

Physical Education Emphasis

PM101 Soccer-PE Majors

Cr-1

This course covers fundamental to advanced individual and team skills as well as concepts related to the game of soccer. It develops an understanding of how to present skills to players in an individual or team setting. For Physical Education emphasis students.

PM102 Volleyball-PE Majors

Cr-1

This course covers the concepts of volleyball skills and tactics, with attention to skill analysis and application to the game. Opportunities for practice teaching, analysis of team and individual performance, and class competitions are offered. For Physical Education emphasis students.

PM103 Basketball-PE Majors

Cr-1

This course covers the concepts and skills in the playing of basketball. It develops an ability to demonstrate fundamentals in teaching basketball skills. Developing drills for practice and understanding of game situations are provided. For Physical Education emphasis students.

PM105 Tennis-PE Majors

Cr-1

This course covers skills and rules of the sport of tennis, proper etiquette, how to teach skills with drills appropriate for skill levels, and how to administer skill tests. It involves participation in singles and doubles class competition. For Physical Education emphasis students.

PM106 Golf-PE Majors

Cr-1

This course covers concepts and skills in the playing of golf. It includes the fundamentals of the golf swing as applied to a variety of golf clubs and course contours. Class sessions are held on campus and at an area golf course. For Physical Education emphasis students.

PM109 Swimming-PE Majors

Cr-1

This course covers concepts of aquatic skills and safety. It includes study and practice in five basic swimming strokes, physical laws as applied to swimming, physical effects of swimming, personal safety, and elementary rescue forms. Concepts of teaching skill and aquatic games are studied. For Physical Education emphasis students.

PM110 Racquet Sports-PE Majors

Cr-1

This course covers fundamental and more advanced individual skills and strategy necessary for playing the games of badminton and racquetball. It includes how to present skills to the beginner in an organized manner. For Physical Education emphasis students.

PM111 Total Fitness Training-PE Majors

Cr-1

This course provides students with proper training techniques for development of muscular strength, cardiovascular endurance, and flexibility programs. Emphasis is placed on teaching students the physiological principles and proper safety mechanics of fitness components. For Physical Education emphasis students.