

# Department of Sports Education Leadership

## ***Purpose and Focus***

The Department of Sports Education Leadership houses the undergraduate programs in Physical Education. The Physical Education programs prepare teachers, coaches, and exercise leaders to teach motor skills and work effectively with individuals and groups in organizing and administering physical education, physical fitness, and sports programs.

## ***Accreditation***

Northwest Commission on Colleges and Universities  
National Council for Accreditation of Teacher Education  
Nevada State Department of Education  
National Association for Sport and Physical Education

## ***Undergraduate Majors***

Bachelor of Science in Physical Education (124 credits)

## **Physical Education**

### ***Areas of Concentration in Physical Education***

The Physical Education major offered by the Department of Sports Education Leadership is designed to meet the educational needs of students desiring careers in school settings and of students interested in promoting physically active lifestyles in non-school settings.

The Physical Education major provides the following four areas of concentration:

#### **Physical Education: Non-license**

Prepares students to assume roles in physical education settings in sport education and leadership positions including corporate, private, medical, governmental, and youth sport settings.

#### **Licensure in Elementary Physical Education K–8**

Prepares students to obtain state licensure to teach physical education at the elementary or middle school level.

#### **Licensure in Secondary Physical Education 7–12**

Prepares students to obtain state licensure to teach physical education in the public schools at the middle school, junior high school, or senior high school level.

#### **Special License in Physical Education K–12**

Prepares students to obtain state licensure to teach physical education in public schools at the elementary, middle school, junior high, or senior high school level.

## ***Minors***

Students enrolled in a baccalaureate program in Secondary Education (curriculum and instruction) may pursue a teaching minor in Physical Education (36 credit hours). The required courses for this minor are: PED 240, PED 286, PED 287, PED 288, and PED 300–306 (six credits), PED 320, PED 350, PED 428, PED 445, PED 451. Students should contact the COE Advising Center for requirements and information.

## **Athletic Coaching Minor**

Students with an interest in athletic coaching may pursue a minor in this area. Generally, a minor requires a minimum of 32 credits, which prepares the student for successful coaching. Selected academic courses draw upon national standards and provide for both practicum and supervised coaching experiences. A student not having a physical education academic background may be required to take prerequisite courses as needed for successful matriculation through the program. The required courses for this minor are: HED 170, PED 240, PED 295, PED 320, PED 335, PED 350, PED 489, PED 496, and at least three of the following for a total of nine credits minimum: PED 286, PED 288, PED 300–306. A grade of B- or better will be required in both PED 240 and PED 320.

## **For Physical Education or Special Education Majors**

### ***Minor in Adapted Physical Education (30 credits)***

Students majoring in **Physical Education or Special Education** may minor in Adapted Physical Education. Course requirements for this minor are: HED 170, EDSP 411 (ESP 444), EDSP 432 (ESP 483), PED 240, PED 320, PED 465, PED 466, PED 467, PED 468, and PED 494. Students should contact the COE Advising Center for requirements and information.

## **Admission to the Major**

**Minimum GPA: 2.75**

## **Admission Policies:**

Students desiring to major in physical education teacher licensure must meet the requirements of the Division of Teacher Education within the College of Education. Students are formally admitted to the department following completion of 24 hours of university core courses (or equivalent courses taken at other accredited institutions), with a minimum 2.75 GPA. In addition, students must complete HED 170, PED 170, and PED 240, with a B- or above. Students seeking teacher licensure must pass all parts of the PRAXIS 1 (PPST) prior to enrolling in PED 336, PED 445, and/or PED 428.

Students preparing for allied fields (e.g., health clubs, community centers, youth sports, and boys and girls clubs) and seeking the physical education degree without state licensure must complete the K-12 program and 14 credit hours of advisor approved electives in lieu of PED 450 (twelve credits) and PED 470 (two credits). In addition, these students will need eight credits of approved electives to substitute for PED 428, 445, and 336.

