Physical Education and Recreation

Kevin Marbury, Director
541-346-4113
102 Esslinger Hall

The Department of Physical Education and Recreation enhances the lives of UO students as well as members of the faculty and staff by providing physical activity programs and services that promote health and fitness, active recreation, and participation in sports. The department is comprised of Physical Education, Recreational Programs, and Facilities Operations.

Physical Education

Peg Rees, Associate Director

The physical education program offers physical activity courses for university students, UO faculty and staff members, and members of the Eugene-Springfield community. Physical education courses emphasize the development of physical skills, improvement in fitness levels, and the acquisition of knowledge that contributes to a healthy lifestyle.

Approximately 160 courses are offered each term in a variety of activity areas— aquatics and scuba, certification, fitness, individual activities, leadership, martial arts, mind-body, outdoor pursuits, racquet sports, running, team sports, and weight training. This ever-changing array of courses is taught by an exceptional staff of faculty members and contract employees.

Most classes meet twice a week for 1 credit. As many as 12 credits in physical education may be applied as electives to a bachelor's degree. Each term's offerings are listed in the schedule of classes online. Students may register for courses through DuckWeb, which is explained in the **Registration and Academic Policies** section of this catalog.

Students and members of the staff, faculty, and community can enroll in physical education courses as noncredit participants, if space is available. Noncredit participants pay the PE course fee and register in person at 102 Esslinger Hall at the start of each term.

Opportunities are available for students who have disabilities or who need special accommodations in order to participate in physical education courses. More information is available from the PE office, 102 Esslinger Hall; telephone 541-346-4113. The office is open from 8:00 a.m. to 5:00 p.m., Monday through Friday.

Fees for Physical Education Courses

Course	Fee
Activity (1 credit)	$60
Activity (2 credits)	$120
Outdoor pursuits	$39–$399
Practicum (1–3 credits)	$10–$60

Some courses require additional fees to pay for equipment, transportation, contract expenses, and certification. Fees and fee-refund schedules are printed in each term's schedule of classes.

Recreational Programs

Brent Harrison, Associate Director

Intramural Sports

The intramural program provides opportunities for members of the university community to participate in a variety of sports and recreational activities. Superior skills or sports experience is not a prerequisite for participation; there is a place for everyone, from the novice to the advanced competitor. Some of the most popular activities are flag football, basketball, soccer, volleyball, softball, and ultimate Frisbee. For more information, call 541-346-4113.

Rec Fitness

The Rec Fitness Workout Program provides high-quality, inexpensive exercise without academic structure. Rec Fitness offers group cycling, body sculpting, Zumba, boot camp, hatha yoga, and kick boxing. Group cycling utilizes specially designed stationary bikes, motivational music, and participatory coaching techniques to provide students of all athletic levels a challenging, rewarding, and fun cardiovascular workout. For more information, call 541-346-4113.

Open Recreation

The Student Recreation Center is available for open recreation when no classes or programs are scheduled. Faculty and staff members, alumni, and community members may purchase a facility user pass, valid for a single term or a full year. Passes are sold at the main desk in the Student Recreation Center. For more information, call 541-346-4183. For information on family recreation, call 541-346-4112.

Fitness Services

Personal trainers, certified by the American Council on Exercise, are available to make fitness assessments and create individualized training programs. Each session includes a risk assessment and goal-setting consultation, personalized workout program, and training session to refine the participant's technique and form. It is recommended that new members of the center take a free facility and fitness orientation. For more information, call 541-346-1364.

More information on other recreational opportunities can be found on the Department of Physical Education and Recreation website.

Recreational Facilities

Bryan Haunert, Associate Director

This component of the department is responsible for operating and maintaining physical-activity facilities, which are located on forty-two acres at the southeast corner of the campus.

The current Student Recreation Center has a climbing wall, a suspended running track, a swimming pool, five basketball courts, fitness and weight rooms, locker rooms, six racquetball courts, a squash court, multipurpose rooms, an aerobics studio, and mat rooms. A renovated Student Recreation Center will open January 5, 2015 and will have many new and improved activity spaces for student use including two pools, a bouldering wall, another 3 court gym and weight and fitness spaces throughout!

Equipment and towels are available with presentation of the user's UO identification card. Gerlinger Hall contains locker rooms and two multipurpose rooms. Gerlinger Annex has two gymnasiums primarily used for physical education and intramurals. The Student Tennis Center

is located behind McArthur Court and features six courts. In addition, six outdoor courts are located near the corner of East 18th Avenue and Onyx Street. Four lighted artificial turf fields are located east and south of the Student Recreation Center. For more information about facilities and court reservations, call 541-346-4183.

Employment

Students who are interested in physical activity and sports are good candidates for the many part-time jobs generated by the variety of programs and services offered by the department and in the operation of facilities. Students may apply for any of the more than 150 positions as lifeguards, sports officials, office assistants, and weight-room, facility, and equipment-issue supervisors. Lifeguards must have current certification; training is provided for other positions. Most positions require certification in first aid and CPR.

