Physical Education

Chantelle Russell, 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 140 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 or online (https://recweb.uoregon.edu/) once registration is open for the 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, or visit the PE and Rec website. (https://recweb.uoregon.edu/)

Fees for Physical Education Courses

Course	Fee
Activity (1 credit)	$60
Activity (2 credits)	$120
Outdoor pursuits	$84–$185
Practicum (1–3 credits)	$40

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

Anne Borland, senior instructor (outdoor pursuits). BA 1987, Oregon. (2008)

Daniel Crowe, senior instructor (outdoor pursuits). BA, 1997, Concordia College. (2004)

David Rubino, senior instructor (individual activities, martial arts, running, team sports, weight training); assistant director. BS, 1987, State University of New York, Cortland; MA, 1988, Northern Colorado. (2001)

Elayne Quirin, senior instructor (mind-body). BA, 1977, State University of New York, Buffalo. (1993)

Jackie Lindsay, senior instructor (fitness). BA, 2017, Northwest Christian. (1997)

Joan Dobbie, senior instructor (mind body). BA, 1967, State University of New York, Potsdam. (1998)

Justine Halliwill, senior instructor (martial arts, mind body). BS, 2005, Oregon. (2005)

Linda Metzger, senior instructor (fitness). BA, 2008, Platteville; WI. (2011)

Michele Bulgatz, senior instructor (mind body). BA, 1985, California, Santa Barbara. MS, 1994, Oregon. (2001)

Michie Kawada, senior instructor (aquatics, fitness). BA, 1998, Oregon. (2002)

Natacia Hicks, senior instructor (mind body). BS, 2007, Oregon. (2009)

Ryan Kelly, senior instructor (martial arts). (1999)

Viriam Khalsa, senior instructor (mind body). BA, 1976, Antioch College; MBA, 1990, Oregon. (2003)

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.

Physical Education: Aquatics—Scuba 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 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 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 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 399. Special Studies: [Topic]. 1-2 Credits.
Repeatable.

Physical Education: Aquatics Courses

PEAQ 111. Learn to Swim. 1 Credit.
Learn to swim and gain confidence/comfort in shallow and deep water. A beginning course for the non-swimmer to learn how to float, submerge comfortably, and move through the water. Repeatable once for a maximum of 2 credits.

PEAQ 121. 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.

PEAQ 122. 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.

PEAQ 140. Paddleboard Yoga. 1 Credit.
All the benefits of yoga delivered on top of the water. The standup paddleboard (SUP) provides a balance challenge to strengthen and tone your core while gaining strength, awareness and range of motion from head to toes. A playful and unique experience for all levels. 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 351. 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.

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

Physical Education: Certification 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.

Physical Education: Fitness Courses

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 207. 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.

PEF 208. Fitness Barre. 1 Credit.
A fusion of Pilates, yoga and elements of aerobics to deliver a total body workout. Focus on posture, body awareness, strength, flexibility, and balance through low-impact, isometric and dynamic movements using a barre for a prop. All fitness levels, no dance experience necessary. Repeatable once for a maximum of 2 credits.

PEF 220. . 1 Credit.
Designed for beginners, focusing on form and technique and introducing concepts of CrossFit through simple workouts. Students will develop comfort and strength in barbell lifts, and use body weight and other equipment for loading during the workouts that are done with an element of speed. Repeatable once for a maximum of 2 credits.

PEF 221. Strength and Conditioning 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. Strength and Conditioning 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 243. Cycle Sculpt. 1 Credit.
A combination of indoor cycling and functional strength training for students who are pressed for time and want to improve strength, endurance and cardio conditioning. Appropriate for all fitness levels, learning to apply various riding techniques and full body exercises. 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.
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.

PEF 321. Zumba. 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.

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 335. Healthy Cooking. 1 Credit.
Learn cooking basics and nutrition education through a combination of lecture and activity in the kitchen; including food preparation and tasting, grocery store tour, deciphering food labels, shopping on a budget, and basic cooking techniques for grains, vegetables, and proteins. Repeatable once for a maximum of 2 credits.

PEF 340. Personal Trainer. 3 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. . 3 Credits.

PEF 344. Eat, Move, and Be Well. 2 Credits.
For students in need of lifestyle behavior change and guidance who are motivated to use a holistic wellness approach (nutrition, exercise, stress management) to initiate healthy habits. Class includes twice a week 50-minute movement sessions.

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.

Physical Education: Individual Activities 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.
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. Students must provide their own transportation. Repeatable once for a maximum of 2 credits,

PEI 242. Golf II. 1 Credit.
For the experienced golfer who wants to refine their skills. Includes review of swing techniques for all situations, rules, etiquette, and golf vocabulary. 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.
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.

Physical Education: Intercollegiate Athletics 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 346. Sand Volleyball. 1 Credit.
Repeatable once for maximum of 2 credits.
Prereq: varsity athletes only.

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.

