

Physical Education

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Activity courses provide opportunities to develop skills, knowledge, and increased fitness level. **All activity courses (100-300) must be taken CR/NC, with the exceptions of PE 262, PE 360, PE 362, and PE 382 which may be taken for a grade.**

Beginning Level (100 series) — introductory courses for fundamental instruction.

Intermediate Level (200 series) — prerequisite is beginning level or equivalent skill (with IA).

Advanced Level (300 series) — prerequisite is intermediate level or equivalent accomplished skill (and IA).

Students injured while participating in a physical education or recreation administration class are not covered by any university insurance policy. Each student is responsible for obtaining her/his own coverage through a private insurance agency or through the insurance plan of the Associated Students (UC south lounge).

Students with disabilities are welcome in all physical education activity courses.

AQUATICS

Note: Other aquatic offerings found under Recreation Administration.

PE 111. Water Aerobics (1). Low-impact, variable intensity aerobic exercise (not swimming) in shallow water. Cardiovascular workout, muscle strengthening and toning, improved flexibility, cross-training, and rehabilitation. Nonswimmers welcome. [Rep.]

PE 145. Swimming, Beginning (1). Swimming strokes, water safety, and aquatic skills for low ability swimmers or nonswimmers. Emphasis on technique, not fitness conditioning. [Rep.]

PE 146. Fitness Swimming, Beginning (1). Cardiovascular swimming instruction and workouts for those with basic ability. Self-paced, aerobic lap swims with stroke instruction. [Rep.]

PE 224. Women's Rowing, Beginning (1). Designed for women interested in joining women's intercollegiate crew team. The class will teach the basic mechanics of rowing.

PE 246. Fitness Swimming, Intermediate (1-2). Cardiovascular swimming instruction and workouts. Aerobic/anaerobic workouts of ±1000 yards per session with limited intermediate-level stroke instruction. [Prereq: intermediate swim ability. Rep.]

PE 255. Water Polo (1). Instruction, competition. Techniques, strategies. [Prereq: intermediate or advanced swim ability. Rep.]

PE 262. Beginning SCUBA (4). Diving physiology, physics, hyperbaric medicine, nearshore oceanography, gear selection and maintenance, accident management, dive planning. SCUBA certification upon successful completion. [Prereq: satisfactory HSU SCUBA physical exam, completed swim evaluation; required SCUBA gear (rental or personal).]

PE 282. DAN Oxygen Provider Certification (1). Diving Alert Network (DAN) oxygen provider training and certification. Recognition, prevention, and treatment of diving accidents. [Prereq: PE 262 or PE 362 or PE 382 or PE 470 or PE 472 or PE 474 (any may be concurrent).]

PE 347. Master Swim (1-2). Aerobic and anaerobic swimming workouts to improve competitive stroke techniques, speed, endurance, and cardiovascular fitness. All four competitive strokes; workout formats. [Prereq: advanced ability. Rep.]

PE 360. Lifeguard Training (2). Professional techniques. American Red Cross certification. [Prereq: advanced swimming ability. Weekly, 1 hr lect, 3 hrs lab.]

PE 362. Advanced SCUBA (4). Diver rescue, deep diving, night diving, search and recovery, altitude diving, and navigational techniques. Emphasis on local conditions. Certification after completing course successfully. [Prereq: basic SCUBA certification, satisfactory HSU SCUBA physical exam, evaluation of diving skills; required SCUBA gear (rental or personal).]

PE 382. Underwater Photography (3). Develop knowledge and skill to use still or video cameras safely while free diving or SCUBA diving. Emphases: safe diving practices; camera equipment selection, maintenance, and use. [Prereq: PE 262 and PE 362.]

PE 470. Rescue Diver (4). Emergency management of diving accidents; diver rescues; first aid for diving injuries. Qualify for HSU/NAUI leadership levels. [Prereq: PE 362 or equivalent.]

PE 471. Scientific Diving (3). Development of the knowledge, skill, and experience to successfully plan and conduct underwater data collection. This course meets the standards of the American Academy of Underwater Sciences. [Prereq: PE 362.]

PE 472. Leadership Diving: Assistant Instructor (4). Rescue-certified divers develop knowledge and skills to assist in supervising and training divers. Course exceeds National Association of Underwater Instructors (NAUI) certification requirements. [Prereq: PE 470.]

PE 474. Leadership Diving: Divemaster (4). Assistant-instructor-certified divers develop knowledge and skills to supervise and train divers. Course exceeds National Association of Underwater Instructors (NAUI) certification requirements. [Prereq: PE 472.]

PE 476. Water Safety Instructor (3). Methods in swimming instruction. Class management, teaching techniques, lesson planning. American Red Cross WSI certification.

DANCE

Also see Theatre, Film, and Dance.

