PHYSICAL EDUCATION ACTIVITY (PEA)

College of Health Sciences

Courses

PEA 100. Basic Swimming (Non Swimmers). 2 Credits.  
Contact department for more information about this course.

PEA 115. Physical Conditioning. 2 Credits.  
Contact department for more information about this course.  
Repeatable for Credit.

PEA 116. Personal Defense. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 120. Badminton. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 123. Golf. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 125. Women's Gymnastics. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 128. Tennis. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 129. Fitness Through Basketball. 2 Credits.  
Contact department for more information about this course.

PEA 137. Strength Training. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 140. Aerobic Fitness. 2 Credits.  
Contact department for more information about this course.  
Typically offered in Fall & Spring.

PEA 141. Water Fitness. 2 Credits.  
Contact department for more information about this course.

PEA 236. Developing Personal Fitness Programs. 2 Credits.  
This course, designed for nontraditional students and students with disabilities, provides an understanding of the scientific basis of physical fitness. The course is intended to help each student develop a personal fitness profile and subsequent program of physical activity that will result in healthful living. The course will make use of practical experience and actual participation in fitness activities. Individual programs will be emphasized.

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. Pre / Co requisites: PEA 242 PREREQ: PEA 142 and PEA 143 or permission of instructor. Typically offered in Spring.

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 T'ai 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. Typically offered in Spring.

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. Typically offered in Fall & Spring.