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LaGrange College

Course Catalog - Exercise Science

B.S. in Exercise Science with Allied Health Concentration - B.S. in Exercise Science with Allied Health Concentration

Type:Major

Students pursuing the B.S. in Exercise Science with a concentration in Allied health will complete a curriculum that has 14 credit hours in prerequisites that can be taken as part of the general education curriculum. The major coursework and concentration coursework total to 45 credit hours.

General Education Courses

Students pursuing a degree in Exercise Science should take the following Ethos (general education) courses. They are prerequisites to other coursework in the major.

Course Number	Course Name	Credit Hours
BIOL2148	Anatomy and Physiology I/L	4
BIOL 2149	Anatomy and Physiology II/L	4
MATH 1114	Introduction to Statistics	3
PSYC 1101	Introduction to Psychology	3

Declaration of Major

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology ([BIOL 2148](#) and [2149](#) with labs) with a C- or better. Until this requirement is fulfilled, students will be considered a Pre-Exercise Science major. Acceptance to the Exercise Science program will be determined at the end of each semester. Students must declare their major or minor in Exercise Science before taking 4000-level courses.

Exercise Science Core Courses

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance). Students must pass all of the Exercise Science major courses listed below with minimum grade of "C-."

Course Number	Course Name	Credit Hours
EXCS 2000	Introduction to Exercise Science	3
EXCS 3305	Sports Psychology	3
EXCS 3352/L	Physiology of Exercise and Lab	4
EXCS 3354	Applied Exercise Anatomy	3
EXCS 3360	Motor Learning and Control	3
EXCS 4310	Biomechanics	3
EXCS 4320/L	Exercise Prescription and Lab	4
EXCS 4325	Exercise and Sports Nutrition	3
EXCS 4360	Introduction to Research in Exercise Science	3
EXCS 4380	Senior Seminar	3
EXCS 4400	Academic Internship	3
Total		35

Allied Health Concentration

The Allied Health concentration is designed to prepare students for post-professional school in physical therapy, occupational therapy, physician assistant, and chiropractic, among others. With their academic advisor, students will create a specialized course plan designed to best prepare students and meet all of the pre-requisite coursework for a given pre-professional school in the allied health field of their choosing.

Students in this concentration must pass all three of the courses listed below with minimum grade of "C-". Due to the diverse prerequisite requirements of many post-

professional programs, students will need to complete additional coursework prior to completing the application process. Students are responsible for identifying the prerequisite requirements for each post-professional program to which they intend to apply. An academic advisor will be available to assist students in successfully completing this process.

Course Number	Course Name	Credit Hours
CHEM1101	General Chemistry I	4
CHEM 1102/L	General Chemistry II	4
BIOL 1107/L	Principles of Biology I	4
Total		12

Recommended Progression

Students who are interested in the B.S. in Exercise Science with an Allied Health Concentration can review a four-year course plan.

[B.S. in Exercise Science \(Allied Health Concentration\) beginning with MATH 1101](#)

[B.S. in Exercise Science \(Allied Health Concentration\) beginning with MATH 1221](#)

B.S. in Exercise Science with Sport and Human Performance Concentration - B.S. in Exercise Science with Sport and Human Performance Concentration

Type:Major

Students pursuing the B.S. in Exercise Science with a concentration in Sport and Human Performance will complete a curriculum that has 14 credit hours in prerequisites that can be taken as part of the general education curriculum. The major coursework and concentration coursework total to 43 credit hours.

General Education Courses

Students pursuing a degree in Exercise Science should take the following Ethos (general education) courses. They are prerequisites to other coursework in the major.

Course Number	Course Name	Credit Hours
BIOL 2148	Anatomy and Physiology I/L	4
BIOL 2149	Anatomy and Physiology II/L	4
MATH 1114	Introduction to Statistics	3
PSYC 1101	Introduction to Psychology	3

Declaration of Major

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology ([BIOL 2148](#) and [2149](#) with labs) with a C- or better. Until this requirement is fulfilled, students will be considered a Pre-Exercise Science major. Acceptance to the Exercise Science program will be determined at the end of each semester. Students must declare their major or minor in Exercise Science before taking 4000-level courses.

