# Course Outline

**Course Number:** PE-185  
**Title:** Physical Education  
**Date Approved:** 4/21/2023  
**Credits:** 1  
**Length of Course:** For each credit, the student will be expected to spend, on average, 3 hours per week in combination of in-class and out-of-class activity.

**Grading Method:** A-F or Pass/No Pass  
**Prerequisites:** None  
**Co-requisites:** None  
**Recommended:** Current physical examination before enrolling  
**Required:** None

This course does not include accessible General Education outcomes.

**Related Instruction Area:** Physical Education/Health  
**Uses Library Resources:** No

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**Department:** HLPE  
**Outline Developed by:** Tracy Nelson  
**Course Approved as:** Lower Division Collegiate

## Course Description:
Various activity classes which may include aikido, aerobic dance, ballet, basketball, conditioning, cross training, golf, karate, racquetball, rock climbing, self-defense, soccer, softball, swimming, swing dance, tai chi, tennis, volleyball, weight training, yoga, and zumba.

## Student Learning Outcomes:
Upon successful completion of this course, students should be able to:

1. demonstrate the techniques and rules of the specific activity;  
2. comprehend and increase knowledge base of the specific activity;  
3. improve current fitness level.

## Major Topic Outline:
Example major topics:  
1. Goal setting.  
2. Strength training.  
3. Endurance training.  
4. Flexibility development.  
5. Technique development.  
7. Competitive opportunities.