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

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. 108 Pep Band
Pep Band is a performance group that plays at Bears football and basketball home games as well as an occasional away game. Grading is based on attendance at practice and games. Open to all musicians who are dedicated to team spirit. A limited number of instruments are available for those who don’t have theirs on campus. For more information (instruments, schedules, etc.), please email us (athleticband@su.wustl.edu) if you are interested in taking the class.
Credit 1 unit.

L28 P.E. 115 Topics in Physical Education: Beginning Weight Training
Beginning Weight Training. Major emphasis is on strength development; will meet in Sumers Recreation Center.
Credit 1 unit.

L28 P.E. 1201 Fundamentals of Rowing for Fitness
This 8-week 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 will meet on South Campus.
Credit 1 unit.

L28 P.E. 131 Topics in Physical Education: Group Fitness
This course is designed to give students the unique experience of Group Fitness catered just to them. Using various formats of group exercise, Group Fitness will provide a fun and dynamic way to motivate participants to reach whatever results they are looking for. Topics in Physical Education-Group Fitness will offer Cycling, Bootcamp, Pilates, Yoga, Cardio, Strength Training, TRX Suspension Training and a variety of other formats specific to the group, helping students improve their overall fitness and wellness. A $40 course activity fee is required.
Credit 1 unit.

L28 P.E. 132 Topics in Physical Education: High-Intensity Conditioning
Varied program of high-intensity conditioning techniques specifically designed for individual needs. Supervised areas covered are: cardiovascular and strength testing, weight training, plyometric training; flexibility and stretching and aerobic and anaerobic training. There will be an organizational meeting on Tuesday, August 28, at 4:30 p.m. in the Athletic Complex Lobby. Class will end Friday, October 5. There will be two sections. Section 1 will be for men and section 2 will be for women.
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. Orientation sessions will be on Wednesday, August 29, in the lobby of the Athletic Complex at 8 a.m. and noon.
Credit 1 unit.

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

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

L28 P.E. 148 Topics in Physical Education: Individual Physical Education
P.E. 148 is intended for students that have a physical or medical condition that prohibits them from participating in any other p.e. class. The student must have a medical referral from their physician or the student health service. P.E. 148 is an independent study class that requires three 30-minute meetings
with the instructor (first week, mid-semester, final week). An exercise program is designed based on the student’s goals and limitations. The student keeps a written log that is reviewed periodically and turned in at the end of the semester.  
Credit 1 unit.

L28 P.E. 157 Okinawan Karate-do  
Okinawan Karate-do is an effective form of self-defense for people of all ages and body types. Practiced as a traditional martial art, Okinawan Karate-do is an ethical discipline fostering physical fitness, holistic health, and personal development.  
Course fee: $30; beginners welcome!  
Credit 1 unit.

L28 P.E. 160 Fundamentals of Fitness: Personal Training  
This course is designed to provide students with the foundational knowledge and skills needed to pass the American College of Sports Medicine’s (ACSM) Certified Personal Trainer exam. Classes will be a fusion of lecture and practical application to ensure an environment of applied knowledge. The primary emphasis will be basic human anatomy, physiology, bioenergetics, biomechanics, nutrition and their relationship with exercise. Using the guidelines provided by the ACSM, accredited by the National Commission for Certifying Agencies (NCCA), students will familiarize themselves with industry standards. Specifically, this class will refer to guidelines provided by the ACSM regarding health screening, scope of practice, client safety, behavior change strategies, program design, fitness assessments and legal issues. At the conclusion of this course, students will take a final comprehensive written and practical exam as their final evaluation. A $90 course activity fee is required.  
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; plyometric 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.  
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.