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 150 courses are offered each term in a variety of activity areas— aquatics and scuba, 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 may enroll in physical education courses as noncredit participants, if space is available. Noncredit participants pay the PE course fee and register in person at the service desk in the Student Recreation Center 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 and support is available by calling 541-346-4113, 8:00 a.m.–5:00 p.m., Monday–Friday.

Fees for Physical Education Courses

Course	Fee
Activity (1 credit)	$60
Activity (2 credits)	$120
Outdoor pursuits	$39–$205
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.

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

PEAS199. Special Studies: [Topic]. 1 Credit.
Repeatable.

PEAS368. 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

PEAS369. 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.

PEAS370. 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.

PEAS372. 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.

PEAS375. 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.

PEAS376. 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.

PEAS378. 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.

PEAS380. 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

PEAS381. 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.

PEAS382. 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.

PEAS390. 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.

PEAS399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEAQ111. Learn to Swim. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEAQ121. Water Fitness I. 1 Credit.
Repeatable. Principles of effective water-based conditioning. Cardio respiratory fitness and strength building workout. An effective workout to music using both shallow and deep water. Repeatable once for a maximum of 2 credits.

PEAQ122. Water Fitness II. 1 Credit.
Repeatable. Principles of effective water-based conditioning. Cardio respiratory fitness and strength building workout. An effective workout to music using both shallow and deep water. Repeatable once for a maximum of 2 credits.

PEAQ199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEAQ201. 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.

PEAQ202. 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.

PEAQ203. 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.

PEAQ301. 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.

PEAQ303. 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.

PEAQ305. 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.

PEAQ320. 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.

PEAQ351. Lifeguard Certification. 1 Credit.
Repeatable. StarGuard Lifeguard, First Aid and CPR for the Professional Rescuer certification course. Repeatable once for a maximum of 2 credits.
Prereq: Pass swimming test.

PEAQ399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEC199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEC399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEC408. Workshop: [Topic]. 1-5 Credits.
Repeatable.

Courses

PEF111. 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.

PEF131. 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.

PEF132. 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.

PEF199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEF201. 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.

PEF205. 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.

PEF207. Fitness Yoga. 1 Credit.
Incorporates fitness moves with traditional yoga postures in a flowing format. Use of breath and principles of alignment to condition strength, core, balance, and flexibility, along with focus, concentration, and relaxation. Repeatable once for a maximum of 2 credits.

PEF221. 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.

PEF222. 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.

PEF241. 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.

PEF251. 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.

PEF261. 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.

PEF291. 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.

PEF301. 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.

PEF311. Boot Camp. 1 Credit.
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 once for credit.

PEF321. 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 once for credit.

PEF326. 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.

PEF340. 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.

PEF342. Grp Fit Instructor Trn. 3 Credits.

PEF344. Healthy Weight Loss. 2 Credits.
For students in need of weight management guidance who are motivated to use a lifestyle approach (nutrition, exercise, stress management) to lose a moderate amount of weight.

PEF345. 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.

PEF399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEF408. Workshop: [Topic]. 1-5 Credits.
Repeatable.

Courses

PEI199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEI201. 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.

PEI202. 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.

PEI241. 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.

PEI242. 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.

PEI243. 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.

PEI244. 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.

PEI399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEIA199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEIA301. Lacrosse. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA305. 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.

PEIA311. Women's Golf. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA312. Men's Golf. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA317. Women's Tennis. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA318. Men's Tennis. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA323. Women's Cross-Country. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA324. Men's Cross-Country. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA329. Women's Track. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA330. Men's Track. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA341. Softball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA342. 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.

PEIA346. Sand Volleyball. 1 Credit.
Repeatable once for maximum of 2 credits.
Prereq: varsity athletes only.

PEIA347. Volleyball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA350. Soccer. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA353. Women's Basketball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA354. Men's Basketball. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA360. Football. 1 Credit.
Repeatable once for a maximum of 2 credits.

PEIA371. 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.

PEIA372. 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.

PEIA373. 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.

PEIA399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEL199. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEL310. 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.

PEL399. Special Studies: [Topic]. 1-5 Credits.
Repeatable.