PE 190. Country Western Dance (1). An exploration of contemporary Country Western Dance. Includes: Line Dances, Texas Two Step, Country Swing, Country Cha Cha, Country Waltz. [Rep.]

PE 192. Latin Dance (1). An exploration of Latin Dances. Includes: Salsa, Argentine Tango, Merengue, Rumba, Cubia, and Mexican Social Dances. [Rep.]

PE 193. Mexican Folklorico Dance (1). Regional dances from Mexico. Dance background, footwork, style, technique. Special shoes and clothing required. [Rep.]

PE 194. Social Dance (1). Traditional social ballroom dances from the 1930s and 40s. Swing/Jitterbug, Waltz, Polka, Foxtrot, Tango, and Cha Cha Cha. [Rep.]

PE 196. Swing Dance (1). An exploration of American Swing Dances and identify various styles. Includes: East Coast Swing, Lindy Hop, (Savoy Style or Hollywood Style) Shag. [Rep.]

PE 197. Tappin' Dancin' Feet (1). An exploration of dances that involve tapping feet and rhythmic movement. Includes: Appalachian Clogging, French Canadian Clogging, Jazz Tap, and Irish Step. [Rep.]

PE 198. Vintage Dance (1). Explores the dances that were popular during the late 19th and early 20th century. Includes: High Victorian Era, Romantic Era, and the Rag Time Era. [Rep.]

PE 368. Aerobic Instructor Training (2). All necessary practical skills to teach a safe, effective aerobic dance exercise class. Basic anatomy, body mechanics, music selection and taping, motivational skills. [Rep.]

INDIVIDUAL ACTIVITIES

PE 112. Aikido, Beginning (1). Nonaggressive yet highly effective form of self-defense. Learn respect for self/others in a setting of diligent, cooperative training. [Rep.]

PE 113. Archery, Beginning (1). Open to all ability levels. Beginners taught bow and arrow techniques. Intermediate/advanced archers provided target time. [Rep.]

PE 114. Badminton, Beginning (1). Skills, rules, strategies. Serves, smashes, drops, clears, nets, backhands, forehands, footwork, singles and doubles strategies. [Rep.]

PE 118. Bowling (1). Fundamentals: scoring, etiquette, footwork. [Rep.]

PE 119. Aerobics, Beginning (1). Safe impact aerobic exercise. Rhythmic movements and floor exercises to increase cardiovascular endurance, muscle strength, and flexibility. [Rep.]

PE 125. Fencing, Beginning (1). Fundamental techniques and principles of the art of personal combat with the sword. Emphasis on building a strong foundation of basic defensive skills, using the foil as a training tool for the early 19th century dueling sword. [Rep.]

PE 127. Golf, Beginning (1). Use of clubs, grip, stance, swings. On-campus instruction. [Rep.]

PE 129. Power Step (1). Increase cardiovascular fitness and muscular strength and endurance through traditional aerobic dance steps along with a 4-8" high step. [Rep.]

PE 138. Self Defense (1). Mental self-defense: awareness, avoidance. Physical options against attack. Overview of martial arts. [Rep.]

PE 140. Tai Chi Chuan, Beginning (1). Yang style short form. Emphases: precise movement, body dynamics. [Rep.]

PE 144. Stretch & Relaxation Techniques (1). Loosen up, stretch out, and practice relaxation techniques. [Rep.]

PE 157. Weight Training, Individual, Beginning (1). No scheduled hours; individualized weight program during open hours. [Rep.]

PE 158. Strength Fitness (2). Principles of weight training. Establish strength and conditioning foundation. Two additional hours TBA. [Rep.]

PE 161. Backpacking (2). Planning, equipment, wilderness ethics, health and safety. For beginners. Weekend trips to local wilderness areas. Hiking, cooking, fun.

PE 212. Aikido, Intermediate (1). Same goals as PE 112 for more advanced student. [Rep.]

PE 213. Archery, Intermediate (1). Same goals as PE 113 for more advanced student. [Rep.]

PE 215. Body Conditioning (1). Improve cardiovascular fitness, strength, muscular toning through non-equipment-assisted exercises. [Rep.]

PE 216. Body Fitness (2). Safe-impact, 1-hour aerobic workout plus .5-hour workout with weights. For both men and women. Strengthen heart and lungs and improve muscle tone. One additional hour to be announced. [Rep.]

PE 218. Cross Training (2). Multiple physical fitness and sporting activities. Select two activities and train with a personalized fitness program. [Rep.]

PE 225. Fencing, Intermediate (1). Refinement of basic offensive and defensive skills and introduction to more advanced techniques. Increased emphasis on strategy and tactics of the early 19th century dueling sword. [Rep.]

PE 227. Golf, Intermediate (1). Course instruction, play; etiquette, rules. Fee required by golf course. [Prereq: beginning course or equivalent. Rep.]

