

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 Relaxation2 Credit Hours

ESL Placement Level: For English-as-a-Second-Language (ESL) students, placement into ESL 2510 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL) students, placement into ESL 2510 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL) students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL) students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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 1748 Group Exercise 1 Credit Hour

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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 1862 Volleyball Co-Ed 1 Credit Hour

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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

ESL Placement Level: For English-as-a-Second-Language (ESL)

students, placement into ESL 1011 or higher.

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 2540 Medical First Responder/First Responder4
Credit Hours**

Equivalent: PER 1540 | PER 1720 | PED 1720

ESL Placement Level: For English-as-a-Second-Language (ESL) students, placement into ESL 1011 or higher.

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