

# Physical Education & Recreation (PER)

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## Courses

### **PER A100 Fitness for Life 2 Credits**

Introduces key concepts associated with lifetime personal fitness. Presents a variety of physical activities for improved health-related fitness. Combines lecture with lab sessions.

### **PER A101 Fitness Cross Training 1 Credit**

Introduces a variety of cross training exercise formats for total fitness. Develops individual fitness through a variety of workouts.

### **PER A103 Indoor Stationary Cycling 1 Credit**

Introduces the basic skills and concepts associated with indoor cycling. Applies basic principles of cycling through active participation. Introduces key concepts related to lifetime fitness.

### **PER A107 Aerobic Kickboxing 1 Credit**

Presents the fundamentals of medium-intensity kickboxing, martial arts-based aerobics, and interval training for improved physical fitness.

**Special Note:** May be repeated for credit.

### **PER A113 Beginning Pilates 1 Credit**

Introduces Pilates as an effective way to improve strength and flexibility. Covers basic fitness concepts and exercises which target development of core strength (abdomen, lower back, buttocks, hips, and thighs) by utilizing one's own body weight for resistance.

**Special Note:** May be repeated for credit.

### **PER A116 Circuit Training 1 Credit**

Presents circuit training as a way to improve strength, physical conditioning, and general sports performance. Covers cardiorespiratory training, flexibility exercises, and safe techniques for improved muscular strength and endurance.

### **PER A118 Beginning Weight Training 1 Credit**

Introduces key concepts related to techniques and skill development in progressive resistance strength training. Presents resistance exercises to strengthen and condition major muscle groups.

**Special Note:** May be repeated for credit.

### **PER A120 Beginning Yoga 1 Credit**

Introduces yoga physical exercises, breathing, relaxation and concentration techniques as an approach to wellness.

**Special Note:** May be repeated for credit.

### **PER A130 Beginning Tennis 1 Credit**

Introduces basic skills and knowledge to play singles and doubles tennis. Applies basic principles of tennis through active participation.

**Special Note:** May be repeated for credit.

### **PER A134 Beginning Pickleball 1 Credit**

Introduces the sport of pickleball as a fast paced, self officiated net and racquet game. Covers rules, strategies, technique, and preparation for play. Includes extensive active practice and play.

### **PER A135 Beginning Swimming 1 Credit**

Introduces proper breathing techniques and basic strokes for those with little or no swimming background. Emphasizes personal water safety.

**Special Note:** May be repeated for credit.

### **PER A143 Beginning Hockey 1 Credit**

Introduces the basic skills and knowledge associated with playing hockey. Applies basic principles of hockey through active participation.

**Special Note:** Students must supply their own equipment to include skates, pads, and a full face guard helmet. May be repeated for credit.

### **PER A146 Beginning Rock Climbing 1 Credit**

Introduces the fundamentals of rock climbing in Alaska. Covers hazard evaluation and risk assessment, selection of personal gear, technical needs, and safety equipment. Provides opportunity to practice knots, rope handling, belay, basic descending techniques and top-rope rock climbing.

**Special Note:** Requires ability to function comfortably in inclement weather. May be repeated for credit.

### **PER A147 Beginning Ice Climbing 1 Credit**

Introduces the fundamentals of ice climbing in Alaska. Covers hazard evaluation and risk assessment, selection of personal gear, technical needs, and safety equipment. Introduces knots, rope handling, belay, basic descending techniques, and top-rope ice climbing.

**Special Note:** Requires ability to function comfortably in extremely cold temperatures and inclement weather. May be repeated for credit.

### **PER A148 Beginning Indoor Sport Climbing 1 Credit**

Introduces the fundamentals of sport climbing in an indoor environment. Provides opportunity to practice knots, rope handling, belaying, descent techniques, and top-rope climbing on an indoor climbing wall.

**Special Note:** May be repeated for credit.

### **PER A150 Water Safety and Rescue 1 Credit**

Introduces course participants to hazards and mitigation techniques for safe travel on rivers, lakes, and oceans. Covers basic safety and rescue theories, procedures, and techniques that are effective in contributing to safe and enjoyable water travel.

**Special Note:** Must be able to swim. Must have good level of physical fitness. May require purchase or rental of additional equipment. Must be able to function comfortably in inclement weather.

### **PER A152 Beginning River Rafting 1 Credit**

Introduces the most commonly used equipment, techniques, and risks found in the sport of river rafting. Includes instruction on equipment selection, trip planning, preparing to paddle/row, and minimum impact practices with an emphasis on risk assessment and risk management.

**Special Note:** Requires good backcountry camping skills and the ability to function comfortably in inclement weather. An overnight field outing may be included in the course. Students may need to rent or purchase additional gear. May be repeated for credit.

**PER A153 Beginning Sea Kayaking 1 Credit**

Introduces the fundamentals of sea kayaking in Alaska. Includes the most commonly used equipment, techniques, and risks. Provides instruction in selecting equipment, trip planning, transporting boats, preparing to paddle, boat handling, re-entry techniques, and sea kayaking strokes. Emphasizes risk assessment and safety skills.

