Physical Education

Undergraduate students may take both lecture-laboratory and performance courses through the Department of Athletics. A total of 12 performance units may be included in the 120 units required for graduation. All courses are offered only on a credit/no credit basis.

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Director of Athletics and Coordinator of Physical Education

Josh Whitman
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Students may take both lecture-laboratory and performance courses through the Department of Athletics; however, there is no major in this area.

Students may take both lecture-laboratory and performance courses through the Department of Athletics; however, there is no minor in this area.

L28 P.E. 115 Topics in Physical Education: Beginning Weight Training
Beginning Weight Training. Major emphasis is on strength development.
Credit 1 unit.

L28 P.E. 116 Topics in Physical Education: Beginning Racquetball
Beginning Racquetball.
Credit 1 unit.

L28 P.E. 120 Topics in Physical Education: Varsity Sports
Varsity Sports. Prerequisite: permission of instructor.
Credit 1 unit.

L28 P.E. 1201 Fundamentals of Rowing for Fitness
This course focuses on the effective use of Concept II Rowing as a tool to learn the rowing stroke as well as to maintain aerobic fitness and develop strength. Emphasis is placed on the correct use of technique to decrease risk of injury and on varying duration and intensity of work on the machine to develop different energy systems; and using these new skills in developing lifetime fitness. Instruction includes the use of video tape and video monitoring. Athletic shoes and clothes that are not baggy are needed to participate. There is a minimum amount of running of light low-impact aerobic activity required as a warm-up.
Credit 1 unit.

L28 P.E. 121 Topics in Physical Education: Varsity Sports
Varsity Sports. Prerequisite: permission of instructor.
Credit 1 unit.

L28 P.E. 132 Topics in Physical Education: High-Intensity Conditioning
Credit 1 unit.

L28 P.E. 135 Step Aerobics
Step Aerobics. A low-impact aerobic class in which choreography and equipment are combined to meet the needs of participants at all levels of fitness.
Credit 1 unit.

L28 P.E. 136 Fitness and Conditioning
Students complete fitness testing at the beginning and end of the semester. Individual workout schedules are followed outside of class time.
Credit 1 unit.

L28 P.E. 137 Spinnin'
Music, stationary bicycles and an instructor who cues you to ride through hills, valleys and other terrain, changing resistance and pace to simulate different types of riding. All levels welcome — students can tailor the ride to fit their personal fitness goals and needs. A water bottle and towel are required for this class.
Credit 1 unit.

L28 P.E. 139 Topics in Physical Education: Advanced Tennis
Advanced Tennis.
Credit 1 unit.

L28 P.E. 140 Topics in Physical Education: Beginning Tennis
Beginning Tennis.
Credit 1 unit.

L28 P.E. 143 Intermediate Tennis
Intermediate Tennis.
Credit 1 unit.

L28 P.E. 148 Topics in Physical Education: Individual Physical Education
Individual physical education. Prerequisite: medical referral.
Credit 1 unit.
L28 P.E. 210 Topics in Physical Education: Beginning Racquetball
Credit 1 unit.

L28 P.E. 212 Topics in Physical Education: Intermediate and Advanced Basketball
Intermediate and advanced basketball. Designed to develop an appreciation for basketball through team competition and activity. Individual instruction and skill development also are available. Credit 1 unit.

L28 P.E. 214 Topics in Physical Education: Advanced Weight Training
Major emphasis on muscular strength and flexibility through free weight-resistance exercise. Pre- and post-assessment of physical fitness levels may be established. Prerequisite: P.E. 215 Beginning Weight Training. Credit 1 unit.

L28 P.E. 215 Weight Training
Beginning weight training. Major emphasis on strength development. Credit 1 unit.

L28 P.E. 216 Soccer
Soccer. Designed to develop an appreciation for soccer through the development of soccer skills, concepts of group play and team competition. All students who register must check in with the departmental office during the first two weeks of the semester. Credit 1 unit.

L28 P.E. 220 Topics in Physical Education: Varsity Sports
Varsity sports. Prerequisite: permission of the department. Credit 1 unit.

L28 P.E. 221 Topics in Physical Education: Varsity Sports
Varsity sports. Prerequisite: permission of the department. Credit 1 unit.

L28 P.E. 224 Topics in Physical Education: Lifeguard Training
Lifeguard training. The course provides skill instruction and knowledge needed to prevent and respond to aquatic emergencies in a pool setting. Successful completion of requirements results in certification in American Red Cross Lifeguard Training for swimming pools, CPR and First Aid. Prerequisite: swimming test given during the first week of class. Credit 1 unit.

L28 P.E. 225 Topics in Physical Education: Step Aerobics
Step Aerobics. Section 01: Step Plus: Primarily designed around step aerobics with occasional workouts using other fitness techniques such as box aerobics, interval training. Section 02: Combo Training: Combination of many fitness techniques, such as step aerobics, box aerobics, low-impact. Credit 1 unit.

L28 P.E. 226 Topics in Physical Education: Fitness and Conditioning
Fitness and conditioning. Students complete fitness testing at the beginning and end of the semester. Individual workout schedules are followed outside of class time. Students required to attend an orientation session. Step Plus: primarily designed around step aerobics with occasional workouts using other fitness techniques, such as box aerobics, interval training. Combo Training: combination of many fitness techniques, such as step aerobics, box aerobics, low-impact. Prerequisite: P.E. 208. Credit 1 unit.

L28 P.E. 227 Spinnin’
Credit 1 unit.

L28 P.E. 228 Topics in Physical Education
Credit 1 unit.

L28 P.E. 229 Topics in Physical Education: Intermediate Tennis
Intermediate Tennis. Note: Eight- or nine-week course. All students who register must check in with the departmental office during the first two weeks of the semester. Credit 1 unit.

L28 P.E. 238 Topics in Physical Education: Individual Physical Education
Individual physical education. Prerequisite: medical referral needed.
Credit 1 unit.

L28 P.E. 255 Topics in Physical Education: Practicum in Sports Leadership
Practicum in sports leadership. Participation in formal leadership tasks under the direction of the Washington University Athletic Department personnel. Selection of task and scope of work is determined before enrollment by conference with instructor. Prerequisite: permission of the department. Credit 1 unit.

L28 P.E. 258 Spinnin’
Music, stationary bicycles and an instructor who cues you to ride through hills, valleys and other terrain, changing resistance and pace to simulate different types of riding. All levels welcome — students can tailor the ride to fit their personal fitness goals and needs. A water bottle and towel are required. Credit 1 unit.

L28 P.E. 291 Fundamentals of Athletic Training
Study of the duties of the athletic trainer, in relation to physical education classes, competitive sports and recreation, including study and practice of first-aid care and prevention of injuries. Same as Educ 291. Credit variable, maximum 3 units.