

PHYSICAL EDUCATION**PED 100****Archery (1/2)**

Fundamentals of shooting — seven-step approach. Proper target shooting technique and form stressed.

4 Class Hours, 11 Laboratory Hours per semester.

PED 103**Backpacking (CV) (1)**

A series of laboratories and lectures culminating in a four-day mandatory backpacking trip. Students learn to select, care for, and properly use the essential equipment, as well as some low-cost alternatives to expensive items. The stress is on safety and low ecological impact camping.

15 Class Hours, 15 Laboratory Hours per half semester.

PED 106**Badminton (CV) (1/2)**

Instruction and practice in the various strokes. Rules, terminology and equipment. Strategy for singles and doubles.

4 Class Hours, 11 Laboratory Hours per half semester.

PED 107**Ballet I (CV) (1)**

Beginning Ballet will introduce students to the basic elements of classical ballet in ballet technique classes.

8 Class Hours, 22 Laboratory Hours.

PED 110**Basic Ice Skating (CV) (1)**

A course in basic ice skating technique that moves from less difficult to more difficult performance skating sequences. Students will undergo an assessment of skills at the beginning of the course and will be given instructions and practice time for improvement of skills. Speed of performance as well as execution will be stressed. Will fulfill the C-V requirement. Students will need to bring skates or rent them from the BCC Rink where the course is taught.

8 Class Hours, 22 Job Hours, 1 Credit.

PED 112**Bowling (1/2)**

Bowling fundamentals including ball selection, grip, stance, approach and delivery. Etiquette, scoring, correction of basic mistakes in delivery. Classes are at off-campus site and students must pay for own games, shoe rental and transportation.

3 Class Hours, 12 Laboratory Hours per half semester.

PED 118**Personal Fitness (CV) (1)**

Students participate in an individualized fitness program. Each student will be tested for fitness levels in cardio-respiratory, muscle strength and endurance, flexibility and body composition. Results of the profile will help determine a workout routine for classroom activity. Discussions on chapter topics and tests will assist students in making healthy lifestyle choices.

8 Class Hours, 22 Laboratory Hours.

PED 119**Personal Fitness (CV) (1-1/2)**

Students participate in an individualized fitness program. Each student will be tested for fitness levels in cardio-respiratory, muscle strength and endurance, flexibility and body composition. Results of the profile will help determine a workout routine for classroom activity. Discussions on chapter topics and tests will assist students in making healthy lifestyle choices. PED 119 has one more hour of activity than PED 118, and more emphasis on taking command by making healthy decisions about workouts. There is usually an improvement grade built in for motivational purposes.

12 Class Hours, 33 Laboratory Hours.

PED 120**Foundations of Exercise (3)**

A Lab/Lecture course designed for students interested in a career in exercise supervision and instruction. The many components of Fitness will be thoroughly discussed in relationship to health, wellness, and athletic attributes. Students will learn the principles of exercise (Overload Principle) and apply them in a safe and healthy manner. Each student will lead the rest of the class in a activity that will lead to improvement in some aspect of fitness, with evaluation of the exercise a main focus.

2 Class Hours, 2 Laboratory Hours.

PED 121**Golf (1/2)**

Basic skills, etiquette and strategy. Student required to play nine holes (fee required) and hit at a driving range, providing their own transportation. Clubs provided for those without. For the beginning golfer.

4 Class Hours, 11 Laboratory Hours per half semester.

PED 122**Horsemanship (1)**

Basics of grooming, saddling and safety procedures. Development and expansion of riding skills. Elementary knowledge of horses, their care and maintenance. Two options available: 1. English. 2. Western. (Additional fee and taught off campus.)

8 Class Hours, 22 Laboratory Hours per semester.

PED 127**Jogging (CV) (1/2)**

Jogging as a possible leisure time activity. Physiological benefits, improvement of technique and basic principles of training. Individual works at own level and sets own goals. Distance usually worked: 2 miles.

3 Class Hours, 12 Laboratory Hours per semester.

PED 130**Karate (CV) (1)**

Classical karate on the beginning and intermediate levels. Philosophy and brief history of karate. Basic kata (forms) together with self-defense and prearranged sparring techniques. Free sparring with no body contact. Emphasis is on physical conditioning and mental discipline.

8 Class Hours, 22 Laboratory Hours per semester.

PED 135**Jazz Dance I (CV) (1)**

Jazz dance technique through practical skill work, jazz styles and dance combinations.

8 Class Hours, 22 Laboratory Hours per semester.

PED 137**Jazz Dance II (CV) (1)**

A continuation of Jazz Dance I, emphasizing jazz dance techniques through practical skill work.

