Physical Education Activity (PEAC)

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

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

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

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

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

PEAC 1251. Beginning Golf. 1 Hour.
Instruction and participation in golf.

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

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

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

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

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

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

PEAC 1831. Beginning Scuba Diving. 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. 1 Hour.
Instruction and participation in specialized activity. May be repeated for up to 4 hours
of degree credit.