

PHYSICAL EDUCATION (PEAC)

Courses

PEAC 000. Varsity Sports. 1 Credit.

PEAC 001. Remedial Physical Education. 0.5-1 Credits.

PEAC 002. Advanced Physical Conditioning. 1 Credit.

Focus on learning how to effectively train different metabolic pathways. Participants will learn the different ways the body works in order to produce energy, how to train those energy systems and proper technique while doing so.

PEAC 003. Ski Conditioning. 1 Credit.

PEAC 004. Weight Training 1-4. 1 Credit.

PEAC 005. Club Sports. 1 Credit.

PEAC 006. Fitness Assessment. 1 Credit.

PEAC 007. Weight Reduction. 1 Credit.

PEAC 008. Exercise & Weight Management. 1 Credit.

Focus on establishing an understanding of fitness techniques and programming as well as nutrition information. Participants will learn correct form in a variety of muscular strength and endurance exercises as well as cardio-respiratory training principles.

PEAC 009. Run For Fitness. 0.5 Credits.

PEAC 012. Introduction to Yoga 1-2. 1 Credit.

Focus on teaching the foundational principles of yoga in a safe, fun, and non-competitive environment. The emphasis will be on building body awareness, connecting movement and breath, alignment and exploration.

PEAC 013. Wilderness Survival. 1 Credit.

PEAC 014. Orienteering 1-2. 1 Credit.

Basic practical skills such as maps, compass, and environmental awareness. Classroom participation, written exams, and completion of an orienteering course determine student grades. Open to all First-Year and Sophomore students. Cross-listed with: MS 014. Fall/Spring.

PEAC 015. Rappelling. 0.5-1 Credits.

PEAC 016. Gymnastics 1-4. 1 Credit.

PEAC 017. Military Fitness. 1 Credit.

Vigorous workout three days a week designed to build both upper body strength and aerobic ability. Classroom participation and a final Army Physical Fitness Test determine student grades. Open to all First-Year/ Sophomore students. Cross-listed with: MS 017. Fall/Spring.

PEAC 018. Rock Climbing. 1 Credit.

Basic climbing techniques and holds are taught. Additionally, students learn how to belay and become familiar with climbing etiquette and safety practices.

PEAC 019. Backpacking. 1 Credit.

Techniques of planning and organizing a backpacking trip. Basic instruction includes clothing, equipment, and environmental awareness. Includes one overnight backcountry trek. Student grades determined by class participation and participation in the practical exercise. Open to all First-Year and Sophomore students. Cross-listed as MS 019. Cross-listed with: MS 019. Fall/Spring.

PEAC 020. Triathlon Swim Training. 1 Credit.

Development of the skills needed to achieve success at the swimming portion of a triathlon event. Focuses on increasing endurance, efficiency, and speed in the water.

PEAC 021. Walking for Fitness 1-4. 0.5-1 Credits.

PEAC 022. Stretch & Relaxation. 0.5-1 Credits.

PEAC 023. Cross Training. 1 Credit.

PEAC 024. Stress Reduction 1-4. 1 Credit.

PEAC 025. Orienteering. 1 Credit.

PEAC 026. Jogging for Fitness. 1 Credit.

This course examines cardio-respiratory, fitness, exercise principles, and how to design and evaluate fitness programs/workouts. Additionally, the course emphasizes the importance of life-long exercise.

PEAC 027. Group Fitness. 1 Credit.

This course introduces students to a variety of different types of group fitness classes, such as yoga, Pilates, spinning, total body conditioning, and other aerobic classes.

PEAC 028. Conditioning Act. 1 Credit.

PEAC 029. Cycling & Heart Rate Training. 1 Credit.

PEAC 030. Stand-Up Paddleboarding. 1 Credit.

Introduces the sport of Stand-Up Paddleboarding. Begins with SUP basics, progresses to more advanced stroke techniques to increase speed and endurance on longer distance and racing.

PEAC 031. Aerobic Exercise 1-4. 1 Credit.

PEAC 033. Aquatic Aerobics 1-2. 1 Credit.

PEAC 034. Aerobic Dance. 1 Credit.

PEAC 035. Low Impact Aerobics 1-4. 1 Credit.

PEAC 036. Swimming 1-2. 1 Credit.

Focuses on the development of stroke technique in order to create, execute, and improve a level-appropriate workout. Introduces the four competitive swim strokes, and two survival strokes.

PEAC 038. Swimming 3-4. 1 Credit.

PEAC 039. Swim for Fitness. 1 Credit.

PEAC 040. Advanced Lifesaving. 1 Credit.

PEAC 041. Lifeguard Training. 1 Credit.

PEAC 042. Emergency Water Safety. 0.5-1 Credits.