PE 228. Fishing the Northwest (2). Learning methods of fishing Northern California waters. Rules, regulations, safety, and angler etiquette. Overnight camping and local day fishing trips will be scheduled.

PE 229. Fly Fishing (2). Offers the opportunity to understand equipment options, fly selection, fly casting, trip planning, environmental ethics, and fly fishing strategies.

PE 231. Jogging Fitness (1). Cardiovascular fitness through progressive workloads on various terrain. [Rep.]

PE 237. Self-Defense Grappling (1). Grappling (a form of wrestling) skills essential for the complete martial artist. Emphasis on escapes, reversals, and specific holds. [Rep.]

PE 254. Walking Fitness (1). Low-impact, sustained aerobic activity while walking through community. [Rep.]

PE 259. Yoga (1). Postures designed to increase flexibility, strength, awareness, relaxation. [Rep.]

PE 280. Special Topics (1-4). New courses, workshops. [Rep.]

PE 289. Special Topics (1-3). Activities. [Rep.]

PE 327. Golf, Advanced (1). Strategy; tournament-type play. Fee required by golf course. [Prereq: beginning and/or intermediate course, or equivalent, and IA. Rep.]

PE 480. Special Topics (1-4). Topics of current interest. [Rep.]

INTERCOLLEGIATE ATHLETICS

PE 420. Intercollegiate Men's Basketball (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 421. Intercollegiate Women's Basketball (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 424. Intercollegiate Women's Crew (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 426. Intercollegiate Men's/Women's Cross Country (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 432. Intercollegiate Football (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 438. Intercollegiate Men's/Women's Soccer (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 444. Intercollegiate Women's Softball (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 456. Intercollegiate Men's/Women's Track & Field (3). [Rep up to a total of 6 intercollegiate athletic units.]

PE 463. Intercollegiate Women's Volleyball (3). [Rep up to a total of 6 intercollegiate athletic units.]

INTERCOLLEGIATE CLUB SPORTS

Participate in an organized athletic program while learning fundamental skills, game strategy, tactics, and sportsmanship. Participants are required to attend practice and encouraged to participate in games.

Please note: *The above statement applies to all of the following Physical Education courses.*

PE 261. Intercollegiate Club Climbing (2). Rock wall climbing, skill building, and competition. [Rep.]

PE 312. Intercollegiate Club Archery (2). [Prereq: PE 113. Rep up to 6 intercollegiate units.]

PE 314. Intercollegiate Club Cheer (2). [Rep up to 6 intercollegiate units.]

PE 315. Intercollegiate Club Lacrosse, Men (2). [Rep up to 6 intercollegiate units.]

PE 317. Intercollegiate Club Baseball (2). [Rep up to 6 intercollegiate units.]

PE 318. Intercollegiate Club Rugby, Men (2). [Rep up to 6 intercollegiate units.]

PE 319. Intercollegiate Club Rugby, Women (2). [Rep up to 6 intercollegiate units.]

PE 320. Intercollegiate Club Crew, Men (2). [Rep up to 6 intercollegiate units.]

PE 321. Intercollegiate Club Cycling (2). [Rep up to 6 intercollegiate units.]

PE 322. Intercollegiate Club Volleyball, Men (2). [Rep up to 6 intercollegiate units.]

PE 323. Intercollegiate Club Ultimate Frisbee, Men (2). [Rep up to 6 intercollegiate units.]

PE 324. Intercollegiate Club Ultimate Frisbee, Women (2). [Rep up to 6 intercollegiate units.]

PE 325. Intercollegiate Club Fencing (2). [Rep up to 6 intercollegiate units.]

TEAM SPORTS

PE 116. Basketball (1). Beginning skills and knowledge for playing organized basketball. Skill development drills; game situations. [Rep.]

PE 141. Soccer, Beginning (1). Skills, strategies, tactics. [Rep.]

PE 151. Ultimate Frisbee, Beginning (1). Disc throwing techniques; fundamentals of the game of ultimate. Develop game strategy through drills and playing. [Rep.]

PE 152. Volleyball, Beginning (1). Skills and knowledge to play organized volleyball. Skill development drills, rotation explanations, game situations. [Rep.]

PE 241. Soccer, Intermediate (1). Skills, tactics. [Rep.]

PE 250. Intramural Activity (.5-1). Enhance psychomotor skills and fitness levels and make choices about lifetime leisure activities. [Rep up to 2 units.]

PE 251. Ultimate Frisbee, Intermediate (1). For those with fundamental skills and knowledge of game. Drills; develop game strategy through playing. [Rep.]

PE 252. Volleyball, Intermediate (1). For those with basic knowledge. Skills, strategies, game tactics. [Rep.]

PE 487. Techniques of Officiating Basketball (2). Theory of officiating in men's and women's programs. Practical application.