## **Academic Policies:**

1. Any substitution of course(s) taken at another institution for a UNLV professional education course(s) requirement must be approved on a substitution form (available in the COE Advising Center).
2. Students must obtain a grade of "B-" (B minus) or better in HED 170, PED 170, and PED 240 before being permitted to enroll in PED 320, 336, and 428. Further, a B- or better is required in PED 320 and 428 in order to student teach.
3. Application for field experience or student teaching can be filed up to three semesters preceding the semester of enrollment in the field experience. Deadline dates also apply. Students must check with the COE Office of Field Experiences for specific requirements and information. Approval for a student teaching placement is contingent upon:

- a. Admission to the Physical Education Program.
- b. Completion of at least 93 credits toward a bachelor's degree in Physical Education with a GPA of 2.75 or higher.
- c. Completion of all professional education course requirements, with a GPA of 2.75 or higher.
- d. Completion of at least three-fourths of the course work required in the major, with a GPA of 2.75 or higher. Note: All required courses must be completed before student teaching begins.
- e. Completion of 15 credits at UNLV, nine credit hours of which must be in professional education courses.
- f. Filing a completed student teaching application by the announced deadline.
- g. Recommendation of the department.

4. Every student must complete a three-credit multicultural course and a three-credit international course. Courses satisfying other requirements may simultaneously satisfy the multicultural and international requirements except one course cannot satisfy both the multicultural and the international requirements.
5. Students enrolling in PED 336 and 445 must apply and be fingerprinted one semester prior to enrollment. See Field Experience for details.

**Physical Education  
Elementary License (Grades K-8) Concentration**

- 1) English Composition ..... 6 credits  
ENG 101 and ENG 102
- 2) English Literature ..... 3 credits  
ENG 231 or 232
- 3) Constitutions ..... 4 credits
- 4) Mathematics ..... 3 credits
- 5) Distribution Requirement (Social Science)  
Humanities and Fine Arts ..... 9 credits  
Life & Physical Sciences & Analytical Thinking.. 10 credits  
Must include BIOL 189, PHIL 102  
Multicultural .....(see notes)  
EDU 280 (ICG 280)  
International .....(see notes)
- 7) Degree Requirements:  
College of Education Core..... 16 credits  
EDU 210 (EDA 200), EPY 303, EPY 452, EDU 280 (ICG 280), PED 465, PED 494

Physical Education Program Requirements ..... 47 credits  
HED 170, PED 170, PED 240, PED 286, PED 287, PED 288, PED 300-306, PED 320, PED 336, PED 337, PED 340, PED 350, PED 391, PED 428, PEX 100-168 (2 credits)

Field Experiences (Student Teaching)..... 14 credits  
PED 450 (12 credits); and PED 470 (2 credits)

Electives ..... 12 credits  
See advisor for selection of electives  
Total: ..... 124 credits

**Notes:**

1. Students must earn a B- or better in PED 170, PED 240 and PED 320 prior to enrollment in PED 336 and 428.
2. Students must also successfully pass all three portions of PPST prior to enrollment in PED 336 and 428.
3. Every student must complete a three-credit multicultural course and a three-credit international course. Courses satisfying other requirements may simultaneously satisfy the multicultural and international requirements except one course cannot satisfy both the multicultural and the international requirements.
4. Students enrolling in PED 336 must apply and be fingerprinted one semester prior to enrollment. See Field Experience for details.

**Advisement:**

It is the student's responsibility to schedule conferences and communicate academic progress with the COE Advising Center. Program of study sheets, which includes program requirements in university core courses, college core courses, department course requirements, and teaching field requirements, is available in the Advising Center.

