

# Exercise Science

The WVC Exercise Science Department is committed to offering comprehensive, progressive and inclusive courses that promote and utilize foundational scientific principles around lifelong health and wellness. The department offers a wide variety of lecture and activity courses designed to encourage the educational and holistic development of the student.

## Exercise Science Classes

### PEH 101: Total Conditioning: Body Blast Conditioning

Coed, comprehensive aerobic conditioning and body toning designed to increase muscle tone, flexibility, strength and the cardio respiratory system through the use of interval workouts. Anatomy programs addressed. Prescriptive and descriptive fitness testing administered.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**  
General Elective

### PEH 102: Total Conditioning: Body Blast Conditioning

Coed, comprehensive aerobic conditioning and body toning routines to music designed to increase muscle tone, flexibility, strength and the cardio respiratory system through the use of interval workouts. Prerequisites: doctor's permission or physical within last year recommended for students age 40 and older.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**  
General Elective

### PEH 103: Body Conditioning: Weight Training

An introductory course designed to help each student: improve muscular strength; gain knowledge regarding safety, anatomy, and understanding of weight training theory and practice to be able to develop a personalized weight training program. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**  
General Elective

### PEH 104: Body Conditioning: Weight Training

An introductory course designed to help each student: improve muscular strength; gain knowledge regarding safety, anatomy, and understanding of weight training theory and practice to be able to develop a personalized weight training program. May be repeated for credit.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**  
General Elective

## PEH 110: Barre Fitness

Barre fitness is a hybrid workout of movements inspired by ballet combined with strength training. Barre fitness isolates and tones muscle groups through high reps of small-range of motion movements. This course will improve balance, flexibility, strength and core stability through a series of Barre movements in a fast-paced energizing atmosphere. Designed for students of all fitness levels.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 111: Yoga and Barre Fitness

This course presents the philosophy, postures, relaxation and breath techniques of Yoga as well as balance, flexibility, strength, endurance and stability through a series of Barre Fitness movements in an energizing atmosphere. Emphasis placed on meditation and positive thinking to reduce stress and increase concentration. Designed for students of all fitness levels.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**

General Elective

## PEH 112: Functional Movement Training for The Athlete

This course is designed as a high level off-season functional conditioning class. The course will focus on development of explosive power, speed, strength, flexibility, agility, mobility and balance. The course will utilize a wide scope of training methods. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 113: Functional Movement Training for The Athlete

This course is designed as a high level off-season functional conditioning class. The course will focus on development of explosive power, speed, strength, flexibility, agility, mobility and balance. The course will utilize a wide scope of training methods. May be repeated for credit.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**

General Elective

## PEH 114: Bowling

Basic skills and techniques to help provide enjoyment and satisfaction, whether participating on a recreational or more competitive level.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**  
General Elective

## **PEH 115: Court Sports**

Lifetime skills offering a composite of the following court sports activities: tennis (fall and spring), basketball, volleyball, racquetball and walleyball. Introduction of basic skills for all these court sports. Develops lifetime skills that can be used for recreational activities. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## **PEH 116: Court Sports**

Lifetime skills offering a composite of the following court sports activities: tennis (fall and spring), basketball, volleyball, racquetball and walleyball. Introduction of basic skills for all these court sports. Develops lifetime skills that can be used for recreational activities. May be repeated for credit.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## **PEH 118: Beginning Karate**

A comprehensive introductory course on traditional Okinawan karate. Designed with diversified subject matter including physical fitness, self-defense and traditional karate emphasizing the mental awareness, history and philosophy of karate-do. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## **PEH 119: Tai Chi**

A low-impact exercise based on the slow, fluid movement of tai chi and the breathing exercises of chi kung. Tai chi is an internal martial art based on Chinese philosophy and medicine. A simple, effective program for relaxation and stress reduction through greater mind-body awareness. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## **PEH 120: Beginning Fencing**

Designed to introduce the basic skills of fencing. Learn footwork, offensive and defensive moves to be utilized in fencing bouts. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective, General Elective

## PEH 121: Pilates

Designed for students of all fitness levels. Gain balance, flexibility, strength, endurance and core stability through a series of Pilates movements. Learn relaxation methods through breathing techniques in a calming and energizing atmosphere. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## PEH 122: Yoga

Designed for students of all fitness levels. Gain balance, flexibility, strength, endurance and stability through a series of poses or asanas. Learn relaxation methods through breathing techniques in a calming and energizing atmosphere. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## PEH 123: Yoga/Pilates

