

PE: Physical Education and Dance

PE 100 — Introduction to Dance Movement Therapy

3 credits; 2 lecture and 2 lab hours

This course introduces students to theory and techniques of dance movement therapy (DMT). Students learn the integrative health effects of DMT on mind, body and emotions. They are introduced to the fundamentals of creative arts therapy with an emphasis on the core dance aesthetic. Course practicums introduce students to DMT techniques that foster new perspectives of dance as a catalyst for self-discovery and personal growth and as a viable approach toward managing stress and nurturing mental and physical health. (G6: The Arts).

PE 111 — Modern Dance

1 credit; 2 lab hours

Introduces the fundamentals of modern dance through the development of dance technique and comprehension of rhythm. Elements of dance composition are introduced and provide students with an opportunity to create individual work.

PE 113 — Jazz Dance

1 credit; 2 lab hours

Introduces the fundamentals of jazz dance through the development of dance technique, comprehension of rhythm, and the ability to perform isolated movement. Elements of dance composition are introduced and provide students with an opportunity to create individual work.

PE 114 — Ballet I

1 credit; 2 lab hours

Basic exercises are done at the barre to develop proper alignment, placement, strength, coordination, and understanding of ballet movement vocabulary in this introductory class. Center floor combinations and movement across the floor are used to integrate skills learned in the warm-up.

PE 116 — Afro-Caribbean Dance

1 credit; 2 lab hours

Students experience, learn, and perform the traditional dances and rhythms, rooted in African and European dance, of the Caribbean region.

PE 117 — Choreography I

1 credit; 2 lab hours

Students create movement studies using elements of design that capture the essence of their unique expressions. Concepts of space and weight and dance elements such as rhythm, symmetry, and shape are addressed in the course. Improvisations are performed according to a variety of themes, relationships, and situations, both individually and in small groups.

PE 118 — Flamenco Dance

1 credit; 2 lab hours

Students execute traditional flamenco dances from the Andalusia region of southern Spain. Students learn how various cultures contributed to flamenco, as well as the flamenco rhythms, the meaning of the songs, and the relationship of the singing and guitar to the dance.

PE 119 — Dances of the Middle East and India

1 credit; 2 lab hours

This course introduces students to the movements and rhythms of the ancient dance arts of the Middle East and India. Students learn about the Arabic, Turkish, North African, Arabian Gulf, and Indian cultures by focusing on the origins, history, and development of their dance arts.

PE 122 — Beginning Golf

1 credit; 2 lab hours

Students learn the fundamentals of golf, including stance, grips, putting, chipping, and driving, as well as course etiquette, rules, and history of the game.

PE 131 — Tennis I

1 credit; 2 lab hours

Teaches the fundamental skills of tennis and knowledge of the game.

PE 135 — Basketball

1 credit; 2 lab hours

The fundamentals of basketball, individual skills, and team participation are taught. Students learn the rules, coaching techniques, strategies, athletic training, and enjoyment of spectatorship.

PE 136 — Volleyball

1 credit; 2 lab hours

Students learn the fundamental skills of volleyball: setup passing, serving, spiking, blocking, and bumping. Strategy and games are included.

PE 141 — Fitness Training

1 credit; 2 lab hours

Students focus on the progressive development of the four components of physical fitness: muscular strength, muscular endurance (through weight-room training and calisthenics), cardiovascular endurance, and fitness.

PE 143 — Yoga I

1 credit; 2 lab hours

Students learn the basic yoga practices, including relaxation, postures, breathing, concentration, meditation, and positive thinking. Nutrition is also discussed.

PE 144 — Aerobics

1 credit; 2 lab hours

Students work to achieve a strong cardiovascular system through step-bench or aerobic routines. Toning exercises are included.

PE 145 — Tai Chi I

1 credit; 2 lab hours

Students learn the Yang form of this ancient, holistic Chinese exercise to develop good balance and coordination and to relax physically and mentally.

PE 146 — Kung Fu

1 credit; 2 lab hours

Translated as discipline and inner development, kung fu focuses on learning a system of movements based upon the observations of nature by ancient Chinese priests and monks. The forms, basic stances, kicks, and punches of Shaolin kung fu are taught to achieve better health, harmony, and coordination.

PE 147 — Gentle Yoga

1 credit; 2 lab hours

Gentle yoga introduces all the benefits of yoga with less demand on the body. This course can be enjoyed by all students, particularly those with limited physical health or range of motion. Benefits include enhanced flexibility, increased strength, improved balance, and reduction of stress.