**Degree Requirements**

**Physical Education  
Without License**

- 1) English Composition ..... 6 credits  
ENG 101 and ENG 102
  - 2) English Literature ..... 3 credits  
ENG 231 or 232
  - 3) Constitutions ..... 4 credits
  - 4) Mathematics ..... 3 credits
  - 5) Distribution Requirement (Social Science)  
Humanities and Fine Arts ..... 9 credits  
Life & Physical Sciences & Analytical Thinking..... 10 credits  
Must include BIOL 189, PHIL 102
  - 6) Multicultural .....(see notes)  
International .....(see notes)
  - 7) Degree Requirements:  
Physical Education Program Requirements ..... 55 credits  
HED 170, PED 170, PED 240, PED 286, PED 287, PED 288, PED 300-306 (6 credits), PED 320, PED 336, PED 337, PED 340, PED 350, PED 391, PED 428, PED 445, PED 465, PED 494, PEX 100-168 (2 credits)
- Electives ..... 35 credits  
See advising center for selection of electives  
Total: ..... 124 credits

**Notes:**

1. Students must earn a B- or better in PED 170, PED 240, and PED 320 prior to enrollment in PED 336, 428, and 445.
2. Students must also successfully pass all three portions of PPST prior to enrollment in PED 336, 428, and 445.
3. Students in the non-license program who have not met pre-requisites for any course (e.g., passing PPST scores) may opt to take up to eight credit hours in PED, RLS, or KIN in lieu of PED 336, 428, and 445.

## Physical Education

### Special License (Grades K–12) Concentration

- 1) English Composition ..... 6 credits  
ENG 101 and ENG 102
- 2) English Literature ..... 3 credits  
ENG 231 or 232
- 3) Constitutions ..... 4 credits
- 4) Mathematics ..... 3 credits
- 5) Distribution Requirement (Social Science)  
Humanities and Fine Arts ..... 9 credits  
Life & Physical Sciences & Analytical Thinking ..... 10 credits  
BIOL 189, PHIL 102
- 6) Multicultural ..... (see notes)  
EDU 280 (ICG 280)  
International ..... (see notes)
- 7) Degree Requirements:  
Education Core Requirements ..... 16 credits  
Any of the following education courses may be taken prior to passing the PRAXIS I: EDU 210 (EDA 200), EPY 303, EPY 452, EDU 280 (ICG 280), PED 465, PED 494

Physical Education Program Requirements ..... 49 credits  
HED 170, PED 170, PED 240, PED 286, PED 287, PED 288, PED 300-306 (6 credits), PED 320, PED 336, PED 337, PED 340, PED 350, PED 391, PED 428, PED 445, PEX 100-168 (2 credits)

Field Experiences (Student Teaching) ..... 14 credits  
PED 450 (12 credits) and PED 470 (2 credits)

Electives ..... 10 credits  
See advisor for selection of electives.

Total: ..... 124 credits

#### Notes:

1. Students must earn a B- or better in PED 170, PED 240 and PED 320 prior to enrollment in PED 336, 428, and 445.
2. Students must successfully pass all three portions of PPST prior to enrollment in PED 336, 428, and 445.
3. Every student must complete a three-credit multicultural course and a three-credit international course. Courses satisfying other requirements may simultaneously satisfy the multicultural and international requirements except one course cannot satisfy both the multicultural and the international requirements.
4. Students enrolling in PED 336 and 445 must apply and be fingerprinted one semester prior to enrollment. See Field Experiences for details.

## Physical Education

### Secondary License (Grades 7–12) Concentration

- 1) English Composition ..... 6 credits  
ENG 101 and ENG 102
- 2) English Literature ..... 3 credits  
ENG 231 or 232
- 3) Constitutions ..... 4 credits
- 4) Mathematics ..... 3 credits
- 5) Distribution Requirements (Social Science)  
Humanities and Fine Arts ..... 9 credits  
Life & Physical Sciences & Analytical Thinking ..... 10 credits  
BIOL 189, PHIL 102

- 6) Multicultural ..... (see notes)  
EDU 280 (ICG 280)  
International ..... (see notes)
- 7) Degree Requirements ..... 90 credits  
Education Core Requirements ..... 16 credits  
Any of the following education courses may be taken prior to passing the PRAXIS I: EDU 210 (EDA 200), EPY 303, EPY 452, EDU 280 (ICG 280), PED 465, PED 494

