

2009

Physical Education/Non-Major (PEGN)

Montclair State University

Physical Education/Non-Major

PCOM387	Course Description	This course focuses on the application of psychological research methods and knowledge to the evaluation of the effectiveness or ineffectiveness of community programs. Emphasis will be on techniques for program planning and for constructive innovations in community settings. Meets the University Writing Requirement for majors in Psychology.
PCOM391	Title	Cooperative Education in Psychology.
	Prerequisites	Departmental approval.
	Special Fee	Special fee.
	Course Description	The cooperative education option integrates academic study with a supervised employment experience outside the formal classroom environment. The co-op term is a semester off-campus, during which a student is supervised by a faculty coordinator and the Office of Cooperative Education, and is responsible for completing the terms of a learning contract. Contact Office of Cooperative Education.
PEGN200	Title	Beginning Swimming.
	Course Description	This course is designed for beginning swimmers and those who are not comfortable in the water. The scope of the course will cover a wide variety of swimming strokes and survival techniques. Meets Gen Ed 2002 - Physical Education.
PEGN229	Title	Women in Sport.
	Number and type of credits	3 hours lecture.
	Course Description	This course traces a variety of factors that have affected the development of sports participation for women.
PEGN230	Title	Personalized Fitness.
	Number and type of credits	3 hours lecture.
	Course Description	An introductory course in personalized fitness covering theories and techniques of the physiological and psychological components of fitness. Designed for second careers students.
PEGN242	Title	Racquetball.
	Special Fee	Special fee.
	Number and type of credits	1.5 hours other.
	Course Description	The origin, development, and present status in the sport of racquetball will be studied. Basic skills, game strategy, and rules will be taught and

PEGN251	Title Number and type of credits Course Description	applied. Meets Gen Ed 2002 - Physical Education. Fitness for Life. 1.5 hours other. This course will provide the student with an opportunity to recognize and develop cardiovascular conditioning, endurance and lifetime fitness skills. Meets Gen Ed 2002 - Physical Education.
PEGN257	Title Number and type of credits Course Description	Weight Training and Conditioning. 1.5 hours other. A regimen of physical fitness (conditioning) exercises will be established for the individual student, and assistance will be rendered to help him or her in following this regimen in order to reach his or her maximum physical potential (muscle tone and endurance). Meets Gen Ed 2002 - Physical Education.
PEGN258	Title Number and type of credits Course Description	Beginning Tennis. 1.5 hours other. Fundamental skills of tennis, singles and doubles play. Appreciation of tennis as a leisure pursuit. Meets Gen Ed 2002 - Physical Education.
PEGN262	Title Number and type of credits Course Description	Volleyball. 1.5 hours other. Basic skills, game strategy and rules of volleyball. Meets Gen Ed 2002 - Physical Education.
PEGN264	Title Number and type of credits	Soccer. 1.5 hours other.
PEGN264	Course Description	The origin, development, and present status of soccer will be studied. Basic skills, game strategy, and rules will be taught and applied. As a service course to non-physical education majors, the principle aim is to introduce the student to the fundamentals of soccer. Meets Gen Ed 2002 - Physical Education.
PEGN265	Title Number and type of credits Course Description	Figure Skating. 1.5 hours other. Figure skating for the novice taught at an off-campus skating rink. Meets Gen Ed 2002 - Physical Education.
PEGN266	Title	Skiing.

	Special Fee	Special fee.
	Number and type of credits	1.5 hours other.
	Course Description	The student is provided with information pertaining to basic techniques, safety, etiquette, and equipment relevant to his level of skiing. Instruction will be given on the slope for five weeks along with additional information to be given on campus. An additional fee is required for lift tickets and rental equipment. Meets Gen Ed 2002 - Physical Education.
PEGN271	Title	Social Dance.
	Number and type of credits	1.5 hours other.
	Course Description	The course covers the traditional ballroom dances as well as current popular styles and routines. Meets Gen Ed 2002 - Physical Education.
PEGN272	Title	Bowling.
	Number and type of credits	1.5 hours other.
	Course Description	Adequately prepare and develop the student with a background of the necessary skills essential to performing and understanding the art of bowling. Meets Gen Ed 2002 - Physical Education.
PEGN275	Title	Beginning Karate.
	Number and type of credits	1.5 hours other.
	Course Description	Skills and development of personal ability in performance of the activity. Meets Gen Ed 2002 - Physical Education.
PEGN278	Title	Yoga.
	Number and type of credits	1.5 hours other.
	Course Description	Instruction will be given in how to perform yoga postures, plus the techniques of breathing, relaxation, awareness, and concentration with their proper progression. The historical and psychological factors involved in the development of yoga, and its increasingly widespread appeal physically and philosophically will be dealt with. Meets Gen Ed 2002 - Physical Education.
PEGN279	Title	Climbing and Rappelling.
	Course Description	Based on Adventure Education principles of experiential learning. In learning to climb, students will acquire skills in: communication, problem solving, trust development, promoting self-esteem, decision making, and leadership. Meets Gen Ed 2002 - Physical Education.
PEMJ111	Title	Lifeguard Training.
	Prerequisites	Must meet current American Red Cross requirements.