Faculty

David Rubino, senior instructor (team sports, martial arts, running). BS, 1987, Cortland; MA, 1988, Northern Colorado. (2001)

Greg Smith, senior instructor (racquet sports). BS, 1975, Texas, Austin. (2001)

Michael Strong, senior instructor (outdoor pursuits). BS, 1976, Alberta; MS, 1986, Oregon. (1986)

Emeritae

Karla S. Rice, senior instructor emerita. BS, 1962, Central Michigan; MA, 1965, Michigan State. (1967)

Becky L. Sisley, professor emerita; athletic liaison. BA, 1961, Washington (Seattle); MSPE, 1964, EdD, 1973, North Carolina, Greensboro. (1965)

Lois J. Youngen, associate professor emerita. BS, 1955, Kent State; MA, 1957, Michigan State; PhD, 1971, Ohio State. (1960)

The date in parentheses at the end of each entry is the first year on the University of Oregon faculty.

Courses

PEAS 199. Special Studies: [Topic]. 1 Credit.
Repeatable.

PEAS 368. Scuba: Basic. 2 Credits.
Repeatable. Open water certification. Techniques and equipment used in underwater diving. Water safety, diving physics, medical aspects of diving, and decompression. Leads to basic scuba certification. Equipment provided. Repeatable once for maximum of 4 credits.
Prereq: Beginning swim experience

PEAS 369. Scuba: Advanced. 1 Credit.
Repeatable. Advanced open water diver certification. Navigation, deep diving, night diving and other topics. Develop underwater skills and learn speciality diving activities. Equipment provided. Repeatable once for a maximum of 2 credits.
Prereq: PEAS 368 or equivalent.

PEAS 370. Scuba: Rescue Diver. 1 Credit.
Repeatable. Rescue Diver certification. Concepts of self rescue, psychological and physical stress, tows, assists, in-water resuscitation and rescue techniques. Equipment provided. Repeatable once for maximum of 2 credits.
Prereq: PEAS 369 or equivalent.

PEAS 372. Scuba: Altitude Diver. 1 Credit.
Introduction to the varieties of multilevel diving. Multilevel dive calculators, dive planning, organization, procedures, techniques, and safety. Repeatable once for a maximum of 2 credits.
Prereq: PEAS 368 or equivalent.

PEAS 375. Scuba: Deep Diver. 1 Credit.
Learn to dive to greater depths and develop special skills for deep dive planning, organization, procedures, techniques and hazards. R once for a maximum of 2 credits.

PEAS 376. Scuba: Night Diver-Underwater Naturalist. 1 Credit.
Introduction to night dive planning, organization, procedures, techniques and potential problems. Learn to control buoyancy, navigate and communicate at night. An introduction to nocturnal aquatic life, as underwater creatures and plant life are active at night. Repeatable once for a maximum of 2 credits.
Prereq: PEAS 368.

PEAS 378. Scuba: Nitrox. 1 Credit.
Instruction in diving with enriched air to extend 'no decompression' limits, increasing time spent underwater. Repeatable once for a maximum of 2 credits.

PEAS 380. Scuba: Underwater Digital Photography. 1 Credit.
Advanced diving skills and photographic technique, planning, organization, procedures, problems, hazards, and enjoyment of underwater still photography in a safe and supervised environment. Vearrier.
Prereq: PEAS 368

PEAS 381. Scuba: Dive Master I. 1-2 Credits.
Repeatable. Dive master certification. Preparation toward becoming a diving instructor. In-depth knowledge of general diving theory and watermanship skills. Assist a PADI instructor with the supervision of underwater diving students, dive planning and organization. Equipment provided. Repeatable once for a maximum of 4 credits.
Prereq: PEAS 370; 18 years old, 20 logged dives.

PEAS 382. Scuba: Dive Master II. 1-2 Credits.
Repeatable. Advanced watermanship skills, leading to certification as a Dive Master. Responsible for demonstrating techniques and skills, class management, and assist students with common problems. Construct an underwater map. Repeatable once for a maximum of 4 credits.
Prereq: PEAS 381 or equivalent.

PEAS 388. Scuba: Assistant Instructor. 1-2 Credits.
Repeatable. Earn PADI certification as an assistant instructor. Sequence with PEAS 368, 369, 370, 378, 381, 382. Repeatable once for credit.
Prereq: PEAS 382 or equivalent experience.

PEAS 390. Scuba Instructor. 2 Credits.
Repeatable. This final course in the SCUBA series prepares, and possibly certifies, the student to become a SCUBA Instructor. Sequence: Basic, Advanced, Rescue, Night, Altitude, Nitrox, Equipment, Dive Master 12. All PE courses are repeatable once for credit.
Prereq: PEAS 382 or equivalent.

PEAS 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEAQ 111. Learn to Swim. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEAQ 121. Water Fitness I. 1 Credit.
Repeatable. Principles of effective water-based conditioning. Cardiorespiratory fitness and strength building workout. An effective workout to music using the entire pool. Repeatable once for a maximum of 2 credits.

PEAQ 122. Water Fitness II. 1 Credit.
Repeatable. Advanced water-based conditioning. Cardiorespiratory fitness and strength building. Repeatable once for a maximum of 2 credits.

PEAQ 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEAQ 201. Swimming I. 1 Credit.
Repeatable. A beginning swim course for those who need to learn breathing and fundamental stroke work in freestyle and backstroke. Must be able to swim one length of the pool and be comfortable in deep water. Repeatable once for a maximum of 2 credits.

