

PHYSICAL EDUCATION ACTIVITY (PEA)

PEA-102 Aerobic Fitness I (1)

Focuses on the development of cardiovascular fitness through structured individual and group exercise activities. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-110 Badminton I (1)

Introduces the basic skills (forehand, backhand, service), strategy and rules of badminton. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-154 Racquetball I (1)

Introduces rules, strategies and shots involved in the game of racquetball. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-162 Speed and Conditioning I (1)

Focuses on the coordination of muscular movements for improved motor skill through structured individual and group exercise activities. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-174 Tennis I (1)

Introduces the basic skills (forehand, backhand, service), strategy and rules of tennis. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-187 Weight Training I (1)

Provides the basics of weight conditioning along with general workout opportunity. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-287 Weight Training II (1)

Provides further experiences in weight conditioning, such as circuit training and variation in the training regime. Arts & Sciences Elective Code: A
Hours per week: 2.0 lab

PEA-924 Honors Project (1)

Allows a qualified honors student to pursue a special concentration of study under the guidance of a faculty member. Requires completion of an honors project contract. May be taken more than once. Arts & Sciences Elective Code: A; Comments: Permission of instructor and dean
Hours per week: 1.0 lecture

PEA-928 Independent Study (1-3)

Allows for a special concentration of study under the guidance of a faculty member. Requires an independent study contract. May be taken more than once. Arts & Sciences Elective Code: A; Comments: Permission of instructor and dean
Hours per week: 2.0 lab