Physical Education Program Requirements ..... 47 credits  
HED 170, PED 170, PED 240, PED 286, PED 287, PED 288, PED 300-306 (6 credits), PED 320, PED 337, PED 340, PED 350, PED 391, PED 428, PED 445, PEX 100-168 (2 credits)

Field Experiences (Student Teaching) ..... 14 credits  
PED 450 (12 credits) and PED 470 (2 credits)

Electives ..... 12 credits  
See advising center for selection of electives.

Total: ..... 124 credits

#### Notes:

1. Students must earn a B- or better in PED 170, PED 240 and PED 320 prior to enrollment in PED 428 and 445.
2. Students must also successfully pass all three portions of PPST prior to enrollment in PED 428 and 445.
3. Every student must complete a three-credit multicultural course and a three-credit international course. Courses satisfying other requirements may simultaneously satisfy the multicultural and international requirements except one course cannot satisfy both the multicultural and the international requirements.
4. Students enrolling in PED 445 must apply and be fingerprinted one semester prior to enrollment. See Field Experiences for details.

## Physical Education

### PED 170

#### Introduction to Physical Education

Provides orientation to the field and history of physical education, including current trends, professional standards and discussions with guest speakers. Must earn B- or better. 3 credits.

### PED 173

#### Teaching Tumbling

Instruction in skills and methods of teaching tumbling. For students majoring or minoring in physical education. 1 credit.

### PED 240

#### Scientific Bases of Physical Education

Overview of scientific bases for teaching physical education focusing on integration and application of selected anatomical, biomechanical, and biological principles. Must earn a B- or better. Prerequisite: BIOL 189. 3 credits.

### PED 286

#### Teaching Team Sports

Provides students with knowledge of and practice in various methods and techniques of teaching selected team sports. 3 credits.

**PED 287****Teaching Fitness Activities**

Critical study of the basic concepts and organizational techniques utilized in teaching a variety of physical fitness activities. Students given opportunities to apply these factors to teaching situations. Prerequisite: PED 240. 3 credits

**PED 288****Teaching Individual Sports**

Provides students with knowledge of and practice in various methods and techniques of teaching selected individual sports. 3 credits.

**PED 295****Introduction to Coaching**

Provides awareness, knowledge, and competencies in history, philosophy, principles, organization, and techniques of coaching. 3 credits.

**PED 300****Techniques of Coaching Basketball**

Provides basic principles, methods and techniques of coaching basketball. Includes study of rules and mechanics of officiating. 3 credits.

**PED 301****Techniques of Coaching Baseball**

Provides basic principles, methods, and techniques of coaching baseball. Includes study of rules and mechanics of officiating. 3 credits.

**PED 302****Techniques of Coaching Football**

Provides basic principles, methods, and techniques of coaching football. Includes study of rules and mechanics of officiating. 3 credits.

**PED 303****Techniques of Coaching Running Events**

Provides basic principles, methods, and techniques of coaching running events. Includes study of rules and mechanics of officiating. 3 credits.

**PED 303B****Techniques of Coaching Field Events**

Provides basic principles, methods, and techniques of coaching field events. Includes study of rules and mechanics of officiating. 3 credits.

**PED 304****Techniques of Coaching Swimming, Diving, and Water Polo**

Provides basic principles, methods, and techniques of coaching swimming, diving, and water polo. Includes study of rules and mechanics of officiating. Prerequisites: PEX 120C and 120D. 3 credits.

**PED 305****Techniques of Coaching Wrestling**

Provides basic principles, methods, and techniques of coaching wrestling. Includes study of rules and mechanics of officiating. 3 credits.

**PED 306****Techniques of Coaching Volleyball**

Provides basic principles, methods, and techniques of coaching volleyball. Includes study of rules and mechanics of officiating. 3 credits.