PEAQ 202. Swimming II. 1 Credit.
Repeatable. An intermediate-level swim course for those who want to master freestyle and breathing; improve technique in backstroke, breaststroke, and butterfly; and improve stroke efficiency and endurance. Repeatable once for a maximum of 2 credits.

PEAQ 203. Swimming III. 1 Credit.
Repeatable. An advanced-level swim course emphasizing endurance, sprint, and stroke work. Must be proficient in all four strokes: butterfly, backstroke, breaststroke, and freestyle. Repeatable once for a maximum of 2 credits.

PEAQ 301. Triathlon Swimming. 1 Credit.
Repeatable. Learn to swim more efficiently and effortlessly while conserving energy for the bike and run. Freestyle technique and endurance is emphasized. Repeatable once for credit.

PEAQ 303. Swim and Run. 2 Credits.
Repeatable. Increasing cardio fitness on land and in the water; improving swim strokes, running form, and power; and learning principles of cross training. Sequence with PEAQ 301, 305. Repeatable once for a maximum of 4 credits.

PEAQ 305. Triathlon. 2 Credits.
Repeatable. Learn to manage your competitive training while improving techniques in swimming, running and biking. Repeatable once for credit.
Prereq: Beginning swim, run and biking experience.

PEAQ 320. Swim and Core. 2 Credits.
Repeatable. Swimmers use core conditioning work to improve their performance in the water. Two swim and two core sessions per week. Repeatable once for a maximum of 4 credits.

PEAQ 351. Lifeguard Certification. 1 Credit.
Repeatable. Lifeguard, First Aid and CPR for the Professional Rescuer certification course. Repeatable once for a maximum of 2 credits.
Prereq: Pass swimming test.

PEAQ 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEC 199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEC 399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEC 408. Workshop: [Topic]. 1-5 Credits.
Repeatable.

Courses

PEF 111. Stretch and Flex I. 1 Credit.
Repeatable. Emphasis is on increasing individual levels of flexibility, muscular endurance, and relaxation techniques. Repeatable once for a maximum of 2 credits.

PEF 131. Body Sculpting I. 1 Credit.
Repeatable. Emphasizes muscular endurance training for the upper body, lower body, and abdominals. Dumbbells, soft weights, tubing, steps, small medicine balls, and body resistance challenge every major muscle group in the body. Repeatable once for maximum of 2 credits.

PEF 132. Body Sculpting II. 1 Credit.
Repeatable. Intermediate level emphasis on muscular endurance training for the upper body, lower body, and abdominals. Dumbbells, soft weights, tubing, steps, small medicine balls, and body resistance challenge every major muscle group in the body. Repeatable once for maximum of 2 credits.
Prereq: PEF 131 or equivalent.

PEF 199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEF 201. Pilates Matwork I. 1 Credit.
Repeatable. The physiological and biochemical basis of the Stott Pilates method. Students perform essential matwork exercises using the five basic principles of Pilates exercise to lengthen and strengthen the entire body. Repeatable once for a maximum of 2 credits.

PEF 205. Pilates Yoga Fusion. 1 Credit.
Repeatable. This course combines Pilates and Yoga techniques to improve balance and flexibility while building a strong muscular core. Repeatable once for credit.

PEF 221. Cross Fit I. 1 Credit.
Introduction to highly functional cross-training movements, constantly varied and performed with intensity. Strength, endurance, power, and agility are built in a supportive, team-oriented environment. Sequence with PEF 222. PE activity courses are repeatable once for credit.

PEF 222. Cross Fit II. 1 Credit.
Intermediate and advanced dynamic exercises and training progressions. Technique, strength, endurance, power and agility are enhanced. Sequence with PEF 221. PE activity courses are repeatable once for credit.
Pre-requisite: PEF 221 or equivalent experience.

PEF 241. Group Cycling I. 1 Credit.
Repeatable. A high intensity workout on a specialized stationary cycle (Startrac V-bike). Designed for beginning to intermediate fitness levels, students exercise to music using a variety of riding techniques. Equipment care, muscular activation and endurance, and cardorespiratory fitness, are covered. Repeatable once for a maximum of 2 credits.

PEF 251. Fitness Kickboxing. 1 Credit.
Repeatable. Practice jabs, punches, footwork, and kick patterns adapted from martial arts for the aerobics participant. Features a warm-up, more than 30 minutes of skills training and combinations, a cool-down, and stretching. Repeatable once for a maximum of 2 credits.

PEF 261. Cardio Fusion. 1 Credit.
A fusion of aerobic dance, martial arts, and yoga movements, this course focuses on improving strength, cardiovascular fitness, and neuromuscular coordination. Repeatable. All PE activity classes are repeatable once for credit.

PEF 291. Speed and Agility. 1 Credit.
Topics include techniques for acquiring speed, agility, and conditioning; learning movement skills and applying energy systems. Minimal lectures complement practical application of drills. Repeatable once for maximum of 2 credits per activity.

PEF 301. Core and Stretch. 1 Credit.
Gain physical strength, flexibility, and muscular endurance while learning about physiology and anatomy. Develop personalized training program. Repeatable once for maximum of 2 credits.

