

PHYS ED LIFETIME ACTIVITIES (PEL)

 - General Education Course

PEL 100 Beginning Swimming Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 141 Beginning Golf Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 113 Basketball Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 142 Beginning Badminton Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 114 Beginning Archery Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 145 Beginning Bowling Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 115 Body Condition W/Weights Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 147 Beginning Soccer Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 116 Beginning Wrestling Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 155 Beginning Folk Dance Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 117 Riflery Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 156 Beginning Square Dance Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 118 Indoor Cycling Designed to promote fitness through spinning. Attributes: No Textbook Required Grade Mode: Normal Grading Mode	1 Credit hour	PEL 159 Beginning Social Dance Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 119 Total Body Conditioning Designed to help instruct both men and women with a variety of lifetime fitness activities. Grade Mode: Normal Grading Mode	1 Credit hour	PEL 170 Beginning Racquetball Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 120 Self Defense Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 171 Beginning Handball Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 121 Taekwondo Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	2 Credit hours	PEL 173 Rock Climbing Through activity, the students will learn the fundamentals and techniques of rock climbing. Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 125 Beginning Gymnastics Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 175 Core Conditioning Designed to help instruct both men and women on numerous activities to help strengthen the abdominal region of the body which can then be incorporated into their workout program. Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 127 Aerobics-Personal Fitness Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 180 Yoga Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 132 Beginning Volleyball Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 205 Intermediate Swimming Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 133 Beginning Softball Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 220 Advanced Self Defense Builds on techniques and strategies from PEL 120, adds defenses against the edged weapon and firearm. Course covers more prone defense strategies, multiple subject encounters and low and diffused light simulation. Pre-req: PEL 120 with a minimum grade of D. Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 140 Beginning Tennis Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 232 Intermediate Volleyball Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour

PEL 233 Intermediate Gymnastics Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 290 Intermediate Yoga This course is an intermediate yoga class building off of beginning yoga. It will focus on poses, breathing, relaxation, and meditation. Pre-req: PEL 180 with a minimum grade of D. Grade Mode: Normal Grading Mode	1 Credit hour
PEL 234 Intermediate Wrestling Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 403 Adv Swim & Life Saving Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 235 Intermediate Softball Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 404 Water Safety Instruction Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 240 Intermediate Tennis Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour	PEL 405 Lifeguarding Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour
PEL 242 Intermediate Badminton Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 243 Intermediate Basketball Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 245 Intermediate Bowling Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 251 Intermediate Soccer Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 252 Touch Football Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 258 Intermediate Square Dance Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 259 Intermediate Social Dance Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 270 Intermediate Racquetball Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 271 Intermediate Handball Attributes: PE Activity Grade Mode: Normal Grading Mode	1 Credit hour		
PEL 275 Scuba Diving Attributes: PE Activity Grade Mode: Normal Grading Mode	2 Credit hours		
PEL 280 Special Topics Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1-4 Credit hours		
PEL 281 Special Topics Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1-4 Credit hours		
PEL 282 Special Topics Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1-4 Credit hours		
PEL 283 Special Topics Attributes: No Textbook Required, PE Activity Grade Mode: Normal Grading Mode	1-4 Credit hours		