Physical Education and Recreation (PER)

The student will identify one of the following physical activities and will participate in that activity for one semester. The student will be evaluated on the basis of ability, attendance, improvement, and knowledge as demonstrated in a written examination. The student will be presented with technique instruction, rules information, active participation and standards of appreciation in each activity. The emphasis is in lifetime carry-over activities, skills and sports. All activity courses are co-educational unless otherwise noted. In activities courses, the student may be required to pay additional fees and arrange for equipment.

PER 1300  Stress Management: Neuromuscular Relaxation
---------------------------------------------------------------2 Credit Hours

English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses).

This course is for the person who wishes to learn how to relax (reduce muscular tension) through the scientific principles of applied progressive neuromuscular relaxation. Some topics covered will include tension and anxiety reduction without drugs, anxiety and ulcers, tension and high blood pressure, tension and heart attack, and fear and success. Through lecture, discussion, and neuromuscular relaxation practice sessions, the student will learn to control anxiety, conserve energy, and thereby reduce tension that leads to nervousness. Neuromuscular relaxation helps the student to better meet the stress brought about by the pressures of modern day living. BILLABLE CONTACT HOURS: 2

GE Outcomes: Personal Development

PER 1570  Fundamentals of Physical Education .... 3 Credit Hours

English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses).

This course is designed as an introductory course in Physical Education and related fields of health, athletics, intramurals and recreation. This course will trace the emergence of physical education and fitness education as an integral part of the school experience. Students contemplating a teaching major or minor in physical education will be exposed to basic testing and theoretical concepts in the field. BILLABLE CONTACT HOURS: 3

PER 1590  Physical Well-Being in a Modern Society .. 2 Credit Hours

English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses).

Through a combination of classroom and supervised group activities, this course will provide the student with an understanding of the principles of physical well-being. Self-appraisal techniques of current physical status will lead to the development of a personalized program to meet the needs, demands, and concerns for a healthy lifestyle in a modern society. Course is also appropriate for the physically handicapped. BILLABLE CONTACT HOURS: 2

GE Outcomes: Personal Development

PER 1620  Basketball ........................................... 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic drills will be used to develop ball handling, defensive and offensive techniques. Rules and strategy of the game will be demonstrated during class play. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1653  Dance - Modern ...............................1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic introduction to interpretive dance, working through creative movement to develop rhythmic skills, and dance techniques. Students will demonstrate skills through solo and small group choreography with and without music. BILLABLE CONTACT HOURS: 1

GE Outcomes: Aesthetic Awareness

PER 1654  Dance - Ballet .................................1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Execution of the fundamental ballet techniques including terminology, classic position, and demonstration work at the barre and center floor. BILLABLE CONTACT HOURS: 1

GE Outcomes: Aesthetic Awareness

PER 1657  Jazz Dance I .................................1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Course topics will include basic jazz dance exercises, technique, and sequences. Students will gain the ability to recognize music appropriate for jazz dancing. This dance course is recommended for students who wish to learn the basics of jazz dance. This course will apply toward Fine Arts/ Humanities and/or Physical Education. BILLABLE CONTACT HOURS: 1

GE Outcomes: Aesthetic Awareness

PER 1681  Golf - Beginning .............................1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic knowledge about the game of golf such as equipment, clothing, etiquette, rules, terminology, and the basic fundamentals of grip, stance, and swing. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1682  Golf - Intermediate ..........................1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Refinement of the fundamentals of grip, stance, and swing through play at a golf course. Emphasis placed on shot selection, trouble shots, and evaluation of the golf course in terms of management of personal play. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development
PER 1730  Karate .................................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Introduction of basic skills and knowledge of karate as a system of self-defense. Includes basic practice in karate techniques of attacking and blocking. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1732  Karate II ............................................. 1 Credit Hour

