Physical Education: Individual Activities Courses

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.