PEAC 043. WSI-Crossover. 0.5 Credits.

PEAC 044. Restorative Yoga. 1 Credit.

PEAC 045. Intermediate Sailing. 0.5-1 Credits.

PEAC 047. Scuba. 1 Credit.

PEAC 049. Learn to Sail. 0.5-1 Credits.

PEAC 050. Individual Sports. 1 Credit.

PEAC 051. Advanced Sailing. 0.5 Credits.

PEAC 052. Yoga & Mindfulness. 1 Credit.

This course introduces students to various yoga poses and techniques, delves into the history of yoga, and provides students with the understanding of how yoga improves one's overall wellness.

PEAC 053. Archery 1-4. 1 Credit.

PEAC 054. Archery 2. 0.5 Credits.

PEAC 056. Badminton 1-2. 0.5-1 Credits.

PEAC 057. Badminton 2. 0.5 Credits.

PEAC 058. Badminton 3-4. 1 Credit.

PEAC 059. Fencing. 0.5-1 Credits.

PEAC 060. Badminton 4. 0.5 Credits.

PEAC 061. Bowling 1-4. 0.5-1 Credits.

PEAC 062. Bowling 3-4. 1 Credit.

PEAC 063. Horseback Riding 1-4. 0.5 Credits.

PEAC 064. Skating 1. 0.5 Credits.

PEAC 065. Figure Skating 1-4. 0.5-1 Credits.

PEAC 066. Inter Skating. 0.5 Credits.

PEAC 067. Ice Hockey 1-4. 1 Credit.

For beginner to intermediate players, focuses on the fundamentals of hockey and strategies and rules associated with playing the game of hockey.

PEAC 068. 5k/10k Training. 1 Credit.

For the recreational runner training and preparing for either a 5K or a 10K race. Focuses on building a fitness foundation and will include a variety of workouts.

PEAC 069. Introduction to Meditation. 1 Credit.

Guides students through an exploration of a variety of meditation styles and techniques. Reflection on these practices to identify the best style for personal use.

PEAC 070. Racquet Sports. 1 Credit.

PEAC 071. Handball 1-2. 1 Credit.

PEAC 072. Ice Hockey 3-4. 1 Credit.

Geared toward those with some hockey experience. Focuses on the fundamentals of ice hockey and an advanced understanding of strategies of the game.

PEAC 073. Martial Arts: Aikido. 1 Credit.

Basic Aikido techniques, such as throws and immobilizing holds, are taught in this martial art that emphasizes leverage and circular movements as defensive techniques.

PEAC 074. Kickboxing for Self-Defense. 1 Credit.

PEAC 075. Judo 1-4. 1 Credit.

PEAC 076. Taekwondo. 1 Credit.

The basic techniques of the Korean martial art Tae Kwon Do. TKD utilizes dynamic kicking skills used primarily as a means of self-defense. Also teaches the punches, strikes, and blocks of this system through basic patterns.

PEAC 077. Judo 3-4. 1 Credit.

PEAC 079. Racquetball 1-4. 1 Credit.

PEAC 081. Racquetball 3-4. 1 Credit.

PEAC 083. Brazilian Jiu Jitsu 1-2. 1 Credit.

Brazilian Jiu-Jitsu is a grappling-based martial art and sport. Teaches beginners the basic techniques and concepts of BJJ for use in both sport and self-defense scenarios. Designed for beginners with minimal grappling experience and exposure.

PEAC 085. Telemarking 1-4. 0.5-1 Credits.

PEAC 086. Snowboarding 1-4. 0.5-1 Credits.

PEAC 087. Downhill Skiing 1-4. 1 Credit.

PEAC 088. Ski Instructors. 0-1 Credits.

PEAC 089. X-Country Skiing 1-4. 0.5 Credits.

PEAC 091. Intermediate X-C Skiing 3-4. 0.5 Credits.

PEAC 092. Squash 1-2. 1 Credit.

PEAC 093. Squash 3-4. 1 Credit.

Focuses on squash strategy, refining footwork and form. Prerequisite: An understanding of how to play squash and the proper form.

PEAC 094. Squash 1-4. 1 Credit.

Concentrates on learning the basics of squash. Includes learning the major shots, the rules and positioning in the court. Students will play and concentrate on soft and hard ball squash.

PEAC 096. Tennis 1-2. 1 Credit.

PEAC 098. Tennis 3-4. 1 Credit.

PEAC 099. Triathlon Training. 1 Credit.

Prepares students to successfully compete in a Sprint or Olympic distance triathlon and/or improve on their current level of triathlon fitness. Covers basic training principles, heart rate training, technique development, transitions and competitive readiness.

PEAC 100. Tennis 5-6. 1 Credit.**PEAC 102. Tennis Doubles 3-4. 1 Credit.**

Students will learn rules, positioning, and a variety of strategies unique to doubles tennis.

