doubles and cut-throat matches. Uses demonstration and labs, practice and inter-class participation. Successful completers should have developed a minimum of Level C skills.

### PES 1130 Golf I

1

A beginning course designed to teach students fundamental techniques, rules and etiquette of the game. Includes instruction on equipment and golf techniques such as grip, stance, and swing. Provides practice rounds leading to in-class tournaments. Uses demonstrations and labs, practice and inter-class participation. Taught on block only.

### PES 1131 Golf II

1

Designed to teach students advanced golf skills, rules, and strategies to be used in inter-class tournaments. Evaluates individual golf game strengths and weaknesses. Emphasizes playing according to USGA rules. Taught on block only.

### PES 1135 Archery I

1

For beginners. Covers basic concepts of archery, both for target shooting and field hunting. Includes use of re-curve and compound bows. Studies the language of archery. Includes laboratory sessions (both indoors and outdoors when weather permits), video instruction, demonstration, and shooting practice. Taught on block only. Course fee of \$20 for support, equipment applies.

## Course Descriptions

### **PES 1136**

#### **Archery II**

1

Builds upon the basic concepts learned in PES 1135. Covers skills, fundamentals, conditioning, history, and rules of the sport. Includes lecture, labs, demonstration and practice (outdoors when weather permits), and video presentations. Taught on block only. Course fee of \$20 for support, equipment applies.

### **PES 1145**

#### **Bowling I**

1

Teaches bowling skills and rules to beginning bowlers. Improves skills of advanced bowlers. Covers scoring procedures. Follows National Bowling Council techniques and rules of American Bowling Congress and Women International Bowling Congress. Includes lecture and participation.

### **PES 1146**

#### **Bowling II**

1

For those with intermediate bowling skills. Teaches techniques of advanced bowling. Studies rules and strategies. Enhances enjoyment, commitment, and performance of the sport of bowling.

### **PES 1155**

#### **Beginning Fencing**

1

Teaches fencing strategy, analysis, focus form and precision. Provides aerobic exercise and analyzes fencing style. Completers should be familiar with competition rules, competition officiating and will participate in class tournament at the novice level. Course fee of \$20 for equipment applies.

### **PES 1200**

#### **Basketball I**

1

An introductory course designed to teach the basic skills of shooting, passing, ball handling, rebounding, etc. Introduces and practices new skills each class session. Provides regular scrimmage time. Designed for fun and good competition. Includes an exciting class tournament during the course.

### **PES 1201**

#### **Basketball II**

1

Teaches advanced skills of shooting, passing, ball handling, rebounding, etc. Stresses fun and competition. Provides regular scrimmage time. Includes an exciting class tournament during the course.

### **PES 1210**

#### **Volleyball I**

1

Covers basic concepts of volleyball. Teaches fundamentals and rules of the sport. Introduces new skills such as sprawl and roll. Includes labs, lectures, audio-visual, practice and inter-class participation.

### **PES 1211**

#### **Volleyball II**

1

Teaches advanced volleyball skills and team concepts for intermediate volleyball players. Reviews fundamentals and rules. Covers 6-person, 3-person, and 2-person volleyball. Includes labs, lectures, audio-visual, practice and scrimmages.

### **PES 1212**

#### **Volleyball III**

1

Teaches volleyball skills and team concepts for advanced players. Briefly reviews fundamentals and rules. Teaches variable-size team competition. Includes labs, lectures, audio-visuals, practice, and scrimmages.

### **PES 1214**

#### **Volleyball Club Team**

1

\* Prerequisite(s): Instructor approval

For men's volleyball club team. Includes practice and competitive team play. Requires demonstrated advanced skills through try-outs. May be repeated once for credit.

### **PES 1230**

#### **Soccer I**

1

Covers the basic concepts of soccer including ball control, heading, trapping, passing or dribbling and shooting. Teaches the rules of the game and the strategy of both defense and offense. Includes lecture, media, demonstration and actual game situations. Stresses coordination, balance, agility, speed, endurance, team effort and team play.

### **PES 1231**

#### **Soccer II**

1

Expands upon and further develops the fundamental skills, techniques, tactics and rules from the Soccer I course. Covers the following topics: defensive soccer tactics, offensive soccer tactics, soccer systems & strategies and conditioning for soccer. Topics will be practiced by using a variety of drills on the field individually and in groups/teams in order to further develop playing performance in real game settings. Examines soccer rules and regulations established by FIFA (Federation Internationale de Football Association) and (United States Soccer Federation) USSF.

### **PES 1234**

#### **Soccer Club Team**

1

\* Prerequisite(s): Instructor approval

For men's and women's soccer team members. Designed for participation in competitive practice and team play. Advanced fundamentals and skills will be drilled. May be repeated once for credit toward graduation.

### **PES 1254**

#### **Lacrosse Club Team**

1

For men's lacrosse club team. Presents an overview of the history of lacrosse. Includes practice and competitive team play. Requires demonstrated advanced skills through tryouts. May be repeated once for credit.

