Physical Education: Aquatics (PEAQ)

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEAQ 121. Aqua Strength and Fitness I. 1 Credit.
A fitness program based on speed, power, and strength that uses the properties of water to bring intensity with minimal impact on joints. Offers core training and improves cardiovascular endurance, balance, flexibility, and strength using buoyancy and resistance equipment. This course is accessible for all fitness levels.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEAQ 122. Aqua Strength and Fitness II. 1 Credit.
A fitness program based on speed, power, and strength that uses the properties of water to bring intensity with minimal impact on joints. Offers core training and improves cardiovascular endurance and strength using buoyancy and resistance equipment. This course is accessible for all fitness levels.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEAQ 199. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PEAQ 201. Swimming I. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEAQ 202. Swimming II. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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

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

PEAQ 399. Special Studies: [Topic]. 1-2 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course