Physical Education

L28 P.E. 115 Topics In Physical Education: Beginning Weight Training
Major emphasis is on strength development. First class will meet in the Burmeister Lounge, Sumers 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. A $40 course activity fee is required. First class meets in the Olympic Studio, Sumers 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 anaerobic training. There will be an organizational meeting in the Burmeister Lounge, Sumers 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, Sumers Recreation Center.
Credit 1 unit.

Courses


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
This course is intended for students who 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. 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
Prerequisite: Permission of 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, 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 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. Sumers Rec Center/Millstone Pool. Eight-week course.
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.
Credit 1 unit.

L28 P.E. 239 Topics in Physical Education: Beginning Tennis
Eight-week course. Sumers Rec/tennis courts.
Credit 1 unit.

L28 P.E. 240 Topics in Physical Education: Intermediate Tennis
Eight-week course. Sumers Rec Center/TAO Tennis Courts.
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.