### **PES 1260**

#### **Ice Hockey**

1

Teaches basic ice hockey skills including: skating (forwards, backwards, crossovers, spins, starts and stops), stick handling, passing, shooting. Practices offensive and defensive positioning, culminating in participating in several hockey games. The majority of the class will take place on the ice with short lectures and outside reading assignments. Course fee of \$60 for support, equipment applies.

### **PES 1300**

#### **Swimming I**

1

For non-swimmers and others interested in improving and maintaining their swimming ability. Students progress at their own pace. Covers breathing techniques, self rescue, floating, back floating, back stroke, breast stroke and front crawl. Students who pass off all of the required skills early will be put on an individualized swimming workout schedule. Individual attention will be given to students as needed. Course fee of \$40 for support applies.

### **PES 1301**

#### **Swimming II**

1

For swimmers who have a working knowledge of the basic strokes and are interested in improving their level of swimming. Provides an individually designed workout schedule for each student. Emphasizes stroke technique work on an individual basis. Course fee of \$40 for support applies.

### **PES 1315**

#### **Water Aerobics**

1

For students interested in an alternative aerobics class. Introduces aerobic conditioning principles designed to develop the cardiovascular - respiratory systems, strength, and coordination. Course fee of \$30 for support, equipment applies.

**PES 1405**  
**Womens Safety Awareness and Self**  
**Defense**

1

A beginning course in women's self-awareness, self-empowerment, and self-defense. Emphasizes environmental awareness and strategies in avoiding dangerous situations. Teaches self-defense techniques that can be used in a crisis situation.

**PES 1410**  
**Introduction to Tai Chi**

1

Introduces to students an ancient martial exercise developed in China. Studies an effortless, low-impact, rhythmical ballet-like exercise that is a superior activity for all age levels. Stresses slow respiration and balanced, relaxed, slow postures. Promotes increased blood circulation, joint and bone strength. Focuses on the Yang style short form solo exercise which may be an effective means of self-defense.

**PES 1415**  
**Survey of Martial Arts**

1

Introduces and surveys many of the popular styles of martial arts. Includes brief background of history, learning fundamental kicks, strikes, blocks, holds and other moves/techniques of the following martial arts: Kenpo Karate, Jiu Jitsu, Muay Thai (kick boxing), Tai Chi, and self-defense strategies.

**PES 1425**  
**Jiu Jitsu I**

1

A beginning class in the martial art of Jiu Jitsu with an emphasis on Russian Sambo Jiu Jitsu also known as Combat Jiu Jitsu. Learn the basics of Jiu Jitsu including: grappling, take downs, escapes, arm locks, etc.

**PES 1426**  
**Jiu Jitsu II**

1

\* Prerequisite(s): PES 1425

An intermediate class in the martial art of Jiu Jitsu. Practices and improves on the basics of Jiu Jitsu including: grappling, take downs, escapes, and arm locks.

**PES 1435**  
**Kenpo Karate I**

1

A beginning course in the martial art of Kenpo Karate. Introduces basic blocks, punches, strikes, and kicks. Emphasizes self defense techniques.

**PES 1436**  
**Kenpo Karate II**

1

\* Prerequisite(s): PES 1435 or Yellow Belt rank in Kenpo Karate

An intermediate course in Kenpo Karate for the student with the rank of yellow belt and above. Students work at their own pace and progress toward the next rank in the Kenpo system.

**PES 1440**  
**Aikido**

1

Covers beginning techniques to the art of self-defense. Teaches different holds and locks, using various forms of nonresistance in order to defend and prevent injury from an opponent.

**PES 1460**  
**Kickboxing I**

1

A beginning course in the martial art of kickboxing (Muay Thai). Discusses the history of Muay Thai, ring strategy, and the rules of the ring. Includes leg strengthening, shadow boxing, stretching, punches, elbows, kicks, and knees while contact is made to bags and kicking shields. Teaches self-defense, ring strategy and the requirements to advance to the second level of kickboxing (Muay Thai). Includes intense aerobic workout.

**PES 1670**  
**Ice Skating**

1

Teaches basic ice skating skills including forward and backward skating, turns, stops, crossovers, spins, and jumps. Students will choreograph and perform a developmentally appropriate ice skating program set to music. Course fee of \$60 for support, equipment applies.

**PES 200R**  
**Intercollegiate Athletics**

1

\* Prerequisite(s): Coach approval

Provides an opportunity to improve strategic and physical performance by working with instructor in chosen activity. May be repeated for 4 credits toward graduation.

**PES 201R**  
**Elite Precision Team**

1

\* Prerequisite(s): Audition required

For students selected to be members of the Elite Precision Team. Includes performances at home basketball games, competition, and the year end showcase. Studies dance styles such as jazz, funk, hip hop, and lyrical. May be repeated once for credit towards graduation.

