

PEBC Physical Edu Activities

PEBC 1000 Beginning Weight Training

1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.

Mechanical principles and techniques necessary for the understanding of weight training programs.

Cross Listing(s): KINS 1418.

PEBC 1001 Basic Boot Camp

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Based on military-style of training, offers a variety of beginning exercises to increase cardiovascular efficiency, increase strength, and flexibility.

Class may be indoors or outdoors.

PEBC 1005 Intermediate Boot Camp

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Based on military-style of training, offers a variety of beginning exercises to increase cardiovascular efficiency, increase strength, and flexibility.

Class may be indoors or outdoors.

Prerequisite(s): A minimum grade of "C" in PEBC 1001.

PEBC 1010 Lifetime Fitness Training

1 Credit Hour. 1 Lecture Hour. 1-18 Lab Hours.

Basic fitness and wellness concepts and applications to everyday life.

Participation in an individualized fitness program.

PEBC 1011 Advanced Boot Camp

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Based on military-style of training, offers a variety of beginning exercises to increase cardiovascular efficiency, increase strength, and flexibility.

Class may be indoors or outdoors.

Prerequisite(s): A minimum grade of "C" in PEBC 1005.

PEBC 1020 Aerobic Dance

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Combination of exercise and dance steps to improve cardiovascular endurance, muscular endurance, strength, and flexibility.

Cross Listing(s): KINS 1110.

PEBC 1050 Intermediate Weight Training

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Principles of muscular strength and muscular endurance fitness associated with resistance training. This course will provide students with the skills necessary to develop an effective intermediate weight training program.

Prerequisite(s): PEBC 1000.

PEBC 1070 Intermediate Weight Training

1 Credit Hour. 1 Lecture Hour. 1-18 Lab Hours.

Instruction in two of the following sports: basketball, volleyball, soccer and/or softball.

PEBC 1080 Bowling

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Basic skills in bowling. Minimum of three games required per class period at student's expense. Must provide own transportation.

Cross Listing(s): KINS 1115.

PEBC 1090 Archery

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Basic skills in archery for recreation. Students must provide own arm and fingerguards.

PEBC 1100 Tumbling And Stunts

1 Credit Hour. 0 Lecture Hours. 2 Lab Hours.

Fundamentals and practice in beginning tumbling and gymnastic apparatus.

Cross Listing(s): KINS 1416.

PEBC 1200 Yoga For Beginners

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Introduction and practice in yoga positions to improve strength, flexibility, body alignment, and breathing techniques.

PEBC 1201 Intermediate Yoga

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Advanced instruction in yoga positions to improve strength, flexibility, body alignment, and breathing techniques.

Prerequisite(s): PEBC 1200.

PEBC 1250 Pilates

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Pilates mat exercises to strengthen the core, improve posture, and increase flexibility.

PEBC 1300 Walk, Jog, Run

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

The principles of cardio respiratory fitness associated with walking, jogging, and running will be taught in this course along with the principles of flexibility fitness associated with static and dynamic stretching for the prevention of walking and jogging injuries. This course will provide students with basic cardio respiratory skills to develop an effective beginning walking, jogging or running program. This course is open to all levels of fitness.

Cross Listing(s): KINS 1311.

PEBC 1301 Basic Swimming Skills

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Fundamental skills and strokes for the student with little to no swim experience. Principles of water safety are included.

Cross Listing(s): KINS 1412.

PEBC 1302 Intermediate Swimming

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Basic swimming competence is required. Four basic strokes (free, back, breast, fly) related aquatic skills, endurance, and principles of safety in, on and around the water are taught.

Prerequisite(s): PEBC 1301.

Cross Listing(s): KINS 2412.

PEBC 1310 Water Safety Instructor

2 Credit Hours. 2 Lecture Hours. 1-18 Lab Hours.

Methods of teaching infant and pre-school aquatics, the seven levels of "learn to swim program," as well as community water safety, ICT, and safety training for swim coaches. Must be at least 17 years old and have level VI swim skills.

PEBC 1350 Beginning Scuba

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Fundamentals of scuba diving including dive equipment and techniques.

