

# Physical Ed & 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 wide variety of cross training exercise formats for total fitness. Develops individual fitness through a variety of workouts, such as step aerobics, weight training, lateral training, circuit training, and fitness walking.

### **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 A104 Aerobic Walking 1 Credit**

Introduces key concepts associated with lifetime fitness. Presents the concepts and technical skills to set up and participate in a regular aerobic walking program.

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

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

### **PER A110 Beginning Zumba 1 Credit**

Presents Zumba, a Latin rhythm-based exercise program. Integrates aerobic, interval and resistance training techniques for the purpose of developing overall fitness.

### **PER A112 Swiftwater Rescue 1 Credit**

Introduces skills and equipment necessary for safe travel in and on swiftly moving water. Intensive training in river hydrology, rescue equipment and techniques, boat handling, and self and group contact rescues, leading to international certification as a swiftwater rescue technician I.

### **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.

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

Introduces key concepts related to lifetime personal fitness. 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 A117 Shape Up With Weights 1 Credit**

Introduces key concepts related to lifetime personal fitness. Presents weight room resistance exercises to tone and condition major muscle groups. Introduces total program planning, including cardiorespiratory training, flexibility exercises, and healthy nutritional practices.

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

Introduces key concepts related to lifetime personal fitness. Presents resistance exercises to strengthen and condition major muscle groups.

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

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

### **PER A121 Yoga for Athletes 1 Credit**

Introduces yoga exercises, breathing techniques, and relaxation exercises for athletes. Presents stretching, strengthening, breath control, and mental conditioning exercises as an aid to improving performance and enjoyment of athletic activity.

### **PER A123 Beginning Tai Chi 1 Credit**

Introduces Tai Chi exercises designed to improve health, tranquility, energy, and strength.

### **PER A125 Beginning Kung Fu 1 Credit**

Introduces Northern Shaolin Kung Fu philosophy, principles, and applications. Training and discipline on the physical, mental, and spiritual levels will be covered.

### **PER A127 Beginning Tae Kwon Do 1 Credit**

Introduces Tae Kwon Do philosophy, principles, and applications. Training and discipline on the physical, mental, and spiritual levels will be covered.

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

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

### **PER A137 Beginning Ice Skating 1 Credit**

Introduces the basic skills and knowledge associated with ice skating. Applies basic principles of skating through active participation.

### **PER A141 Beginning Basketball 1 Credit**

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

### **PER A142 Beginning Soccer 1 Credit**

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

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

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

### **PER A144 Beginning Volleyball 1 Credit**

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

### **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.

**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.

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

Introduces the fundamentals of sport climbing in an indoor environment. Covers hazard evaluation and risk assessment specific to climbing gyms. Also covers selection of personal gear, technical needs, and safety equipment specific to indoor climbing. Introduces and provides opportunity to practice knots, rope handling, belaying, descent techniques, and top-rope climbing on an indoor climbing wall.

**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 A151 Beginning Canoeing 1 Credit**

Introduces the most commonly used equipment, techniques, challenges, and risks found in the sport of canoeing. Includes instruction on equipment selection, trip planning, canoeing strokes and re-entry techniques with an emphasis on risk assessment and risk management.

**Special Note:** Requires excellent 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.

**PER A152 Beginning River Rafting 1 Credit**

Introduces the most commonly used equipment, techniques, challenges, 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.

**PER A153 Beginning Sea Kayaking 1 Credit**

Introduces the fundamentals of sea kayaking in Alaska. Includes the most commonly used equipment, techniques, challenges, and risks found in the sport. 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.

**PER A155 Fly Fishing 1 Credit**

Introduces fundamental skills for fly fishing in Alaska. Covers selection of equipment, history of fly fishing, fish identification, basic stream entomology, reading water for fish location, and stream etiquette/ethics. Provides opportunities to practice knot and fly tying, casting, and cleaning fish.

**Special Note:** Requires good physical fitness and ability to function comfortably in inclement weather. Student may need to rent or purchase equipment for this course. A valid fishing license is required for the outing.

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

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

**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.

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

Introduces skills needed to ski 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:** 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.

**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.

**PER A167 Dog Mushing 1 Credit**

Introduces the practice of dog mushing, including the sport's history, dog breeds and characteristics, their 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.