**PES 2050**  
**Aerobic Instructor Training**

2

For students interested in becoming Certified Aerobic Instructors. Teaches basic concepts of anatomy, physiology, components of fitness, nutrition, and exercise injuries. Emphasizes the use of music, cueing and choreography. Prepares students for the AFAA Certification test.

**PES 2200**  
**Officiating Baseball and Softball**

2

For students wishing to officiate in interscholastic, intramural, and community games. Teaches rules, techniques, problems and procedures in officiating. Gives National Federation or OSA examinations. Introduces softball/baseball National Federation publications such as Rule Book, Case Book, Umpires Manual and Rules (Simplified and Illustrated). Utilizes lecture, media, guest lecturers, practical game situations, etc.

**PES 2210**  
**Officiating Basketball**

2

For students wishing to officiate in intramural and community programs. Teaches rules, officiating, techniques, problems and procedures. Uses lecture, media, guest lecturers and practical game situations. Gives National Federation or OSA examinations. Introduces National Federation publications, such as Rule Book, Case Book, Umpires Manual, and Rules (Simplified and Illustrated).

**PES 2220**  
**Officiating Volleyball**

2

Provides students with the necessary skills to officiate the game of volleyball. Teaches both collegiate and high school rules and protocol. Provides students with a working understanding of officiating volleyball, as well as the opportunities for employment, through match observations and practical experience. Prepares students for certification as high school entry level official.

**PES 2300**  
**Introduction to Fundamentals of Athletic Coaching**

2

For coaches of youth and other interested community members. Overviews methods, teaching techniques, coaching philosophies and practical experiences in both team and individual sports. Includes lecture and demonstration, media presentations, game scouting, and field project and class journals. Stresses motivation, selection, discipline, management, and the technical aspects of coaching.

## Course Descriptions

### **PES 2400 Sports Injuries**

**2**

\* Prerequisite(s): ZOOL 1090 or Permission of instructor

Prevention and care of fitness, sport, and physical education performance injuries. Emphasizes the responsibilities of the coach/PE teacher related to sport injuries. Examines recognition, cause, prevention and care of sports related injuries to specific body parts. Explores protective equipment, environmental factors, and nutritional considerations. Reviews injuries which occur to specific populations such as adolescent and elderly athletes. Course fee of \$20 for materials applies.

### **PES 281R Cooperative Work Experience**

**2 to 9**

\* Prerequisite(s): Approval of Cooperative Coordinator

Designed for Physical Education and Recreation majors. Provides paid on-the-job experiences in the student's major. Includes student, employer, and coordinator evaluations, on-site work visits, written assignments, and oral presentations. Provides experience in writing and completing individualized work objectives that improve present work performance. Credit is determined by the number of hours a student works during the semester. May be repeated for a maximum of 16 credits toward graduation. May be graded credit/no credit.

### **PES 3220 Teaching and Coaching Basketball**

**2**

\* Prerequisite(s): University Advanced Standing

Designed for those planning to coach basketball. Overviews methods, teaching techniques, coaching philosophies and practical experiences in both team and individual sports. Includes lecture and demonstration, media presentations, game scouting and field project, and class journals.

### **PES 3230 Teaching and Coaching Football**

**2**

\* Prerequisite(s): University Advanced Standing

Prepares students for coaching football. Covers basic offensive and defensive philosophy and techniques. Covers organization, equipment, conditioning, and safety.

### **PES 3240 Teaching and Coaching Volleyball**

**2**

\* Prerequisite(s): University Advanced Standing

For any coach, volleyball player or fan interested in learning more about one of the fastest growing sports in America. Teaches how to coach volleyball. Presents principles that coaches or players can use as a foundation to create their own game. Develops a greater appreciation for volleyball. Stresses the skills, fundamentals, rules, teaching techniques, and coaching strategies behind the sport. Includes labs, videos, and guest lecturers.

### **PES 3250 Teaching and Coaching Aerobics and Cheerleading**

**2**

\* Prerequisite(s): University Advanced Standing

Teaches basic aerobic principles including concepts of anatomy, physiology, and exercise injuries. Emphasizes choreography, cueing, and the use of music. Also, introduces basic cheerleading skills and methods of teaching kicks, jumps, and tumbling. Presents skills necessary to teach an aerobic class and advise a cheerleading program.

### **PES 3260 Teaching and Coaching Baseball and Softball**

**2**

\* Prerequisite(s): University Advanced Standing

Designed for those planning to coach baseball or softball. Covers teaching techniques, coaching philosophies and building a program. Includes strategy of team selection and offensive and defensive planning. Studies game skills.

### **PES 4900 Exercise Science Senior Practicum**

**3**

\* Prerequisite(s): EXSC 3700, EXSC 4000, EXSC 4100, and University Advanced Standing

Emphasizes application of physical activity promotion in a variety of settings. Options include service learning activities, assessing athletes, working in clinical settings that address assessment and exercise prescription in the elderly, cardiac and pulmonary rehabilitation, and outpatient physical therapy.