

Activity Courses in Physical Education (PE)

No more than 3 PE activity credits may be counted toward graduation.

PE 150 Horsemanship Basics

This class is designed for students who wish to ride in the St. Andrews Equestrian Program but have no experience with horses. Students will learn how to halter and lead a horse, safety procedures, grooming, mounting and dismounting, two-point position, and the basic aids that are used to communicate with a horse while mounted. The class will meet 10 times during the semester. A fee is required for this course.

PE 200 Adapted Physical Education (1 credit)

This course is designed to meet the needs of students with disabilities as they participate in physical education, recreation, and sports. The activities presented in the course will be selected to meet the interests and capabilities of the enrolled students. PE/SM majors enrolled in SS 234 will assist in the course.

PE 202 Intercollegiate Equitation (1 credit)

This course is designed for participants in Intercollegiate Horse Show Association (IHSA) Hunter Seat and Western shows or Intercollegiate Dressage Association (IDA) shows. Participants must be team members in good standing for fall and spring semesters and will register for the class in the spring. Registered students who quit the team or who are dismissed from the team will either withdraw from the class or receive a failing grade. Prerequisite: PE 261 and permission of instructor.

PE 205 Horseback Riding for Students with Disabilities (1 credit)

This course will enable students to develop basic horsemanship skills. This class is offered to meet the need of riders with no experience and progress the rider to their next level of riding. Riders will progress through a rank system based on practical skill and theoretical understanding. Prerequisites for this course are a completed physician statement and the completion of appropriate paperwork. Please be advised that there are medical precautions and contraindications for this activity that must be met according to the North American Riding for the Handicapped Association (NARHA) so permission of the instructor is required prior to registration. A fee is required for this course.

PE 210 Swimming (1 credit)

An introduction to the basic skills and principles of swimming as a lifetime fitness activity.

PE 211 Tennis (1 credit)

An introduction to the basic skills, rules, and etiquette for the game of tennis as a lifetime recreation activity.

PE 212 Golf (1 credit)

An introduction to the basic skills, terminology, rules, and etiquette of golf as a lifetime recreational activity. Fees required for course.

PE 213 Soccer (1 credit)

An introduction to the basic skills, terminology, rules, and strategy of soccer as a life-

time recreational activity.

PE 215 Volleyball (1 credit)

An introduction to the basic skills, rules, terminology, and strategy of volleyball as a lifetime recreational activity.

PE 220 Basketball (1 credit)

An introduction to the basic skills, rules, terminology, and strategy of basketball as a lifetime recreational activity.

PE 223 Beginning Weight Training (1 credit)

An introduction to weight training for the purpose of conditioning and fitness of the body for lifetime wellness.

PE 246 Advanced Weight Training (1 credit)

An advanced study and activity in compassing knowledge of different muscle groups, and various training techniques for lifetime wellness.

PE 249 Principles of Taiji (1 credit)

A basic introduction to the Chinese exercise/discipline of Taiji (T'ai Chi). Students will become familiar with the history of Taiji and its links with Chinese philosophical and medical traditions. They will learn the fundamental principles of internal energy flows, the dynamics of harmonious, balanced movements, and the importance of focused relaxation to reduce stress. Students will engage in conditioning exercises and learn stances and the proper sequence of postures (or forms). The goal for each student is to master at the introductory level the full 24-form routine using the modified Yang style of Taiji.

PE 253 Lifetime Activities (1 credit)

Emphasis will be on developing skills and activities to enjoy and gain health benefits from lifetime fitness pursuits. Students will participate in a variety of activities that are considered lifetime sports or activities. Students will learn an understanding about the benefits, theories or rules for each activities or sport. Individual and Team sports cover but not limited too are walking, jogging, weight lifting, basketball, soccer, and volleyball.

PE 261 Equitation I (1 credit)

An introductory course to the St. Andrews Equestrian Program offering students the opportunity to develop their skills in their riding discipline. This course is required for all students wishing to ride no matter what their skill level. Students will work through the St. Andrews Equestrian Program ranking system, which emphasizes development of a good working position enabling the rider to effectively communicate with the horse in a non-abusive manner. A fee is required for this course. Prerequisite for 261: Previous experience with horses. Riders must be able to tack up their own horse, without supervision, mount adjust stirrups and girth safely or EQ150 Horsemanship Basics. All Equitation courses require a fee, a riding placement test, and permission of the riding staff or invitation by the Equestrian Director.

PE 262 Equitation II (1 credit)

This course will continue to develop the student's knowledge and skill of their discipline. Students registering for this course will continue to work through the St. Andrews Equestrian Program Ranking system. Prerequisites: PE 261 & EQ 244L All Equitation courses require a fee, a riding placement test, and permission of the riding staff or invitation by the Equestrian Director.

PE 263 Equitation III (1 credit)

This course will continue to develop the student's knowledge and skill in their discipline. Students registering for this course will continue to work through the St. Andrews Equestrian Program Ranking system. A fee is required for this course. Prerequisite: PE 262 & EQ 244L. All Equitation courses require a fee, a riding placement test, and permission of the riding staff or invitation by the Equestrian Director.

PE 265 Intercollegiate Athletics (1 credit)

This course is designed to meet the Health and Physical Education breadth requirement for participants in any of the 21 intercollegiate team sports or as student athletic trainers. Students who participate in sports that span two regular semesters may register for PE 265 in the semester in which the season is completed. Students who register for PE 265 and who quit or are dismissed from the team prior to the end of the semester for which they are registered for the class will either withdraw from PE 265 or receive a failing grade. Students registered for PE 265 will sign a statement at the beginning of the semester verifying that they understand the stipulations concerning the fulfillment of the credit for PE 265. No more than 3 PE activity credits may be counted toward graduation.