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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Faculty

Deputy Director of Athletics

Chris Peacock (http://bearsports.wustl.edu/information/directory/bios/Peacock)
MS, Sports Management, University of Massachusetts

Majors

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

Minors

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

Courses


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. 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. There is a fee of $45.00 for this course.
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 students 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. 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: 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
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
Prerequisite: P.E. 208.

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

L28 P.E. 222 Topics in Physical Education: High-Intensity Conditioning
High-intensity conditioning. Varied program of high-intensity conditioning techniques designed for individual needs. Supervised areas covered are: cardiovascular and strength testing; weight training; plio-metric training; flexibility and stretching and aerobic and anaerobic training. Credit 1 unit.

L28 P.E. 224 Topics in Physical Education: 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
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; i.e., box aerobics, interval training. Combo Training: combination of many fitness techniques; i.e., 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. 230 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. 232 Topics in Physical Education: High-Intensity Conditioning
High-intensity conditioning. Varied program of high-intensity conditioning techniques designed for individual needs. Supervised areas covered are: cardiovascular and strength testing; weight training; plio-metric training; flexibility and stretching and aerobic and anaerobic training. Credit 1 unit.
L28 P.E. 258 Spinnin’
Music, stationary bicycles and an instructor who cues students 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. Credit variable, maximum 3 units.