Physical Education: Leadership 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 311. Coaching II. 2 Credits.
Practical application of knowledge and skills from PEL 310 Coaching I, by implementing strategies and techniques in teaching or coaching situation. Students will write a practice plan and teach a technical and tactical skill to the class. Sequence with PEL 310.
Prereq: PEL 310 or equivalent experience.

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.

Physical Education: Martial Arts 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. 1-2 Credits.
Supportive, empowering class focusing on verbal and physical skills for avoiding and resisting assault. Includes boundary-setting, de-escalation, assertiveness, healthy relationship skills, and effective fighting techniques. Repeatable once for a maximum of 4 credits.

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

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.

Physical Education: Mind-Body 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 103. Mindful Meditation. 1 Credit.
Learn and apply mindfulness practices, including mindful movement, breath work, and body scans, that enhance overall well-being by calming the mind, concentrating fully, releasing stress, and being more attentive in the present moment. Improves focus, mood and relieves stress. 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 110. Beginning Yoga. 1 Credit.
All levels introduction to yoga practices. Learn to perform and recognize benefits of commonly used yoga postures. Great for beginners or people who do not have a strong sense of what type of yoga is best for them. Class will explore a variety of styles. 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 210. Intermediate Yoga. 1 Credit.
Solidify your understanding of a variety of styles of yoga and master the art of personalizing your practice, Follow up to PEMB 110 Beginning Yoga. Develop a strong foundation and confidence to take with you into any type of yoga, anywhere. 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. . 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 234. . 1 Credit.
Practice postures and alignment principles to strengthen the body as well as the lungs and the mind. Emphasis is placed on building muscular endurance and stamina through an athletic, fitness-based approach to flowing yoga poses and breath. Repeatable once for a maximum of 2 credits.

PEMB 302. Ashtanga Yoga. 1 Credit.
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 2 credits.
Prereq: PEMB 211 or equivalent.

PEMB 305. Aerial Silks Yoga I. 1 Credit.
Breath work and yoga postures for increasing strength and wellness, using the silk hammock as a prop to adjust intensity levels up and down. An emphasis on safe inversions and aided relaxation floating in a silk hammock.

PEMB 306. Aerial Silks Yoga II. 1 Credit.
Intermediate yoga poses using the silk hammock and breath work for increasing strength, endurance, and mind and body connection. An emphasis on safe inversions with silks and aided relaxation cocooned in a hammock. Sequence with PEMB 305. Repeatable once for a maximum of 2 credits.

PEMB 310. Yoga Lifelong Practices. 1 Credit.
Advanced studies for students who enjoy the wide variety of styles introduced in other yoga classes and are looking for a deeper more focused practice.
Prereq: At least 2 credits of PEMB coursework.

PEMB 320. Yoga Wellness Techniques. 1 Credit.
Learn and apply effective techniques for managing stress and increasing well-being. In a fun, supportive and calming atmosphere, students will gain lifelong tools for coping with stress. The weekend material will include safe, strengthening asana (poses), breathing, active relaxation, and meditation techniques.

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

Physical Education: Outdoor Pursuits 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. Repeatable once for a maximum of 2 credits,

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 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.

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 315. Basics of Technical Rescue. 2 Credits.
Introduces students to basic technical rescue skills including, 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. Swift-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. 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

PEO 341. Introduction to Lead Climbing. 1 Credit.
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 2 credits.
Prereq: PEO 366

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 353. 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.

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 362. Mountaineering. 2 Credits.
Covers basic mountaineering skills during classroom sessions and an intensive three-day mountain outing. Emphasis on hazards, rigging, roped travel, ice ax arrests, belays, and rescue.
Prereq: PEO 285, PEO 351.

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 369M. Science of Climbing. 2 Credits.
Introduction to the physics and scientific principles behind climbing, climbing equipment, anchors, ropes, climbing gear, static versus dynamic load, fall factor, and breaking strength. A prerequisite is students must have completed at least one Outdoor Program climbing course. Multilisted with PHYS 369M.

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. Winter Navigation. 2 Credits.
Topics include cold weather clothing and equipment requirements, thermoregulation, cold injuries, route finding, Leave No Trace travel and camping ethics, and winter navigation and survival techniques. Skills applied on a three-day outing. Repeatable once for a maximum of 4 credits.
Prereq: PEO 285, PEO 351.

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 411. 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.

PEO 412. Leading in Nature. 2 Credits.
Focuses on the natural history of the regions explored on field outings and on developing outdoor teaching skills.

PEO 413. 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.

Physical Education: Racquet Sports 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.

Physical Education: Running 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.

Physical Education: Team Sports 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. Repeatable once for a maximum of 2 credits.

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. Repeatable once for a maximum of 2 credits.

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. Sequence with PETS 253, 254. Repeatable once for a maximum of 2 credits.

PETS 253. 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.

PETS 254. 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.

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 preferred.

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 preferred.

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.

Physical Education: Weight Training 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 220. Olympic Weight Lifting. 1 Credit.
A beginning technique course for the Olympic lifts (snatch and clean and jerk) following a progression of drills and exercises designed to develop movement patterns, muscular endurance, strength and power. Practice quality repetitions and receive feedback with focus and conscious effort.

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