PE 148 — Mat Pilates

1 credit; 2 lab hours

This introductory course is based on the work of Joseph Pilates and focuses on movements and exercises devoted to strengthening the core or foundational muscles of the body. Pilates enhances athletic performance by developing core stability, balance, and coordination.

PE 149 — Meditation I

1 credit; 2 lab hours

This course focuses on the benefits of meditation in everyday life. Students learn the history, theory, and practice of meditation, as well as how to develop and personalize their own meditation practice. This course is appropriate for physically challenged students.

PE 153 — Fencing

1 credit; 2 lab hours

Students learn and practice the fundamentals of foil fencing, including positions and movements, offensive and defensive strategy, directing a fencing bout, and international rules.

PE 161 — The Art and Practice of Self-Defense

1 credit; 2 lab hours

This course focuses on the dynamics of unplanned confrontation and employs various approaches to achieve the larger goal of prevailing in aggressive encounters. Students learn how to protect themselves by studying a variety of physical and psychological techniques.

PE 181 — Contemporary Urban Dance

1 credit; 2 lab hours

Students develop their creativity and imagination by exploring the movements of a current popular dance form. With the aid of films and guest artists, students gain insight into the history and culture of contemporary urban dance and learn to perform a variety of movement styles.

PE 200 — Performance Workshop

2 credits; 1 lecture and 2 lab hours

Students will curate, produce, choreograph, publicize, and stage a dance or other movement-based performance. They may take any role in the production, as dancers, stage managers, or lighting designers, etc., exploring and showcasing their abilities as they may never have done before. (No prerequisite, but an interest in staging performances is highly recommended.)

PE 201 — Advanced Fitness Training Course

3 credits; 2 lecture and 2 lab hours

Students gain knowledge and hands-on experience necessary to design and execute exercise programs for all ages and physical levels, in both a gym setting and in private in-home environments.

PE 214 — Ballet II

1 credit; 2 lab hours

Students improve on existing ballet techniques learned in PE 114. They work on more advanced steps and create their own movement phrases. History and dance films are presented.

Prerequisite(s): PE 114 or equivalent.

PE 215 — Seeing Dance Live

3 credits; 3 lecture hours

This course explores live dance, immersing students in it as both viewers and writers. Students apply aesthetic principles of dance to a variety of dance forms that they view and critique. (G6: Arts).

PE 216 — History of Ballet and Modern Dance

3 credits; 3 lecture hours

This course surveys two major styles of Western dance--ballet and modern dance--from the perspective of the creative process and cultural history. Through a multi-disciplinary and collaborative approach, students study thematic ideas that shape the way we see, create, and think about dance. No prior dance training is necessary. (G6: The Arts).

PE 217 — Popular Urban Dance Past and Present

3 credits; 3 lecture hours

Through a multi-disciplinary and collaborative approach, students explore the conceptual underpinnings and political dynamics of popular urban dance. No prior dance training is necessary.

PE 219 — Dances of the Middle East and India II

1 credit; 2 lab hours

This course offers a profound immersion into the classical and folk dance arts of the Middle East and India by illuminating their music, history and cultural contexts. Students gain a greater appreciation for the choreography, ornate costuming and live performance of these joyous, expressive dance arts.

Prerequisite(s): PE 119.

PE 231 — Tennis II

1 credit; 2 lab hours

Students improve on existing tennis skills learned in PE 131. They work on executing new skills, such as top spin serve, slice serve, drop shot, drop volley, and lob. Strategies for singles and doubles competitive play are included.

Prerequisite(s): PE 131 or equivalent.

PE 243 — Yoga II

1 credit; 2 lab hours

Students build upon their yoga experience by learning new yoga postures and variations of standard postures and breathing techniques while exploring additional concepts from the Yoga Sutras. Prerequisite(s): PE 143.

PE 245 — Tai Chi II

1 credit; 2 lab hours

Students continue their study of this ancient, holistic Chinese exercise, developing greater strength, balance, coordination, and relaxation through the Yang form of Tai Chi.

Prerequisite(s): PE 145 or equivalent.

PE 281 — Modern Dance Theory and Practice

3 credits; 2 lecture and 2 lab hours

A diverse collection of Modern Dance theories and techniques are introduced to students through lecture, demonstration, and guided practice of structured dance movements for later application in creative projects. Students learn modern dance terms to reinforce proficiency in technique and to fully appreciate genres of modern dance from early 20th century to present.