Prerequisite: PER 1730

Karate II is designed to provide the Karate student with advanced knowledge, physical fitness and the training necessary to achieve higher levels of certification. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1740  Physical Fitness ................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Instruction in aerobic conditioning, self-fitness evaluation, nutrition, weight control, flexibility, strength, and cardiovascular risk factors. The student will develop an individual fitness plan based on personal need. (Check Schedule of Classes for course emphasis). BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1741  Jogging ............................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Introduction to jogging as a lifetime fitness activity. The student will develop an individual jogging program conducive to reaching cardiovascular potential. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1742  Aerobic Dance ................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Aerobic Dance is designed to provide the student an opportunity to gain total physical fitness exercising to various rhythmic sounds. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1746  Step Aerobics ................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

The purpose of this course is designed to provide the student an opportunity to gain total physical fitness through utilization of a bench step to create a routine while movements are done to various rhythmic sounds. The student will gain an opportunity to develop cardiovascular, strengthening, and flexibility components of fitness. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1748  Group Exercise ................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

This course will introduce a variety of group exercises that benefit the student's wellness. The types of exercise that may be included are cardiovascular and core activities such as rope jumping, sliding, and other group exercise activities. Proper technique and fitness attributes will be presented for each activity. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1790  Self Defense ................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic skills and knowledge of self-defense tactics for personal protection in daily living. Emphasis in defensive skills used in warding off attacks on one's person, including mental awareness rather than confrontation. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1841  Tennis Beginning ......................... 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic tennis skills including serve, forehand, backhand, volley, and scoring. Student will participate in class competition using correct rules and strategy. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1862  Volleyball Co-Ed ............................ 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Introduction to basic volleyball skills including team positions, rotation, and variations of setting and spiking techniques. Students will demonstrate rules and strategy through class games. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1880  Yoga .............................................. 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic physical aspects of the art of (Hatha) yoga. Students will develop strength, flexibility, endurance, and relaxation skills necessary to perform a graduated program of postures (Asana). BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development

PER 1890  Bowling ......................................... 1 Credit Hour

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Basic bowling skills including equipment, equipment selection, stance, approach, delivery, and follow through. Student will compete in class games to demonstrate knowledge of the rules and methods of spare shooting. BILLABLE CONTACT HOURS: 1

GE Outcomes: Personal Development
PER 1920  Racquetball  1 Credit Hour
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
Basic skills including serve, forehand, backhand, lob, and stroke variations to accomplish strategy. Various strategies of play and rules will be taught. BILLABLE CONTACT HOURS: 1
GE Outcomes: Personal Development

PER 1930  Walleyball  1 Credit Hour
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
Introduction to basic skills including equipment, rules, and strategy. Variations in setting, spiking, and wall play will be demonstrated through class play. BILLABLE CONTACT HOURS: 1
GE Outcomes: Personal Development

PER 1941  Fencing Beginning  1 Credit Hour
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
This course introduces students to the art of foil fencing. Topics include history, vocabulary, proper warm-up, and basic foil techniques including advance, retreat, attack, parry, reposte, and judging. Note: Students will be required to provide their own fencing jacket. BILLABLE CONTACT HOURS: 1
GE Outcomes: Personal Development

PER 1942  Fencing Intermediate  1 Credit Hour
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
Prerequisite: PER 1941
This course builds upon the skills introduced in Beginning Fencing. Students will be introduced to the epee and saber, and learn intermediate foil techniques including the circle parry, balestra, vertical, and diagonal disengage, bind, fleche, and directing. Note: Students will be required to provide their own fencing jacket. BILLABLE CONTACT HOURS: 1
GE Outcomes: Personal Development

PER 1970  Basic Rifle Safety and Marksmanship  1 Credit Hour
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
This course will provide instruction in firearm safety, history, law, and the proper handling of target rifles. The course also provides supervised training in rifle marksmanship. Students are required to use the rifles provided by the range facility and must meet the Michigan laws regarding gun ownership before registering for this course. State laws regarding prohibition of ownership and/or handling include and are not limited to those with felony convictions, convictions for domestic violence, and those treated for mental illness including depression. Students will identify and explain proper firearm safety in the field, during transport, and in the home. All safety guidelines will be observed during each session. BILLABLE CONTACT HOURS: 1

