

# 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. Student 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. Emphases: safe diving practices; camera equipment selection, maintenance, and use. [Prereq: PE 262 and PE 362.]

**PE 476. Water Safety Instructor** (3). Methods in swimming instruction. Class management, teaching techniques, lesson planning. American Red Cross WSI certification.

## DANCE

Also see Theatre, Film, and Dance.

**PE 190. Country Western Dance** (1). An exploration of contemporary Country Western Dance. Includes: Line Dances, Texas Two Step, Country Swing, Country Cha Cha, Country Waltz. [Rep.]

**PE 192. Latin Dance** (1). An exploration of Latin Dances. Includes: Salsa, Argentine Tango, Merceube, Rumba, Cumbia, and Mexican Social Dances. [Rep.]

**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 114. Badminton, Beginning** (1). Skills, rules, strategies. Serves, smashes, drops, clears, nets, backhands, forehands, footwork, singles and doubles strategies. [Rep.]

**PE 118. Bowling** (1). Fundamentals: scoring, etiquette, footwork. [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 127. Golf, Beginning** (1). Use of clubs, grip, stance, swings. On-campus instruction. [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.]

**PE 138. Self Defense** (1). Mental self-defense: awareness, avoidance. Physical options against attack. Overview of martial arts. [Rep.]

**PE 140. Tai Chi Chuan, Beginning** (1). Yang style short form. Emphases: precise movement, body dynamics. [Rep.]

**PE 144. Stretch & Relaxation Techniques** (1). Loosen up, stretch out, and practice relaxation techniques. [Rep.]

**PE 157. Weight Training, Individual, Beginning** (1). No scheduled hours; individualized weight program during open hours. [Rep.]

**PE 158. Strength Fitness** (2). Principles of weight training. Establish strength and conditioning foundation. Two additional hours TBA. [Rep.]

**PE 253. Pilates** (1). Students will learn the Pilates method of controlled exercise to increase core strength, proper posture, coordination, balance, flexibility, and overall body awareness. Course designed for all levels of capability and age. [CR/NC. Rep.]

**PE 259. Yoga** (1). Postures designed to increase flexibility, strength, awareness, relaxation. [Rep.]

**PE 263. Intermediate Yoga** (2). Physical yoga practice of asana, pranayama, and meditation. Theory of yoga woven into the practice to encourage embodiment of all aspects of yoga. [Prereq: PE 259 or previous yoga experience. Rec: regular yoga practice. CR/NC. Rep.]

**PE 280. Special Topics** (1-4). New courses, workshops. [Rep.]

**PE 289. Special Topics** (1-3). Activities. [Rep.]

## INTERCOLLEGIATE ATHLETICS

**PE 420. Intercollegiate Men's Basketball** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 421. Intercollegiate Women's Basketball** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 424. Intercollegiate Women's Crew** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 426. Intercollegiate Men's/Women's Cross Country** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 432. Intercollegiate Football** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 438. Intercollegiate Men's/Women's Soccer** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 444. Intercollegiate Women's Softball** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 456. Intercollegiate Men's/Women's Track & Field** (3). [Rep up to a total of 6 intercollegiate athletic units.]

**PE 463. Intercollegiate Women's Volleyball** (3). [Rep up to a total of 6 intercollegiate athletic units.]

## 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 241. Soccer, Intermediate (1).** Skills, tactics. [Rep.]

**PE 250. Intramural Activity (.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.