Physical Education

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Activity courses provide opportunities to develop skills, knowledge, and increased fitness level.

All activity courses (100-300) must be taken CR/NC with the exceptions of PE 262, PE 360, PE 362, and PE 382 which may be taken for a grade.

Beginning Level (100 series) — introductory courses for fundamental instruction.
Intermediate Level (200 series) — prerequisite is beginning level or equivalent skill (with IA).
Advanced Level (300 series) — prerequisite is intermediate level or equivalent accomplished skill (and IA).

Students injured while participating in a physical education or recreation administration class are not covered by any university insurance policy. Students are responsible for obtaining their own coverage through a private insurance agency or through the insurance plan of the Associated Students (UC south lounge).

Students with disabilities are welcome in all physical education activity courses.

AQUATICS

Note: Other aquatic offerings found under Recreation Administration.

PE 146. Fitness Swimming, Beginning (1). Cardiovascular swimming instruction and workouts for those with basic ability. Self-paced, aerobic lap swims with stroke instruction. [Rep.]

PE 224. Women's Rowing, Beginning (1). Designed for women interested in joining women's intercollegiate crew team. The class will teach the basic mechanics of rowing.

PE 255. Water Polo (1). Instruction, competition. Techniques, strategies. [Prereq: intermediate or advanced swim ability. Rep.]

PE 347. Master Swim (1-2). Aerobic and anaerobic swimming workouts to improve competitive stroke techniques, speed, endurance, and cardiovascular fitness. All four competitive strokes; workout formats. [Prereq: advanced ability. Rep.]

PE 360. Lifeguard Training (2). Professional techniques. American Red Cross certification. [Prereq: advanced swimming ability. Weekly, 1 hr lect, 3 hrs lab.]

PE 382. Underwater Photography (3). Develop knowledge and skill to use still or video cameras safely while free diving or SCUBA diving. Emphasizes: safe diving practices; camera equipment selection, maintenance, and use. [Prereq: PE 262 and PE 362.]


DANCE

Also see Theatre, Film, and Dance.


PE 194. Social Dance (1). Traditional social ballroom dances from the 1930s and 40s. Swing / Jitterbug, Waltz, Polka, Foxtrot, Tango, and Cha Cha. [Rep.]

PE 196. Swing Dance (1). An exploration of American Swing Dances and identify various styles. Includes: East Coast Swing, Lindy Hop, Savoy Style or Hollywood Style Shag. [Rep.]

INDIVIDUAL ACTIVITIES

PE 112. Aikido, Beginning (1). Nonaggressive yet highly effective form of self-defense. Learn respect for self/others in a setting of diligent, cooperative training. [Rep.]

PE 113. Archery, Beginning (1). Open to all ability levels. Beginners taught bow and arrow techniques. Intermediate/advanced archers provided target time. [Rep.]


PE 119. Fitness Fusion (1). Safe impact aerobic and strength exercise, a combination of the most popular fitness methods including rhythmic movement, functional fitness, strength/core training, yoga, and barefoot training. [Rep.]

PE 125. Fencing, Beginning (1). Fundamental techniques and principles of the art of personal combat with the sword. Emphasis on building a strong foundation of basic defensive skills, using the foil as a training tool for the early 19th century dueling sword. [Rep.]


PE 129. Power Step (1). Increase cardiovascular fitness and muscular strength and endurance through traditional aerobic dance steps along with a 4-8” high step. [Rep.]

**INTERCOLLEGIATE CLUB SPORTS**

Participate in an organized athletic program while learning fundamental skills, game strategy, tactics, and sportsmanship. Participants are required to attend practice and encouraged to participate in games.

*Please note:* The above statement applies to all of the following Physical Education courses.

- **PE 261. Intercollegiate Club Climbing** (2). Rock wall climbing, skill building, and competition. [Rep.]
- **PE 312. Intercollegiate Club Archery** (2). [Prereq: PE 113. Rep up to 6 intercollegiate units.]
- **PE 314. Intercollegiate Club Cheer** (2). [Rep up to 6 intercollegiate units.]
- **PE 315. Intercollegiate Club Lacrosse, Men** (2). [Rep up to 6 intercollegiate units.]
- **PE 317. Intercollegiate Club Baseball** (2). [Rep up to 6 intercollegiate units.]
- **PE 318. Intercollegiate Club Rugby, Men** (2). [Rep up to 6 intercollegiate units.]
- **PE 319. Intercollegiate Club Rugby, Women** (2). [Rep up to 6 intercollegiate units.]
- **PE 320. Intercollegiate Club Crew, Men** (2). [Rep up to 6 intercollegiate units.]
- **PE 321. Intercollegiate Club Cycling** (2). [Rep up to 6 intercollegiate units.]
- **PE 322. Intercollegiate Club Volleyball, Men** (2). [Rep up to 6 intercollegiate units.]
- **PE 323. Intercollegiate Club Ultimate Frisbee, Men** (2). [Rep up to 6 intercollegiate units.]
- **PE 324. Intercollegiate Club Ultimate Frisbee, Women** (2). [Rep up to 6 intercollegiate units.]
- **PE 325. Intercollegiate Club Fencing** (2). [Rep up to 6 intercollegiate units.]

**TEAM SPORTS**

- **PE 116. Basketball** (1). Beginning skills and knowledge for playing organized basketball. Skill development drills; game situations. [Rep.]
- **PE 141. Soccer, Beginning** (1). Skills, strategies, tactics. [Rep.]
- **PE 151. Ultimate Frisbee, Beginning** (1). Disc throwing techniques; fundamentals of the game of ultimate. Develop game strategy through drills and playing. [Rep.]
- **PE 250. Intramural Activity** (0.5-1). Enhance psychomotor skills and fitness levels and make choices about lifetime leisure activities. [Rep up to 2 units.]
- **PE 251. Ultimate Frisbee, Intermediate** (1). For those with fundamental skills and knowledge of game. Drills; develop game strategy through playing. [Rep.]

**PE 487. Techniques of Officiating Basketball** (2). Theory of officiating in men’s and women’s programs. Practical application.