**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.

**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 outings to practice hazard evaluation, front and backcountry navigation, and hiking/camping/cooking skills.

**Special Note:** Requires good physical condition and ability to function comfortably in inclement weather.

**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 identify risk in the field. Includes season-dependent activities such as day hiking, backpacking, rock climbing and 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.

**PER A172 Fishing Academy 2 Credits**

A practical introduction to the basics of fishing, including equipment selection, types of line, lures, and flies, and techniques geared toward Alaska lakes and streams. Includes wildlife safety, basic biology, and "caring for your catch." Emphasizes risk assessment and safety skills.

**Special Note:** Students must be 18 or older to enroll and must abide by all University and course safety rules.

**Registration Restrictions:** Must be 18 years of age or older to enroll.

**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.

**Prerequisites:** PER A169 with a minimum grade of D and PER A181 with a minimum grade of D.

**PER A181 Crevasse Rescue Techniques 1 Credit**

Introduces the most commonly used equipment, techniques, and risk 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.

**PER A188 Wellness for Women 3 Credits**

Introduces basic concepts for wellness including theories and definitions of optimal health. Includes topics such as substance abuse, sexually transmitted diseases, fitness, nutrition, mental health, cardiovascular disease, sexuality, and other significant health issues, with particular emphasis on the needs and concerns of women.

**Special Note:** Students will apply concepts through physical activities outside of class time.

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

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

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

**Registration Restrictions:** Department approval

**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 2 Credits**

Provides an overview of skills and techniques required for certification at AIARE level 2. Focus is on safe and efficient performance of the activity. Some classes may take place outdoors and/or off campus. Open to all students. Fulfills an experiential elective in the Outdoor Leadership AAS program.

**Registration Restrictions:** AIARE L1 or intermediate ability to travel on randonnee or teleskis, showshoes, or split board.

**PER A220 Intermediate Yoga 1 Credit**

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

**Prerequisites:** PER A120 with a minimum grade of D.

**PER A234 Swimming Conditioning 1 Credit**

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

**PER A243 Intermediate Hockey 1 Credit**

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

**Prerequisites:** PER A143 with a minimum grade of D.

**PER A246 Intermediate Rock Climbing 2 Credits**

Builds on the skills and knowledge gained in Beginning Rock Climbing. Emphasizes risk management skills, learning to build and use a variety of anchors, and ascending and descending techniques. Provides the opportunity to practice protection placement and mock lead climbing. Introduces a risk/benefit analysis of lead climbing vs. following.

**Special Note:** Requires ability to function comfortably in inclement weather.

**Prerequisites:** PER A146 with a minimum grade of C.

**PER A247 Intermediate Ice Climbing 2 Credits**

Builds on the skills and knowledge gained in Beginning Ice Climbing. Introduces equipment, techniques, and 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. Emphasizes risk assessment and technical-skill acquisition.

**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. It is recommended students purchase their own climbing gear for the class.

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

**PER A252 Intermediate River Rafting 2 Credits**

Provides skill development for rafting up to class IV whitewater rivers for those who have basic whitewater rafting skills. Introduces advanced paddle/oar skills, expands on reading water, and teaches advanced boat maneuvering with an emphasis on risk assessment and management.

**Special Note:** Participants must be able to demonstrate basic whitewater rafting skills in class II whitewater at the beginning of the course. Requires ability to function comfortably in inclement weather. An overnight field outing will be included in the course. Participants may be required to rent or purchase additional gear. First aid and CPR training is highly recommended.

**Prerequisites:** PER A152 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. CPR and first aid training is highly recommended.

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

**PER A259 North American Mechanized Ski Guide 3 Credits**

Participants will receive training in guided helicopter operations, mountaineering, avalanche assessment, and search and rescue skills. Course graduates receive NAMSG certification and high-angle rescue training.

**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 A117 with a minimum grade of D or PER A118 with a minimum grade of D.

**PER A287 Expedition Backpacking 2 Credits**

Provides experienced backpackers with the fundamentals of planning and participating on a multi-day backpacking trip. Emphasizes risk assessment, selection of group members, and importance of group dynamics, route selection, and logistics.

**Special Note:** Requires excellent physical condition and ability to function comfortably in inclement weather. A student must attend the shakedown weekend in order to participate in the expedition.

**Prerequisites:** PER A170 with a minimum grade of C.