

# Physical Education Activity (Non-Majors) (PES)

## (Movement Sciences Department)

### **PES 100—Concepts of Physical Wellness**

1 lect., 1 lab, 1 cr. (1/2 semester each)

A theory/discussion course designed to introduce students to the basic fundamental building blocks of physical wellness and how this body of knowledge relates to their own personal wellness. Course focus is on physical wellness which will include the components of physical fitness, exercise, nutrition and weight management, disease prevention, personal safety, stress management, and current consumer issues relevant to physical wellness. This course enables students to begin designing a lifetime personal wellness program that suits their own physical wellness goals and objectives. Students will participate in various labs to assess current fitness levels and practice exercise prescription principles through various forms of activity. All physical activity is modified to challenge the student within the individual's ability.

### **PES 170—Aerobic Fitness**

.5 cr. (1/2 semester each)

This is an introduction of fundamental techniques of aerobics. Routines of rhythmic exercise are designed to develop or maintain cardio-respiratory endurance and body flexibility. The course is designed for students at all levels of fitness. Types of exercise will vary. Exercises, like running and jumping rope, in intervals that will challenge you to your max. This is a no-nonsense approach to total body training that helps you reach your potential.

### **PES 171—Step Aerobics**

.5 cr. (1/2 semester each)

This course emphasizes low impact activities designed to improve cardio-respiratory function, muscle tone, strength and flexibility. Rhythmic aerobic sessions are performed with a small platform used to step up and down. The platform or step provides an extra boost of aerobic capacity that has less stress on joints than running or jogging.

### **PES 172—Body Shaping**

.5 cr. (1/2 semester each)

This course is designed to involve students in a low impact aerobic activity program that is structured to increase cardiovascular fitness, build muscular strength and endurance. This is an overall body sculpting class that will be using free weights and resistance tubing. Some cardio classes may be introduced such as walking and basic stepping.

### **PES 173—Cardio Kick Box**

.5 cr. (1/2 semester each)

This is a physical education activity course designed to provide a fun, energetic, and safe workout for students focusing on techniques of self-defense and karate in an aerobics atmosphere for better health, strength and cardiovascular abilities. During this powerful high intensity workout, participants will utilize kicking, boxing, aerobic movements and martial-art type actions for a challenging total body conditioning experience. Learn proper techniques for kicking, punching and various self-defense moves from a Certified Fitness Professional. The techniques and training methods from the sport of kickboxing will be used to enhance the students exercise experience. Students need no prior training or experience in kickboxing.

### **PES 174—Exercise and Weight Management**

.5 cr. (1/2 semester each)

Designed for students who are interested in changing lifestyle, eating and exercise habits, this course emphasizes the practical application of current information relating to weight loss, physical fitness improvement, weight control and proper nutritional habits. A physical assessment is given at the beginning and end of the course and includes the following components: flexibility, cardiovascular endurance, height, weight, body-fat percentage, grip strength, girth, body density and an individualized exercise prescription.

### **PES 175—Zumba**

.5 cr. (1/2 semester each)

This is a physical education activity course that uses the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It mixes body sculpting movements with easy-to-follow dance steps. Zumba is a fitness program inspired by Latin dance and combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy-to-follow.

### **PES 180—Jogging**

.5 cr. (1/2 semester each)

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This course is designed to aid the student in the development and maintenance of cardiorespiratory endurance and helps to improve and/or maintain cardiovascular and muscular endurance. It also gives students an understanding of, and the ability to establish an exercise program that may be maintained throughout life through the use of jogging. Jogging helps, to enhance the student's practical and cognitive knowledge in fitness and nutrition concepts, and to establish a sound, individual exercise program. This course also introduces practical skills and principles of running, providing practical experience with running under different conditions, and providing a background of knowledge to train (jog/run) in the future. Local street jogging routes will be encouraged, dependent upon instructor preference and weather conditions. Specific runs for particular classes will be planned to match the students' progress. There will be a lot of running at an easy to moderate intensity.

### **PES 181—Walking for Wellness**

.5 cr. (1/2 semester each)

This course is designed to give the student a practical understanding of cardiovascular fitness produced by walking. This course is designed to educate and improve in the areas of body composition, cardiovascular fitness, flexibility, muscular endurance, and aids in weight loss. Content includes brisk walking for several miles outdoors (extreme weather permitting: torrential rain or thunder and lightning), preceded by stretching exercises. Experiences are provided to help the student understand the benefits, organization, implementation, and evaluation of a balanced aerobic fitness program utilizing walking as the primary activity.

