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.

Contact: Kathy Lasater
Phone: 314-935-5220
Email: kel@wustl.edu
Website: http://bearsports.wustl.edu/athletics_department/about

Faculty

Director of Athletics

Anthony J. Azama (http://bearsports.wustl.edu/information/directory/bios/Azama?view=bio)
John M. Schael Director of Athletics
MBA, Miami University

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. 1201 Fundamentals of Rowing for Fitness**
  This course will focus on the effective use of Concept II Rowing as tools to learn the rowing stroke as well as to maintain aerobic fitness and develop strength. Emphasis will be placed on the correct use of technique to decrease risk of injury; varying duration and intensity of work on the machine to develop different energy systems; using these new skills in developing lifetime fitness. Instruction will include the use of video tape and video monitoring. Athletic shoes and clothes that are not baggy are needed to participate. There will be a minimum amount of running of light low-impact aerobic activity required as a warm up. Class location is South Campus. 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. 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 Indoor Cycling**
  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. There will be a $45.00 fee for this class. Credit 1 unit.

- **L28 P.E. 139 Topics in Physical Education: Intermediate/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.
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: permission of the department.
Credit 1 unit.

L28 P.E. 2201 Fundamentals of Rowing for Fitness
This course focuses on the effective use of Concept II Rowing effective 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; on varying duration and intensity of work on the machine to develop different energy systems; and on 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 or light low-impact aerobic activity required as a warm-up.
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; ploio-metric training; flexibility and stretching and aerobic and anaerobic training.
Credit 1 unit.

L28 P.E. 234 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. 236 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.

L28 P.E. 239 Topics in Physical Education: Triathlon Training
Credit 1 unit.

L28 P.E. 240 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. 248 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 Indoor Cycling
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. There will be a $45.00 fee for this class.
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 3 units.