

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.

Instruction Type: In-Person | Online

Fee: \$25

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type: Online

Fee: \$15

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type:

Term Typically Offered: Fall | Spring

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.

Instruction Type:

Term Typically Offered: Spring

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.

Instruction Type:

Fee: \$20

Term Typically Offered: Spring

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.

Instruction Type:

Fee: \$20

Term Typically Offered: Spring

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.

Instruction Type:

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type:

Fee: \$25

Term Typically Offered: Spring

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.

Instruction Type:

Fee: \$25

Term Typically Offered: Spring

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.

Instruction Type: Online

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type: Online

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type: Online

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type:

Fee: \$25

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type:

Fee: \$25

Term Typically Offered: Fall | Spring | Summer

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

Instruction Type:

Fee: \$25

Term Typically Offered: Fall | Spring | Summer

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

Instruction Type: Online

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type:

Fee: \$20

Term Typically Offered: Summer

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.

Instruction Type:

Fee: \$25

Term Typically Offered: Fall | Spring | Summer

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.

Instruction Type: In-Person | Online

Fee: \$5

Term Typically Offered: Fall | Spring

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.

Instruction Type: In-Person | Online

Term Typically Offered: Fall | Spring | Summer