### **PES 183—Spinning**

.5 cr. (1/2 semester each)

Indoor cycling is a group exercise class performed on stationary bikes. This course will incorporate indoor cycling for both the novice and the experienced cyclist. Rides are tailored to meet the needs and abilities of every person enrolled. The instructor will encourage each participant to customize their ride to fit their individual needs and fitness level. This class will encompass the fundamentals of proper biomechanics and cycling techniques as well as safety associated with indoor cycling classes. An outdoor ride is simulated; students travel on flat roads, climb hills, sprint, and race. The workout is non-impact and provides every fitness level an excellent workout. This class will burn calories, improve endurance, strengthen the lower body, and relax the mind.

### **PES 200—Volleyball**

.5 cr. (1/2 semester each)

This course is designed to teach fundamental skills to include passing, setting, spiking, serving, game play (rotation, substitution), rules, safety, scoring, & basic strategy. The course will familiarize students with rules, terminology, strategies, and team play concepts. Students will develop basic skills, as well as learn the rules, regulations, and terminology associated with volleyball. Specifically, the course covers the following skill areas: forearm passing, overhead passing, spiking, blocking, serving, serve reception, digging and transition. , Students will also learn strategies for offense and defense while continuing to improve individual skills. Students will refine volleyball specific skills, improve their strength and conditioning, and develop team concepts. Students will be expected to participate in moderate to vigorous activities when in class.

### **PES 201—Basketball (coed)**

.5 cr. (1/2 semester each)

This course provides the fundamental skills of basketball such as dribbling, passing, shooting, faking, footwork, and defensive skills. Content includes skills, rules, and strategy of basketball. The course will familiarize students with the rules, terminology, offensive and defensive strategies, and the physical activity benefits of recreational basketball. The course will provide opportunities for individuals to develop skills, techniques, and proper conditioning for basketball. Various team building strategies will be implemented. Content includes teaching techniques for developing competitive basketball skills.

### **PES 202—Basketball (men)**

.5 cr. (1/2 semester each)

This course provides the fundamental skills of basketball such as dribbling, passing, shooting, faking, footwork, and defensive skills. Content includes skills, rules, and strategy of basketball. The course will familiarize students with the rules, terminology, offensive and defensive strategies, and the physical activity benefits of recreational basketball. The course will provide opportunities for individuals to develop skills, techniques, and proper conditioning for basketball. Various team building strategies will be implemented. Content includes teaching techniques for developing competitive basketball skills.

### **PES 203—Floor Hockey (coed)**

.5 cr. (1/2 semester each)

Introduction to the basic fundamentals of floor hockey such as stick handling, passing, shooting, and more advanced concepts such as face-offs, goaltending, offensive and defensive tactics. Skills tests, drills/practices, games and tournaments will be conducted during the semester.

### **PES 204—Floor Hockey (men)**

.5 cr. (1/2 semester each)

Introduction to the basic fundamentals of floor hockey such as stick handling, passing, shooting, and more advanced concepts such as face-offs, goaltending, offensive and defensive tactics. Skills tests, drills/practices, games and tournaments will be conducted during the semester.

**PES 205—Baseball**

.5 cr. (1/2 semester each)

This physical education activity course is designed to introduce the student to the rules of baseball, proper mechanics for throwing, hitting and catching, analyze and assist in the correction of baseball skills, understand the various options in game situations, learn coaching strategy. Content includes rules, strategy, and teaching methods. Game playing is emphasized.

**PES 206—Soccer**

.5 cr. (1/2 semester each)

This course is an introduction to the skills, rules and strategies of soccer. A progression begins with basic drills and continues through intermediate play. Play includes both full field and the indoor game. The course is designed for all levels of ability. The soccer skills of dribbling, ball control, heading, shooting, tackling, and passing are introduced and practiced. Principles of attack and defense are examined and drilled.

**PES 207—Golf**

.5 cr. (1/2 semester each)

This course gives students an understanding of and a proficiency in golf skills, rules, and etiquette. Basic fundamentals are emphasized pertaining to grip, stance, posture and swing and the importance of teamwork, honesty, and integrity as it relates to golf. This course combines instruction and practice for skill development. The program is designed to provide benefits in flexibility, balance, and speed that are critical for golf improvement and healthy living. Students will be able to successfully hit golf balls, play a round of golf, and understand more clearly the game of golf (rules, etiquette, course management, etc.) Golf is a game for everyone.