PEL408. Workshop: [Topic]. 1-5 Credits.
Repeatable. Professional topics in physical education.

PEL409. 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

PEMA115. 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.

PEMA116. Women's Self Defense. 1-2 Credits.
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.

PEMA131. 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.

PEMA199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEMA221. 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.

PEMA222. 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.

PEMA223. 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.

PEMA241. 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.

PEMA242. 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.

PEMA251. 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.

PEMA252. 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.

PEMA255. 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.

PEMA311. 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.

PEMA312. 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.

PEMA321. 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.

PEMA322. 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.

PEMA331. 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.

PEMA332. 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.

PEMA399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEMB101. 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.

PEMB108. 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.

PEMB131. 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.

PEMB132. 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.

PEMB199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEMB201. 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.

PEMB211. 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.

PEMB212. 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.

PEMB213. Hatha Yoga III. 1-2 Credits.

PEMB216. 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.

PEMB221. 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.

PEMB222. 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.

PEMB231. 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.

PEMB232. 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.

PEMB302. 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.

PEMB399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEO199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEO242. Bouldering I. 1 Credit.
Techniques for rock climbing without the security of a rope. Emphasis is on safety, skill development and conditioning.

PEO251. 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.

PEO252. Rock-Climbing Fitness. 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.

PEO285. 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.

PEO288. 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.

PEO315. 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.

PEO325. 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.

PEO331. Outdoor Rock Climbing. 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.

PEO341. 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

PEO343. 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.

PEO346. 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.

PEO351. 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

PEO353. Backcountry Cuisine. 1 Credit.
Students learn how to plan menus, package food, and implement “leave no trace” cooking and baking techniques utilizing backcountry stoves and cooking systems. Repeatable once for a maximum of 2 credits.
Prereq: PEO 285.

PEO356. 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.

PEO361. 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.

PEO366. 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

PEO371. 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.

PEO391. 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

PEO392. 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

PEO399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEO411. Leadership Dynamics. 2 Credits.
Discover how leadership, group dynamics, risk management, and other factors play an integral role in shaping the character, productivity, and safety of teams.
Prereq: PEO 285.

PEO412. Leading in Nature. 2 Credits.
Focuses on the natural history of the regions explored on field outings and on developing outdoor teaching skills.
Prereq: PEO 285.

PEO413. Field Leadership. 2 Credits.
Focuses on campcraft, field leadership, navigation, and safety skills. Includes a three-day outing and van driver training.
Prereq: PEO 285, PEO 351 or equivalent experience.

PEO451. 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.

PEO453. 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.

PEO455. 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

PERS199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PERS211. 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.

PERS212. Table Tennis II. 1 Credit.
Repeatable. Intermediate game strategies and skills. Repeatable once for a maximum of 2 credits.
Prereq: PERS 211 or equivalent.

PERS231. 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.

PERS232. 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.

PERS271. 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.

PERS272. 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.

PERS273. 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.

PERS399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PERU101. 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.

PERU131. 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.

PERU199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PERU331. 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.

PERU332. 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.

PERU341. 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.

PERU399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PETS101. 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.

PETS111. 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.

PETS199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PETS232. 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.

PETS233. 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.

PETS242. 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.

PETS243. 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.

PETS252. Ultimate Frisbee I. 1 Credit.
Repeatable. Introduction to basic skills, including throws, catches, moves, strategies, and rules. Sequence with PETS 253, 254. Repeatable once for a maximum of 2 credits.

PETS253. Ultimate Frisbee II. 1 Credit.
Repeatable. Intermediate and advanced play and skill development. Sequence with PETS 252, 254. Repeatable once for a maximum of 2 credits.
Prereq: PETS 252 or equivalent.

PETS254. Ultimate Frisbee III. 1 Credit.
Advanced level; includes skill review, creating offenses and defenses, learning advanced skills, and the application of self-officiating. Sequence with PETS 252, 253. Repeatable once for a maximum of 2 credits.

PETS261. 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.

PETS262. 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.

PETS263. 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.

PETS265. 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.

PETS399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Courses

PEW199. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

PEW211. 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.

PEW212. 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.

PEW399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.