

Physical Education 20/30 Course Outline

PE 20 (Co-ed) - 5 credits along with 1 CTS module – CMH 2120 First Aid/CPR

This course is a continuation of PE 10 in that it provides the student with additional opportunities to participate in activities that promote an active lifestyle. A strong emphasis will be placed on developing leadership skills. Student skill development, fitness, knowledge, attitude and participation are all components of evaluation. For safety reasons, it is mandatory to wear appropriate athletic shoes.

PE 30 (Co-ed)- 5 credits along with 1 CTS module – CTR 2210 Workplace Safety (Practices)

PE 30 students are involved in individual and team “lifestyle” activities that instill the value of life long activity and physical well-being. All students participate in an exercise physiology unit in which they design a fitness program specific to their area of interest. Understanding of the basic principles of fitness is developed through practical, theoretical and research activities. Students further develop leadership qualities by participating in elementary physical education classes as student teachers.