**PES 208—Archery**

.5 cr. (1/2 semester each)

This course introduces basic skills and techniques of archery. Topics include stringing the bow, handling bow and arrow, shooting, safety, and care of equipment. Students will gain an understanding of the rules, scoring and safety considerations of archery. This course enables the student to practice and acquire proper techniques, strategies, and safety procedures associated with archery and gain knowledge of proper archery etiquette.

**PES 209—Tennis**

.5 cr. (1/2 semester each)

A course designed to introduce to novices the basic skills, rules, playing strategy, and etiquette involved in the sport of tennis. Singles and doubles are played. The emphasis of this course is on beginning fundamentals of forehand drive, backhand drive, serve, and volley.

**PES 210—Racquetball**

.5 cr. (1/2 semester each)

This course is an introduction to racquetball as a recreational sport, designed to assist students in acquiring basic skills, rules, serve, offensive shots, defensive shots, and game strategy. This is a physical education activity course designed to teach the beginning racquetball player the proper racquetball strokes and how to use them offensively and defensively. The student will also learn court and service strategies and rules of the game. Safety and on-the-court etiquette will be stressed. The fundamentals and theory of racquetball will be taught in this class. Students will develop basic skills and learn the rules and regulations of the game.

**PES 211—Badminton**

.5 cr. (1/2 semester each)

This course is designed to teach the student the basic fundamentals of badminton including rules and game strategy. Students will learn to perform the fundamental strokes, understand the basic rules and strategy. Specifically, the course covers the following badminton areas: rules, singles play, doubles play, fundamental skills and techniques, and badminton etiquette. Students will learn the rules and theory of badminton and develop basic skills and strategies needed to play the sport. The course promotes health, fitness, and enjoyment of the game of badminton.

**PES 300—Weight Train**

.5 cr. (1/2 semester each)

The purpose of this course is to provide students with a basic knowledge of strength training with application to muscle strength, muscular endurance and body composition. This course introduces scientific theory of resistance training in combination with engagement of multiple muscle group activities with respect to safety and effectiveness. This course introduces the fundamental principles of weight training and provides students with the basic knowledge of strength training with application to muscular

strength, muscular endurance and body composition. This course introduces scientific theory of resistance training in combination with engagement of multiple muscle group activities with respect to safety and effectiveness.

### **PES 301—Circuit Train**

.5 cr. (1/2 semester each)

This activity course is designed to increase flexibility, muscular strength/endurance, and cardiovascular fitness through the practical application of circuit training. This is a beginning level course that emphasizes fitness, proper lifting technique, safety and correct identity of exercises and muscle groups that improves strength and appearance with the use of weight training machines, rope jumping, walking, jogging, circuit training, isotonic and isometric exercises. Emphasis is on fitness and proper conditioning techniques.

### **PES 302—Strength Train**

.5 cr. (1/2 semester each)

This course is designed to provide a comprehensive overview of strength and conditioning to promote individual participation that will maintain or increase personal levels of muscular strength and power. This course focuses on muscular strength and endurance through resistance training with Nautilus and Cybex machines and free-weights. Emphasis is placed on the exercise sciences (including anatomy, exercise physiology, and biomechanics) and nutrition, exercise technique, program design, organization and administration, and testing and evaluation. Safe and effective resistance training principles and muscular strength and endurance are emphasized.

### **PES 303—Physical Fitness**

.5 cr. (1/2 semester each)

This course is designed to give students a basic understanding and knowledge of physical fitness and how it is achieved through a variety of exercise modalities. Students will explore the components of physical fitness including-cardiorespiratory endurance, muscular fitness: endurance & strength, flexibility, balance, and body composition. Exercise sessions may include but are not limited to- body weight training, Pilates, yoga, aerobic conditioning, circuit training, and HITT or Mitt training.

### **PES 304—Boot Camp**

.5 cr. (1/2 semester each)

Boot Camp is designed to resemble a military boot camp in that participants are encouraged to push themselves harder than they normally would if working out alone in a gym. This course combines cardiorespiratory, strength, flexibility and core training into a back-to-basics approach to fitness. Body weight exercises, like sit ups, pushups, leg and abdominal strengthening, will be combined with cardiorespiratory

### **PES 400—Self Defense (coed)**

.5 cr. (1/2 semester each)

This is a basic introduction to build self-defense techniques, tactics, and awareness. This course is designed to introduce the student to the principles and concepts of personal safety and self defense. This class aids students in developing basic skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Students will learn the importance of maintaining fitness levels, recognizing, assessing, and responding to potentially dangerous situations. Various forms of self-defense are introduced. The history and philosophy of the martial arts are explored. The student should progress from no previous experience in self-defense to an adequate skill level covering basic self-defense situations. Both mental and physical aspects of the arts are stressed. Development of self-protective awareness will be emphasized. The philosophy, history, legality, and psychology of self-defense will be presented. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature.