PEF 311. Boot Camp. 1 Credit.
Repeatable. Sport conditioning drills, running, resistance training, and dynamic core work to improve cardiovascular fitness, muscular endurance, agility, and flexibility. For students with a good base of physical fitness. Repeatable repeatable once for credit.

PEF 321. Latin Fusion. 1 Credit.
Repeatable. Fitness and dance moves to Latin rhythm and music: salsa, meringue, cumbia, and others. Simple enough for beginners yet can challenge the fitness of advanced exercisers. Repeatable repeatable once for credit.

PEF 325. Healthy Weight Loss. 3 Credits.
For students motivated to use a lifestyle approach to weight loss. Two hours of both lecture and activity each week.

PEF 326. Fitness Dance. 1 Credit.
Cardiovascular workout, dance moves and routines to Top Forty hits, music videos, and hip-hop. Typical class features warm-up, 30 minutes of dance, and cool-down. Repeatable once for credit.

PEF 340. Personal Trainer. 1-2 Credits.
Lecture and lab experiences for administering fitness assessments in individual and group settings. Prepares the student for the American Council on Exercise Personal Trainer Certification Exam.

PEF 342. Grp Fit Instructor Trn. 3 Credits.

PEF 345. Nutrition and Performance. 3 Credits.
Explores the influence of nutrition on athletic performance and health. Includes body composition assessment, nutritional analysis, and personal dietary and training behaviors. Risks and benefits of nutritional supplements.

PEF 399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEF 408. Workshop: [Topic]. 1-5 Credits.
Repeatable.

Courses

PEI 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEI 201. Juggling I. 1 Credit.
Repeatable. Introduces and develops juggling skills with balls, rings, clubs and other props. Emphasis on creative exploration, relaxation and fun. Repeatable once for a maximum of 2 credits.

PEI 202. Juggling II. 1 Credit.
Repeatable. Advanced development of juggling skills with balls, rings, clubs and other props. Visual independence and imagination, relaxation and breath awareness. Repeatable once for a maximum of 2 credits.
Prereq: PEI 201 or equivalent.

PEI 241. Golf I. 1 Credit.
Repeatable. Introduction to the game. The majority of class time is at the driving range learning swing techniques for distance, pitching, chipping and putting, rules, etiquette, and golf vocabulary. Includes 4 free rounds of play during the term. Students must provide their own transportation. Repeatable once for a maximum of 2 credits.

PEI 242. Golf II. 1 Credit.
Repeatable. For the experienced golfer who wants to refine their skills. Includes review of swing techniques for all situations, rules, etiquette, and golf vocabulary. Includes 4 free rounds of play during the term. Students must provide their own transportation. Repeatable once for a maximum of 2 credits.
Prereq: PEI 241 or equivalent.

PEI 243. Golf III. 1 Credit.
Repeatable. Emphasis on course play for the advanced golfer to hone basic skills. Includes time on the driving range and putting green. Students must provide their own transportation. Repeatable once for a maximum of 2 credits.
Prereq: PEI 242 or equivalent.

PEI 244. Golf Swing Exercise. 1 Credit.
Improve your golf swing in the off-season via swing specific exercises. Sequence with Golf I, Golf II, Golf III. All PE activity classes are repeatable once for credit.
Prereq: PEI 243 or equivalent.

PEI 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEIA 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEIA 301. Lacrosse. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 305. Acrobatics and Tumbling. 1 Credit.
Repeatable. Varsity athletes may earn a PE credit for their team workouts during their competitive season. All PE activity courses are repeatable once for credit.
Prereq: Must be a varsity team member.

PEIA 311. Women's Golf. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 312. Men's Golf. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 317. Women's Tennis. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 318. Men's Tennis. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 323. Women's Cross-Country. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 324. Men's Cross-Country. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 329. Women's Track. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 330. Men's Track. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 341. Softball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 342. Baseball. 1 Credit.
Repeatable. Varsity athletes may earn a PE credit for their team workouts during their competitive season. All PE activity courses are repeatable once for credit.
Prereq: Must be a varsity team member.

PEIA 347. Volleyball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 350. Soccer. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 353. Women's Basketball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 354. Men's Basketball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 360. Football. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA 371. Sport Conditioning I. 1 Credit.
Repeatable. A strength and conditioning training opportunity for varsity and club sport student-athletes. Sequence with PEIA 372, 373. All PE activity courses are repeatable once for credit.

PEIA 372. Sport Conditioning II. 1 Credit.
Repeatable. A strength and conditioning training experience for varsity and club sports student-athletes. Sequence with PEIA 371, 373. All PE activity classes are repeatable once for credit.

PEIA 373. Sport Conditioning III. 1 Credit.
A strength and conditioning training experience for varsity and club sport student-athletes. Sequence with PEIA 371, 372. All PE activity courses are repeatable once for credit.

PEIA 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEL 199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEL 310. Coaching. 2 Credits.
Addresses all aspects of coaching from kindergarten through college. Topics include philosophy, objectives and outcomes, communication styles, writing workouts, discipline, and age-appropriate skills, drills and strategies. Sequence with PEL 409 is possible with successful completion of the course.

