

# PHYSICAL ACTIVITIES (PAGN)

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## **PAGN101. PHYSICAL EDUCATION. 1.0 Semester Hr.**

(I) A general overview of life fitness basics which includes exposure to educational units of Nutrition, Stress Management, Drug and Alcohol Awareness. Instruction in Fitness units provides the student an opportunity for learning and the beginning basics for a healthy life style. 2 hours lab; 0.5 semester hours. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN151. VARSITY BASEBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of baseball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN153. VARSITY MEN'S BASKETBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of men's basketball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN154. VARSITY WOMEN'S BASKETBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of women's basketball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN157. VARSITY CROSS COUNTRY. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of cross country in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN159. VARSITY FOOTBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of football in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN161. VARSITY GOLF. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of golf in preparation for collegiate competition. Satisfactory completion of any

course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN167. VARSITY MEN'S SOCCER. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of men's soccer in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN168. VARSITY WOMEN'S SOCCER. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of women's soccer in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN169. VARSITY SWIMMING. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of swimming and diving in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- No Changes

## **PAGN173. VARSITY TRACK AND FIELD. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of track and field in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN175. VARSITY WRESTLING. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of wrestling in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN177. VARSITY VOLLEYBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of volleyball in preparation for collegiate competition. Satisfactory completion of any course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

### **Course Learning Outcomes**

- N/A

## **PAGN179. VARSITY SOFTBALL. 1.0 Semester Hr.**

(I, II) Instruction and practice in fundamentals and mechanics of softball in preparation for collegiate competition. Satisfactory completion of any

course fulfills one semester of physical education requirements. 3 hours lab; 1 semester hour. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN183. CHEER AND DANCE TEAMS. 1.0 Semester Hr.**

Cheer and Dance course for members of the team only.

**PAGN198. SPECIAL TOPICS. 0.5-6 Semester Hr.**

(I, II) Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Variable credit; 1 to 6 credit hours. Repeatable for credit under different titles.

**PAGN201. PERSONAL WELLNESS. 1.0 Semester Hr.**

Provides an overview of the 5 Dimensions of Wellness: Physical, Social, Emotional, Intellectual and Spiritual. Students will take a proactive approach to developing strategies for optimum wellness including goal setting and application of wellness principles through assignments and group in-class work. 2 hours lecture; 0.5 semester hours. Not repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN202. SOCCER. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN203. TECHNIQUES OF RELAXATION. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; .5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN205. BEGINNING KARATE. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN206. INTERMEDIATE KARATE. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- No change

**PAGN207. TRAIL RUNNING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN209. AIKIDO. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN210. HIKING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN211. BEGINNING SWIMMING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN212. INTERMEDIATE SWIMMING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN221. BEGINNING WEIGHT TRAINING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN222. ADVANCED WEIGHT TRAINING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN223. DISTANCE RUNNING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN232. YOGA. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN233. OUTDOOR LEADERSHIP ADVANCED. 1.0 Semester Hr.**

(I, II) This Outdoor Leadership course is set to involve many students in experiencing outdoors and leadership in a combined manner. Outdoor programs require a high level of skill development, team work, real-time feedback loops, planning, monitoring of team members and outdoor conditions. Outdoor skills allow people access to more opportunities for relaxation, travel, personal exploration. Leadership and followership skills come through working with other people, time management, forming alternate plans, and then evaluating decisions. Repeatable for credit. 1.50 hours lab; .50 semester hours.

**Course Learning Outcomes**

- See attached syllabus

**PAGN241. WOMEN'S WEIGHT TRAINING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN242. WOMEN'S RAQUETBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN245. SLACKLINE. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

**Course Learning Outcomes**

- Mental Welllness and graduation requirements

**PAGN251. GOLF. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment and transportation to off campus golf course. 50 minutes per week and 1.00 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN257. INTRODUCTION TO ROCK CLIMBING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN258. WOMEN'S ROCK CLIMBING. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN273. BEGINNING BASKETBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN274. ADVANCED BASKETBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN275. VOLLEYBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN277. BEGINNING RACQUETBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN279. HANDBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN280. CLUB SPORTS. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN281. ADVANCED HANDBALL. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. 2 hours lab; 0.5 semester hours. Repeatable for credit.

**Course Learning Outcomes**

- N/A

**PAGN282. INTRAMURAL SPORTS. 1.0 Semester Hr.**

For this course, students will be required to play 16 hours of Intramural Sports throughout the semester. Intramural Sports offers league sports, tournament sports, and open play. Students can check the sports schedule by going to [www.imleagues.com/Mines](http://www.imleagues.com/Mines). Intramural Sports are offered outside of normal class hours, with sports occurring weeknights and on the weekends.

**Course Learning Outcomes**

- Learn and practice various recreational activities that are a part of a healthy and active lifestyle.
- Build relationships and a stronger sense of community among Intramural Sports participants, officials, and the Mines community.
- Develop and strategically use teamwork and leadership qualities to obtain common goals.
- Grades are issued based on participation in multiple intramural sport leagues in the semester

**PAGN285. PHYSICAL ACTIVITY. 1.0 Semester Hr.**

Physical activity. Repeatable for credit.

**Course Learning Outcomes**

- Physical Activity

**PAGN286. SRC - GROUP FITNESS. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

**Course Learning Outcomes**

- Mental wellness and graduation requirement

**PAGN287. SRC - WORKOUTS. 1.0 Semester Hr.**

Students enrolling in these courses may be required to furnish their own equipment. Repeatable for credit.

**Course Learning Outcomes**

- Mental wellness and graduation requirement

**PAGN288. ADVANCE RACQUETBALL. 1.0 Semester Hr.**

Learn advanced racquetball techniques and playing experience at an advanced level.

**PAGN298. SPECIAL TOPICS. 0.5-6 Semester Hr.**

Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Variable credit; 0.5 to 6 semester hours. Repeatable for credit under different titles.

**PAGN299. INDEPENDENT STUDY. 0.5-6 Semester Hr.**

(I, II) Students enrolling in these courses may be required to furnish their own equipment. Individual research or special problem projects supervised by a faculty member, also, when a student and instructor agree on a subject matter, content, and credit hours. Prerequisite: ? Independent Study? form must be completed and submitted to the Registrar. Variable credit; 1 to 6 credit hours. Repeatable for credit.

**PAGN398. SPECIAL TOPICS. 0.5-6 Semester Hr.**

Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Variable credit; 0.5 to 6 credit hours. Repeatable for credit under different titles.

**PAGN498. SPECIAL TOPICS. 0.5-6 Semester Hr.**

(I,II) Pilot course or special topics course. Topics chosen from special interests of instructor(s) and student(s). Usually the course is offered only once. Variable credit; 0.5 to 6 credit hours. Repeatable for credit under different titles.