PHYSICAL EDUCATION ACTIVITIES (PEA)

PEA 111A  RACQUETBALL (1 credit)
This course is designed to develop the fundamental skills and knowledge of the sport of racquetball.

PEA 111B  TENNIS (1 credit)
This course is designed to develop the fundamental skills and knowledge of the game of tennis. Included will be the fundamental skills and strategies of playing the game.

PEA 111C  GOLF (1 credit)
This course is designed to develop the fundamental skills and knowledge of the game of golf.

PEA 111D  JUDO (1 credit)
A basic judo course designed primarily for men and women students with limited experience in judo. The course includes techniques of falling, self-balance, body management, disturbing opponent’s balance, throwing techniques, techniques of pins, recognition of choking and armlocks, and judo principles for self-defense and individual sport techniques.

PEA 111E  SELF-DEFENSE (1 credit)
This is a self defense course designed primarily for men and women students with little experience in self defense.

PEA 111F  TAEKWONDO (1 credit)
Originally designed as a means of self-defense. Taekwondo is also excellent for physical conditioning, increasing agility, and building self-confidence. The purpose of the course is to introduce the student to the basic techniques and philosophies of Taekwondo.

PEA 111G  BASIC HAPKIDO (1 credit)
In addition to the kicks and strikes normally associated with Oriental martial arts, Hapkido adds throws, take-downs, and restraint and submission holds. Hapkido is also excellent for physical conditioning, increasing agility, and building self-confidence. The purpose of the course is to introduce the student to the basic techniques and philosophies of Hapkido.

PEA 111H  WEIGHT TRAINING/BODY CONDITIONING (1 credit)
The course is designed to develop the skills and knowledge necessary to begin and participate in a program of weight lifting as a lifelong activity.

PEA 111I  ADVANCED WEIGHT TRAINING (1 credit)
The course is designed to enhance weightlifting and conditioning skills to an advanced level from skills already possessed by the student.

PEA 111N  KICKBOXING (1 credit)
The course is a combination of boxing and kicking techniques and total body conditioning. It will focus on low, moderate, and/or high impact movements. The course will concentrate on safe and effective exercises that will develop the aerobic endurance and strength of the student. Students will utilize hand-wraps, gloves, focus mitts, and kicking shields during the course.

PEA 111O  MULTICULTURAL DANCE (1 credit)
This course is designed to provide students with an introduction to dances from Europe, Asia, Africa, and North and South America.

PEA 111P  MODERN DANCE (1 credit)
This course for men and women students is designed to develop techniques in modern dance and acquire a brief knowledge, understanding, appreciation of modern dance, its history, and composition.

PEA 111Q  BALLET (1 credit)
The course introduces the student to basic ballet technique and fosters an appreciation for ballet as an art form.

PEA 111R  JAZZ I (1 credit)
The course is designed to introduce the student to various fundamental techniques in dance sequences.

PEA 111S  RELAXATION TECHNIQUES (1 credit)
This course involves discussion about stress and its health related aspects. The focus is on demonstration and practice of selected stress management skills.

PEA 111T  YOGA I (1 credit)
This course actively covers the scope of hatha yoga through both demonstration and participation as well as historical review of yoga.

PEA 111U  YOGA II (1 credit)
This course actively continues to cover the scope of hatha yoga through both demonstration and participation as well as historical review of yoga.

PEA 111V  BEGINNING/INTERMEDIATE SWIMMING (1 credit)
This course in Beginning and Intermediate Swimming is designed to expose the student to the basic skills involved in safe and efficient aquatics practices. Skills and information dealing with general water safety will be covered in order to create an awareness of the cause and prevention of water accidents, to develop a desire to be safe and to encourage healthy and safe water recreation.

PEA 111W  SCUBA (1 credit)
This course in Beginning Scuba is designed to expose the student to the skills and equipment necessary to explore the world below the surface of the water through the use of a mask, fins, snorkel and compressed air tanks. 
Prerequisite(s)/Corequisite(s): Swimming 50 yds. using two basic strokes; basic water adjustment; underwater swim at least 15 feet; treading water for two minutes; demonstrate two surface dives

PEA 111X  BASKETBALL (1 credit)
This course is designed to develop the fundamental skills and knowledge of the game of basketball.

PEA 111Z  BACKPACKING & CAMPING (1 credit)
This course is designed to introduce the student to backpacking and orienteering in order to provide the students with an appreciation for the outdoor environment.

PEA 112A  SWIM CONDITIONING (1 credit)
This course in Swim Conditioning is designed to expose the participants to the benefits and variety of swimming as a lifetime fitness exercise.
Prerequisite(s)/Corequisite(s): Participants should have the ability to continuously swim 25 yards.

