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 on 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 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 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 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 cardio-vascular risk factors. The student will develop an individual fitness plan based on personal need. 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 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 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. 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 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 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