

PHYSICAL EDUCATION (PEDU)

PEDU 104 - Personal Fitness and Weight Control (1 Credit)

Advanced techniques for controlling weight and improving fitness through exercise, lectures, and self-evaluation.

PEDU 105 - Weight Training (1 Credit)

Fundamentals of progressive resistance exercise training.

PEDU 106 - Advanced Weight Training (1 Credit)

Advanced techniques.

Prerequisites: PEDU 105.

PEDU 107 - Group Exercise (1 Credit)

Cardio-respiratory fitness, flexibility, muscular strength and endurance, and agility through various group exercise formats while utilizing a variety of equipment.

PEDU 113 - Bowling (1 Credit)

Fundamental skills and techniques of bowling.

PEDU 129 - Racquetball (1 Credit)

Fundamental skills, rules, and terminology.

PEDU 153 - Cardiopulmonary Resuscitation (1 Credit)

Knowledge and skills in providing artificial respiration, first aid for foreign body obstruction, one and two rescuer CPR for adults, infants, and children.

PEDU 174 - Social Dance (1 Credit)

Fundamental skills and terminology.

PEDU 182 - Backpacking (1 Credit)

Living in the out-of-doors; gear selection, map and compass reading, backpacking, hiking, and camping.

PEDU 187 - Rock Climbing (1 Credit)

Fundamentals of rock and mountain climbing including gear selection and use, knots and rope management, anchoring systems, belaying, rappelling, climbing techniques, and safety considerations.

PEDU 190 - Introduction to the Description and Analysis of Human Movement (2 Credits)

Analysis and performance of fundamental motor skills.

PEDU 275 - Functional Musculoskeletal Anatomy (3 Credits)

Knowledge and skill of orthopedic anatomy relative to muscle, ligament, and tendon origin, insertion, innervation, and action.