PEA 112B  POWER YOGA (1 credit)
This course provides an exercise program based on traditional yoga poses (asanas) in a continuous series of exercises. The course will concentrate on safe, effective, exercise that will develop the cardiovascular fitness, muscular strength, endurance and flexibility of the student.

PEA 112C  PILATES MATWORK (1 credit)
This course is based on a method of exercise develop by Joseph H. Pilates. The course will concentrate on safe, effective exercise that will develop the cardiorespiratory fitness, muscular strength, endurance and flexibility of the student.

PEA 112E  JAZZ II (1 credit)
The course is designed to build upon the techniques learned in Jazz Dance I.
Prerequisite(s)/Corequisite(s): PEA 111R or permission of instructor

PEA 112F  ROCK CLIMBING (1 credit)
This class focuses on the basic knowledge and skills necessary for the sport of rock climbing. Topics covered will include protecting the climber from falling, movement on the rock, rappelling, and an introduction to anchor setting and ethics. Each topic will emphasize risk management and current accepted technique in the field.

PEA 112G  BALLET II (1 credit)
The course builds on the work introduced in Ballet I. While still basic, there is increased complexity as the student begins to demonstrate greater ability.
Prerequisite(s)/Corequisite(s): PEA 111Q or permission of instructor
PEA 112H  BALLROOM DANCE I (1 credit)
This course is designed to introduce the student to various fundamental
techniques in Ballroom social dance and to incorporate these into basic
Ballroom, Latin, and Swing dances.

PEA 112I  T’AI CHI FOR MOVEMENT IMPROVEMENT (1 credit)
This course is designed to teach students various forms of Tai Chi. There will
be emphasis on balance, coordination, flexibility, relaxation, and strength. It
is designed for all levels of ability.

PEA 112J  MODERN DANCE 2 (1 credit)
The course is designed to further the student's study of modern dance
techniques.
Prerequisite(s)/Corequisite(s): PEA 111P or permission of instructor.
Not open to non-degree graduate students.

PEA 112K  SOCCER (1 credit)
This course is designed to develop the fundamental skills and knowledge of
the game of soccer.

PEA 112L  WALKING/JOGGING (1 credit)
This course is designed to help the students improve personal fitness
through walking and jogging.

PEA 112M  VOLLEYBALL (1 credit)
This course is designed to develop the fundamental skills and knowledge of
the game of volleyball.

PEA 112N  ZUMBA (1 credit)
Zumba is a fitness program inspired by Latin dance. Zumba combines Latin
rhythms (salsa, bachata, merengue, and chachacha) with cardiovascular
exercise to create an aerobic routine that is fun and easy to follow.

PEA 112O  TAP I (1 credit)
The course is designed to introduce the student to various fundamental
techniques in tap dance and to incorporate these techniques into dance
sequences.

PEA 112P  INDOOR CYCLING (1 credit)
This activity course is an indoor stationary cycling program. It is a high
intensity, cardiovascular fitness program designed to promote lifetime
fitness.

PEA 112Q  HIP HOP (1 credit)
This course is designed to give students a beginning understanding and
appreciation of hip hop dance.

PEA 112R  NET GAMES (1 credit)
This course is designed to teach students the fundamental skills and rules of
Badminton, Tennis, Pickleball, and Table Tennis.

PEA 112S  CROSS-TRAINING (1 credit)
This course is designed to develop the technique, fitness level and
knowledge base to effectively participate in cross-training activities.
Individuals will be exposed to a variety of methods such as, but not limited
to, plyometrics, agility training, kettlebells, and core training.

PEA 112T  ADVANCED MARTIAL ARTS (1 credit)
The purpose of this course is to expand upon the basic techniques and
philosophies presented in the UNO Martial Arts Introductory classes. The
class will review the basic concepts and techniques taught in the intro
classes which may be new to the student depending on the introductory
class experience of the student.
Prerequisite(s)/Corequisite(s): PEA 111G, PEA 111F, or PEA 111D; or
instructor consent.

PEA 112U  QI GONG (1 credit)
This course actively covers the scope of Qi Gong through demonstration and
participation as well as through a systematic elucidation of the history and
theoretical underpinnings of Qi Gong.

PEA 112V  MINDFULNESS MEDITATION (1 credit)
This course actively covers the scope of Meditation practices, including
Mindfulness, through demonstration, lecture, discussion, and participation.
Various methods will be taught, as well as the history, philosophy and
practices of meditation. Contemporary research will also be discussed.