

# Physical Education Courses

## **PE 1000 - Archery**

Beginning fundamentals of archery including selection, care and knowledge of equipment. Shooting technique, safety practices, and etiquette are all included.

## **PE 1010 Badminton**

This course is designed to introduce students to basic badminton skills, techniques, and rules for singles and doubles play. Emphasis will be placed on the development of strokes, serves, offensive and defensive strategies, as well as an appreciation for lifetime activity.

## **PE 1015 - Golf**

Students will actively participate in learning the basic fundamentals of golf, including selection and care of equipment, etiquette, scoring, and actual play on a local golf course. Intended for beginners and students who have not had formal golf instruction. Students are responsible for green fees.

## **PE 1016 – Social Dance**

In this course students will participate in the following types of dance: folk, square, line, country, salsa, swing, hip-hop, and ballroom. Emphasis will be placed on the fundamentals of dance and various dance styles. This class is intended for beginning dancers of all ages who have not had formal instruction.

## **PE 1020 – Snowboarding**

Snowboarding course intended to introduce students to alpine snowboarding and/or develop current skill level. Using the American Teaching System (ATS), classes are split into 9 skill levels, beginning through advanced.

## **PE 1023 - Alpine Skiing**

Alpine ski course intended to introduce students to alpine skiing and/or develop current skill level. Using the American Teaching System (ATS), classes are split into 9 skill levels, beginning through advanced.

## **PE 1030 – Recreational Volleyball**

A practice and review of fundamental skills, team play, game strategy, and rules of volleyball. Students will gain an understanding of basic techniques, as well as enjoy the social experience of teamwork and cooperation. Intended for any player who wishes to learn or improve skills for recreational participation in volleyball. Sand volleyball also offered as weather permits.

## **PE 1035 – Recreational Softball**

This course is intended to introduce students to the social as well as the competitive aspects of the game of softball. The course includes instruction in fundamental skills, techniques, rules, and strategies of slow-pitch softball. Emphasis will be on skill development for the recreational player.

## **PE 1040 – Rock Climbing**

Rock climbing course that includes selected reading, classroom work, and artificial and natural climbing. Techniques, safety, etiquette and equipment care and selection are covered. Culminates in a climbing field trip at local climbing areas.

## **PE 1045 – Soccer**

This is a course intended to introduce students to soccer. The course will examine the rules and regulations of soccer, as well as the fundamental skills necessary to participate. Cooperative skills along with a willingness to participate are an integral part of the course.

## **PE 1055 Cycling Fitness**

Fitness course intended to introduce students to cycling as a fitness modality or to improve current skills and understanding. Conditioning, maintenance, techniques, etiquette, laws and regulations for road and off road will be covered.

## **PE 1060 - Personal Fitness**

This course involves the development of an individualized exercise program based on the student's fitness level. Nutrition, weight management and healthy lifestyle choices will be stressed. Free weights, mechanical machines, a variety of aerobic equipment as well as outdoor trails will be available for program development and implementation.

## **PE 1063 - Aerobic Exercise**

A fitness course in understanding the principles applied to aerobic exercise as a means of achieving weight loss and cardiovascular conditioning. A variety of instructor led aerobic activities will be offered including high/low impact aerobic dance, step, and cardio kickboxing.

## **PE 1064 – Yoga**

This course introduces the student to the fundamental philosophies, skills, techniques, and terms of yoga. It emphasizes the performance of yoga postures, breathing exercise, meditation, and relaxation techniques as a means of stress reduction and improved muscle tone and flexibility.

## **PE 1065 - Step Aerobics**

Designed for students interested in developing cardiovascular fitness through step aerobics. Emphasis also placed on muscle strength and endurance, and development of flexibility.

## **PE 1067 - Fitness Walking**

Intended for students who would like to learn how to utilize walking as a fitness enhancing activity. Students will develop and implement a personal walking program based on current fitness status. Benefits of walking, nutrition, weight management and healthy lifestyle choices will be covered.

## **PE 1070 - Fitness for Life**

This course stresses group fitness activities and provides students with the basic knowledge to develop, enhance, and maintain a healthy lifestyle throughout their lifespan. Participation in a variety of circuit training programs and other group activities will be offered. Proper nutrition, weight management, and a healthy lifestyle approach are presented and discussed.

## **PE 1075 - Weight Training**

This course is designed as an introduction to basic weight training. A variety of mechanical machines and free weights will be available for program development. Emphasis is placed on personal fitness stressing muscular strength, muscular endurance, flexibility and body composition. Each student will identify personal goals and pursue a program based on those goals. Appropriate for the beginner to advanced weight trainer.

## **PE 1780 - Internship: Sports Facility/Operations Management**

This course is designed to provide students with the opportunity to apply knowledge and skills learned in the Sports Facility Management program in a real life job environment. Students will learn to work in a technical/operational environment while applying a variety of communication, technical, and time management skills. Internship positions must be held in some facet of the sports facility management industry, and approved by the program coordinator. Students are required to complete the course requirements as stated in their internship packet.

## **PE 2080 - Introduction to Sports Management**

This course will help the prospective sport management and/or sports facility management student discover specialized training, and the various career opportunities in the rapidly growing sports management industry. Focus will be on the duties and tasks performed and the competencies needed for a career in sports management. Students will conduct formal interviews, job shadows, and may do service learning with professionals to further discuss the duties, tasks, and competencies needed for that professional field of work.

## **PE 2090 - Intercollegiate Golf**

This course is designed for students who participate on the intercollegiate golf team giving advanced skill instruction and techniques for mental preparation. This course is graded A - F and does not meet the PE/H graduation requirement.

## **PE 2091- Intercollegiate Soccer**

This course is designed for students who participate on the intercollegiate soccer team. Students must be eligible for participation based on NJCAA rules. This course offers advanced skill instruction as well as intercollegiate participation experience. This course is graded A - F and does not meet the PE/H graduation requirement for the AA degree.

## **PE 2780 - Internship: Sports Management**

This course is designed to provide students with the opportunity to apply knowledge and skills learned in the Sports Facility Management program in a real life job environment. Students will work in a managerial environment while applying a variety of human relations, communication, sales and/or marketing, operation/event management skills. Designed for an Associate of Applied Science degree students. Internship positions must be held within some facet of the sports management industry, and approved by the program coordinator. Students are required to complete the course requirements as stated in the internship packet.