PEL 399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEL 408. Workshop: [Topic]. 1-5 Credits.
Repeatable. Professional topics in physical education.

PEL 409. Practicum: [Topic]. 1-4 Credits.
Repeatable. Practical experiences in equipment and facilities management service, outdoor pursuits, recreation and intramurals, and physical education. Repeatable six times for a maximum of 6 credits.

Courses

PEMA 115. Self-Defense. 1 Credit.
Repeatable. Fundamental concepts of self defense. Mental and physical strategies, awareness and reaction training. Class theme is prevention, covering the "Three As": Awareness, Assessment, Action. Repeatable once for a maximum of 2 credits.

PEMA 116. Women's Self Defense. 1 Credit.
Repeatable. Basic strategies and techniques with specific attention to escaping dangerous situations and creating an advantage when thrown to the ground. All PE courses are repeatable once for credit.

PEMA 121. Aikido I. 1 Credit.
Repeatable. Concepts of aggression and self defense. Basic falls, throws, attacks, defense, and blending. Understand body, flexibility, and balance. Repeatable once for a maximum of 2 credits.

PEMA 131. Combatives. 1 Credit.
Explores self-defense combining strategies and techniques from muay thai, mixed martial arts, and Gracie jiu-jitsu. Learning focuses on how an attack occurs and how to react and defend yourself. PE activity courses are repeatable once for credit.

PEMA 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEMA 221. Karate I. 1 Credit.
Repeatable. Basic principles of Kihon: mental, stance, posture, eye position, power, body movement, focus, breathing. Learn effective training methods, basic body dynamics, and the body powers of rotation, vibration, and stepping/shifting. Repeatable once for a maximum of 2 credits.

PEMA 222. Karate II. 1 Credit.
Repeatable. Continuing study of body dynamics, physically developing coordination and strength movements. Improve flexibility, endurance, and coordination with an emphasis on awareness in relationship to two attackers at once. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 221 or equivalent.

PEMA 223. Karate III. 1 Credit.
Repeatable. Internal body compression and correct breathing, adding complex combinations, speed,reaction time, and distance when punching, blocking and kicking. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 222 or equivalent.

PEMA 241. Judo I. 1 Credit.
Repeatable. Introduction to judo techniques of falling, throwing and grappling to aid in self defense. Improve strength, agility and aerobic capacity. Fundamental rules, scoring, and etiquette. Repeatable once for a maximum of 2 credits.

PEMA 242. Judo II. 1 Credit.
Repeatable. Basic etiquette in practice and competition. Combination throwing skills. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 241 or equivalent.

PEMA 251. Tae Kwon Do I. 1 Credit.
Repeatable. Introduction to the Korean martial art of self defense. Bare hand combat using kicking, punching and striking. Fundamental concepts, cultural understanding, and cardiovascular endurance. Teaches self discipline, respect for others, and strength of character. Repeatable once for a maximum of 2 credits.

PEMA 252. Tae Kwon Do II. 1 Credit.
Repeatable. Advanced skills, etiquette, and terminology. Blocking, punching and kicking combinations and techniques. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 251 or equivalent.

PEMA 255. Kickboxing. 1 Credit.
Repeatable. This dynamic martial art includes punching and kicking skills, techniques and the rules of competitive kickboxing. Develops balance, flexibility and strength. All PE courses are repeatable once for credit.

PEMA 311. Jeet Kune Do I. 1 Credit.
Repeatable. Basic concepts of Jeet Kune Do and the Filipino Martial Arts. Basic movements, including strikes, kicks, grapping, and defensive weaponry. Develop individualized training methods. Repeatable once for a maximum of 2 credits.

PEMA 312. Jeet Kune Do II. 1 Credit.
Repeatable. Intermediate concepts of Jeet Kune Do and the Filipino Martial Arts. Demonstrate movements, immobilization techniques, and practical self defense skills. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 311 or equivalent.

PEMA 321. Jiu-Jitsu I. 1 Credit.
Repeatable. Introduction to concepts of Brazilian Jiu-Jitsu. Combative activity incorporating throwing, falling, grappline, holds, and safe positioning. Development of practical self-defense knowledge and skills. Repeatable once for a maximum of 2 credits.

PEMA 322. Jiu-Jitsu II. 1 Credit.
Repeatable. Basic and intermediate motions of Brazilian Jiu-Jitsu. History, rules and scoring system for sport, escape movements, submission holds. Repeatable once for a maximum of 2 credits.
Prereq: PEMA 321 or equivalent.

PEMA 331. Mixed Martial Arts I. 1 Credit.
Introductory techniques from boxing, wrestling, jiu-jitsu and muay thai. Rules and scoring system of competitive mixed martial arts. Sequence with PEMA 332. PE activity courses are repeatable once for credit.

PEMA 332. Mixed Martial Arts II. 1 Credit.
Intermediate techniques; building on skills learned in PEMA 331. Develops strategy, game-plan skills, training methods; increases physical strength and skills. Sequence with PEMA 331. PE activity courses are repeatable once for credit.

PEMA 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEMB 101. Meditation I. 1 Credit.
Repeatable. Fundamentals of body alignment, breathing, mental focus, and relaxation. Philosophy of yoga as it applies to the different styles and methods of meditation, the nature of thought, awareness, and management of thought processes. Repeatable once for a maximum of 2 credits.

