

# PEA: PHYSICAL EDUCATION ACTIVITY

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## Courses

### **PEA 100. Basic Swimming (Non Swimmers). 2 Credits.**

Contact department for more information about this course.

### **PEA 116. Personal Defense. 2 Credits.**

Contact department for more information about this course.

### **PEA 120. Badminton. 2 Credits.**

Contact department for more information about this course.

### **PEA 123. Golf. 2 Credits.**

Contact department for more information about this course.

### **PEA 128. Tennis. 2 Credits.**

Contact department for more information about this course.

### **PEA 137. Strength Training. 2 Credits.**

Contact department for more information about this course.

### **PEA 140. Aerobic Fitness. 2 Credits.**

Contact department for more information about this course.

### **PEA 141. Water Fitness. 2 Credits.**

Contact department for more information about this course.

### **PEA 142. Yoga. 3 Credits.**

The purpose of this course is to provide each student with the skills and experiences to develop self-awareness and an appreciation for healthy living through the understanding and practice of yoga.

Distance education offering may be available.

### **PEA 143. Yoga II. 3 Credits.**

The purpose of this course is to provide each student with the opportunity to develop his or her yoga practice in order to realize the potential for self awareness and appreciation for healthy living that can be achieved through the continued practice of yoga.

PEA 143 Prerequisite: Successful completion of PEA 142, with minimum grades of D-.

### **PEA 144. T'ai Chi Ch'uan. 3 Credits.**

This course will be the study of a martial art that combines movement with chi. T'ai Chi Ch'uan uses the principals of Yin-Yang and the Five Element theories and is compatible with Chinese medicine, acupuncture, and Chinese herb treatment. The name refers to the Chinese concept of the Grand Ultimate, or of Yin and Yang. T'ai Chi Ch'uan is performed slowly and with smooth continuous motion, unlike most other martial arts that are performed with speed and power. T'ai Chi Ch'uan builds power internally and does not rely on body strength alone and can be practiced from childhood into old age with no risk to the practitioner. The study of movement, skeletal structure and T'ai Chi as a Meditative Art will be included in the courses.

### **PEA 146. Pilates. 3 Credits.**

This course is designed to provide each student with the skill and knowledge to perform the 6 basic principles that are the core of the Pilates method - Centering, Concentration, Control, Precision, Breathing, and Flowing Movement. Exercises and activities are developed to assist students in strengthening musculature, in spinal alignment and in gaining effective breathing.

### **PEA 199. Physical Education Activity Transfer Credits. 0.5-18 Credits.**

Transfer Credits

Repeatable for credit.

### **PEA 242. Yoga III. 3 Credits.**

This course is the third in the Yoga sequence and will provide further development of Yoga skills for the participant. Individual interested in teaching Yoga will explore teaching methodology and will address the individual requirements established by the Yoga Alliance.

PEA 242 Prerequisite: Successful completion of PEA 142 and PEA 143, with minimum grades of D-, or permission of instructor.

### **PEA 244. T'ai Chi Ch'uan II. 3 Credits.**

The goal of this course is to provide students with an advanced knowledge and skill sets required to practice the art of T'ai Chi Ch'uan and Push Hands. Longevity and rejuvenation are the primary goals of Tai' Chi, a system of slow, gentle, non-strenuous movements ideal for persons of any age who want to stay flexible, increase their energy and reduce stress. T'ai Chi promotes health, balance, coordination and tranquility. It leads to more graceful effortless movement in everyday life. This is an ideal opportunity to try out this wonderful, low stress form of exercise.