

# Physical Education

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## **PE101 Bowling**

**Cr-0.5**

This course is for any skill level from beginner to advanced. It focuses on learning and improving proper form, scoring, appropriate etiquette, and general rules for the sport. Additional fees charged.

## **PE102 Golf**

**Cr-0.5**

This course presents the rules, playing etiquette, and skills necessary for playing golf. Instructional classes occur on campus and at a local golf course. (Additional fees charged.)

## **PE103 Tennis**

**Cr-0.5**

This skills-development course includes instruction in equipment selection and fundamentals of serving, strokes, and scoring. Rules and their application during singles and doubles play are addressed. Emphasis is placed on leisure and fitness benefits.

## **PE104 Badminton**

**Cr-0.5**

This course introduces the fundamental and advanced skills in badminton. Instruction in playing skills, rules, and strategies is provided. Focus is placed on the leisure as well as fitness benefits.

## **PE110 Racquet Sports**

**Cr-0.5**

This course introduces the fundamental and advanced skills in badminton and racquetball. Instruction is provided in playing skills, rules, and strategies. Focus is placed on the leisure and fitness benefits.

## **PE111 Strength Training 1**

**Cr-0.5**

This course provides proper free-weight training techniques for implementing a personal weight program. It develops individualized and strength training routines that can become lifetime commitments.

## **PE112 Speed Training**

**Cr-0.5**

This course provides proper speed training techniques for improving fitness and athletic ability. Emphasis is placed on dynamic stretching, core strength, and sport specific speed/direction change.

## **PE130 Swimming for Beginners**

**Cr-0.5**

This course helps non-swimmers and beginners to develop confidence in, on, or about the water. It includes adjustment and safety skills, floating, front and back kicks, arm strokes, entries, and conditioning skills. Emphasis is placed on leisure and fitness benefits.

## **PE131 Basic Swimming**

**Cr-0.5**

This course provides those with basic swimming abilities the opportunity to develop more efficient skills and conditioning levels. It covers the improvement of the front crawl, backstroke, elementary backstroke, sidestroke, and breaststroke. Prerequisite: PE130 Swimming for Beginners or equivalent abilities, determined by instructor.

## **PE133 Aerobic Swimming**

**Cr-0.5**

This course presents a variety of aquatic activities encouraging fitness development. It introduces concepts of conditioning swims, water exercise, and tube training. It presumes basic confidence and comfort being in the water.

## **PE134 SCUBA Diving**

**Cr-1**

This course introduces students to the basic concepts of safe SCUBA diving. Students learn elementary SCUBA techniques and safety practices. Instructional classes will be in the MVCC swimming pool.. Upon completion of this course, students will have an option to

pursue certification by participating in open water dives. (Additional fees charged.)

## **PE140 Introduction to Sports Officiating**

**Cr-2**

This course provides students with an in-depth study of sports officiating and allows students to learn and develop the skills necessary to become a certified sports official. Topics include proper fitness and health; professional communication; creating a positive rapport with coaches, players, and game personnel; handling conflicts that arise; proper game management and safety/health protocols; rules and application of the sport games; and how to connect/join with local community agencies to become a certified official. The following sports will be included: soccer, basketball, baseball/softball, men's lacrosse and women's lacrosse.

## **PE143 Basketball**

**Cr-0.5**

This course is an introduction to the sport of basketball, including basic skills and techniques. An opportunity to experience a positive leisure activity is provided.

## **PE151 Personal Fitness**

**Cr-0.5**

This course introduces general fitness concepts with focus on the five health-related components of fitness: aerobic capacity, body composition, flexibility, muscular endurance, and muscular strength. Participation in laboratory activities develops these components.

## **PE152 Jogging**

**Cr-0.5**

This course helps participants understand the value of jogging as a personal fitness activity at any level of ability or experience. It includes information about training methods, the training effects of progressive exercise, shoe and clothing selection, and safety in training, dealing with aches and pains, and preparing for competition. Workouts demonstrate program progression and show examples of training methods.

## **PE153 Aerobic Fitness**

**Cr-0.5**

This course provides an understanding of the five health-related components of fitness (aerobic capacity, body composition, flexibility, muscular endurance, and muscular strength) and how aerobic exercise contributes to their development. Exercise sessions are dedicated to developing total fitness.

## **PE154 Fitness Center**

**Cr-1**

This course introduces students to a comprehensive fitness program, including strength training, cardiovascular endurance, and flexibility enhancement. Students develop the basic knowledge to pursue fitness as a lifetime endeavor.

