

Physical Education: Activity Courses (PE)

PE 016	Ultimate Frisbee	0.0 SH	[GEPE]
An introduction to the basic skills and strategies of ultimate frisbee. Covers rules, scoring, and vocabulary.			
PE 022	Tennis	0.0 SH	[GEPE]
Students learn the basics of the game of tennis, its background, rules, strategies, strokes, terminology, and etiquette through short lectures, demonstration/instruction, and competition.			
PE 030	Squash: Beginning	0.0 SH	[GEPE]
An introduction to the basic skills and strategies of squash as well as vocabulary, rules, scoring, equipment, and etiquette.			
PE 031	Racquetball: Beginning	0.0 SH	[GEPE]
An introduction to the basic skills and strategies of racquetball as well as vocabulary, rules, scoring, equipment, and etiquette.			
PE 034	Fitness Through Weightlifting	0.0 SH	[GEPE]
Teaches the use of machines and free weights in development of an individual exercise program. Course is suitable for beginners as well as experienced lifters.			
PE 035	Circuit Training	0.0 SH	[GEPE]
Students engage in a variety of activities in order to develop aerobic strength. Students utilize the weight room in conjunction with medicine balls and isometric exercises.			
PE 036	Triathlon	0.0 SH	[GEPE]
Develops and tests the student's abilities in swimming, biking, and running. Includes conditioning and technical instruction in all three areas.			
PE 037	Fitness Exploration	0.0 SH	[GEPE]
Exposes students to a wide variety of lifetime physical activities. Includes conditioning and technical instruction.			
PE 038	Advanced Sports Training	0.0 SH	[GEPE]
Designed for students interested in learning and participating in a variety of training methods and modalities (i.e. plyometrics, balance, stability, bodyweight movement, weights/cables/medicine balls, physio-balls, etc.). Students engage in a circuit-style workout to enhance individual and group performance. Students also learn how to develop their own program based on their current activity level and future goals. This course is not for beginners.			
PE 040	Volleyball: Intermediate	0.0 SH	[GEPE]
Continuation of PE 039 at the intermediate level.			
PE 049	Ballroom Dance	0.0 SH	[GEPE]
This class is designed for students interested in learning ballroom dancing. The course will cover 4-6 different styles of dance and will include history, musicality, and technique.			
PE 051	Soccer	0.0 SH	[GEPE]
An introduction to the fundamental techniques and strategies, etiquette, vocabulary, and rules of soccer.			
PE 054	Fitness: Balance & Flexibility	0.0 SH	[GEPE]
This course focuses on strength, flexibility, coordination, concentration, and balance. Students learn and demonstrate various movements/exercises and skills, including but not limited to sustaining static positions, increasing individual flexibility, demonstrating balance and stability, and learning proper breathing technique.			
PE 057	Fitness in Swimming	0.0 SH	[GEPE]
Fitness class designed for qualified students. Course for students who want to develop their fitness through lap swimming. Students swim a minimum of 1500 yards per week.			
Prerequisite: swimming ability intermediate or above.			

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PE 061 Emergency Water Safety 0.0 SH [GEPE]

An aquatics course which introduces people to increased awareness of water-related safety issues and an understanding of how to respond in an aquatic emergency; includes practical and written activities.

Prerequisite: successful completion of American Red Cross Basic Water Safety or successful completion of a swimming skills test.

Corequisite: PHED 300.

PE 065 Swimming: Beginning 0.0 SH [GEPE]

Designed to meet the individual skill needs of non- and beginning swimmers. Students are required to participate in 42 hours of supervised swimming instruction.

PE 074 Lacrosse 0.0 SH [GEPE]

This course exposes students to the basic skills, strategies, and fundamentals of competitive lacrosse.

Students have the opportunity to compete against collegiate teams in the Central Plains Women's Lacrosse League of the Women's Division Intercollegiate Associates of US Lacrosse.

PE 075 eSports 0.0 SH []

eSports is a competitive online team game play in a variety of games. eSports provides a team environment for students to gain knowledge in teamwork, strategy, decision making, and overall character development through variety of competitive video games based in PC and console platforms.

PE 085 Hiking/Backpacking 0.0 SH [GEPE]

Designed to develop the skills and knowledge necessary to fully and safely enjoy hiking and/or backpacking. Offered periodically in association with off-campus programs.

PE 090 Trailrunning 0.0 SH [GEPE]

An introduction to running outside over various terrains and under various conditions.