**PED 310****Sports Officiating**

Study of rules and mechanics of officiating the sports of baseball, basketball, football, and track and field. 2 credits.

**PED 320****Motor Development for the Practitioner**

Examination of human motor behavior from birth through adulthood. Special emphasis placed on development of fundamental skills and their effect on future motor performance. Geared towards practical application of motor development theories. Must earn B- or better. Prerequisite: PED 240. 3 credits.

**PED 335****Coaching Practicum**

Practicum in teaching physical education and athletic coaching. Prerequisite: Consent of instructor. 2 credits.

**PED 336****Elementary Physical Education Teaching Practicum**

Practicum in teaching physical education in an elementary setting. Must be taken concurrently with PED 428 for those students who are seeking Special License (grades K-12) or Elementary License (Grades K-8). Prerequisites: Passing scores on PRAXIS I Series: Pre-Professional Skills Test, PED 240 and PED 320. Corequisite courses: PED 428. 2 credits.

**PED 337****Movement Experiences for Children**

Designed to acquaint students with developmentally appropriate activities for grades Pre-K-2. Activities range from fundamental motor skills, dance, gymnastics, and fitness to transition of their use in sports settings. Prerequisite: PED 170 or EDU 201. 3 credits.

**PED 338****Movement Experiences for Children in Intermediate Grades**

Designed to acquaint students with developmentally appropriate activities for grades 3-6. Focus on refinement of fundamental skills and transition to their use in sports settings. Prerequisite: PED 336. 2 credits.

**PED 339****Teaching Educational Gymnastics**

Provides prospective educators with content knowledge and pedagogical skills needed to teach educational gymnastics in the K-12 physical education program. Prerequisite: PED 336 or consent of instructor. 2 credits.

**PED 340****Teaching Rhythmic Activities**

Provides prospective physical educators with content knowledge and pedagogical skills needed to teach rhythmic activities in the K-12 physical education program. Emphasis on supporting development of motor skills through rhythmic activities. Prerequisite: PED 170. 3 credits.

**PED 350****Psychology of Coaching**

Provides selected psychological theories and techniques for producing a more effective teacher and/or coach. Prerequisites: PSY 101 or SOC 101 or ANT 101. 3 credits.

**PED 380****History and Philosophy of Physical Education**

Historical analysis of physical education within context of forces which have affected its development. Philosophical bases and principles as guidelines for the profession. Prerequisites: PED 170. 2 credits.

**PED 391****Conditioning and Training Principles**

(*Same as KIN 391.*) Relates principles of anatomical, biomechanical, and physiological kinesiology directly to problems of the athletic coach. Emphasis on application of kinesiological principles to conditioning and training of athletes. Prerequisite: PED 240. 3 credits.

**PED 400****Advanced Principles in Coaching Basketball**

Principles and techniques in coaching advanced basketball. For coaches who have experience with coaching basketball and wish to increase their knowledge and effectiveness. 3 credits.

**PED 402****Advanced Principles of Coaching Football**

Principles and techniques in coaching advanced football. For coaches who have experience with coaching football and wish to increase their knowledge and effectiveness. 3 credits.

**PED 407****Stress Management**

(*Same as HED 407.*) Explores such things as the meaning of stress, its effects, how it manifests itself physically, mistakes made in handling stress, and strategies for self-care in managing stress. Particular emphasis on the role of physical activity in controlling stress and the development of a controlled lifestyle providing balance between work and play and rest and exercise. 3 credits.

**PED 428****Methods of Teaching Physical Education**

Study of modern trends in materials, methods, techniques, and practices in secondary physical education programs. Includes careful study of aims and objectives, classification of pupils, selection of activities, organization, equipment, and management challenges. Depending on certification program emphasis (e.g., elementary, secondary, or both) students must enroll in the appropriate teaching course(s) (e.g., PED 336 and/or PED 445) in conjunction with this course. Prerequisites: Passing scores on Praxis I, B- or above in PED 240 and PED 320. 4 credits.

