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. 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. 214 Topics in Physical Education: Advanced Weight Training
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
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. 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
This course provides the 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 are required to attend an orientation session. Step Plus is primarily designed around step aerobics, with occasional workouts using other fitness techniques such as box aerobics and interval training. Combo Training involves the combination of many fitness techniques, such as step aerobics, box aerobics, and low-impact aerobics. Prerequisite: P.E. 208.
Credit 1 unit.

L28 P.E. 239 Topics in Physical Education: Beginning Tennis
Nine-week course.
Credit 1 unit.
L28 P.E. 240 Topics in Physical Education: Intermediate Tennis
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
Indoor cycling is a high-energy cardiovascular workout performed on stationary bikes. All levels welcome; the workout can be tailored to the student's personal fitness goals and needs. A water bottle and towel are required. There will be a $45.00 fee for a heart-rate monitor 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 the study and practice of first-aid care and the prevention of injuries.
Credit 3 units.