

PHYSICAL EDUCATION ACTIVITIES (PEA)

Physical Education Activities Undergraduate Courses

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 technique 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 jazz dance and to incorporate these techniques into 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)

SCUBA is an exciting, lifetime recreational activity that you can enjoy anywhere in the world and opens the doors to future tracks such as Marine Biology, Engineering, Physical Sciences and more. This course teaches students the basics of open water diving including equipment preparation, pre-dive safety checks, assembly and maintenance, underwater dive safety including ascents, buoyancy, emergency preparation and much more. Included in the course fee are the digital materials, logbook, purchase of snorkel gear and use of the pool and other necessary gear. During the nine sessions at Diventures you will complete the classroom, pool work and open water training to provide you a lifetime Open Water Diver certification from Scuba Schools International (SSI). Classroom and Pool are to be held at Diventures. The training dives are to be held the following weekend, weather dependent.

Prerequisite(s): A Medical Statement & Questionnaire (before the course) and Water Fitness Evaluation (Swim Assessment and Survival Float - during the course) must be completed.

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): Participants should have the ability to continuously swim 25 yards.

PEA 112C 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 112D PILATES MATWORK (1 credit)

This course is based on a method of exercise developed 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):** 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): 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 T'ai 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): 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 BALLROOM DANCE II (1 credit)

The course is designed to further the student's study of Ballroom Dance techniques.

Prerequisite(s): PEA 112H or permission of instructor

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 introductory classes which may be new to the student depending on the introductory class experience of the student.

Prerequisite(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.

PEA 112W 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 112X BARRE FITNESS (1 credit)

This is a fitness course that utilizes safe barre exercises to develop muscular endurance, flexibility, and neuromotor training. The course will concentrate on integrating the use of the ballet barre, light weights, and various props.

PEA 113A BEGINNING ICE SKATING (1 credit)

This course is designed for beginning ice skaters. Instructional emphasis will be placed on safely learning the life-long activity of ice skating. Students will develop an understanding of the basic principles and terminology of the sport of ice skating, improve on any current ice skating skills, and develop new skills such as forward and backward skating, crossovers, turns, and stops.

PEA 1130 ADAPTED PHYSICAL EDUCATION (1 credit)

This course is designed to provide an opportunity for independent physical education activity for a disabled person.

Prerequisite(s): A disability which does not allow participation in regularly scheduled physical education activity courses.