8 Class Hours, 22 Laboratory Hours per semester; Prerequisite: PED 135 or previous dance experience.

PED 139**Self-Defense (1/2)**

Approximately 10 basic self-defense movements which, if properly acquired and practiced, can be applicable to many situations. Basic techniques of blocking, falling, punching and general body shifting motions. Dress should be comfortable. Although this is not the formal karate class, the class will be conducted with formality and discipline.

3 Class Hours, 12 Laboratory Hours per semester.

PED 143**Cross-Country Skiing (CV) (1/2)**

Instruction and practice in cross-country skiing — beginning through advanced. conduct, terminology, safety and equipment. Classes both on and off campus. Skis, poles, boots, and bindings provided.

3 Class Hours, 12 Laboratory Hours per semester.

PED 144**Aerobics (CV) (11/2)**

A low impact, high energy cardiovascular program done with a music background. Floor aerobics, step aerobics, body toning, and resistance bands included. Open to both men and women.

12 Class Hours; 33 Laboratory Hours.

PED 146**Aerobics (CV) (1)**

A low impact, high energy cardiovascular program done with a music background. Floor aerobics, step aerobics, body toning, and resistance bands included. Open to both men and women.

8 Class Hours, 22 Laboratory Hours per semester.

PED 147**Soccer (Women) (CV) (1/2)**

Instruction and practice in the fundamental skills of kicking, tackling, trapping, dribbling and heading. Rules and tactics. Team competition. Separate sections for men and women.

4 Class Hours, 11 Laboratory Hours per half semester.

PED 148**Soccer (Men) (CV) (1/2)**

Instruction and practice in the fundamental skills of kicking, tackling, trapping, dribbling and heading. Rules and tactics. Team competition. Separate sections for men and women.

4 Class Hours, 11 Laboratory Hours per half semester.

PED 149**Snorkeling (1)**

Designed to teach the swimmer the techniques of snorkeling, safety equipment selection and skills. Offered to student taking Tropical Ecology during intersession.

8 Class Hours, 22 Laboratory Hours per semester.

PED 150**Personal Nutrition (1)**

Students will learn the basic principals of good nutrition; how energy nutrients work within their body and how they can use nutrition to improve their overall health. They will also be able to utilize this information to decipher the current nutrition recommendations being addressed in the media.

15 Class Hours

PED 155**Trim and Tone (CV) (2)**

A course designed for people seriously interested and committed to changing their body composition. This class requires daily attendance for activity and instruction on weight loss, diet, nutrition, muscle strength, and toning. Workout clothing including sweat suits or shorts and T-shirt are required as well as a good pair of gym shoes.

1 lecture, 4 Laboratory Hours.

PED 168**Exploring Healthy Lifestyles (1)**

This course is a theoretical classroom approach to assessing and evaluating healthy pathways in life. Students will explore and analyze the components of diet and exercise that can be chosen which may lead to a happier and healthier life. Emphasis is placed on making educated decisions and using the self-motivation and discipline necessary to make changes leading to a more active healthy lifestyle.

15 Class Hours

PED 169**Tennis (CV) (1/2)**

Instruction and practice in the basic strokes — forehand, backhand, serve and volley. Rules, terminology and equipment. Strategy for singles and doubles.

4 Class Hours, 11 Laboratory Hours per half semester.

PED 170**Trail Riding (1/2)**

Basics of grooming, saddling, and safety procedures. Development and expansion of riding skills — learning to cope with natural hazards like creeks, traffic, terrain. Elementary knowledge of horses, their care and maintenance. (Taught off campus and an additional fee is required.)

4 Class Hours, 11 Laboratory Hours per half semester.

PED 171**Physiology of Exercise (1)**

Effect of exercise on cardiovascular and respiratory systems. Components of fitness, principles of training along with training prescriptions. Energy supply systems discussed. Effective nutrition, ergogenic aids and environmental factors.

15 Class Hours

PED 172**Volleyball (CV) (1/2)**

A basic course in the fundamentals of power volleyball. Team strategy, history and rules. Drills and competitive play.

4 Class Hours, 12 Laboratory Hours per half semester.

PED 173**Fitness Walking (CV) (1-1/2)**

Fitness Walking is a safe form of aerobic exercise which can be incorporated into one's life style and individual fitness program. Proper shoes and foul weather gear is needed.

12 Class Hours, 33 Laboratory Hours.

PED 175**Weight Training (1/2)**

Introduction to the Universal Gym and free weights as a means of physical conditioning. Components of fitness and principles of training discussed. Several strength building prescriptions presented, including free weights.

3 Class Hours, 12 Laboratory Hours per half semester.

PED 299**Independent Study (1/2 or 1)**

Student undertakes a project of own choice with guidance from faculty member. The project is intended for a student who has completed requirements.

Prerequisite: 2 Semester Hours in Physical Education.