

## COURSES

### PDF RECREATION & PHYSICAL ED

**PEX105 Scuba 1 Credit**

Features PADI Open Water Dive and teaches foundational knowledge and skills needed to dive with a buddy, independent of supervision. Open Water Divers are qualified to obtain air fills, equipment, and services, and may plan, conduct, and log no stop dives in conditions with which they have training and experience.

**PEX107 Swimming 1 Credit**

Covers water safety, floating, the backstroke, Austrian crawl and other strokes. May be offered at the beginning or intermediate level.

**PEX112 Baseball 1 Credit**

Focuses on advanced baseball skill development, competition techniques and strategy for highly skilled, first year participants in competitive baseball. May be repeated for up to six credits

**PEX117 Golf 1-2 Credits**

Cover fundamentals of golf.

**PEX122 Raquetball 1-2 Credits**

Covers the fundamentals of racquetball.

**PEX125 Softball 1 Credit**

Focuses on advanced softball skill development, competition techniques and strategy for highly skilled participants in competitive softball. May be repeated for up to six credits.

**PEX127 Tennis 2 Credits**

Introduces the basic rules, techniques, fundamentals, and strategies concerned with the game of tennis. Intermediate and advanced levels perfect and build upon the skills taught in the beginning level. May be offered at the beginning, intermediate and advanced levels.

**PEX130 Backpacking 1 Credit**

Covers the fundamentals of backpacking. Safety skills will also be discussed.

**PEX136 Snow Boarding 1 Credit**

Prerequisites: intermediate snowboarding ability  
Teaches skidded turn with good speed and control on green and blue terrain. Consists of a combination of on-the-snow classes at an established ski area and classroom instruction at the college. Students will be assigned to small groups based on their present snowboarding ability. Any additional on-snow instruction will be by certified instructors employed by the ski area.

**PEX139 Wilderness Skills 1 Credit**

Provides basic survival information. May include field trips to allow students hands-on experience in the field.

**PEX142 Judo 1-6 Credits**

Provides students with the basic elements of the martial arts of Jujitsu and Judo, to enable them to gain greater control of their bodies and their emotions. May be offered at the beginning or intermediate level.

**PEX143 Karate 1-2 Credits**

Covers the basic history, philosophy and origins of Karate systems. Students are provided with demonstrations of the basic moves and are allowed to practice the moves with feedback. May be offered at the beginning or intermediate level.

**PEX148 Tai Chi 1-3 Credits**

Familiarizes students with the forms, sequence and movements of Tai Chi. May be offered at the beginning or intermediate level.

**PEX151 Bicycling 1-3 Credits**

Covers the fundamentals of bicycling.

**PEX154 Dance 1 Credit**

Explores dance positions, leading and following, and proper usage of rhythm. May be offered at the beginning or intermediate level. May be repeated for up to four credits.

**PEX159 Horsemanship 1-2 Credits**

Helps students understand the principles of dressage and show jumping and to improve their skills in both sports. may be offered at the beginning or intermediate level.

**PEX169 Yoga 1-2 Credits**

Covers asana postures with emphasis on alignment and working with modifications for students who have injuries and need to adjust their postures. Breathing, meditation, and chanting incorporated. Presents the benefits, history and different styles and types of yoga.

**PEX170 Aerobics 1-4 Credits**

Engages students in cardiovascular activity for sustained time periods through a low impact, high intensity format. May be offered at the beginning or intermediate level.

**PEX172 Body Contouring & Conditioning 1-3 Credits**

Seeks to enhance physical activity to improve overall health and quality of life. Students will learn knowledge of muscle groups, target heart rate, and the potential benefits of regular exercise which includes improved cardiovascular endurance, body composition, flexibility, muscular strength and improved body contour. Students will participate in aerobic activities, calisthenics, and sculpting-isometric exercise, sports, conditioning, and flexibility training.

**PEX176 General Fitness Physical 1-2 Credits**

Covers general physical fitness.

**PEX180 Strength Training 1-2 Credits**

Introduces resistance training and proper lifting techniques to strength (weight)training students. Safety rules, proper use of equipment and concepts of lifting will be emphasized.

**PEX183 Weight Training .5-3 Credits**

Introduces students to weight training principles.

**PEX184 Conditioning, Intercollegiate Athletics 1 Credit**

Prerequisites: consent of instructor  
Teaches the fundamentals of general and sports specific conditioning. All aspects of physical and psychological development are incorporated in this class. Strength, power, speed, acceleration, muscular hypertrophy and endurance, cardiovascular endurance, motor skills and agility drills are taught and practiced. The class will include general physical preparation sport fitness, plyometrics, agility drills and sports specific conditioning. The students will learn about the principle of year-round conditioning, including conditioning appropriate to the off-season, preparatory period, pre-competition period and competition period.

**PEX193 Intercollegiate Soccer 1-3 Credits**

Prerequisites: must be a member of the WNC soccer team  
Participation on the intercollegiate soccer team. May be repeated for up to 6 credits.

**PEX199 Special Topics 1-3 Credits**

Offers special topics which vary across semesters. A maximum of six credits may be applied towards a WNC degree.