**Special Note:** Requires good backcountry camping skills and the ability to function comfortably in inclement weather. An overnight field outing may be included in the course. Students may need to rent or purchase additional gear for this course. May be repeated for credit.

**PER A156 Beginning Packrafting 1 Credit**

Introduces the most commonly used equipment, techniques, challenges, and risks found in the sport of packrafting. Includes instruction on equipment selection, trip planning, preparing to paddle and minimum impact practices with an emphasis on risk assessment and risk management.

**Special Note:** Requires good backcountry camping skills and the ability to function comfortably in inclement weather. An overnight field outing may be included in the course. Students may need to rent or purchase additional gear. Students may be able to build a DIY packraft with the purchase of a DIY packraft kit. May be repeated for credit.

**PER A160 Beginning Cross-Country Ski: Classic Stride 1 Credit**

Introduces fundamentals of diagonal-stride (classic) cross-country skiing. Covers selection of ski and safety equipment, skiing skills, and trail ethics. Highlights recognition and prevention of cold-weather injuries.

**Special Note:** Requires ability to perform comfortably in extremely cold and inclement weather. Students may need to rent or purchase additional equipment for this course. May be repeated for credit.

**PER A163 Beginning Alpine Skiing 1 Credit**

Introduces the fundamentals of downhill alpine skiing. Covers hazard evaluation, selection of personal ski and safety equipment, recognition and prevention of cold-weather injuries, skiing skills, and etiquette.

**Special Note:** Students may be required to rent or purchase equipment and/or lift tickets for outings. Requires ability to perform comfortably in extremely cold and/or inclement weather. May be repeated for credit.

**PER A164 Skiing Alaska's Backcountry 2 Credits**

Introduces skills needed to ski and snowboard off-trail. Covers techniques for traveling on rolling and inclined terrain, negotiating side hills, and skiing inclines and declines of up to 40 degrees. Covers selecting personal and group safety equipment, evaluating avalanche hazards and assessing risk.

**Special Note:** Course includes a American Avalanche Association approved Level 1 avalanche course. Requires ability to function comfortably in extremely cold or inclement weather. A good level of physical fitness is required. Ability to ski/snowboard at intermediate level to be determined in first field session. Students may need to rent or purchase additional equipment for this course. May be repeated for credit.

**PER A165 Avalanche Hazard Recognition and Evaluation 1 Credit**

Introduces travel techniques in avalanche-prone backcountry terrain. This is a field-oriented backcountry avalanche course covering rescue, terrain analysis, snow study, stability, evaluation, route-finding, decision-making and safe travel techniques.

**Special Note:** Requires a good level of physical fitness. May require purchase or rental of additional equipment. Requires travel in mountainous terrain. Must have ability to function comfortably in inclement weather. May be repeated for credit.

**PER A167 Dog Mushing 1 Credit**

Introduces the sport of dog mushing, including the sport's history, dog breeds, training and feeding needs, kennel-management routines, and dog-handling skills.

**Special Note:** Requires ability to function comfortably in extremely cold and/or inclement weather. May be repeated for credit.

**PER A168 Winter Camping Alaska 1 Credit**

Introduces winter camping in Alaska. Covers selection of personal, group, and safety equipment appropriate for an overnight outing. Emphasizes snow shelter construction and learning to assess risk in the field. Course includes an overnight outing.

**Special Note:** Requires good physical condition and ability to perform comfortably in extremely cold and/or inclement weather. An overnight field outing may be included in the course. Students may need to rent or purchase additional gear. May be repeated for credit.

**PER A169 Four-Season Backpacking 3 Credits**

Introduces four-season backpacking in Alaska. Selection of personal and group safety equipment appropriate for a backpacking trip during any season. Presents trip planning, prevention and assessment of cold injuries, frontcountry and backcountry navigation, avalanche hazard evaluation and rescue techniques. Emphasizes risk assessment and risk management.

**Special Note:** Requires good backcountry camping skills, good physical fitness level and ability to perform comfortably in extremely cold and/or inclement weather. Students may need to rent or purchase additional equipment for this course.

**PER A170 Backpack Alaska 3 Credits**

Provides an introduction to backpacking in Alaska. Covers trip planning and selection of personal, group, and safety equipment appropriate for overnight trips. Presents the opportunity during overnight outings to practice hazard evaluation, navigation, and backpacking skills.

**Special Note:** Requires good physical condition and ability to function comfortably in inclement weather. An overnight field outing may be included in the course. Students may need to rent or purchase additional gear. May be repeated for credit.

**PER A171 Outdoor Adventure in Alaska 2 Credits**

Provides an overview of basic outdoor skills commonly used and enjoyed in Alaska. Covers trip preparation, equipment selection and maintenance, introduction to map and compass, and learning to assess risk in the field. Includes season-dependent activities such as day hiking, backpacking, rock climbing or sea kayaking.