PEMB 108. Kundalini Meditation. 1 Credit.
Repeatable. Fundamentals of using the body, breath, and mind to focus attention. Concepts of mantra (sound), mudra (form), and timing to achieve meditative states. Purification of the mind, self awareness, and energy. Repeatable once for a maximum of 2 credits.

PEMB 131. Tai Chi I. 1 Credit.
Repeatable. Fundamentals of Tai Chi, a traditional centuries old Chinese art. Yang-style short form emphasizes relaxation, balancing and breathing skills. Individual dance-like movements linked together in a continuous and smooth-flowing sequence to release stress and improve flexibility. Repeatable once for a maximum of 2 credits.

PEMB 132. Tai Chi II. 1 Credit.
Repeatable. Intermediate concepts of both Yang and Chen styles of Tai Chi. Use of body strength, flexibility, and mental control skills. Coordination of eyes, movement, breathing, and internal energy. Repeatable once for a maximum of 2 credits.
Prereq: PEMB 131 or equivalent.

PEMB 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEMB 201. Gentle Yoga. 1 Credit.
Repeatable. Beginning hatha yoga postures to reduce stress, discomfort or pain. Techniques for relaxation and mental focus, breathing patterns, and personal energy. Modify positions to accommodate injury or physical limitations. Increase strength, body alignment, comfort, balance, and flexibility. Repeatable once for a maximum of 2 credits.

PEMB 211. Hatha Yoga I. 1-2 Credits.
Repeatable. Beginning hatha yoga postures and meditation techniques. Increase strength, balance and flexibility. Improve mental concentration and relaxation with yoga poses and breathing awareness. Relieve tension and fatigue. Repeatable once for a maximum of 2 credits.

PEMB 212. Hatha Yoga II. 1-2 Credits.
Repeatable. Intermediate hatha yoga poses and meditation techniques to improve mental concentration and relaxation. Breathing awareness exercises, mind and body flexibility. Repeatable once for a maximum of 2 credits.
Prereq: PEMB 211 or equivalent.

PEMB 213. Hatha Yoga III. 1-2 Credits.

PEMB 216. Vinyasa Flow Yoga. 1 Credit.
Repeatable. Based on a specialized and dynamic sequence of postures and focused breathing techniques. Participation aids in development of postural strength, stability, and muscular flexibility. All PE activity courses are repeatable once for credit.

PEMB 221. Sports Yoga I. 1 Credit.
Repeatable. Covers important yogic concepts and practices for athletes. Improve your flexibility and strength as you learn yoga techniques, practice, and philosophy. Sequence with PEMB 222. Repeatable once for credit.

PEMB 222. Sports Yoga II. 1 Credit.
Covers advanced yogic concepts and practices for athletes. Improve your flexibility and strength as you learn yoga techniques, practice, and philosophy. Sequence with PEMB 221. Repeatable once for credit.
Prereq: PEMB 221.

PEMB 231. Kundalini Yoga I. 1 Credit.
Repeatable. Introduction to the 'Yoga of Awareness', a science that includes breath, postures, sound, chanting and meditation. Improve flow of energy and consciousness with practice exercises. Repeatable once for a maximum of 2 credits.

PEMB 232. Kundalini Yoga II. 1 Credit.
Repeatable. Continuing work with breath, postures, sound, chanting and meditation. Relaxation, improved health and concentration, increased energy, flexibiity, and clarity of mind. Repeatable once for a maximum of 2 credits.
Prereq: PEMB 231 or equivalent.

PEMB 302. Ashtanga Yoga. 2 Credits.
Repeatable. Advanced techniques of yoga using breath, movement, focus of eyes, and mastery of the mind. Learn control of the senses and stamina. Repeatable once for a maximum of 4 credits.
Prereq: PEMB 211 or equivalent.

PEMB 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEO 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEO 242. Bouldering I. 1 Credit.
Techniques for rock climbing without the security of a rope. Emphasis is on safety, skill development and conditioning.

PEO 251. Rock Climbing I. 1 Credit.
Repeatable. Basics of safe and responsible rock climbing. Equipment, knots, belaying, rappelling and a range of other climbing techniques. Conducted on the indoor rock climbing wall. Repeatable once for a maximum of 2 credits.

PEO 252. Rock Climbing II. 1 Credit.
Repeatable. Continued development of basic climbing skills, with emphasis on improving flexibility and injury prevention. Refine face and crack climbing techniques. Conducted on the indoor climbing wall. Repeatable once for a maximum of 2 credits.
Prereq: PEO 251 or equivalent.

PEO 285. Wilderness Survival. 1 Credit.
Repeatable. Our gateway course must be passed (C- or better) prior to participating in our backcountry-oriented courses. Emphasizes navigation, safety and survival. Repeatable once for a maximum of 2 credits.

PEO 288. Mountaineering Preparation. 1 Credit.
Repeatable. Content includes planning, safety, hazards, knots, rope work, and rigging, and prepares students for the three-day outing to the Oregon Cascades. Repeatable once for a maximum of 2 credits.
Prereq: PEO 285, 351 or equivalent; coreq: PEO 361.

