

PE-Activity Courses

- PE 101 PE Activity - 1 cr**
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit.
- PE 102 Weight Training 1 cr**
A progressive resistance training course designed to improve muscular strength and endurance. May be repeated for credit.
- PE 103 PE Activity - 1 cr**
Instruction and practice of sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.
- PE 104 PE Activity - 1 cr**
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.
- PE 105 PE Activity - 1 cr**
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.
- PE 106 Gymnastics 1 cr**
Instruction and practice in gymnastic skills. A varying content course treating different skill levels in gymnastics. May be repeated for credit.
- PE 107 PE Activity - 1 cr**
Instruction and practice of basic sport and activity skills. A varying content course that gives students choices from designated semester offerings. May be repeated for credit. An additional fee will be charged for these activities.
- PE 108 Ballroom Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of ballroom dancing through demonstration, practice and partnering.
- PE 109 Swing Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of swing dancing through demonstration, practice, and partnering.
- PE 110 Dance - 1 cr**
Instruction and practice in dance. A varying content course treating different types of dance such as but not limited to social, folk, square, and dance performance. May be repeated for credit.
- PE 112 Latin Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of Latin dancing through demonstration, practice, and partnering.
- PE 113 Creative Dance 1 cr**
An introduction to dance as an art form; the vocabulary for movement as a means of self-expression. May be repeated for credit.
- PE 114 Aerobics 1 cr**
Aerobic exercise is a physical fitness program that offers complete and effective conditioning. It involves jogging, jumping, lunging, kicking, and stretching to music.
- PE 115 Ballroom and Swing Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of ballroom and swing dancing through demonstration, practice and partnering.
- PE 116 Cajun and Swing Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of Cajun and Swing dancing through demonstration, practice, and partnering.
- PE 117 Ballet 1 cr**
Instruction and practice in ballet. A varying content course treating the different skill levels of ballet with emphasis on correct body placement through barre and centre exercises. May be repeated for credit.
- PE 118 Jazz Dancing 1 cr**
Instruction and practice in jazz dancing. A varying content course treating the various skill levels of jazz with emphasis on correct body placement through isolation and locomotor techniques. May be repeated for credit.
- PE 119 Modern Dance 1 cr**
Instruction and practice in modern dance. A varying content course with exposure to various skill levels and modern dance styles. May be repeated for credit.
- PE 120 Tennis - Basic 1 cr**
Instruction and practice in beginning and intermediate tennis. May be repeated for credit.
- PE 121 Golf - Basic 1 cr**
Instruction and practice in beginning golf. May be repeated for credit.
- PE 122 Bowling 1 cr**
Instruction and practice in beginning bowling. Requires special fee. May be repeated for credit.
- PE 123 Archery 1 cr**
Instruction and practice in beginning archery. May be repeated for credit.
- PE 124 Latin and Swing Dancing 1 cr**
Knowledge, skills, and techniques associated with various forms of Latin and Swing dancing through demonstration, practice, and partnering.

- PE 125 Badminton** 1 cr
Instruction and practice in beginning and intermediate badminton. May be repeated for credit.
- PE 126 Ballroom and Latin Dancing** 1 cr
Knowledge, skills, and techniques associated with various forms of Ballroom and Latin dancing through demonstration, practice, and partnering.
- PE 127 Country West/Partner Dancing** 1 cr
Knowledge, skills, and techniques associated with various forms of Country Western/Partner dancing through demonstration, practice, and partnering.
- PE 128 Dance Performance** 1 cr
Knowledge, skills, and techniques associated with various forms of Dance Performance through demonstration and practice.
- PE 129 Folk and Square Dancing** 1 cr
Knowledge, skills, and techniques associated with various forms of Folk and Square dancing through demonstration, practice, and partnering.
- PE 130 Beginning Swimming** 1 cr
Instruction and practice in beginning swimming and water safety. Participation fee required. May be repeated for credit.
- PE 131 Intermediate Swimming** 1 cr
Instruction and practice in intermediate swimming and water safety. Participation fee required. May be repeated for credit.
- PE 132 Step Aerobics** 1 cr
A physical activity class which includes the instruction and practice of step aerobics. The course is designed to improve cardiovascular and muscular endurance and improve coordination.
- PE 133 Muscle Toning and Conditioning** 1 cr
Muscle Toning and Conditioning is a physical activity course in which the student, through active participation, will develop knowledge and skills sufficient to tone the body and improve cardiorespiratory fitness using weights, body bars, resistance tubes, and other equipment.
- PE 134 Karate I** 1 cr
A beginning course in Karate designed to develop physical fitness, self-discipline, the fundamentals and techniques of blocking, punching, striking, kicking, and stances.
- PE 135 Karate II** 1 cr
An intermediate course in Karate designed as a continuation of Karate I with the introduction of additional blocks, kicks, and footwork. Self-discipline and physical fitness continue to be stressed.
- PE 136 Karate III** 1 cr
An advanced course in Karate designed as a continuation of Karate II with the addition of more advanced and versatile concepts of speed, distance, timing, and footwork. Vigorous training methods are used and self-discipline is stressed.
- PE 138 Tai Chi** 1 cr
Tai Chi training presents basic concepts and techniques to enhance physical fitness and develop mental discipline for stress reduction and personal wellness.
- PE 139 Yoga** 1 cr
The purpose of this course is to introduce the basic concepts of yoga theory, to teach safe yoga posture, and to help participants in developing balance and fitness, as well as manage stress wisely.
- PE 141 Softball** 1 cr
Instruction and practice in softball. May be repeated for credit.
- PE 142 Volleyball** 1 cr
Instruction and practice in volleyball. May be repeated for credit.
- PE 143 Basketball** 1 cr
Instruction and practice in basketball. May be repeated for credit.
- PE 144 Soccer** 1 cr
Instruction and practice in soccer. May be repeated for credit.
- PE 145 Jogging** 1 cr
Instruction and practice in the activity of jogging designed to improve cardiovascular endurance.
- PE 146 Bicycling** 1 cr
An introductory course to bicycling for leisure and fitness emphasizing the selection and care of bicycles, safety concerns, apparel, route selection, bike handling skills, and development of a bicycle fitness program.
- PE 147 Racquetball** 1 cr
Instruction and practice in racquetball. May be repeated for credit.
- PE 148 Intermediate Golf** 1 cr
Instruction and practice in intermediate golf. Demonstrable beginner golf skills necessary.
- PE 149 Ultimate Frisbee** 1 cr
Fundamental skills, rules, and strategies with frisbees with opportunities for participation.
- PE 155 Martial Arts -** 1 cr
Instruction and practice in various forms of Martial Arts. A varying-content course treating different skill levels of karate, judo, kung-fu etc. Requires special fee. May be repeated for credit.

PE 157 ICA - Varsity Sports 1 cr

Restricted to members of South Alabama intercollegiate athletic teams by special permission of the respective coaches. Includes but not limited to basketball, soccer, baseball, track, golf, tennis, and volleyball. May be repeated for credit with exception of Education majors.

PE 158 Life Skills - Student Athletes 0 TO 1 cr

This course is designed to help the student acquire specific tools and life skills necessary to be a successful student-athlete on the field, in the classroom, and in life. Modeled after the NCAA Champs/Life Skills program, the course explores and develops proficiency in the areas of: academic excellence, athletic excellence, personal development, career development, and community service. The structure will be a combination of class lectures, group discussions, speakers, and activities. Prerequisites: Students enrolled in PE 158 must be an NCAA varsity student-athlete at the University of South Alabama.