A unique blend of yoga and Pilates designed for students of all fitness levels. Gain balance, flexibility, strength, endurance and core stability through a series of poses and Pilates movements. Learn relaxation methods through breathing techniques in a calming and energizing atmosphere. May be repeated for credit.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## PEH 124: Intermediate Yoga

Students will refine and deepen their knowledge of yoga poses and alignment. Introduction to challenging poses for balance, strength and stability, as well as basic arm balances and inversions. This class is contraindicated for those with serious back injury, inability to maintain challenging workouts and those who are pregnant. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective  
**Prerequisites**  
[PEH 122](#) or [PEH 123](#) or [PEH 111](#)

## PEH 125: Golf

Basic skills, knowledge and techniques of golf. Introduces and prepares beginning golfers for a lifetime sport. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 126: Beginning Racquetball

Designed to introduce students to the basic skills, knowledge and techniques of racquetball. The foundations of stroke technique, rules interpretation, game and tournament strategy as well as court safety will be covered. Students will develop the skills necessary to incorporate racquetball into a lifelong health and wellness routine. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 127: Yoga II

This course presents the philosophy, intermediate postures relaxation and breath techniques of Yoga. Emphasis placed on meditation and positive thinking to reduce stress and increase concentration. Gain balance, flexibility, strength, endurance and stability and a heightened awareness of self-confidence.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**

General Elective

## PEH 130: Beginning Self-Defense

Designed to help students become more aware, prepared, and able to escape, resist, and survive physical assault. Classes will include lecture, discussion, and easy to remember self-defense techniques. No previous martial arts training or physical fitness requirements necessary.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 133: Wilderness Backpacking

Designed to teach the value of wilderness experience and the knowledge and skills necessary for safe and enjoyable backpacking trips. Topics include wilderness ethics, hiking and backpacking fitness and equipment and expedition trip planning and risk-management. A 3-day, 2-night backpacking trip is a mandatory experiential aspect of the course.

**Credits 2**

**Weekly Contact Hours 3**

**Meets Degree Requirements For**

General Elective

## PEH 134: Introduction to Rock Climbing

Designed to introduce participants to basic rock climbing skills necessary to climb and belay using a top-rope system. The skills and information taught in this course include: safety practices, basic climbing knots, belay technique, climbing movement, equipment and terminology.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**

General Elective

## PEH 142: Cross-Training

Designed to develop, improve and maintain cardiovascular fitness, strength, endurance and flexibility through a variety of cross training activities in a fun group setting. Emphasis will be on proper fundamentals of lifting with weights, TRX bands and the student's own body weight. All ages and fitness levels are encouraged. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 143: Cross-Training

Designed to develop, improve and maintain cardiovascular fitness, strength, endurance and flexibility through a variety of cross training activities in a fun group setting. Emphasis will be on proper fundamentals of lifting with weights, TRX bands and the student's own body weight. All ages and fitness levels are encouraged. May be repeated for credit.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**

General Elective

## PEH 150: Beginning Tennis

The course is designed to introduce students to the basic skills, knowledge and techniques of tennis. Fundamental skills include groundstrokes, volleys, serves, game scoring, strategy and etiquette. Students will develop the skills necessary to incorporate tennis into a lifelong health and wellness routine. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**

General Elective

## PEH 155: Volleyball

Designed to introduce the basic fundamental skills, strategies and rules of Volleyball. Students will develop the skills necessary to incorporate Volleyball into a lifelong fitness, health and wellness routine. May be repeated for credit.

**Credits 1**

**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## **PEH 161: Fitness Lab**

This class is designed to introduce the concepts of fitness, health and wellness using an inclusive approach accommodating all ages and fitness levels. Students work towards personal goals in developing strength, flexibility and endurance through the use of the WVC Student Recreation Center. Online components are used for assessment. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## **PEH 162: Fitness Lab**

This class is designed to introduce the concepts of fitness, health and wellness with an inclusive approach accommodating all ages and fitness levels. Students work towards personal goals in developing strength, flexibility and endurance through the use of the WVC Student Recreation Center. Online components are used for assessment. May be repeated for credit.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## **PEH 180: Personal Wellness**

This course is designed to promote the health and wellbeing in every aspect of life. Topics covered include health and wellness concepts, theory of physical and emotional health, principles of physical fitness, nutrition, weight management, stress management, sexually transmitted diseases, substance use and abuse and chronic diseases.