PEO 315. Basics of Technical Rescue. 1 Credit.
Repeatable. Basic technical rescue skills: knots, rope management, belaying, rappelling, transporting an injured climber, lowering, raising and improvised rescue techniques. All PE courses are repeatable once for credit.
Prereq: PEO 251 or equiv experience.

PEO 325. Swif-Water Safety. 1 Credit.
Repeatable. Covers methods of crossing shallow and deep swift-water streams. Includes hazard assessment, swimming techniques, knots, rope work, technical systems, pendulum and Tyrolean traverse crossings. All PE courses are repeatable once for credit.
Prereq: PEO 285 and basic swimming ability.

PEO 331. Rock Climbing III. 2 Credits.
Repeatable. Introduction to anchor building, basic rescue techniques, and outdoor climbing in the context of classroom sessions and a 3-day outing to Smith Rock. Sequence: PEO 251 or equiv experience. All PE courses are repeatable once for credit.
Prereq: PEO 251 or equiv experience.

PEO 341. Introduction to Lead Climbing. 1-2 Credits.
Repeatable. Emphasizes traditional lead climbing techniques at a local climbing area and leading on bolts at the indoor climbing wall. Reinforces anchor building and rescue systems. Repeatable once for a maximum of 4 credits.
Prereq: PEO 366

PEO 343. Sport Climbing. 1 Credit.
Covers lead climbing in a gym setting. Emphasis on clipping bolts, managing rope, belaying a leader, containing falls, configuring anchors, and managing anchor transitions. Repeatable once for a maximum of 2 credits.
Prereq: PEO 331 or equivalent.

PEO 346. Route Setting. 1 Credit.
Covers setting routes on an indoor climbing wall. Topics include designing routes, selecting and sequencing holds, taping protocols, and rigging techniques. Repeatable once for a maximum of 2 credits.
Prereq: PEO 251 or equivalent.

PEO 351. Backpacking. 2 Credits.
Repeatable. For those with little or no backpacking experience. Introduces the basics of backpacking in the context of classroom sessions and a three-day outing to the Oregon Coast. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285

PEO 356. Backcountry Navigation. 2 Credits.
Repeatable. Provides an opportunity to master efficient on- and off-trail navigation techniques on a three-day trip in rugged subalpine terrain. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285 and 351 or equivalent experience.

PEO 361. Mountaineering Outing I. 1 Credit.
Repeatable. Self arrests and ice axe techniques, rope work and rigging, belaying, anchor building and basic rescue techniques are introduced in the context of a three-day outing. Repeatable once for a maximum of 2 credits.
Prereq: PEO 285; pre or coreq: 288 and 351 or equivalent experience.

PEO 366. Veritcal Rescue Techniques. 2 Credits.
Repeatable. Introduces vertical rescue techniques including belay escapes, passing a knot, rope ascension, counterbalance, lowering and raising rescues. Held at the rescue facility and rock wall. Repeatable once for a maximum of 4 credits.
Prereq: PEO 315 or 331 or equivalent experience

PEO 371. Snow Camping. 2 Credits.
Repeatable. Emphasis on winter camping skills, campsite selection, construction of snow shelters, winter route finding, and survival techniques. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285 and 351 or equivalent experience.

PEO 391. Avalanche Safety. 2 Credits.
Repeatable. Avalanche safety information and skills including beacons, snowpits, stability evaluation, safe travel and basic rescue during classes and on a three-day outing. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285 and 371 or equivalent experience

PEO 392. Backcountry Survival. 1 Credit.
Repeatable. Basic survival skills for cool, wet, and windy Pacific Northwest environment. Topics/techniques include survival gear and techniques, emergency shelters, and fire building. Repeatable once for a maximum of 2 credits.
Prereq: PEO 285 and 351 or equivalent experience

PEO 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEO 451. Adventure Education. 3 Credits.
Examines factors and variables that help students become more effective leaders and team members. Students discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams.

PEO 453. Environmental Education. 3 Credits.
Introduces students to the natural history of the region in class sessions and on field trips to forest and oak savanna ecosystems.

PEO 455. Principles of Outdoor Leadership. 3 Credits.
Preparation for leading safe and environmentally responsible outdoor pursuits courses. Topics include field leadership, risk management, and emergency procedures.
Prereq: PEO 285 and 351 or equivalent experience.

Courses

PERS 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PERS 211. Table Tennis I. 1 Credit.
Repeatable. Introduction to table tennis, including rules, scoring, and etiquette. Service, strokes, and game strategy. Repeatable once for a maximum of 2 credits.

PERS 212. Table Tennis II. 1 Credit.
Repeatable. Intermediate game strategies and skills. Repeatable once for a maximum of 2 credits.
Prereq: PERS 211 or equivalent.

PERS 231. Badminton I. 1 Credit.
Repeatable. Basic strokes, court positioning and strategies. Introduction to equipment, rules, scoring, and etiquette. Repeatable once for a maximum of 2 credits.

PERS 232. Badminton II. 1 Credit.
Repeatable. Intermediate shots, postioning and strategy through drills, match play, and class tournaments. Repeatable once for a maximum of 2 credits.
Prereq: PERS 231 or equivalent.

