

# PHYSICAL EDUCATION ACTIVITY (PEAC)

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## Courses

### **PEAC 110. Independent Activities. 1 Unit.**

Develops an appropriate fitness/activity program in conjunction with the instructor. Develops motor skills and physical stamina in a manner that will promote lifelong involvement in physical activity.

### **PEAC 128. Recreation Swimming. 1 Unit.**

Covers the mechanics of a variety of strokes, training methods, training principles, and safety through swim techniques that maximize fitness outcomes and minimize injuries. Designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. Prerequisite: Students must have beginning swimming ability as determined by the instructor.