

**Two-Year Academic Course Schedule
Fall 2017 through Summer 2019**

Program: Physical Education & Recreation

Director: Terry Anderson, Interim Director

Campus Phone Ext. #: 6337

Date Completed: 3/22/2017

Note to students: This schedule is only a guide to the minimum planned course offerings for each program so that you can plan your course of study. These courses will be offered as indicated, but they are not guaranteed to make unless minimum enrollments are met. Please check the current Aims class schedule for class times and additional offerings.

Campus (Cmp)

GR	Greeley
FL	Fort Lupton
LV	Loveland
O	Other
W	Windsor

Times

M	Morning	(7:00 am - Noon)
A	Afternoon	(Noon - 5:00 pm)
D	Day	(Time Unspecified)
E	Evening	(Time Unspecified)
S	Self-directed	
ARR	Individually arranged (internship, practicum, etc.)	
CC	Contact Program Chair (above). Course will be offered when there is sufficient interest to meet class minimum.	
Z	Alternative Delivery: Hybrid or online course where one or more class sessions may be held on campus	

Prefix	Course Number	Course Title	Credits	Fall 2017		Spring 2018		Summer 2018		Fall 2018		Spring 2019		Summer 2019	
				Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times
PED	128	Indoor Stationary Group Cycling	1.00	GR	M,A,E	GR	M,A,E	GR	M,A,E	GR	M, A, E	GR	M, A, E	GR	M, A, E
PED	129	Zumba	1.00	GR, LV	A, E	GR	A, E	GR	A, E	GR	A, E	GR	A, E	GR	A, E
PED	140	Body Sculpting	1.00	GR	D	GR	D	GR	D	GR	D	GR	D	GR	D
PED	141	Pilates Matwork I	1.00	GR	D	GR	D			GR	D	GR	D		
PED	142	Pilates Matwork II	1.00												
PED	143	Yoga I	1.00	GR, LV	M, A, E	GR, LV, FL	M, A, E	GR, LV	M, A, E	GR, LV, FL	M, A, E	GR, LV, FL	M, A, E	GR, LV	M, A, E
PED	144	Yoga II	1.00	GR, LV	M, A, E	GR, LV, FL	M, A, E	GR, LV	M, A, E	GR, LV, FL	M, A, E	GR, LV, FL	M, A, E	GR, LV	M, A, E
PED	150	Fitness Walking	1.00	GR	A	GR	A			GR	A	GR	A		
PED	151	Fitness Walking and Jogging	1.00	GR	A	GR	A			GR	A	GR	A		
PED	152	Stretch N Relax	1.00	GR	D	LV	D	LV, FL	D	GR	D	LV	D	LV, FL	D
PED	161	Tai Chi I	1.00	GR	M	GR	M	GR	M	GR	M	GR	M	GR	M
PED	163	Martial Arts	1.00	GR	E	GR	E	GR	E	GR	E	GR	E	GR	E
PED	165	Self Defense	1.00	GR	E	GR	E	GR	E	GR	E	GR	E	GR	E
PED	202	Golf I	1.00			GR, FL	D					GR, FL	D		
PED	203	Golf II	1.00			GR, FL	D					GR, FL	D		
PED	206	Racquetball I	1.00	GR	D	GR	D			GR	D	GR	D		

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				Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times	Cmp	Times
PED	207	Racquetball II	1.00												
PED	208	Tennis I	1.00	GR	D			GR	D	GR	D			GR	D
PED	209	Tennis II	1.00			GR	D					GR	D		
PED	210	Archery	1.00	GR	M	GR	M	GR	M	GR	M	GR	M	GR	M
PED	221	Dynamic Workout	1.00	GR	D	GR	D			GR	D	GR	D		
PED	230	Volleyball I	1.00	GR	E	GR	E			GR, FL	D	GR, FL	D		
PED	231	Volleyball II	1.00												
PED	233	Softball	1.00			GR	D					GR	D		
PED	234	Basketball	1.00	GR	D	GR	D	GR	D	GR	D	GR	D	GR	D
PED	235	Soccer	1.00	GR	D					GR	D				