PERS 271. Tennis I. 1 Credit.
Repeatable. Introduction to basic strokes, the serve, basic strategy, and beginning level positioning. Rules, scoring and etiquette will also be taught. Repeatable once for a maximum of 2 credits.

PERS 272. Tennis II. 1 Credit.
Repeatable. Refinement of basic strokes and introduction to advanced strokes and positioning. Drills, game play, and a class tournament. Repeatable once for a maximum of 2 credits.
Prereq: PERS 271 or equivalent.

PERS 273. Tennis III. 1 Credit.
Repeatable. Advanced level singles and doubles positioning, strategies and skills. Repeatable once for a maximum of 2 credits.
Prereq: PERS 272 or equivalent.

PERS 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PERU 101. Fitness Walking. 1 Credit.
Repeatable. Learn proper walking form, increase cardio endurance, and acquire knowledge to organize workout programs. Students experience various walking routes in the campus area. Repeatable once for maximum of 2 credits per activity.

PERU 131. Jog-Run. 1 Credit.
Repeatable. Instruction in running mechnics including intervals and pacing. Various running surfaces and courses, injury prevention, and cardiovascular endurance are emphasized. Repeatable once for a maximum of 2 credits.

PERU 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PERU 331. 5K Training I. 1-2 Credits.
Repeatable. Techniques for increasing speed and preparation for road racing. Repeatable once for maximum of 2 credits per activity.
Prereq: PERU 131 or equivalent.

PERU 332. 5K Training II. 1-2 Credits.
Repeatable. Increased mileage and speedwork for runners wanting to improve road race results. Repeatable once for maximum of 2 credits per activity.
Prereq: PERU 331 or equivalent.

PERU 341. 10K Training. 2 Credits.
Repeatable. Designed for the more experienced runner who wants base building, longer runs, longer speed workouts and to learn stategies for longer races. Repeatable once for a maximum of 4 credits.
Prereq: PERU 332 or equivalent.

PERU 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PETS 101. Bocce Ball. 1 Credit.
Learn pointing, blocking, spocking; offensive and defensive strategies; scoring, safety, rules, and etiquette that combine for a fun environment for learning this ancient game.

PETS 111. Flag Football. 1 Credit.
Throwing, catching, running, cutting, pulling flags; strategies and techniques; offense, defense, game rules, and ground rules that create a safe and fun playing experience.

PETS 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PETS 232. Volleyball II. 1 Credit.
Repeatable. Designed for students with previous volleyball experience and want to continue play. Skill-building, rules, offensive and defensive strategies. Repeatable once for a maximum of 2 credits.
Prereq: beginning volleyball experience.

PETS 233. Volleyball III. 1 Credit.
Repeatable. Advanced play in a friendly atmosphere. Skills, drills, big hits, occasional blocks, aces. Repeatable once for a maximum of 2 credits.
Prereq: PETS 232 or equivalent.

PETS 242. Basketball II. 1 Credit.
Repeatable. Designed for students with previous basketball experience and want to continue play. Shooting, ball handling, defense, give go, and the back door. Repeatable once for a maximum of 2 credits.
Prereq: beginning basketball experience.

PETS 243. Basketball III. 1 Credit.
Repeatable. Advanced play, including offenses, defenses, drills, and full-court action. Repeatable once for a maximum of 2 credits.
Prereq: PETS 242 or equivalent.

PETS 252. Ultimate Frisbee I. 1 Credit.
Repeatable. Introduction to basic skills, including throws, catches, moves, strategies, and rules. Repeatable once for a maximum of 2 credits.

PETS 253. Ultimate Frisbee II. 1 Credit.
Repeatable. Intermediate and advanced play and skill development. Repeatable once for a maximum of 2 credits.
Prereq: PETS 252 or equivalent.

PETS 261. Soccer I. 1 Credit.
Repeatable. Introduction to the basic skills of passing, dribbling, heading, tackling, and shielding. Game strategies and rules are taught through drills and team play. Repeatable once for a maximum of 2 credits.

PETS 262. Soccer II. 1 Credit.
Repeatable. Develop proficiency in soccer skills through drills and games. Group and team tactics as well as official soccer rules. Repeatable once for a maximum of 2 credits.
Prereq: PETS 261 or equivalent.

PETS 263. Soccer III. 1 Credit.
Repeatable. Advanced techniques, principles of attack and defense, and kicks--corner, free, and penalty. Repeatable once for a maximum of 2 credits.
Prereq: PETS 262 or equivalent.

PETS 265. Indoor Soccer II. 1 Credit.
Repeatable. Intermediate and advanced play, using the walls of a court as an additional dimension to play. Repeatable once for a maximum of 2 credits.
Prereq: beginning soccer experience.

PETS 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEW 199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEW 211. Weight Training I. 1 Credit.
Repeatable. Technique for basic lifts in a variety of workout formats. Develop strength and muscular endurance. Weight training principles and physical fitness evaluation. Repeatable once for a maximum of 2 credits.

PEW 212. Weight Training II. 1 Credit.
Repeatable. Advanced weight training exercises are introduced. Students can expect to work more independently. Intermediate program design, exercise science, and evaluation of strength and muscular endurance. Repeatable once for a maximum of 2 credits.
Prereq: PEW 211 or equivalent.

PEW 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.