

PHYSICAL EDUCATION GENERAL (PEGNRL)

Courses

PEGNRL 100 CREDIT FOR VETERANS WITH SIX MONTHS ACTIVE SERVICE 1 Units

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PEGNRL 103 BEGINNING ARCHERY 0.5 Units

An activity course designed to teach the student the fundamental techniques of archery for use as a leisure-time activity.

PEGNRL 104 BEGINNING BADMINTON 0.5 Units

An activity course designed to teach the student the basic skills, knowledges, strategies, and understandings of badminton.

PEGNRL 108 BEGINNING BOWLING 0.5 Units

An activity course designed to develop or improve the fundamental skills of bowling so that bowling can be utilized now, and later in life, as a recreational activity.

PEGNRL 109 INTERMEDIATE BOWLING 0.5 Units

A course designed to develop the bowler on the intermediate skill level through intermediate and advanced techniques.

PREREQ: PEGNRL 108 OR PERMISSION FROM INSTRUCTOR

PEGNRL 114 BEGINNING RACQUETBALL 0.5 Units

This activity course is designed to teach the fundamental skills of racquetball. Students will develop a basic understanding of the skills, rules, history, and strategies needed to play racquetball

PEGNRL 117 INTRODUCTION TO MOUNTAIN BIKING 1 Units

This is a beginning level, weekend only, introduction into the sport of mountain biking. The majority of the class will meet at the Kettle Moraine State Park for instruction and activity. A course fee of \$20.00 for State Park Permit. Additional course fee of \$85.00 for mountain bike rental if needed.

PEGNRL 118 BASIC MILITARY RAPPELLING 1 Units

Students will learn and demonstrate basic rappel techniques and safety in the classroom while demonstrating the skills developed on a vertical wall rappel. Skills will include knot tying, Swiss rappel seat construction, belay procedures and Swiss rappelling.

EQUIVALENTS: PEGNRL 118/LDRSHP 118

PEGNRL 120 BEGINNING GOLF 0.5 Units

To learn the basic skills, rules, and etiquette of golf for use as a leisure-time activity.

PEGNRL 121 INTERMEDIATE GOLF 0.5 Units

An activity course designed to give the student the opportunity to develop and utilize intermediate skills in golf. Students will practice their skills in an actual nine-hole course setting.

PEGNRL 122 BEGINNING PICKLEBALL 0.5 Units

An activity course designed to teach the basic skills, knowledge, and strategies of pickleball.

PEGNRL 123 BEGINNING DISC GOLF 0.5 Units

An activity course designed to teach the basic skills, knowledge, and strategies of disc golf.

PEGNRL 124 BEGINNING TABLE TENNIS 0.5 Units

An activity course designed to teach the basic skills, knowledge, and strategies of table tennis.

PEGNRL 135 BICYCLING 1 Units

This bicycling course is designed for both the beginner to the intermediate rider. A variety of topics will be included: safety, proper size and riding technique, equipment, repairs & amintenance, basic physiological benefits, cycle touring and route development. Trips will be on low traveled roads and bike paths. Bikes and helmets are available.

PEGNRL 141 BEGINNING YOGA 0.5 Units

An activity course which introduces the techniques of performing basic asanas (exercises) and purposeful breathing. Extra emphasis is given to toning the body, using deep muscle isometrics, and concentration in relaxation and better mental attitudes.

PEGNRL 142 INTERMEDIATE YOGA 0.5 Units

An activity course designed which expands on the techniques of performing intermediate asanas and new methods for breathing, massage, and imagery. Special emphasis is given to limbering the body while using deep muscle isometrics, imagery in everyday life, stress reduction, and nutrition designed to improve lifelong health.

PEGNRL 150 BEGINNING SWIMMING (ARC LEVELS III-IV) 0.5 Units

An activity class designed to help the student develop proficiency in the front crawl, back crawl, elementary backstroke, and treading water. The breaststroke and sidestroke are introduced.

PEGNRL 151 INTERMEDIATE SWIMMING (ARC LEVEL V-VI) 0.5 Units

An activity course designed to polish the students front crawl and back crawl, as well as develop proficiency in the breaststroke and sidestroke. The butterfly, approach stroke, turns, and surface dives are introduced.

PREREQ: ARC LEVEL IV OR ITS EQUIVALENT

PEGNRL 160 BEGINNING TENNIS 0.5 Units

An activity course instructing students in the basic fundamentals of tennis. The course consists of learning and practicing six basic strokes. An attempt is made to develop an appreciation and love for the game so the student will participate in the activity after college.