**Credits 3**  
**Weekly Contact Hours 3**  
**Meets Degree Requirements For**  
General Elective

## **PEH 181: Health and Wellness**

This class is designed to develop health knowledge and values with the goal of promoting a high quality of life for each individual. Areas of focus include nutrition, physical fitness, communicable diseases, consumer and environmental health, human sexuality and family life, mental and emotional health, tobacco, alcohol and drugs, aging and death and dying.

**Credits 5**  
**Weekly Contact Hours 5**  
**Meets Degree Requirements For**  
General Elective

## PEH 182: 1st Aid-Responding to Emergencies

This course will provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life and to minimize pain and the consequences of injury or sudden illness until professional help arrives. Fulfills requirements for CPR/AED First Aid certification.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**  
General Elective

## PEH 189: Athletic Training Practicum I

Intended for first-year student athletic trainers, this course provides a practical application of athletic training knowledge and skills in the training room setting. Students will assist the ATC in serving the student athletes for WVC men's and women's athletic teams. Course can be repeated for credit, working different sports seasons.

**Credits 1**

**Weekly Contact Hours 2**

**Meets Degree Requirements For**  
General Elective

**Prerequisites**

PEH 287 or Instructor Permission (HS sports medicine experience)

## PEH 226: Advanced Racquetball

Principles of racquetball for advanced players. Detailed information on stroke techniques, rules interpretation, including game and tournament strategy, as well as court safety. Aerobic value will be derived by participation and a lifetime sport activity will be the end result.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**  
General Elective

**Prerequisites**

[PEH 126](#) or Instructor Permission

## PEH 250: Ace Personal Trainer Certification

Prepares students for the ACE Personal Trainer Certification Exam and become effective personal trainers. Learn to design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness and muscular endurance and strength.

**Credits 3**

**Weekly Contact Hours 3**

**Meets Degree Requirements For**  
General Elective

## PEH 261: Fitness Lab

This course is designed to introduce the concepts of fitness, health and wellness in an inclusive approach accommodating all ages and fitness levels. Students work towards personal goals in developing strength, flexibility and endurance. Online components are used for assessment. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## PEH 262: Fitness Lab

This course is designed to introduce the concepts of fitness, health and wellness using an inclusive approach accommodating all ages and fitness levels. Students work toward personal goals in developing strength, flexibility and endurance. Online components are used for assessment. May be repeated for credit.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## PEH 283: Sports Nutrition

The purpose of this course is to be an introduction to the basic nutritional needs of the human body. The course will include an introduction of human movement and those nutritional components which are necessary for optimum health. Nutrition considerations for sports and exercise will be examined in-depth.

**Credits 3**  
**Weekly Contact Hours 3**  
**Meets Degree Requirements For**  
General Elective

## PEH 284: Foundations of Fitness

Introduces the essential principles of fitness and exercise and is intended to be one of the first steps in the preparation of individuals as fitness professionals. Provides the fundamental theories, applications and personal experiences necessary for a comprehensive understanding of fitness as a profession and as a lifestyle.

**Credits 3**  
**Weekly Contact Hours 3**  
**Meets Degree Requirements For**  
General Elective

## PEH 285: Introduction to Physical Education

This course is designed to provide an introduction to careers in the fields of physical education, athletic training, exercise science, coaching, fitness, sport management and physical therapy. Leadership, ethics and integrity of sport will be discussed, as well as history and evolution of sport in our society.

**Credits 3**  
**Weekly Contact Hours 3**  
**Meets Degree Requirements For**  
General Elective

## PEH 286: Exercise Physiology

An introductory course in which students will investigate the connection between society, physical activity, overall health, wellness, and the bodies physiological processes. The course also provides students with in-class laboratory experiences in which heart rate, strength, muscular endurance and flexibility assessments will be taught and practiced.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**  
Natural Science

## PEH 287: Athletic Training

An introductory course to the field of athletic training. Topics discussed will include professional standards, risk management, employment settings, and prevention and care of common athletic injuries. Emphasis is placed on mechanisms, treatment, and preventive taping of common sports injuries.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**  
General Elective

## PEH 288: Anatomical Kinesiology

Students will study the musculoskeletal structure of the human body. Focus is placed on learning bones and joint articulations, as well as learning muscles, their attachments and actions, and how they move the body in sport and everyday activities. Special emphasis is placed on musculoskeletal analysis of basic exercise and movement patterns.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**  
Natural Science

## PEH 289: Athletic Training Practicum II

Designed for the advanced student athletic trainer, practical application of athletic training knowledge and skills in the training room setting. Students will assist the ATC in serving the student athletes for WVC men's and women's athletic teams. This course can be repeated for credit for working different sports seasons.

