

# PEDS - PHYSICAL EDUCATION - ACTIVITY

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## **PEDS 1305 Aerobic Dance (0-2-1)**

Fundamentals of aerobics combined with dance and music.

## **PEDS 1307 Jogging for Fitness (0-2-1)**

Basic skills and concepts necessary to utilize jogging as a primary activity for improving cardiovascular fitness.

## **PEDS 1308 Swimming for Fitness (0-2-1)**

This course is designed for proficient swimmers. Skills and concepts necessary to utilize swimming as a primary activity for improving health-related physical fitness. Knowledge and skill based assessments will be utilized.

**Prerequisite(s):** PEDS 1348

## **PEDS 1309 Walking for Fitness (0-2-1)**

Basic skills and concepts necessary to utilize walking as a primary activity for improving cardiovascular fitness.

## **PEDS 1310 Fitness Walking for Online Students (0-2-1)**

This course is designed to help students become aware of the cardiovascular, muscular, health and other physical fitness benefits which exist when utilizing walking as a means of improving fitness. Students should have completed or passed a developmentally appropriate secondary physical education program prior to enrollment.

## **PEDS 1315 Beginning Weight Training (0-2-1)**

Basic skills and concepts necessary to utilize weight training as a primary and/or secondary activity for improving health-related fitness. Students are expected to design and implement a personal weight training program. Knowledge and skill based assessments will be utilized.

## **PEDS 1316 Tae Kwon Do (0-2-1)**

Introduction to the basic skills, concepts, and tactics for Tae Kwon Do.

## **PEDS 1317 Tae Kwon Do II (0-2-1)**

Advanced Tae Kwon Do skills and concepts.

## **PEDS 1321 Beginning Jazz Dance (0-2-1)**

Fundamentals of the basic skills and concepts of jazz dance.

## **PEDS 1335 Badminton (0-2-1)**

Introduction to basic skills and concepts of badminton.

## **PEDS 1336 Beginning Swimming (0-2-1)**

Designed to teach non-swimmers how to be safe in, on and around water. Knowledge and skill-based assessments will be utilized.

## **PEDS 1338 Basketball (0-2-1)**

Introduction to basic skills and concepts of basketball.

## **PEDS 1341 Gymnastics I (0-2-1)**

Introduction to basic tumbling and related gymnastic skills. Additional fee required.

## **PEDS 1342 Gymnastics II (0-2-1)**

Prerequisite: PEDS 1341. Advanced gymnastic skills and use of apparatus. Additional fee required.

**Prerequisite(s):** PEDS 1341

## **PEDS 1345 Golf (0-2-1)**

Introduction to basic skills and concepts of golf. Students must provide their own equipment. Additional fee required.

## **PEDS 1348 Intermediate Swimming (0-2-1)**

Introduction to basic swimming strokes, elementary forms of water rescue, and related aquatic activities.

## **PEDS 1349 Pickleball (0-2-1)**

Introduction to basic skills and concepts of Pickleball.

## **PEDS 1351 Scuba I (0-2-1)**

Introduction to skills and concepts necessary for safe participation in SCUBA related activities. Additional fee and field trip required.

## **PEDS 1352 Scuba II (0-2-1)**

Prerequisite: PEDS 1351. Advanced scuba skills and concepts. Additional fee required.

**Prerequisite(s):** PEDS 1351

## **PEDS 1355 Intercollegiate Athletics (0-2-1)**

Must be on current varsity team roster. This course recognizes the fitness, knowledge, and skill development associated with participation of student athletes in intercollegiate athletics. Meets CSU PEDS (Wellness) requirement. May be taken once for credit. S/U grading.

## **PEDS 1357 Soccer (0-2-1)**

Introduction to basic skills and concepts of soccer.

## **PEDS 1359 Tennis (0-2-1)**

Introduction to basic skills and concepts of tennis. Students must provide their own equipment.

## **PEDS 1365 Volleyball (0-2-1)**

Introduction to basic skills and concepts of volleyball.

## **PEDS 1366 Kickboxing (0-2-1)**

Introduction to basic skills and concepts necessary to utilize kickboxing as a primary activity for improving cardiovascular conditioning. This is a non-contact course.

## **PEDS 1367 Kickboxing II - Mixed Martial Arts Fitness (0-2-1)**

Advanced skills and concepts necessary to utilize mixed martial arts as a primary activity for improving cardiovascular and muscular conditioning. This is a non-contact course.

## **PEDS 1375 Yoga (0-2-1)**

Basic skills and concepts of Yoga.

## **PEDS 1376 Pilates for Beginners (0-2-1)**

This course is designed to help students become aware of the stability, strength, posture, health and other physical fitness benefits which exist when practicing Pilates.

## **PEDS 1399 General Fitness Conditioning (0-2-1)**

This course is designed to assist students in developing a comprehensive understanding of the concept of fitness, creating a personalized fitness plan with a specified goal, and progressing toward that goal through daily classroom workouts.

## **PEDS 1555 Selected Topics in Sport Related Courses (0-2-1)**

Selected courses which meet the dynamic needs and/or desires of the student population. Additional fee may be required.

## **PEDS 2371 Skills and Concepts of Physical Activity I (0-6-3)**

Prerequisite: Health and Physical Education major, Exercise Science major or department approval. Instruction, individual practice, and skill analysis leading to proficiency in activities such as water safety, golf, self defense, bowling, badminton, lacrosse, softball, floor hockey and Ultimate. Additional fee required.

**Restriction(s):**

Enrollment limited to students major in Health and Physical Education, Exercise Science or Hlth/PE/Spts Sci-Teacher Cert.

**PEDS 2372 Skills and Concepts of Physical Activity II (0-6-3)**

Prerequisite: Health and Physical Education major, Exercise Science major or department approval. Instruction, individual practice, and skill analysis leading to proficiency in activities such as tennis, Pickleball, volleyball, basketball, soccer, team handball, and track and field. Additional fee required.

**Restriction(s):**

Enrollment limited to students major in Health and Physical Education, Exercise Science or Hlth/PE/Spts Sci-Teacher Cert.

**PEDS 2375 Lifeguard Training (0-2-1)**

Aquatic skills and concepts leading to related certifications by the American Red Cross.

**Prerequisite(s):** PEDS 1348

**PEDS 2376 Water Safety Instructor Training (0-4-2)**

Development of skills and teaching abilities leading to related American Red Cross certifications.

**PEDS 2377 Introduction to Whitewater Kayaking (0-2-1)**

This course is designed to provide students with the ability to successfully engage in kayaking class II/III whitewater. Students will receive classroom instruction regarding safety and basic skills. Practical sessions will take place in both flat water and whitewater settings.

**PEDS 2378 Introduction to Whitewater Raft Guide (0-2-1)**

This course is designed to provide students with the ability to successfully engage in rafting class I/V whitewater. Students will receive classroom instruction regarding safety and basic skills. Practical sessions will take place in both flat water and whitewater conditions. Additionally, this course is designed to help students become aware of the cardiovascular, muscular, and other health benefits which exist when utilizing the whitewater rafting as a means of improving personal fitness.