### **PES 401—Self Defense (women)**

.5 cr. (1/2 semester each)

This is a basic introduction to build self-defense techniques, tactics, and awareness. This course is designed to introduce the student to the principles and concepts of personal safety and self-defense. This class aids students in developing basic skills in self-defense. Emphasis is placed on stances, blocks, punches, and kicks as well as non-physical means of self-defense. Students will learn the importance of maintaining fitness levels, recognizing, assessing, and responding to potentially dangerous situations. Various forms of self-defense are introduced. The history and philosophy of the martial arts are explored. The student should progress from no previous experience in self-defense to an adequate skill level covering basic self-defense situations. Both mental and physical aspects of the arts are stressed. Development of self-protective awareness will be emphasized. The philosophy, history, legality, and psychology of self-defense will be presented. Upon completion, students should be able to demonstrate basic self-defense techniques of a physical and non-physical nature.

### **PES 410—Pilates**

.5 cr. (1/2 semester each)

This is a physical education activity course that provides instruction in and practice of basic Pilates mat-work techniques. Pilates conditioning is designed to develop long, lean muscles along with flexibility and a healthy mind and body. Students will be introduced to the practice of Pilates techniques for the mind, body and spirit that can be incorporated into daily life. Students will practice Pilates mat techniques and techniques using equipment to improve the mind, and body. The course will include basic exercise physiology concepts specific to core strength development posture and gait. Pilates includes background knowledge of the activity and the application of appropriate basic floor techniques. This course will allow the student to increase their strength, flexibility, stamina, and concentration through the use of floor mats.

**PES 411—Yoga**

.5 cr. (1/2 semester each)

This is a physical activity course designed to familiarize the student with the basic yoga asanas (postures) and breathing techniques of Hatha Yoga. Yoga is a slow stretching and toning activity designed to help release stress while elongating muscles to give them a longer, leaner look. This class introduces the student to the basic principles and practices of yoga, including breathing, positioning, and a holistic approach to a healthy mind and body. This course combines yoga and fitness principles in a unique blend that develops muscle endurance, strength, balance, flexibility and core stability through a series of exercises and traditional yoga poses. Students will experience how yoga can be used to improve health and well-being of mind and body. Students will learn the role yoga and meditation play in the two-way relaxation response between mind/body and body/mind. Students will learn how to consciously use their breathing to move safely into different yoga postures.

**PES 412—Tai Chi**

.5 cr. (1/2 semester each)

Tai Chi is an ancient Chinese form of self-cultivation which originated as a martial art and is now studied primarily to develop and maintain physical and psychological well-being. Benefits may include stress reduction, increased stamina, and injury prevention through an improvement in joint stability and broader range of motion. This is a balanced system with dual aspects of mental and physical components. It is based on principles of physics and human physiology. This system is composed of 37 postures which are connected together by smooth transitions. This results in a series of fluid, rounded movements which are then referred to as the Form.

**PES 413—Stretch For Wellness**

.5 cr. (1/2 semester each)

This course is designed to enhance one's knowledge of the benefits of stretching, various types of stretching and when and what stretching exercise are appropriate for different exercise and sport activities. This class focuses on the role of flexibility as an important health-related component of physical fitness, and an integral part of a wellness program. Students will learn a variety of stretching techniques that may promote increased flexibility and a range of motion, improved performance, reduces risk of injury, improved posture, and stress management/reduction. Students are provided with the basic knowledge of flexibility training: principles, applications, programs and proper technique.

**PES 414—Aerial Yoga**

.5 cr. (1/2 semester each)

Our introduction to Aerial Yoga lets students get comfortable using the yoga hammock. You'll learn the basics regarding grip and weight distribution as you gain confidence on how to get into poses safely. Time is taken so that you can build the trust needed to create roots for an aerial yoga practice. No prior Aerial experience is necessary - this class is designed for all levels of fitness and flexibility. Class begins with centering, warm-up, posture focus, core and upper body work, as well as intro to inversions and Savasana. This classic Vinyasa flow style class links body movement with breath and focuses on three main parts of yoga - breath, body, and mind. You will learn the main yoga postures, some basic sequencing, proper alignment, and pranayama, which is also known as breath work, all with the assistance of your hammock.