**Special Note:** Requires good physical fitness and ability to function comfortably in inclement weather. Students may need to rent or purchase additional equipment for this course. May be repeated for credit.

**PER A173 Beginning Mountaineering 1 Credit**

Applies backpacking and climbing techniques to an alpine mountain environment. Includes instruction on alpine climbing, glacier-travel, and crevasse-rescue techniques. Introduces roped team travel and trip planning with an emphasis on risk assessment and hazard mitigation in an alpine environment.

**Special Note:** Requires excellent physical condition and the ability to function comfortably in extremely cold and/or inclement weather. Additional equipment may need to be purchased or rented for this course. Includes an overnight field outing. May be repeated for credit.

**Prerequisites:** PER A181 with a minimum grade of C.

**PER A181 Crevasse Rescue Techniques 1 Credit**

Introduces the most commonly used equipment, techniques, and risks associated with crevasse rescue. Provides information for minimizing the chance of a crevasse fall and implementing a successful extrication. Emphasizes risk assessment and technical skill acquisition.

**Special Note:** Requires the ability to perform comfortably in extremely cold and/or inclement weather. Field sessions include all-day clinics and may include overnight outings. May be repeated for credit.

**PER A190 Selected Topics in Health, Physical Education and Recreation 1-4 Credits**

Examines selected topics in the health, physical education and the recreation industry according to industry demand or faculty expertise.

**Special Note:** Course may be repeated with change in topic.

**PER A213 Intermediate Pilates 1 Credit**

Presents intermediate-level Pilates physical exercise, principles and concepts. Students will focus on Pilates exercises designed to improve core function, posture, body mechanics, spinal and joint stability, and overall healthy mobility.

**Special Note:** Instructor approval may be used to substitute the prerequisite course.

**Prerequisites:** PER A113 with a minimum grade of B.

**PER A218 Avalanche Theory II 1 Credit**

Enhances the understanding of snowpack analysis, avalanche mechanics, terrain assessment, and safe travel in avalanche terrain. This course focuses on advanced decision-making, recognizing complex avalanche problems, and refining rescue skills. This course emphasizes the collection and interpretation of snowpack and weather data as well as communication, teamwork, and decision-making skills.

**Special Note:** Requires a good level of physical fitness. May require purchase or rental of additional equipment. Must have the ability to function comfortably in inclement weather. Requires an advanced ability to ascend and descend mountainous terrain. This course meets the American Avalanche Association Recreational Level II Avalanche Course guidelines. May be repeated for credit.

**Registration Restrictions:** Completion of PER A165 or a Recreation Avalanche level 1 course.

**Prerequisites:** PER A165 with a minimum grade of C.

**PER A220 Intermediate Yoga 1 Credit**

Presents intermediate level yoga physical exercises, breathing techniques, meditation, and relaxation exercises.

**Special Note:** May be repeated for credit.

**PER A234 Swimming Conditioning 1 Credit**

Develops and refines swimming skills, physical conditioning, and knowledge of training and competition. Designed for intermediate level swimmers.

**Special Note:** May be repeated for credit.

**PER A243 Intermediate Hockey 1 Credit**

Develops intermediate level power skating techniques and hockey skills. Applies defensive and offensive strategies and tactics.

**Special Note:** May be repeated for credit.

**PER A247 Intermediate Ice Climbing 2 Credits**

Introduces equipment, techniques, risk assessment, and mitigation skills associated with lead climbing waterfall ice. Covers techniques to safely and efficiently ascend and descend a multi-pitch ice climb. Covers building appropriate anchors, climbing physics, belaying, protection strategies, rope work, station management, rappelling, and improvised rescue.

**Special Note:** Requires excellent physical condition and the ability to perform comfortably in extremely cold and/or inclement weather. Field sessions include all-day clinics and may involve considerable travel distances from Anchorage. Students may have to purchase or rent additional equipment for this course.

**Prerequisites:** PER A147 with a minimum grade of D.

**PER A253 Intermediate Sea Kayaking 2 Credits**

Provides foundational open water sea kayaking skills for individuals with sheltered coastal kayaking skills. Introduces open water crossings, paddling around exposed headlands, and exposure to cliffed-out shore lines with limited beach landings. Emphasizes development of efficient strokes, practical self-rescue techniques, understanding the marine environment, trip planning and risk assessment and management.

**Special Note:** Participants must demonstrate proficient sheltered coastal kayaking skills at course start. Requires excellent backcountry camping skills and the ability to function comfortably in inclement weather. Wilderness camping will be included in the course. Participants may be required to purchase or rent additional gear. May be repeated for credit.

**Prerequisites:** PER A153 with a minimum grade of D.

**PER A272 Advanced Weight Training 1 Credit**

Presents key concepts related to lifetime personal fitness. Applies advanced techniques for resistance exercises to strengthen and condition major muscle groups through correct use of variable resistance equipment and free weights.

**Prerequisites:** PER A118 with a minimum grade of D.