## **PE155 Police Fitness Training**

**Cr-0.5**

This course covers the physiological capacity for successful completion of the fitness requirement for an entry-level police officer as prescribed by the Municipal Police Training Council of the State of New York. The NYS Police Officer minimum fitness requirements are incorporated.

## **PE156 Total Body Fitness**

**Cr-0.5**

This course introduces the students to the basic fundamental Total Body Fitness exercises, which are Yoga and Pilates-inspired positions. Many of the poses and exercises strengthen one or more muscle groups, while simultaneously stretching others. Many of the exercises also will challenge balance. The focus will be on the essential foundations of the primary poses to encourage the student to practice safely with ease and stability. There also will be a focus on managing stress through mindfulness and breath.

- PE157 Walking for Fitness** **Cr-0.5**  
This course introduces the low-impact, cardiovascular endurance activity of walking. Proper techniques of walking, warm-up, and cool-down are introduced and practiced. Instruction is provided in injury prevention, weight management, and goal setting as vital components of a fitness program.
- PE158 Basic Yoga** **Cr-0.5**  
This course introduces basic yoga principles. Emphasis is placed on increasing flexibility, body awareness, and focusing the breath. Activities include major poses and routines designed to increase knowledge of yoga and its role in lifetime fitness.
- PE162 Self Defense** **Cr-0.5**  
This course introduces basic self-defense moves, escapes from grabs, using restraining holds, kicking techniques and punching. Escaping and restraining will be done with partners. Punching and kicking will be done against targets and pads held by partners. This is not formal Martial Arts training; this is an introduction only. Emphasis is placed on preventative measures for personal protection.
- PE164 Tai Chi** **Cr-0.5**  
This course introduces the skills and principles of Tai Chi. Students learn and practice Tai Chi postures of a Yang style form. Partner exchanges called sensing hands are included later in the practice.
- PE170 First Aid** **Cr-1**  
This course provides knowledge and skills for handling most situations that require emergency first-aid care. It provides the opportunity to work toward National Safety Council First Aid/CPR certifications as well as automated external defibrillation (AED) skills.
- PE171 CPR** **Cr-0.5**  
This course teaches rescue breathing, CPR, two-rescuer CPR, and automated external defibrillation (AED) skills. Students may complete certification from the American Heart Association basic life support (BLS) for healthcare providers.
- PE172 Health and Wellness** **Cr-2**  
This course assists in making intelligent health-conscious decisions through topics such as wellness, aging, sexuality, drugs and alcohol, and communicable diseases. It introduces activities and skills for leading healthy lifestyles including fitness assessment, weight management, and exercise.
- PE178 Varsity Lacrosse - Women** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare students for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition and all students must pass a physical exam administered by a qualified health care professional. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE179 Varsity Soccer-Women** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE182 Varsity Lacrosse - Men** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE184 Varsity Bowling** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE185 Varsity Soccer-Men** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE186 Varsity Basketball - Men** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE188 Varsity Baseball** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE189 Varsity Tennis-Men** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE191 Varsity Volleyball** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.
- PE192 Varsity Tennis-Women** **Cr-1**  
These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team

rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE193 Varsity Basketball-Women Cr-1**

These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE194 Varsity Softball Cr-1**

These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE195 Varsity Cross Country Cr-1**

These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE197 Varsity Golf Cr-1**

These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE198 Varsity Track and Field Cr-1**

These courses are designed for competition at the intercollegiate athletic level. Organization, conditioning, and practice sessions prepare for competition as members of an MVCC intercollegiate team. Team rosters may be determined according to program limitations, with players selected on ability and availability. NJCAA athletic eligibility must be met prior to competition. Varsity courses each carry 1.0 credit for completion of one season of participation on a varsity team.

**PE211 Strength Training 2 Cr-0.5**

This course provides proper training techniques for implementing a personal weight training program. It is a continuation of PE111 Strength Training 1, isolating and intensifying workouts for specific muscle groups to maximize muscle strength and development. Prerequisite: PE111 Strength Training 1.

**PE230 Lifeguard Training Cr-2**

This course is for those who have an interest in developing a high degree of proficiency in swimming, water safety, and lifeguard skills. It provides the opportunity to work on requirements to become a certified lifeguard per NYS Health Department standards.

**PE234 SCUBA Diving 2 Cr-1**

This course, a Specialty (Level 2) Open-Water Diver program, teaches advanced diving skills in underwater navigation, deep diving, and dry-suit diving. Successful completion of classroom, pool, and open-

water work leads to internationally recognized Specialty (Level 2) Diver Certification. Prerequisite: PE134 SCUBA Diving or Level 1 Certification or instructor permission. Additional fees charged.