PHYSICAL EDUCATION (PEAC)

Courses

PEAC 000. Varsity Sports. 1 Credit.
PEAC 005. Club Sports. 1 Credit.

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

PEAC 039. Swim for Fitness. 1 Credit.

PEAC 041. Lifeguard Training. 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 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 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 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 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 082. 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 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 084. Group Training. 1 Credit.
Group Training offers the social dimensions of a team with the accountability and attention of personal training for a two-part fitness regime (cycling & strength). Students will utilize heart rate technology to learn about training zones for different fitness goals.

PEAC 090. 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 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 103. Yoga & Ayurveda. 1 Credit.

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 119. Juggling & Circus Games. 1 Credit.
An all-levels juggling fundamentals course designed to promote fitness and as an introduction to a greater circus education.

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 199. Physical Education Activities. 0.5-1 Credits.