Exercise Science Core Courses

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance). Students must pass all of the Exercise Science major courses listed below with minimum grade of "C-."

Course Number	Course Name	Credit Hours
EXCS 2000	Introduction to Exercise Science	3
EXCS 3305	Sports Psychology	3
EXCS 3352/L	Physiology of Exercise and Lab	4
EXCS 3354	Applied Exercise Anatomy	3
EXCS 3360	Motor Learning and Control	3
EXCS 4310	Biomechanics	3
EXCS 4320/L	Exercise Prescription and Lab	4
EXCS 4325	Exercise and Sports Nutrition	3
EXCS 4360	Introduction to Research in Exercise Science	3
EXCS 4380	Senior Seminar	3
EXCS 4400	Academic Internship	3
Total		35

Sport and Human Performance

The Sport and Human Performance concentration is designed to prepare students for careers in coaching and the fitness/health industry. These courses are designed to apply theories and concepts in Exercise Science as they pertain to Sport and Human Performance practitioners. Students in this concentration must pass all three of the courses listed below with minimum grade of "C-." Students in the Allied Health concentration are also eligible and free to take any of these courses.

Course Number	Course Name	Credit Hours
EXCS 4311	Principles of Strength and Conditioning	3
EXCS 4312	Theory and Principles of Athletic Conditioning	3
EXCS 4330	Techniques in Human Performance Assessment	2
Total		8

Recommended Elective Courses

There are several courses that are recommended as electives because of how they complement the major.

Course Number	Course Name	Credit Hours
EXCS 2311	Survey of Strength and Conditioning	3
EXCS 2331	Personal Health Issues	3
EXCS 3310	Coaching Theory and Methods	3
EXCS 3332	Prevention and Care of Athletic Injuries	3
MGMT 2200	Foundations of Business	3
MGMT 3360	Sport Management	3
PSYC 3358	Psychology of Aging	3
SOC 2300	Sociology of Sport	3

Recommended Progression

Students who are interested in the B.S. in Exercise Science with Sport and Human Performance Concentration can review a four-year course plan.

[B.S. in Exercise Science \(Sport and Human Performance Concentration\) beginning with MATH 0100](#)

[B.S. in Exercise Science \(Sport and Human Performance Concentration\) beginning with MATH 1101](#)

Minor in Exercise Science - Minor in Exercise Science

Type:Minor

Before declaring a minor in Exercise Science, students must successfully complete Anatomy and Physiology ([BIOL 2148](#) and [2149](#) with labs) with a C- or better. Students pursuing a minor in Exercise Science are required to take five (5) additional EXCS courses and must pass all courses with minimum grade of "C-." The following four (4) Exercise Science core courses are required for the minor:

- [EXCS 3352/L](#),
- [EXCS 3354](#),
- [EXCS 3360](#), and
- [EXCS 4310](#).

The remaining course can be any of the upper-level Exercise Science courses (3000 or 4000 level courses), however, [EXCS 3313](#), [3333](#), [3334](#), and [4400](#) do not satisfy this requirement. This course of study represents 16-17 credit hours of coursework.

EXCS 1154 - First Aid: Responding to Emergencies

This course focuses on the identification of emergency situations and selection of correct response. Certification in American Red Cross standard first aid and adult, child, and infant rescue breathing and cardiopulmonary resuscitation is earned upon successful completion of the course.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on Demand
-

EXCS 2000 - Introduction to Exercise Science

This course is an introduction to the various sub-disciplines of exercise science including, exercise physiology, biomechanics, exercise and sport psychology, and motor behavior and control. Career and graduate school opportunities and preparations will be discussed.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 2200 - Medical Terminology

This course is designed to familiarize students with the basics of vocabulary used in the medical and health professions. Students will gain an understanding of basic elements, rules of building and analyzing medical words, and medical terms associated with the body as a whole. Utilizing a systems-approach, the student will learn medical terms relating to structure and function, pathology, diagnosis, clinical procedures, oncology, and pharmacology. In addition to medical terms, common abbreviations applicable to each system will be covered.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall and Spring terms
-

EXCS 2251 - Introduction to Physical Education

A survey course of the career choices available in physical education. The students will have opportunities to talk with and observe professionals in various sub-specializations.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on Demand
-

