

PED 181 Adventure Activities

- A. The content for Adventure Activities involves innovative warm-up and conditioning exercises, group cooperation, personal and group problem solving initiatives, spotting skills, trust activities and skills associated with individual challenges in an adventure setting. Through the stages of group development as designed within the course, students will gain an understanding of how to build more effective groups out of groups of virtual strangers. A friendly, supportive environment with school-appropriate modeling will enable students to learn the basics of trust, cooperation and healthy risk-taking behaviors. (1 cr. hr.)

PED 282 Health Related Phys. Fitness

- A. The course is designed to introduce students to the concepts and activities of health-related fitness. Students will assess their health-related fitness, learn specific activities to develop or maintain fitness, and design a personal exercise program. (1 cr. hr.)

PED 187 Track & Field

- A. An introduction to the running, jumping and throwing events that make up the sport of Track & Field and Cross Country, including skill development, teaching progression, and training methods for each event. (1 cr. hr.)

PED 189 Aquatics

- A. The course is designed to acquaint students with personal safety skills, commonly used swimming strokes, basic aquatic exercise techniques and beginning diving skills. (1 cr. hr.)

PED 283 Racket Activities

- A. The purpose of this course is to develop basic skills across the wide range of racket activities. A conceptual and developmentally

appropriate approach is emphasized. Particular emphasis is placed on progressions from fundamental motor skills to tactical and mechanical concepts in a variety of racket activity/sport settings. (1 cr. hr.)

PED 384 Self-Defense

- A. This course introduces the learner to the broad area of self-defense and martial arts from a variety of models. Particular attention is paid toward modes of delivery which are suitable to educational settings and stress the teaching of respect, self-discipline, confidence, and self-esteem. Self-defense concepts and skills are adapted from the disciplines of sport judo, sport wrestling, and non-contact karate. In addition, relaxation techniques based on tai chi and yoga will be incorporated. (1 cr. hr.)

PED 385 Gymnastics Activities

- A. This course is designed to provide students with developmentally-appropriate gymnastics. Students will experience and acquire skills and knowledge of various gymnastic models appropriate for school settings. (1 cr. hr.)

PED 388 Rhythms and Dance

- A. This course is designed to introduce students to various forms of dance such as folk, square, social, popular and creative dance. The forms of dance will be presented in developmentally appropriate units. Emphasis will be on learning the dance patterns and performing them with proficiency. Methods and materials for the dance educator will also be presented. (1 cr. hr.)

PED 366 Basketball

- A. This course is designed as an introductory level basketball class. The course will focus on the development of all fundamental basketball skills. The course will incorporate individual play into more complicated team tactical concepts along with an emphasis on rules

governing play. There will be a component of the class where the students will be required to teach an activity or drill. (.5 cr. hr.)

PED 380 Skill Acq Conc:Team Sports

- A. Activity experience designed to provide students with knowledge of the concepts associated with skill acquisition including the class structure, teaching techniques, developmentally appropriate activities and class organization of team sport activities. Students will also gain a knowledge and skill base in the sport of volleyball. (1 cr. hr.)

PED 150 Intro: Archery

- A. This course is designed for the beginner archer to become familiar with archery terminology and shooting techniques. (.5 cr. hr.)

PED 154 Intro: Golf

- A. Basic skills are taught and practiced to gain an understanding of the fundamentals to play golf. Having these basic skills will lead students to be able to play recreational golf. (.5 cr. hr.)