

# PHYSICAL EDUCATION (PE)

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## PE 101 Beginning Tennis (1 credit)

This course involves instruction of the fundamental skills of tennis. Students are required to physically practice basic tennis skills and drills. Rules of play, game scoring, and the health benefits of tennis are presented. No previous tennis experience is required.

## PE 102 Intermediate Tennis (1 credit)

This course involves instruction in intermediate skills of tennis. Students are required to physically practice these skills. Advanced game strategies, drills for improvement, individual analysis and technique correction are presented. Basic tennis skill proficiency is strongly advised.

## PE 104 Beginning Bowling (1 credit)

This course involves instruction of beginner bowling skills. Students are required to physically practice fundamental bowling skills. The selection and care of bowling equipment, game scoring, and bowling etiquette are presented. No previous bowling experience is required. Course fee.

## PE 130 Hiking (1 credit)

This course is an introduction to hiking techniques. Students are required to physically complete hikes at trail locations in Harford and Baltimore Counties. Map-reading skills, hike preparation considerations and the physical benefits of hiking are presented. Students must provide their own transportation to trail locations. While no previous hiking experience is required, the physical ability to complete moderately difficult terrains is strongly advised. Course Fee.

## PE 131 Beginning Badminton (1 credit)

This course involves instruction of beginner badminton skills. Students are required to physically practice fundamental skills of badminton, including basic stroke orientation, strategy, rules, and scoring. No previous badminton experience is required.

## PE 132 Pickleball (1 credit)

This course involves instruction of beginner pickleball skills. Students are required to physically practice fundamental skills of pickleball, including basic strokes, strategy, rules, and scoring. No previous pickleball experience is required.

## PE 133 Aqua Yoga (1 credit)

Aqua yoga combines the benefits of traditional yoga and continuous water exercise. This course requires students to physically participate in pool exercise designed to improve muscular endurance and flexibility. Swimming skills are not required. Course fee.

## PE 134 Cross Training for Fitness (1 credit)

Cross Training exercise employs two or more training methods in one workout session to develop cardiorespiratory and muscular endurance. This course requires students to physically participate in a group exercise program that uses a variety of equipment, including barbells, steps, rowers, jump ropes, and resistance bands. Course fee.

## PE 135 Indoor Cycling (1 credit)

Indoor cycling is performed on specialized stationary bikes that simulate an outdoor riding experience. Students are required to physically participate in an indoor group cycling program that includes off-bike muscular endurance and flexibility exercises to enhance cycling performance. Course fee.

## PE 136 Cardiovascular Fitness (1 credit)

This course presents principles of cardiorespiratory endurance. Students are required to physically participate in a cardiorespiratory endurance program using stationary equipment, such as treadmills, cross trainers, and bikes. Course Fee.

## PE 137 Circuit Training (1 credit)

Circuit training is a method of total body conditioning that involves movement from one exercise to another, using different pieces of equipment. Students are required to physically participate in a circuit training program designed to improve muscular endurance and cardiorespiratory endurance. Course fee.

## PE 138 Jogging (1 credit)

This course presents principles and techniques of jogging. Students are required to physically participate in a jogging program. While no previous jogging experience is required, the physical ability to sustain high-impact cardiorespiratory exercise is strongly advised.

## PE 147 Mountain Biking (1 credit)

This course presents principles and techniques of mountain bike riding. Students are required to physically complete bike rides at trail locations in Harford, Baltimore, and Cecil Counties. The mechanical, physical, and safety aspects of trail riding are presented. Students must provide their own transportation to trail locations, a mountain bike and a helmet. An understanding of basic mountain biking skills is strongly advised. Students should be physically able to bike moderately difficult terrain. Course fee.

## PE 150 Aikido I (1 credit)

Aikido is a form of self-defense that uses the principles of nonresistance in order to debilitate the strength of the opponent. Students are required to participate in paired partner practice to learn movements that respond to a given attack with a specific defense. No previous Aikido experience is required.

## PE 153 Karate (1 credit)

Karate is a form of self-defense that uses the hands and feet to deliver and block blows. Students are required to physically practice basic self-defense skills, flexibility exercises, and mental focus techniques. No previous Karate experience is required.

## PE 154 Hatha Yoga (1 credit)

Yoga promotes spiritual health and physical fitness. This course requires physical participation in a yoga exercise program designed to improve muscular endurance and flexibility, breath control, and mental concentration. No previous yoga experience is required.

## PE 155 Matwork Pilates (1 credit)

Pilates involves a series of controlled movements designed to improve core muscle stability and strength. This course requires physical participation in a Pilates mat exercise program. No previous Pilates experience is required.

## PE 169 Aqua Fitness (1 credit)

This course presents principles and techniques of aqua exercise designed to improve physical fitness. Students are required to physically participate in group water exercise that uses a variety of resources, including kickboards and swim bars. Swimming skills are not required. Course fee.

**PE 171 Aqua Run I (1 credit)**

Aqua run is an exercise program that includes continuous deep water movement to develop cardiorespiratory and muscular endurance. Students are required to physically participate in water exercise. While swimming skills are not required, students should feel comfortable exercising in deep water. Flotation devices that assist deep water running are provided. Course fee.

**PE 178 Dance Movement (1 credit)**

This course presents creative dance techniques, improvisation, and choreography. Students are required to physically practice dance movement skills, including jazz, ballet, and modern dance. No previous dance training is required.

**PE 181 Special Topics: Pickleball (1 credit)**

Special topics courses are developed to explore emerging issues or specialized content not represented in the main curriculum. Not all courses are offered each semester. See the schedule of classes for availability.

**PE 191 Independent Study: Physical Education (1 credit)**

This course provides an overview of the concepts of wellness and physical fitness. Topics include fitness, nutrition, stress management, holistic health, and chronic health issues.

**PE 228 Weight Training (1 credit)**

This course presents principles of weight training, with an emphasis on proper form and technique. Students are required to physically participate in a weight training program designed to increase muscular strength or muscular endurance. No previous weight lifting experience is required. Course fee.

**PE 229 Advanced Weight Training (1 credit)**

This course presents principles of advanced weight training, with an emphasis on proper form and technique. Students are required to physically participate in a weight training program designed to increase muscular strength or muscular endurance. Previous weight lifting experience is strongly advised. Course Fee.

**PE 230 Fitness Walking (1 credit)**

This course presents principles of a walking program. Students are required to physically participate in a progressive walking program designed to improve cardiorespiratory endurance.

**PE 273 Cooperative Education III: Physical Education (3 credits)**