

Physical Education

Physical Education (PED) Courses

PED 101: Physical Fitness (HL)

An introduction to the concepts of physical fitness and the means of embodying them in a lifelong setting.

Credits 1

PED 102: Basic Swimming (non-swimmers Only)

Basic techniques and skills of swimming and diving.

Credits 1

PED 103: Volleyball

Instruction, rules, strategy, and practice in the fundamentals of volleyball.

Credits 1

PED 104: Beginning Table Tennis

Instruction, rules, strategy, and practice in the fundamentals of table tennis.

Credits 1

PED 108: Archery and Bowling

Fundamental skills, strategy, rules, scoring, and practice in archery and bowling.

Credits 1

PED 109: Beginning Tennis

Instruction, rules, and practice in the fundamentals of tennis.

Credits 1

PED 110: Tennis and Badminton

Fundamental strokes, strategy, rules, scoring, and practice in tennis and badminton.

Credits 1

PED 111: Aerobic Dance

An introduction to movement routines for developing and maintaining cardiorespiratory endurance.

Credits 1

PED 112: Beginning Swimming

Basic techniques and instructions of swimming.

Credits 1

PED 113: Body Shaping

Continuation of the fundamentals of physical fitness, including aerobic conditioning and weight training.

Credits 1

PED 114: Yoga

An introduction to the fundamental theories and practices of hatha yoga with emphasis on yoga asanas (physical postures). Asanas help improve an individual's overall postural alignment and allow the body and all its systems to function more efficiently and become more resilient. The practice of yoga offers lifelong tools to increase self-awareness, strength, flexibility, endurance, and balance within the body all while reducing stress and increasing kinesthetic intelligence.

Credits 1

PED 115: Beginning Scottish Highland Dance

An introduction to traditional Scottish dances such as the sword dance and Highland Fling.

Credits 1

PED 116: Intermediate Swimming

Instruction and practice in all basic swimming strokes and water safety.

Credits 1

PED 117: Varsity Cheerleading

Designed for prospective and active cheerleaders, and prospective cheerleader sponsors. Graded on a pass/fail basis. This course is not repeatable for credit.

Credits 1

PED 119: Basic Golf

Basic instruction in all phases of play, emphasizing rules and etiquette to promote golf as a lifetime sport.

Credits 1

PED 120: Tai Chi Chih

An introduction to both the theory and practice of tai chi chih. Tai chi chih is a non-competitive, non-martial arts form of movement that promotes physical strength and balance, and at the same time enhances focus, concentration, and emotional wellness. It is also an excellent program for relieving stress. It is appropriate for all ages and abilities and can be easily adapted for those with physical disabilities or limitations.

Credits 1

PED 121: Paddling

This course teaches the different modes of paddling including canoeing, kayaking, and stand-up paddle boarding. It will focus on appropriate gear, trip planning, risk management, and logistics. Students will achieve basic competence in paddling skills. Preference will be given to students who have declared a concentration in Outdoor Leadership. (Same as OLP 122)

Credits 1

PED 122: Fundamentals of Dance

Students learn form, position, muscle control, flexibility, and the basic movements to bring them to a level that will enable them to enjoy and develop a love for the art of dance. (Same as THE 122)

Credits 1

PED 124: The Biggest Winner

This course will prepare the student, with a BMI greater than 25, to achieve and maintain a healthy body weight for life. The class explores sound nutrition, weight management principles, and the identification and use of appropriate weight management tools. Weekly weigh-ins will be required. The class may be repeated, as needed, to reach optimal BMI.

Credits 0

PED 126: Backpacking

An introduction to the basics of backpacking that focuses on appropriate gear, trip planning and logistics, course materials, and competence in basic backpacking skills.

Credits 1

PED 130: Varsity Sports

Participation in a varsity sport for a full season. Graded on a pass/fail basis. This course is not repeatable for credit.

Credits 1

PED 182: Special Topics

This course allows students to take additional coursework in PE. Repeatable for credit under different topics.

Credits 1

-3

PED 203: Theory of Coaching

Study of contest management, schedule planning, and effective coaching of individual and team sports.

Credits 3

PED 215: Advanced Scottish Highland Dance

A continuation of principles taught in PED 122, giving the student an in-depth view of a variety of dance forms such as ballet, tap, jazz, lyrical, modern, and musical theatre while fine tuning the body, building cardiovascular health, and giving each participant a sense of well being.

Credits 1

Prerequisites

PED 115

PED 282: Topics in Dance

A continuation of principles taught in PED 122, giving the student an in-depth view of a variety of dance forms such as ballet, tap, jazz, lyrical, modern, and musical theatre while fine tuning the body, building cardiovascular health, and giving each participant a sense of well being. (Same as THE 282)

Credits 1

Prerequisites

THE 122 or PED 122 or permission of instructor.

PED 301: History and Principles

History, philosophy, aims, current problems, and fundamental principles of physical education.

Credits 3

PED 303: Organization and Administration

Problems relative to the organization and administration of a physical education program in public schools.

Credits 3

PED 304: Methods for Teaching Team Sports in Secondary Schools

Methods, materials and activities for coaching with an emphasis on effective coaching techniques. This would include planning practices, game preparation, scouting and game analysis of sports such as basketball, football and baseball.

Credits 3