Optional: dive trip required to secure PADI certification. Additional fee is required; contact department secretary for fee estimate. Must provide own transportation for each class meeting.

Cross Listing(s): KINS 1318.

PEBC 1380 Water Aerobics & Exercise

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Principles of cardiorespiratory fitness, flexibility, and resistance training associated with the dynamics of aquatics.

PEBC 1390 Lifeguard Training

2 Credit Hours. 1 Lecture Hour. 1-18 Lab Hours.

Recognizing and preventing injuries, rescue skills, CPR/AED/first aid, and pool health, sanitation, and management.

PEBC 1400 Safety First Aid And Cpr

1 Credit Hour. 1 Lecture Hour. 1-18 Lab Hours.

The American Red Cross course in "First Aid/CPR/AED for the Workplace, Schools, and the Community." Knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive. Administrative fee paid to American Red Cross for proof of certification.

PEBC 1401 Elementary Tennis

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Basic rules, skills, strategies, and practice for singles and doubles. Students must provide own racket and one can of new tennis balls.

Cross Listing(s): KINS 1415.

PEBC 1402 Intermediate Tennis

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Advanced instruction in skills and strategy in tennis. Student must provide own racket and one can of new tennis balls.

Cross Listing(s): KINS 2415.

PEBC 1450 Badminton

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Basic rules, skills, strategies, and practice for singles and doubles.

Cross Listing(s): KINS 1112 and KINS 2112.

PEBC 1501 Beginning Modern Dance

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Modern dance positions and technique with basic improvisation.

Cross Listing(s): KINS 1212 and KINS 1213.

PEBC 1502 Contemp Dance Around World

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Continuation of PEBC 1501. This course includes social dances from different countries with emphasis on dynamics, composition, and choreography. Dances may include: cha-cha, salsa/mambo, tango, rumba, swing, line, plus square dances from various countries.

PEBC 1530 Intermediate Modern Dance

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Advanced instruction and practice in many forms of modern dance.

Cross Listing(s): KINS 1211.

PEBC 1551 Basic Ballet

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Basic ballet techniques. Emphasis on body position and practice in using steps in combinations.

Cross Listing(s): KINS 1117.

PEBC 1552 Intermediate Ballet

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Advanced instruction in ballet techniques. refinement of skills of ballet.

Cross Listing(s): KINS 2117.

PEBC 1580 Jazz Dancing

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Fundamental techniques and choreography in modern, lyrical, and hip hop forms of jazz.

PEBC 1585 Tap Dance

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Designed to teach the most frequently used step combinations in choreographed tap dance routines. Performance of one or more routines required. Students required to provide own tap shoes.

PEBC 1601 Beginning Golf

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Basic instruction in rules, skills, and strategies for the beginning golfer. An additional fee is required. Must provide own transportation for each class meeting.

Cross Listing(s): KINS 1310.

PEBC 1602 Intermediate Golf

1 Credit Hour. 0 Lecture Hours. 1-18 Lab Hours.

Review and refinement of beginning skills, strategies, and etiquette of golf. An additional fee is required. Must provide own transportation for each class meeting.

Cross Listing(s): KINS 2310.

PEBC 1700 Special Topics: Phys Activity

1 Credit Hour. 0 Lecture Hours. 1 Lab Hour.

Physical activity announced when offered. May be repeated for additional credit as topics change.

PEBC 2000 Concepts Of Fitness

2 Credit Hours. 2 Lecture Hours. 0-18 Lab Hours.

Theoretical knowledge, fundamental concepts, and practical experience in the principles, assessment, development, and lifelong maintenance of fitness. Lab experiences required.

PEBC 2001 Con Of Personal Hlth & Fitness

3 Credit Hours. 3 Lecture Hours. 1-18 Lab Hours.

Theoretical knowledge, fundamental concepts, and practical experience in the principles, assessment, development, and lifelong maintenance of personal health and fitness. Focus on effecting positive changes in personal lifestyles. Topics include fitness components, nutrition, weight control, cardiovascular disease, stress, exercise-related and unintentional injuries, cancer, sexually transmitted infections, and addiction and substance use/abuse. Lab experiences required.