**PED 440****Organization and Administration of the Physical Education Program**

Principles and methods of organizing and administering three components of the physical education program: general education, physical recreation, and interscholastic athletics. Prerequisites: PED 170 or PED 295, and PED 350. 3 credits.

**PED 445****Secondary Physical Education Teaching Practicum**

Practicum in teaching physical education in a secondary school setting. Must be taken concurrently with PED 428 for those students seeking Special License (Grades K-12) or Secondary License (Grades 7-12). 2 credits.

**PED 450****Supervised Teaching in Physical Education (Major field)**

Provides opportunities for supervised teaching in an assigned class situation in physical education. Must be taken concurrently with PED 470. May be repeated to a maximum of 12 credits. Prerequisites: B- or better in PED 170, 240, 320, 336, 428, 445. In addition, students must have taken and passed PED 494. 6 credits.

**PED 451****Supervised Teaching in Physical Education (Minor field)**

Provides opportunities for supervised teaching in an assigned class situation in physical education. Must be taken concurrently with PED 470. May be repeated to a maximum of 12 credits. Prerequisites: B- or better in PED 170, 240, 320, 336, 428, 445. In addition students must have taken and passed PED 494. (6 for minors, 12 for majors). 6 or 12 credits.

**PED 460****Workshop in Physical Education**

Designed to provide opportunities for study in specific areas in physical education. May be repeated to a maximum of 12 credits. 3 credits.

**PED 465****Introduction to Adapted Physical Education**

(*Same as EDSP 413.*) Adaptive physical education and recreational programming for the physically challenged child. Emphasis on gross and fine motor coordinative activities, fitness, and recreational activities in special education. Prerequisite: PED 320. 3 credits.

**PED 466****Methods in Teaching Adapted Physical Education**

Prepares teachers in selection and instruction of physical education activities for handicapped individuals. Emphasis on curriculum development, programmed materials, equipment, and teaching methods in developing the special/adapted physical education program. Prerequisite: PED 320. 3 credits.

**PED 467****Assessment in Adapted Physical Education**

Overview of assessment devices available for special populations being served by adapted physical education specialists. Practical experience selecting, utilizing and scoring each assessment device provided. Prerequisite: PED 465. 3 credits.

**PED 468****Practicum Experience in Adapted Physical Education**

Collaborative practicum experience between pre-service students and professional adapted physical educators in Clark County Schools and/or local charter schools. Practical teaching experience in providing physical education services to students with disabilities by being assigned a professional mentor and participating in class lectures and discussions. Prerequisites: BIOL 189, PED 240, PED 320, PED 465, PED 467. 3 credits.

**PED 470****Clinical Teaching Seminar in Physical Education**

Bridges the professional sequence and clinical experience of specific applications of teaching methods and techniques. Must be taken concurrently with either PED 450 or PED 451. 2 credits.

**PED 489****Administration of Athletic Programs**

Current problems and issues, including the management and administration of interscholastic and intercollegiate athletic programs. Issues, forces, and problems of modern administration that confront present-day athletic directors and coaches discussed as well as today's concepts, methods, and practices for resolving problems. Prerequisite: PED 240, 295. 3 credits.

**PED 494****Evaluation in Physical Education**

Investigation of tests used in physical education, of methods of administration of the testing program, and of interpreting and reporting the data collected. Prerequisite: PED 170. 3 credits.

**PED 496****Advanced Methodology in Coaching Interscholastic and Intercollegiate Athletics**

Practicum in methodology of coaching athletics. Prerequisite: PED 295. 3 credits.

**PED 497****Research and Development in Athletics**

Practicum in methodology of coaching interscholastic and intercollegiate athletics, with emphasis in areas of statistical analysis, physiological program, recruiting, and finance. Twenty hours per week required. Prerequisite: Consent of instructor. 3 credits.

