

# PHYSICAL EDUCATION (PE) COURSES

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## PE-011 Advanced Fitness

This course is designed to promote individual participation in strength training and conditioning activities that will maintain or increase personal levels of muscular strength, power, agility and endurance. The instructor will work with the students to develop a sound strength-training regimen, while teach and monitoring the students lifting techniques to maximize the efficiency of the workouts and to help ensure the safety of the students. This course will be for those students who are looking to take their overall fitness to a higher level over the 6 week period. This is a voluntary course in which you will be given credit or no credit at the end of semester. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission.

**Prerequisites:** none

**Credits:** 0

## PE-012 Beginning Golf

These non-credit activity courses meet on an arranged basis, and are offered to any student. Fees associated with activity classes are the responsibility of the student. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-013 Beginning Swimming

These non-credit activity courses meet on an arranged basis, and are offered to any student. Fees associated with activity classes are the responsibility of the student. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-014 Beginning Tennis

These non-credit activity courses meet on an arranged basis, and are offered to any student. Fees associated with activity classes are the responsibility of the student. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-015 Life Saving

You will learn Adult CPR/AED and First Aid. There is an outside fee as well. This class is taught with the teacher education class at the end of every semester. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-016 Scuba Diving

Scuba is taught by an outside group for a fee you will need to pay. If interested in the classes please go to Diver's Supply at 5501 West 86th Street, Suite J, Indianapolis IN 46268 to get your equipment and pay for the class. They are open on Tuesday-Friday 10am-7pm and on Saturday 10am-5pm. Their phone number is 317-297-2822. Be sure to tell the people at the shop that you are part of the Wabash Class. The class is taught over 2-3 Sunday afternoon and one open water dive to be determined by the class, done at a local quarry over a weekend. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-017 Sports Officiating

These non-credit activity courses meet on an arranged basis, and are offered to any student. Fees associated with activity classes are the responsibility of the student. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

## PE-018 Weight Training

These non-credit activity courses meet on an arranged basis, and are offered to any student. Fees associated with activity classes are the responsibility of the student. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-020 Prevent Care Injuries**

Study of the techniques and principles utilized in preventing injuries to athletes and the development of the necessary skills to care for an injured athlete until medical help can be obtained. Develop an understanding of the body, how it works, how to evaluate an injury, and how to develop a rehabilitation plan. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-030 Coaching Football**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-031 Coaching Soccer**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-032 Coaching Swimming**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credit:** 1

**PE-033 Coaching Basketball**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-034 Coaching Wrestling**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-035 Coaching Baseball**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-036 Coaching Track**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-037 Coaching Tennis**

Study of the organization and practice techniques utilized in the development of the skills and techniques of the sports listed below. Additional consideration is given to problems and expectations of the coach in the community. PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0

**PE-387 Independent Study**

PE courses are taken in addition to the 34 course credits required for graduation. Grades assigned only on a credit/no credit basis and do not compute in the student's GPA; however, this information is listed on transcripts. These courses may be added to a student's normal load without special permission. Enrollment Through Instructor.

**Prerequisites:** none

**Credits:** 0