

PE PROGRAM COURSE LIST

A current First Aid and CPR certification (American Heart Association or American Red Cross) is required to instruct PE courses. Photocopies of current certifications must be included with the application.

AEROBICS

Aerobics teaching experience required.
Preference will be given to applicants who are certified.

PEAE	131	Body Sculpt I
PEAE	132	Body Sculpt II
PEAE	221	Aerobics I
PEAE	222	Aerobics II
PEAE	231	Step Aerobics I
PEAE	232	Step Aerobics II
PEAE	241	Aerobic Funk I
PEAE	242	Aerobic Funk II
PEAE	251	Aerobic Kick Box I
PEAE	252	Aerobic Kick Box II
PEAE	340	Cross Training
PEAE	341	Cross Training II

AQUATICS

A current Lifeguard Training Certification (ARC, National Pool and Waterparks Association, YMCA or equivalent) is required. Preference will be given to applicants with a current Water Safety Instructor Certification (ARC, YMCA or

PEAQ	111	Learn To Swim
PEAQ	121	Aqua Aerobics I
PEAQ	122	Aqua Aerobics II
PEAQ	213	Learn to Lap Swim
PEAQ	221	Swim Conditioning I
PEAQ	222	Swim Conditioning II
PEAQ	231	Water Polo
PEAQ	311	Swim Training I
PEAQ	312	Swim Training II
PEAQ	321	Swim/Run
PEAQ	351	Lifeguard Certificate
PEAQ	361	Lifeguard Instructor

CERTIFICATION

PEC	241	First Aid/CPR (ARC)
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WEIGHT TRAINING

PEW	211	Weight Training I
PEW	212	Weight Training II

FITNESS

PEF	111	Stretch and Flex
PEF	201	Pilates Matwork I
PEF	202	Pilates Matwork II
PEF	241	Group Cycling I
PEF	291	Speed and Agility

INDIVIDUAL ACTIVITIES

PEI	201	Juggling I
PEI	202	Juggling II
PEI	221	Billiards I
PEI	222	Billiards II
PEI	223	Billiards III
PEI	241	Golf I
PEI	242	Golf II
PEI	243	Golf III
PEI	251	Ice Skating I
PEI	252	Ice Skating II

MARTIAL ARTS

PEMA	115	Self Defense
PEMA	121	Aikido I
PEMA	122	Aikido II
PEMA	123	Aikido III
PEMA	211	Fencing I
PEMA	221	Karate I
PEMA	222	Karate II
PEMA	223	Karate III
PEMA	241	Judo I
PEMA	251	TaeKwonDo I
PEMA	252	TaeKwonDo II
PEMA	311	Jeet Kune Do I
PEMA	312	Jeet Kune Do II
PEMA	321	Jiu-Jitsu I
PEMA	322	Jiu-Jitsu II

RUNNING

PERU	101	Fitness Walking
PERU	131	Jog/Run
PERU	131	Jog/Run
PERU	331	5K Training I
PERU	332	5K Training II
PERU	341	10K Training

MIND BODY

PEMB	101	Meditation
PEMB	131	Tai Chi I
PEMB	132	Tai Chi II
PEMB	211	Hatha Yoga I
PEMB	212	Hatha Yoga II
PEMB	231	Kundalini Yoga I
PEMB	232	Kundalini Yoga II
PEMB	344	Ashtanga Yoga I

RACQUET SPORTS

PERS	211	Table Tennis I
PERS	212	Table Tennis II
PERS	231	Badminton I
PERS	232	Badminton II
PERS	241	Racquetball I
PERS	242	Racquetball II
PERS	271	Tennis I
PERS	272	Tennis II
PERS	273	Tennis III

TEAM SPORTS

PETS	111	Flag Football I
PETS	232	Volleyball II
PETS	233	Volleyball III
PETS	242	Basketball II
PETS	243	Basketball III
PETS	252	Ultimate Frisbee I
PETS	253	Ultimate Frisbee II
PETS	261	Soccer I
PETS	262	Soccer II
PETS	263	Soccer III

OUTDOOR PURSUITS

PEOL	251	Rock Climbing I
PEOL	252	Rock Climbing II