PEAC 103. Yoga & Ayurveda. 1 Credit.**PEAC 104. Platform & Indoor Tennis 3-4. 1 Credit.**

The first half of this course is an introduction to platform tennis, an outdoor game played on a raised miniature court surrounded by screened walls. The second half of the course is an intermediate tennis course.

PEAC 105. Outdoor Recreation. 1 Credit.**PEAC 106. Platform Tennis 1-2. 1 Credit.**

This course is an introduction to platform tennis, an outdoor game played on a raised miniature court surrounded by screened walls.

PEAC 107. Water Safety Instructor Training. 1 Credit.

Students will complete all classroom and pool requirements necessary to sit for the American Red Cross Water Safety Instructor Exam. In addition, students will be trained in CPR and first aid.

PEAC 108. Moo Gong Do 1-2. 1 Credit.**PEAC 109. Yoga Asana & Philosophy. 1 Credit.**

Explores yoga philosophy and addresses questions about yogic philosophy. To accompany philosophical explorations, asana will be practiced. Covers basic postures and the vinyasa (flow) to promote lifelong practice.

PEAC 110. Moo Gong Do 3-4. 1 Credit.**PEAC 111. Golf 1. 0.5-1 Credits.****PEAC 112. Golf 2. 0.5 Credits.****PEAC 113. Golf 1-4. 1 Credit.****PEAC 114. Mountain Biking. 0.5-1 Credits.****PEAC 115. Yoga & the Chakras. 1 Credit.**

Explores the chakras, yogic anatomy, and a comprehensive yoga practice to increase awareness and foster overall health and well-being. Practice will include Hatha and Kundalini Yoga to include asanas, pranayama, bhandas, mantra, and meditation.

PEAC 116. Yoga Teacher Training. 1 Credit.

Yoga teacher training.

PEAC 117. Racquetball 5-6. 1 Credit.**PEAC 118. Cardio Sport Training. 1 Credit.**

Cardio Sport uniquely integrates interval training techniques with compound sports-related movements. Classes will include a variety of speed work, agility drills, plyometrics and functional strength training.

PEAC 125. Team Sports 1. 1 Credit.**PEAC 126. Team Sports 2. 1 Credit.****PEAC 136. Team Handball. 0.5 Credits.****PEAC 143. Volleyball 1. 0.5-1 Credits.****PEAC 144. Volleyball 2. 0.5 Credits.****PEAC 145. Volleyball 3-4. 1 Credit.****PEAC 146. Volleyball 4. 0.5 Credits.****PEAC 147. Volleyball 5-6. 1 Credit.****PEAC 150. Introduction to Dance. 1 Credit.****PEAC 151. Hip Hop Dance 1-2. 1 Credit.**

This course is an introduction to hip hop dance that explores several different styles of hip hop as students learn to transfer combinations into fully choreographed dances.

PEAC 152. Hip Hop Dance 3-4. 1 Credit.

This course is an intermediate level hip hop dance class that utilizes more complex and challenging combinations as dances are choreographed.

PEAC 153. Global Dance. 1 Credit.

This is a survey course designed to explore dance traditions and styles from around the world.

PEAC 154. West African Dance. 1 Credit.

This class incorporates various styles of West African Dance and explores dance as part of the culture of many West African societies.

PEAC 155. Tap Dance 1-4. 1 Credit.**PEAC 161. Modern Jazz 1-2. 1 Credit.****PEAC 163. Cabaret Jazz. 1 Credit.**

Exploration and overview of cabaret forms; combines components of Horton technique, release technique, and contemporary forms. Explores different styles of modern jazz.

- PEAC 165. Jazz Aerobics 1-2. 1 Credit.**
- PEAC 166. Ballet 1-2. 1 Credit.**
- PEAC 168. Ballet 3-4. 1 Credit.**
- PEAC 169. Ballet 4. 0.5 Credits.**
- PEAC 170. Ballet 3-6. 1 Credit.**
- PEAC 171. Modern Dance 1-2. 1 Credit.**
- PEAC 179. Folk & Square Dancing 1-2. 1 Credit.**
- PEAC 183. Ballet 5-6. 0.5-1 Credits.**
- PEAC 185. Ballet 5-6. 1 Credit.**
- PEAC 187. Ballroom Dance 1-2. 1 Credit.**
- PEAC 188. Orchesis Dancers. 1 Credit.**
- PEAC 189. Social Dance:International. 0.5 Credits.**
- PEAC 190. Dance for Majors. 1 Credit.**
- PEAC 192. Jazz 5+. 1 Credit.**
- PEAC 199. Physical Education Activities. 0.5-1 Credits.**