

# PHYSICAL EDUCATION

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## Department Description

The Physical Education Department offers selected activity courses based on student needs and interests. These courses are offered throughout the day and week to satisfy a broad range of fitness interests. You can de-stress with Yoga, spin, or work on your core and flexibility with Pilates.

The High Intensity Training class (H.I.T.) is a great option for students focused on a solid conditioning program. For a complete training system designed to work with your own body weight in a variety of multi-planned compound exercise movements try our TRX/Cycling class.

We have a Beginning Strength training option for those that just need to get started on a program and learn how to use the equipment. And finally, in response to our popular fitness trends, we have added WERQ, a cardio dance fitness class, while we continue to offer our popular Barre class. Physical Education classes and participation in intercollegiate athletics carry one-half semester hour of elective credit. One semester hour of credit may be applied to graduation.

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**The following courses might be available each semester:**

Code	Title	Credits
PE 050	PE Activity (Tone)	.5
PE 050	PE Activity (Beginning Strength Training)	.5
PE 050	PE Activity (High Intensity Training (H.I.T.))	.5
PE 050	PE Activity (Spin)	.5
PE 050	PE Activity (Pilates)	.5
PE 050	PE Activity (TRX)	.5
PE 050	PE Activity (WERQ)	.5
PE 050	PE Activity (Yoga)	.5

## Department Chair

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