**PES 420—Ballet**

.5 cr. (1/2 semester each)

This course develops physical proficiency in the performance of basic ballet vocabulary while promoting an understanding of the principles, practices, and vocabulary common to ballet. Ballet training enables the students to gain strength, balance, and dexterity with an emphasis on correct anatomical alignment. Barre exercises condition and prepare the musculature to anticipate the execution of virtually all movements of the classical vocabulary. Knowledge acquired at the barre is tested in the center through adagio and allegro sections of the class.

**PES 421—Jazz Dance**

.5 cr. (1/2 semester each)

This course is designed to give students a basic understanding and knowledge of Jazz Dance including warm up, across the floor movement and combination and terminology. The course covers the basic steps, vocabulary, and variations of dance in jazz, which is a common form of dance used in musical theater, commercial and entertainment industries, with its roots in social dance and heavily influenced by African-American traditions. Students learn basic techniques based on ballet and modern dance. Through daily warm-

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ups and exercises, students gain strength, flexibility, endurance, and coordination. Musicality and performance skills are taught through a series of dance combinations. The basic skills of jazz dance are introduced. Emphasis is on technique and development, rhythm awareness, jazz styles, and rhythmic combinations of movement. Students will learn variations of basic leaps and turns, stretching, toning and choreography techniques.

### **PES 422—Modern Dance**

.5 cr. (1/2 semester each)

This course is designed to give students a basic understanding and knowledge of Modern Dance including warm up, center floor combinations, across the floor movement and terminology. This course explores basic modern techniques. Emphasis is on technique development, and familiarity with contemporary dance meters and rhythms. This course is designed to enable the student to experience modern dance as an art form. The student will learn basic technique, elementary choreographic fundamentals, and an appreciation of dance.

### **PES 423—Modern Dance 2**

.5 cr. (1/2 semester each)

This course is designed to continue Modern Dance but with longer and more challenging movement combinations. Emphasis is on technique development, and familiarity with contemporary dance meters and rhythms. This course is designed to enable the student to experience modern dance as an art form.

### **PES 424—Ballroom Dance**

.5 cr. (1/2 semester each)

This course is an introduction to ballroom dancing, including basic steps in some of the most popular European, Latin, and American ballroom dance rhythms. Rhythms taught include Rumba, Cha-Cha, Mambo, Tango, Waltz, Foxtrot, Jitterbug (Swing), Jive, and Polka. Additional rhythms may be chosen from Salsa, Samba, Paso Doble, Viennese Waltz, Merengue, Charleston, etc., based on student interest.

### **PES 425—Social Dance**

.5 cr. (1/2 semester each)

Social Dance is designed to allow students an opportunity to learn multiple contemporary social dances while participating in moderate intensity physical activity. Students will actively participate in various contemporary social dances. Students will develop fundamental knowledge and skills to the intermediate level through participation in a variety of developmentally appropriate teaching progressions relating to contemporary social dance.

### **PES 426—Latin Dance**

.5 cr. (1/2 semester each)

An introductory course in Latin dance styles designed to teach cha-cha, merengue, tango, salsa, and other Latin dances. Course will emphasize steps, styling, partnering, rhythm, cultural background materials. The beginning level is appropriate for students of all ages and training.

### **PES 427—Theatre Dance**

.5 cr. (1/2 semester each)

This course emphasizes dance terminology and basic techniques necessary at an introductory level. Executing basic dance terminology will be the focus of this course along with attention to injury prevention. Students will apply terminology in basic floor combinations in a variety of musical theatre dance styles. Each class session will include strengthening exercises to improve flexibility, conditioning and technique in ballet, jazz and tap.

### **PES 500—Outdoor Adventure**

.5 cr. (1/2 semester each)

As educational programming progresses beyond traditional classrooms into the outdoors, new skill sets must be learned. This course aims to introduce students to participation in Hiking, Top-Rope Rock Climbing, Backpacking and Leave No Trace (LNT) wilderness ethics while learning associated hard skills and soft skills. Technical gear setups, storage, and operation specific to the scope of our involvement with these disciplines will be emphasized. Soft skills will focus on the facilitative and interpretive components. This course will require off-site meetings.

### **PES 501—Basic Wilderness Skills**

.5 cr. (1/2 semester each)

This course teaches basic wilderness safety and survival to outdoor recreationists, as well as to those who are considering a career as a tour guide or in another related field. The purpose of this course is to provide an in-depth beginner or entry-level education on wilderness safety and survival.