**Credits 2**

**Weekly Contact Hours 4**

**Meets Degree Requirements For**  
General Elective

**Prerequisites**

[PEH 287](#) or Instructor Permission

## PEHR 105: Hiking In North Central Washington

Course designed to introduce the basics of hiking in North Central Washington to students of all fitness levels. Addresses decision making skills, trip planning, first aid, safety, navigation and environmental concerns. Includes required day hiking trips in order to apply learned skills in a real-time environment. May be repeated for credit.

**Credits 2**

**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## PEHR 106: Alpine Ski & Snowboard

Introduces the fundamentals of alpine skiing or snowboarding to students. Addressing risk-management, teaching techniques and mountain etiquette, students will gain confidence & competence in the lifetime sports of alpine ski & snowboard. The course is a combination of in-class sessions and six on-snow sessions at Mission Ridge Ski Resort. May be repeated for credit.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## PEHR 107: Columbia River Rowing

Introduction to the basics of rowing for students of all fitness levels. Addresses rowing technique, rowing terminology, safety guidelines, and rowing etiquette. The course includes required rowing outings in order to apply learned skills in a real-time environment.

**Credits 2**  
**Weekly Contact Hours 4**  
**Meets Degree Requirements For**  
General Elective

## PEHR 144: Cross-Country Skiing

Basic to intermediate-level cross-country ski instruction in a weekend format. Skiing techniques for flats, hills, downhill and backcountry will be covered. Techniques such as diagonal stride, skating, uphill running, turning and stopping are incorporated into the sessions with an emphasis on safety. May be repeated for credit.

**Credits 1**  
**Weekly Contact Hours 2**  
**Meets Degree Requirements For**  
General Elective

## PEHR 183: Winter Outdoor Navigation & Safety

Provides a combination of the theoretical background and technical aspects needed to lead and manage groups in a winter environment. Topics include navigation with map & compass; avalanche awareness & assessment and risk-management. Lecture and experiential place-based learning will familiarize students with local winter environments and recreational opportunities.

**Credits 3**  
**Weekly Contact Hours 3**  
**Meets Degree Requirements For**  
Restricted Elective

## PEHR 184: Wilderness First Aid

Designed for individuals working and/or recreating in remote wilderness areas. Wilderness First Aid (WFA) covers emergency response, assessment of and treatment given to an ill or injured person in a remote environment where definitive care is not readily available. Lecture and hands-on work includes CPR/AED training.

**Credits 3**

**Weekly Contact Hours 3**

**Meets Degree Requirements For**

Restricted Elective

## PEHR 185: Recreation Risk Management

Utilizes a proactive approach to managing risks associated with conducting physical education, recreation and outdoor education programs. Physical, emotional and legal risk factors will be explored in depth as students create risk management plans.

**Credits 3**

**Weekly Contact Hours 3**

**Meets Degree Requirements For**

Restricted Elective

## PEHR 194: River Stewardship & Whitewater Safety

Develops whitewater guiding skills and competencies through hands-on experience on the river and in the classroom. The skill and competencies include outdoor leadership, naturalist training, risk management, reading whitewater and maneuvering paddle rafts. This course includes four arranged weekend trips during the quarter.

**Credits 3**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**

Restricted Elective

## PEHR 201: Introduction to Recreation Management

Introduction to the field of recreation with a focus on the historical, philosophical and theoretical aspects of leisure & recreation in society from both a local and global perspective. An overview of the recreation profession and career options will be explored through experiential learning in the community.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**

General Elective

## PEHR 202: Environmental Education

Designed to prepare students to implement environmental education opportunities in formal and non-formal education settings. Topics include history and philosophy of environmental education; experiential & placed based teaching pedagogy and environmental literacy. Students will critically examine environmental issues and explore ways in which to promote broader understanding of these issues.

**Credits 5**

**Weekly Contact Hours 5**

**Meets Degree Requirements For**  
General Elective

## **PEHR 204: Intro to Outdoor Leadership and Facilitation**

Designed for students interested in acquiring and developing leadership and facilitation skills. Explore pedagogy, group dynamics, facilitation, risk-management and the art of sequencing group initiatives. Students will also be introduced to the operation of a variety of low and high challenge course initiatives.

**Credits 3**

**Weekly Contact Hours 3**

**Meets Degree Requirements For**  
General Elective