

PHYSICAL EDUCATION/NON-MAJOR (PEGN)

PEGN 230 Personalized Fitness (3 credits)

An introductory course in personalized fitness covering theories and techniques of the physiological and psychological components of fitness. Designed for second careers students. Satisfies Physical Education GenEd requirement; satisfies SEEDS Scientific Reasoning student learning outcome in alignment with Self Discovery and Self Care value.

PEGN 251 Fitness for Life (1 credit)

This course will provide the student with an opportunity to recognize and develop cardiovascular conditioning, endurance and lifetime fitness skills. Meets Gen Ed - Physical Education.

PEGN 257 Weight Training and Conditioning (1 credit)

A regimen of physical fitness (conditioning) exercises will be established for the individual student, and assistance will be rendered to help him or her in following this regimen in order to reach his or her maximum physical potential (muscle tone and endurance). Meets Gen Ed - Physical Education.

PEGN 258 Beginning Tennis (1 credit)

Fundamental skills of tennis, singles and doubles play. Appreciation of tennis as a leisure pursuit. Meets Gen Ed - Physical Education.

PEGN 262 Volleyball (1 credit)

Basic skills, game strategy and rules of volleyball. Meets Gen Ed - Physical Education.

PEGN 265 Figure Skating (1 credit)

Figure skating for the novice taught at an off-campus skating rink. Meets Gen Ed - Physical Education.

PEGN 271 Social Dance (1 credit)

The course covers the traditional ballroom dances as well as current popular styles and routines. Meets Gen Ed - Physical Education.

PEGN 278 Yoga (1 credit)

Instruction will be given in how to perform yoga postures, plus the techniques of breathing, relaxation, awareness, and concentration with their proper progression. The historical and psychological factors involved in the development of yoga, and its increasingly widespread appeal physically and philosophically will be dealt with. Meets Gen Ed - Physical Education.