**PES 504—Hiking For Fitness**

.5 cr. (1/2 semester each)

Students enjoy the benefits of aerobic exercise while experiencing the beauty of the outdoors. This course aims to give the student the basic techniques of hiking as well as knowledge of map and compass reading. This course aims to give the student a basic knowledge of how to conduct one's self in the wilderness to achieve mental and physical betterment, while remaining safe and promoting respect for nature.

**PES 505—Alpine Boarding/Ski**

.5 cr. (1/2 semester each)

Instruction in the proper techniques of alpine skiing and/or snowboarding with skill development and progression compatible with the ability level of the participant. Various equipment trends and safety concerns will be addressed. The course content rests primarily with extended day or evening trips.

**PES 508—Indoor Rock Climbing**

.5 cr. (1/2 semester each)

Learn the basics and fundamentals of indoor climbing. Rock climbing is a great way to relieve stress, build muscle tone and improve self-efficacy. Start acquiring the skills necessary to climb outside! Learn how to fit your harness, tie the figure-eight knot, proper belay technique and basic climbing movement. Physical and mental aspects involved in climbing will be related to skills critical to success in school, the workplace and life.

**PES 600—Begin Swim (coed)**

.5 cr. (1/2 semester each)

Beginning swimming is open only to non-swimmers or novice with no deep-water experience. The course focuses on buoyancy, breath control, introduction of swimming strokes, water games and activities. The course follows American Red Cross Swim Levels and will accomplish a minimum of Levels I and II.

**PES 601—Int/Adv swim**

.5 cr. (1/2 semester each)

A lap swimming course for the average to advanced swimmer. The course focuses on stroke refinement, beginning diving, forms of rescue, water games and activities.

**PES 602—Fit Swim**

.5 cr. (1/2 semester each)

A lap swimming course for the average to advanced swimmer. (American Red Cross Level III minimum.) Workouts are custom designed to enhance cardio-respiratory endurance, muscular strength & endurance, flexibility and a positive body composition. Students will improve stroke mechanics, rhythm, power and stamina for distance swims. This program allows for varying degrees of fitness and geared to the individual.

**PES 603—Aqua Aerobics**

.5 cr. (1/2 semester each)

This course helps develop cardiovascular endurance, strength and flexibility in a comfortable setting and provide a relatively safe environment for injury-free exercise participation. Jumping, jogging and other calisthenics movements are incorporated into this well-monitored aerobic workout in the shallow end of the pool. Water aerobics provide as much resistance as lifting weights, but is safer. It has as much cardiovascular benefits as aerobics, but less impact than low impact aerobics in a gym. Knowing how to swim is not required.

**PES 605—Deep H2O Jog**

.5 cr. (1/2 semester each)

Water Jogging is a non-impact aerobic deep-water aquatic exercise course. Water jogging is a total body workout that strengthens the muscles in the back, legs, and arms. You should be comfortable in deep water in order to take this class. Aqua jog is performed with a belt that is worn around student's waists with the addition of several resistance devices throughout the semester. Proper body alignment will be stressed and the balance of working opposing muscle groups will be introduced.

**PES 606—Water Polo**

.5 cr. (1/2 semester each)

This is an activity course designed to teach and practice the team sport of water polo. The knowledge of rules, terminology, strategies, skills, and techniques will be emphasized. The course will improve fitness through the required conditioning exercises. The course is open to anyone who can swim 300 yards without stopping.

**PES 800—Varsity Basketball (women)**

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.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 801—Varsity Basketball (men)**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 802—Varsity Tennis (women)**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 803—Varsity Tennis (men)**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 804—Varsity Golf**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 805—Varsity Baseball**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

### **PES 806—Varsity Softball**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).



Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

**PES 807—Varsity Soccer**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

**PES 808—Volleyball**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.

**PES 809—Varsity Cross Country**

.5 cr. (1/2 semester each)

Students who participate in intercollegiate varsity teams may earn PES 800 courses after the Fall or Spring seasons conclude. Student-athletes will receive .5 credit of PE for varsity participation for each season of participation. Maximum participation credit per student will be 1.0 credit (two seasons).

Note: Criteria is as follows: 1. academically eligible student-athlete; 2. must put in a minimum of 16 practice/game physical activity hours; 3. must complete the season on the roster and in good standing. Coaches will sign off on their athletes' participation and status at the end of each season. A list of athletes receiving credit will be provided to the Registrar's office for posting.