PER 2540  Medical First Responder/First Responder  4 Credit Hours
Equivalent: PER 1540, PER 1720, PED 1720
English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses.)
The purpose of this course is to provide the first responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until more advanced medical help can arrive. The course content and activities will prepare participants to make appropriate decisions about the care to provide in an emergency. The course teaches the skills a first responder needs to act as a crucial link in the emergency medical services (EMS) system. The contents of this course meet or exceed all requirements of the Michigan Department of Industrial and Consumer Services for Medical First Responder (MFR) licensure when conducted by an instructor licensed by the State of Michigan. (See footnote by course in Schedule of Classes.) This course includes professional rescuer CPR certification. This course is equivalent to courses previously called Advanced First Aid and Emergency Care and meets or exceeds all requirements of the American Red Cross for the Emergency Response course. BILLABLE CONTACT HOURS: 4
GE Outcomes: Critical Thinking

PER 2545  Community Emergency Response  2 Credit Hours
English/ESL Placement: Placement into ENG 1060 or higher (or placement into ESL 2510 or higher for students taking the ESL sequence of courses.)
This course will follow the Department of Homeland Security Community Emergency Response Team (CERT) program and discuss various procedures that the citizen responder can perform for their family and community before outside help arrives. The topics include fire safety, search & rescue, and medical operations. Students will organize an emergency plan for their family and be encouraged to support their community CERT initiative. Successful completion of this course permits consideration of CERT certification. Completion of PER-2540 First Responder / Medical Responder is recommended. BILLABLE CONTACT HOURS: 2

PER 2610  Physical Fitness/Defense Tactics  3 Credit Hours
English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)
The student will develop his or her body tone and muscular coordination through physical fitness activities. Students will then practice defensive tactics such as basic defensive holds and movements. They will practice these holds until completely mastered with great speed and effectiveness. Care will be exercised in practicing judo so that the tactics used will not cause injury unless the necessity arises during enforcement action as a police officer. Further, the student will develop the techniques used in hand-to-hand combat by the application of eighteen judo holds pertaining to simple judo, policeman's hold, push and grab techniques, lock and twist holds, choke releases and disarming techniques. Structural weaknesses of the human body vulnerable to attack and personal weapons of the body used for self-defense and counter-attack will be identified by the defensive tactics units. BILLABLE CONTACT HOURS: 3
GE Outcomes: Personal Development
PER 2810  Coaching Theory I ............................. 3 Credit Hours

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

This course is designed to enhance coaching skills. The course will focus on Michigan High School Athletic Association (MHSAA) Coaches Advancement Program (CAP) I, II, III. These areas include MHSAA philosophy and regulations, effective instruction, sports medicine, communication, sport related legalities, coaching responsibilities, coach-parent interaction, and the performance of coaching among other topics. The student must have an 80% or better score on each CAP test to receive a certificate of completion from the MHSAA for each CAP level and a liability insurance policy from the MHSAA as well. BILLABLE

CONTACT HOURS: 3

PER 2812  Coaching Skills and Techniques ............. 2 Credit Hours

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

Prerequisite: PER 2810

This course allows the students' to be introduced to the diverse roles of a coach. In addition to a classroom setting, time will be spent in an athletic setting. The experience will vary to meet the students' needs and to expand the students' background on the many roles of a coach. BILLABLE

CONTACT HOURS: 2

PER 2840  Recreational Leadership ..................... 3 Credit Hours

English/ESL Placement: Placement into ENG 1055 or higher (or placement into ESL 1011 or higher for students taking the ESL sequence of courses.)

The student will identify and define major aspects of leadership techniques and the personality traits of effective leaders. The student will then demonstrate his or her leadership abilities through class participation in planning and leading fifteen low-organized games which he or she will select from a card file of fifty games he or she has compiled. BILLABLE

CONTACT HOURS: 3