

PED - PHYSICAL EDUCATION

PED 101 **2 credit hours (lecture: 2 | lab: 0)** **First Aid**

Course investigates accident prevention and procedures to be followed in cases of accident or sudden illness. Content includes accident scenes in the home, school and community. Standard American Red Cross Certificate awarded upon successful completion of course.

Delivery mode: Face-to-Face | Online Fee: \$25

PED 102 **2 credit hours (lecture: 2 | lab: 0)** **Living With Health**

Course presents overview of healthy living. Content includes application of scientific health facts and principles of effective living. Online course.

Delivery mode: Online Fee: \$15

PED 109 **1 credit hours (lecture: 0 | lab: 2)** **Volleyball I**

Course provides instruction in fundamentals of volleyball. Content focus is on skills, rules of the game, skill drills, and game playing.

Delivery mode: Face-to-Face

PED 110 **1 credit hours (lecture: 0 | lab: 2)** **Volleyball II**

Course continues development of volleyball skills and knowledge of the game. Content focus is on intermediate skills, team strategies and offensive and defensive play.

Prerequisite: PED 109 or consent of instructor.

Delivery mode: Face-to-Face

PED 112 **1 credit hours (lecture: 0 | lab: 2)** **Soccer I**

Course provides instruction in fundamentals of soccer. Content focus is on skills, rules of the game, skill drills and game playing.

Delivery mode: Face-to-Face Fee: \$20

PED 114 **1 credit hours (lecture: 0 | lab: 2)** **Soccer II**

Course continues development of soccer skills and knowledge of the game. Content focus is on intermediate skills, team strategies and offensive and defensive play.

Prerequisite: PED 112 or consent of instructor.

Delivery mode: Face-to-Face Fee: \$20

PED 121 **1 credit hours (lecture: 0 | lab: 2)** **Basketball**

Course gives instruction in fundamentals of basketball. Content includes skills, rules, and strategy of basketball.

Delivery mode: Face-to-Face

PED 122 **1 credit hours (lecture: 0 | lab: 2)** **Baseball I**

This activity course gives instruction in the fundamental skills, rules, and strategy of the game. Game playing is emphasized.

Delivery mode: Face-to-Face Fee: \$25

PED 124 **1 credit hours (lecture: 0 | lab: 2)** **Baseball II**

This activity course gives advanced instruction in the skills, rules, and strategy of the game. Game playing is emphasized.

Prerequisite: PED 122 or consent of instructor.

Delivery mode: Face-to-Face Fee: \$25

PED 128 **1 credit hours (lecture: 0 | lab: 2)** **Yoga I**

Class introduces yoga postures with fitness movements. Content focus is on techniques of relaxation and breathing in order to increase flexibility, strength, range of motion and improve balance.

Delivery mode: Face-to-Face | Online

PED 129 **1 credit hours (lecture: 0 | lab: 2)** **Yoga II**

Class continues to explore a variety of yoga postures with fitness movements. Content focus is on techniques of relaxation and breathing in order to increase flexibility, strength, range of motion and improve balance.
Prerequisite: PED 128 or concurrent enrollment in PED 128.

Delivery mode: Face-to-Face | Online

PED 130 **1 credit hours (lecture: 0 | lab: 2)** **Conditioning I**

Course is designed to shape, strengthen and tone the major muscle groups for total body fitness or sport-specific skills. A variety of exercises and equipment will be used.

Delivery mode: Face-to-Face | Online

PED 131 **1 credit hours (lecture: 0 | lab: 2)** **Physical Fitness I**

Course aids in development of total physical fitness. Content includes use of weight machines and aerobic exercise equipment to develop strength, improve muscle tone, flexibility, and aerobic endurance. Enrollment in only one of the following courses within the same semester: PED 131, PED 132, PED 141, or PED 190.

Delivery mode: Face-to-Face Fee: \$25

PED 132 **1 credit hours (lecture: 0 | lab: 2)** **Weight Training**

Course introduces basic skills of lifting weights for the purpose of physical development. Content includes basic lifts, with focus on constructing individual weight program to develop strength, endurance, and flexibility and muscle tone. Enrollment in only one of the following courses within the same semester: PED 131, PED 132, PED 141, or PED 190.

Delivery mode: Face-to-Face Fee: \$25

PED 141 **1 credit hours (lecture: 0 | lab: 2)** **Physical Fitness II**

Course continues to develop physical fitness. Content includes weight machines and aerobic exercise equipment to increase strength, and improve muscle tone, flexibility, and aerobic endurance. Enrollment in only one of the following courses within the same semester: PED 131, PED 132, PED 141, or PED 190.

Prerequisite: PED 131

Delivery mode: Face-to-Face Fee: \$25

PED 160 **1 credit hours (lecture: 0 | lab: 2)** **Conditioning II**

Course further shapes, strengthens and tones major muscle groups for total body fitness or sport-specific skills. A variety of exercises and equipment will be used.

Prerequisite: PED 130

Delivery mode: Face-to-Face | Online

PED 185 **1 credit hours (lecture: 0 | lab: 2)** **Golf**

Course combines instruction and practice for skill development. Content includes rules, etiquette and information about purchase and care of equipment, and fundamental skills of playing golf.

Delivery mode: Face-to-Face Fee: \$20

PED 190 **1 credit hours (lecture: 0 | lab: 2)**

Fitness Center

Course develops fitness through proper exercise. Content includes various types of equipment to exercise every major muscle group, while heart rate is maintained at exercise level. Enrollment in only one of the following courses within same semester: PED 131, PED 132, PED 141, or PED 190.

Delivery mode: Face-to-Face

Fee: \$25

PED 191 **3 credit hours (lecture: 3 | lab: 0)**

Prevention And Treatment Of Athletic Injuries

Course explores prevention, recognition, and treatment of common athletic injuries. Content includes supportive taping and wrapping, duties and responsibility of the athletic trainer, budgeting and ordering supplies, and operation of the training facility.

Delivery mode: Face-to-Face | Online

Fee: \$5

PED 230 **3 credit hours (lecture: 3 | lab: 0)**

Coaching Certification in Illinois

Course focuses on coaching principles, sports first aid, and Illinois High School Association (IHSA) by laws. Upon successful completion, students will be eligible to take the test to receive certification from the American Sport Education Program (ASEP) allowing them to coach in Illinois schools.

Delivery mode: Face-to-Face | Online