Physical Education Activity (PEAC)

Courses

PEAC 1131. Beginning Swimming (Irregular). 1 Hour.
Includes: essentials of water safety; basic strokes and techniques of swimming; and beginning diving.

PEAC 1221. Beginning Jogging (Irregular). 1 Hour.
Instruction and participation in jogging.

PEAC 1231. Beginning Bowling (Irregular). 1 Hour.
Instruction and participation in bowling.

PEAC 1241. Beginning Volleyball (Irregular). 1 Hour.
Instruction and participation in volleyball.

PEAC 1251. Beginning Racquetball (Irregular). 1 Hour.
Instruction and participation in racquetball.

PEAC 1351. Beginning Golf (Irregular). 1 Hour.
Instruction and participation in golf.

PEAC 1391. Fitness Walking (Irregular). 1 Hour.
Instruction and participation in vigorous walking for cardiovascular development and improvement.

PEAC 1431. Beginning Tennis (Irregular). 1 Hour.
Instruction and participation in tennis.

PEAC 1471. Beginning Badminton (Irregular). 1 Hour.
Instruction and participation in badminton.

PEAC 1621. Fitness Concepts (Irregular). 1 Hour.
Acquaints students with a basic knowledge, understanding, and value of physical activity as related to optimal wellness.

PEAC 1661. Weight Training (Irregular). 1 Hour.
Instruction and participation in weight training. May be repeated for degree credit.

PEAC 1801. Aerobic Dance I (Irregular). 1 Hour.
The fundamentals of aerobic dance as a physical fitness program.

PEAC 1831. Beginning Scuba Diving (Sp, Fa). 1 Hour.
Instruction and participation in scuba diving. Completion of the course will NOT result in SCUBA diving certification. No open water dives are included in the course. Corequisite: Drill component.

PEAC 1901. Special Topics (Irregular). 1 Hour.
Instruction and participation in specialized activity. May be repeated for up to 4 hours of degree credit.