

PHYSICAL EDUCATION (PEAC)

Courses

PEAC 1002. 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 1003. 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 1006. 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 1008. Flow and Restore Yoga. 1 Credit.

Includes both slow flow vinyasa followed by yin yoga. Yin is a gentle and relaxing practice that works deeply into the connective tissues and joints of the hips, pelvis and lower spine through extended holds of postures and is suitable for all levels of students.

PEAC 1009. Restorative Yoga. 1 Credit.

Restorative Yoga.

PEAC 1010. Body Mapping. 1 Credit.

Inner exploration as a way to understand individual histories and confront, release, and change the stories stored in individual's bodies. Safely journeys within using the support of art making, movement, reflection, and group work.

PEAC 1011. Yoga: Stretch, Relax, Reflect. 1 Credit.

Explores yoga as a way of life and other aspects of this path through posture, breathing exercises, self-reflective prompts/questions, guided relaxations and more. Class will include movement, journaling, and partner/group sharing.

PEAC 1012. Dream Yoga. 1 Credit.

Provides an opportunity to establish, or build upon, a relationship with dreams to better understand self. Explores the realities of the sleep and wake worlds, as well as deepens personal understanding of the power of speech and the senses.

PEAC 1013. Yoga & Yogic Sleep. 1 Credit.

Introduces the practice of Yogic Sleep, called Yoga Nidra or non-sleep deep rest (NSDR), a practice that supports nervous system regulation and overall feelings of ease and well-being. Class activity includes minimal physical Yoga; the primary focus is on extended guided relaxations, which includes laying down, listening, and being aware. Class activities will be intentionally repetitive to create a space of predictability, simplicity, and depth.

PEAC 1100. 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 1112. Intro to Teaching Yoga. 1 Credit.

Includes practicing yoga, teaching elements of yoga, and learning the basic foundations of yoga and its history. Provides a yoga teaching experience and clarity on whether teaching yoga is right for the student.

PEAC 1113. Yoga Teacher Training. 1 Credit.

Yoga teacher training.

PEAC 1130. 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 1131. Personal Fitness. 1 Credit.

Provides students with the opportunity to promote their personal health and wellness through participation in the Campus Recreation offerings. Self-paced and includes student reflection on establishing fitness goals, regular work routine, and identifying strategies to overcome challenges.

PEAC 1140. Cycling & Beats. 1 Credit.

Introduces training on an indoor bicycle and leveraging bike technology to maximize workout, and training to increase cardiovascular fitness and muscular endurance.

PEAC 1150. 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.

PEAC 1152. 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 1160. Pickleball. 1 Credit.

Covers pickleball rules, terminology, court layout, equipment, strategy, and game play. Teaches skills including strokes, serving, and volleying; students will also take part in game play.

PEAC 1163. Bouldering 1-2. 1 Credit.

Bouldering climbing takes place over gymnastics pads without a rope, and never higher than 12-15 feet. Teaches the skills to enter and progress in the sport, how to boulder to minimize the chance of injury, and routines to practice the sport.

PEAC 1170. Kickboxing for Self-Defense. 1 Credit.

Kickboxing for Self-Defense.

PEAC 1171. Adv Kickboxing Self-Defense. 1 Credit.

Advanced techniques of competitive kickboxing and the development of a more specific set of skills while adding elements from a variety of martial arts. Attention will be focused on development of power and movement through repetition building a proficiency in self-defense.

PEAC 1175. 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 1177. 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 1181. Deep Water Aerobics. 1 Credit.

Deep water aerobics is a water-based exercise that uses equipment (e.g., flotation belt, pool dumbbells, etc.) to do a variety of aerobic, strength-building, and stretching exercises while suspended in the deep end of the pool.

PEAC 1183. Springboard Diving. 1 Credit.

Designed for water enthusiasts of all skill levels, from beginners to those looking to refine their diving abilities. Students will learn the foundations of springboard diving, including how to execute proper hurdles, back take-offs, entries and more. Attention will be on optimal body position and technique as students' progress through the five dive directions.

PEAC 1188. Scuba. 1 Credit.**PEAC 1190. Learn to Sail. 0.5-1 Credits.****PEAC 1200. Physical Education Activities. 0.5-1 Credits.**

Physical Education Activities.

PEAC 1888. Varsity Sports. 1 Credit.**PEAC 1889. Club Sports. 1 Credit.**