

Physical Education

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Courses

Visit online course listings to view semester offerings for L28 P.E..

L28 P.E. 115 Topics In Physical Education: Beginning Weight Training

Major emphasis is on strength development. First class will meet in the Burmesiter Lounge, Summers Recreation Center.
Credit 1 unit.

L28 P.E. 1201 Fundamentals of Rowing for Fitness

This eight-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; and using these new skills in developing lifetime fitness. Instruction will include the use of videotape and video monitoring. Athletic shoes and clothes that are not baggy are needed to participate. There will be a minimum amount of running and light, low-impact aerobic activity required as a warm-up.
Credit 1 unit.

L28 P.E. 131 Topics in Physical Education: Group Fitness

This 10-week course is designed to give students the unique experience of a group fitness class catered just to them. Using various formats of group exercise, Group Fitness will provide a fun and dynamic way to motivate participants to reach their desired results. Topics will include cycling, bootcamp, pilates, yoga, cardio, strength training, TRX suspension training, and a variety of other formats specific to the group, helping students to improve their overall fitness and wellness. First class meets in the Olympic Studio, Summers Recreation Center.
Credit 1 unit.

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

This eight-week course offers a 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 anerobic training. There will be an organizational meeting in the Burmeister Lounge, Summers Recreation Center.
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 take place in the Burmeister Lounge, Summers Recreation Center.
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. 155 Topics In Physical Education: Life Skills for Scholar Champions

Participation includes informal leadership tasks under the direction of Washington University Athletic Department personnel. The selection of the task and the scope of work is to be determined before enrollment by conference with the instructor. Prerequisite: permission of the department.
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 include basic human anatomy, physiology, bioenergetics, biomechanics, nutrition and their relationship with exercise. Using the guidelines provided by the ACSM and the accreditation standards of the National Commission for Certifying Agencies (NCCA), students will familiarize themselves with industry standards. Specifically, this course 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

Varsity sports. Prerequisite: permission of the department.
Credit 1 unit.

L28 P.E. 225 Topics in Physical Education: Varsity Sports Training

Through sports performance training, team practices, and meetings, this course prepares varsity student athletes for their return to a competitive season. Prerequisite: Permission of the Athletic Department and varsity athlete status.
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 anerobic training.
Credit 1 unit.

L28 P.E. 234 Topics in Physical Education: Lifeguard Training

LIFEGUARD TRAINING This 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. Course materials fee: \$100. Summers Rec Center/ Millstone Pool. 8 week course: 1/26-3/25.
Credit 1 unit.

L28 P.E. 236 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.
Credit 1 unit.

L28 P.E. 239 Topics in Physical Education: Beginning Tennis

BEGINNING TENNIS Eight-week course: Start 3/1-4/28. MW 1:00-2:30. Summers Rec/Tennis Courts
Credit 1 unit.

L28 P.E. 240 Topics in Physical Education: Intermediate Tennis

INTERMEDIATE TENNIS Eight-week course, Start 3/2-4/29. Summers Rec Center/TAO Tennis Courts
Credit 1 unit.

L28 P.E. 258 Indoor Cycling

Indoor Cycling is a high energy cardiovascular workout on stationary bikes in the Wigdor Cycling Studio (The Dark Room). All levels welcome - the workout can be tailored to your personal fitness goals and needs. A water bottle and towel are required. There will be a \$45.00 fee for a Heart-Rate Monitor that will be provided the first day of class; T Th 3:00-4:00. Summers Recreation Center.
Credit 1 unit.