PEGNRL 167 BEGINNING WEIGHT TRAINING 0.5 Units

A course designed to develop a basic understanding of the use of weights as fundamental techniques and skills and to help the individual set up and understand a good program of training.

PEGNRL 170 BEGINNING SELF DEFENSE 0.5 Units

An activity course designed to increase personal fitness, to develop skills in the defense of one's self, and to develop skills to identify crime situations and how to handle them.

PEGNRL 175 BEGINNING TAE KWON DO: KARATE 0.5 Units

An activity course designed to teach the fundamental physical and mental skills of Tae Kwon Do, a Korean style of karate. The course will cover basic blocks, kicks, strikes, and forms, as well as proper breathing techniques and the theory of power. Emphasis will be placed on how karate can be used for self-defense.

PEGNRL 176 INTERMEDIATE TAE KWON DO: KARATE 0.5 Units

An activity course designed to teach the intermediate physical and mental skills of Tae Kwon Do, a Korean martial art. The course will review skills learned in Beginning Tae Kwon Do. Emphasis will be placed on forms and self-defense techniques.

COREQ: PEGNRL 175

PEGNRL 177 INTRODUCTION TO MARTIAL ARTS WEAPONS 0.5 Units

A course designed to teach beginning martial arts weapon skills. Students will discuss various weapons used in the martial arts and will learn basic skills and techniques in the bo staff and escrima sticks.

PREREQ: BEGINNING TAE KWON DO OR CONSENT OF INSTRUCTOR

PEGNRL 178 ADVANCED TAE KWON DO 1 Units

The course is designed to enhance skills learned in the beginning and intermediate classes along with developing more advanced skills. Students will discuss and practice various advanced techniques, skills, strategies and philosophies in martial arts, along with a constant focus on sound structural basics.

PREREQ: PEGNRL 175 AND PEGNRL 176

PEGNRL 179 MARTIAL ARTS SPARRING TECHNIQUES *Repeatable* 0.5 Units

Course focuses on techniques, strategies, and skills to improve self-defense and martial arts competition.

PREREQ: PEGNRL 175; COREQ: PEGNRL 176

PEGNRL 183 EXERCISEWALKING 0.5 Units

An activity class to teach students a variety of walking styles and training routines. Students develop a program of exercise walking which best fits their lifestyle and physical fitness needs.

PEGNRL 187 MILITARY CONDITIONING *Repeatable* 1 Units

An activity course which is an introductory study for men and women of military calisthenics designed to develop both individual fitness and leadership skills essential to the management of an effective organizational physical fitness program.

PEGNRL 190 SWIM FOR FITNESS 0.5 Units

An activity course helping students utilize their swimming skills to develop and maintain fitness; distance, fartlek, interval techniques, and dry land exercises are taught. Out-of-class activity is recommended.

PEGNRL 192 PERSONAL HEALTH AND FITNESS FOR LIFE 1 Units

An activity course which develops students understanding of the importance of a healthy lifestyle, while experiencing the choices available. Students will develop a basic understanding of creating and/or assessing healthy and safe exercise program(s) relative to their goals and needs.

PEGNRL 193 INTERCOLLEGIATE ATHLETIC PARTICIPATION *Repeatable* 1 Units

PEGNRL 193 is open to all students who are selected to participate on an intercollegiate athletic team at the University of Wisconsin-Whitewater. The student-athlete must participate in the physical activity and lectures pertaining to the preparation of a varsity athletic team for the entire season to receive credit for the class. (May count for degree credits but not credits in a major or minor.)

PEGNRL 201 OUTDOOR RECREATION AND HEALTH 2 Units

Outdoor adventure and time in nature provide important wellness benefits that can be integrated into the college experience and that can lead to healthy life-long behaviors. This hybrid course explores local outdoor adventure opportunities, health benefits of visiting protected areas, and strategies for reducing recreation impact on the environment. This course involves weekly outdoor experiences in order to help students learn basic outdoor adventure skills that prepare them to find and carry out their own outdoor adventures in the future.

PEGNRL 490 WORKSHOP *Repeatable* 0.5-3 Units

Variable topics. Group activity-oriented presentations emphasizing 'hands-on' and participatory instructional techniques.

PEGNRL 497 EXCHANGE STUDY *Repeatable* 0.5-12 Units

Variable topics.

PEGNRL 498 INDEPENDENT STUDY *Repeatable* 0.5-3 Units

Variable topics. Individual activity in an area of special interest for a variable number of units under the sponsorship and guidance of a faculty member.