**PED 498****Coaching Clinic**

Lectures and demonstrations in techniques of coaching major sports. May be repeated to a maximum of two credits. 1-2 credits.

**PED 499****Special Problems in Physical Education**

Specialized instruction and/or research designed to develop in-depth understanding of a current physical education problem. May be repeated to a maximum of six credits. Prerequisite: Consent of instructor. 1-6 credits.

***Physical Education Activities*****PEX 100-184****Physical Education Activities**

An activity class may be repeated for credit up to four times and may be audited. May be repeated for a maximum of four credits. 1 credit unless otherwise specified.

**PEX 195****Specific Topics in Physical Education**

Introduction to a variety of individual and team sports, fitness, and recreational activities. Emphasis on PE and sports skill knowledge and time devoted to skill practice. Specific sports, fitness, and recreational activities are designated in parentheses by section number to specify each course section's content. May be repeated to a maximum of 12 credits. 1 credit.

**Individual and Dual Sports**

- 100 Archery
- 101 Backpacking and Camping
- 102 Badminton
- 103 Bicycling
- 104 Billiards
- 104C Billiards (Advanced)
- 105 Bowling
- 106 Canoeing
- 107 Golf
- 107A Golf (Intermediate), Prerequisite: PEX 107
- 109 Handball
- 116A Scuba Diving, Prerequisite: Be able to swim 200 yards. (2 credits)
- 116B Scuba Diving (Advanced), Prerequisite: PEX 116A or Scuba Certification (2 credits)
- 118A Skiing
- 118B Skiing (Advanced)
- 120A Swimming (Beginning)
- 120B Swimming (Intermediate)
- 120C Advanced Swimming and Lifesaving
- 120D Swim Instructor Training (WSI), Prerequisite: Must be able to swim 250 yards. (2 credits)
- 120E Lifeguard Training (2 credits)
- 121 Synchronized Swimming
- 122A Tennis
- 122B Tennis (Intermediate/Advanced), Prerequisite: PEX 122A.
- 123 Racquetball
- 123B Racquetball (Intermediate)

- 123C Racquetball (Advanced)
- 124A Table Tennis (Beginning)
- 124B Table Tennis (Advanced)
- 126 Desert Hiking and Survival Skills
- 137 Ice Skating Skills (Beginning)
- 137B Ice Skating Skills (Intermediate)
- 138 Ice Hockey Skills (Beginning)
- 143 Rock Climbing
- 143A Rock Climbing (Intermediate), Prerequisite: PEX 143
- 184 Fencing
- 184B Fencing, (Intermediate/Advanced), Prerequisite: PEX 184

**Combatives**

- 112 Olympic Sport Judo
- 112B Self-Defense Judo
- 113 Tae Kwon Do (Beginning)
- 113B Tae Kwon Do (Intermediate)
- 114 Self Defense
- 115 Aikido (Beginning)
- 115B Aikido (Intermediate)
- 117 Okinawan Karate
- 119 Shotokan Karate

**Physical Fitness**

- 110 Fitness Walking
- 111 Jogging
- 127 Water Aerobics
- 128 Low Back Care Through Gentle Yoga
- 129 Circuit Training
- 130 Step Aerobics
- 132 Weight Training
- 133 Aqua-Dynamics
- 134 T'ai Chi Cu'uan
- 134A T'ai Chi Ch'uan (Intermediate), Prerequisite: PEX 134
- 134B Hatha Yoga
- 134C Hatha Yoga (Intermediate)
- 135 Martial Arts Cross Training
- 136X Cardio-Kickboxing
- 164 Body Building and Contouring
- 164C Body Building and Contouring (Advanced)
- 165 Aerobic Conditioning
- 166 Calisthenics and Floor Exercise
- 168 Adult Fitness—Principles and Practices

**Team Sports**

- 146 Softball
- 147 Soccer
- 148A Volleyball
- 148B Volleyball (Advanced)