EXCS 2311 - Survey of Strength and Conditioning

This course focuses on the examination of proper techniques, concepts, and applications of strength and conditioning principles. Nutritional principles as are related to athletic performance also are discussed.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Spring Term
-

EXCS 2331 - Healthy LC (Personal Health Issues)

This course allows students to explore basic health issues and principles in depth. Topics may include fitness, diet and weight control, nutrition, human sexuality, stress management, death education, aging, and drug and alcohol education.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3305 - Sports Psychology

This course examines psychological theories and research related to sport and exercise behavior, providing a broad overview of the major topics in the area. This introductory course is ideal for students who wish to work with athletes in some capacity, pursue a career in physical education teaching and/or coaching, plan on working with individuals in the health and fitness industry, or have a desire to learn more about human behavior in sport and exercise contexts.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 2000](#) - Introduction to Exercise Science
- [PSYC 1101](#) - Introduction to Psychology

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3310 - Coaching Theory and Methods

Theories and principles pertaining to effective coaching of amateur and experts athletes. Emphasis is placed on examining and discussing concepts related to successful leadership, leading with a purpose, and creating positive learning/performance environments.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Offered in Fall terms
-

EXCS 3313 - Leadership in Physical Education and Athletics

A study of the leadership skills necessary to implement and conduct physical activity programs and functions.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Offered on Demand
-

EXCS 3332 - Prevention and Care of Athletic Injuries/Illnesses

This course focuses on common injuries and illnesses occurring in athletics. Topics include, but are not limited to, heat exhaustion, heat stroke, abdominal injuries, injury management, emergency triage, anatomical instability, blood borne pathogens, and mechanics of injury.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Offered in Spring Terms
-

EXCS 3352 - Physiology of Exercise

This course is a study of the acute and chronic physiological effects of exercise with primary emphasis on bioenergetics, neuromuscular functions, cardio-respiratory considerations and physical training.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Prerequisites:

- [BIOL 2148](#) - Human Anatomy and Physiology I
- [BIOL 2149](#) - Human Anatomy and Physiology II
- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Corequisite: EXCS 3352L
 - Offered in Fall terms
-

EXCS 3352L - Physiology of Exercise Lab

Laboratory experience for exercise science majors to accompany topics from EXCS 3352.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0
Lab hours: 1.0

Prerequisites:

- [BIOL 2148](#) - Human Anatomy and Physiology I
- [BIOL 2149](#) - Human Anatomy and Physiology II
- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Corequisite: EXCS 3352
 - Offered in Fall terms
-

EXCS 3354 - Applied Exercise Anatomy

This course provides an investigation of the human skeletal and neuromuscular systems as they relate to exercise performance. Emphasis is on the application of gross human anatomy to exercise movements.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Prerequisites:

- [BIOL 2148](#) - Human Anatomy and Physiology I

- [EXCS 2000](#) - Introduction to Exercise Science

Restrictions:

- Offered in Fall terms
-

EXCS 3360 - Motor Learning and Control

This course examines the behavioral, physiological, and psychological principles underlying motor control and motor learning. Specific topics include classifications and measurement of motor performance; the role and function of sensory processes, perception, memory, and attention; and the delivery of feedback and structure of practice.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 2000](#) - Introduction to Exercise Science
- [PSYC 1101](#) - Introduction to Psychology

Restrictions:

- Offered in Fall terms
 - Must be of junior or senior standing
-

EXCS 4310 - Biomechanics

This course provides a study of the material properties of musculoskeletal tissues. In addition, the effects of the internal and external forces acting on the tissues will be examined. The effects of external forces on human movement will be explored.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 3354](#) - Applied Exercise Anatomy

Restrictions:

- Offered in Spring terms
 - Students must be a declared major to take this course.
-

EXCS 4311 - Principles of Strength and Conditioning

This course is designed for Exercise Science students requiring knowledge and practical experience in strength and conditioning. This course will prepare you to demonstrate and teach weight training exercises, perform a needs assessment of a sport or athlete, program a periodized training plan for a sport or athlete addressing all aspects of training including strength, conditioning, and flexibility.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 3352](#) - Physiology of Exercise
- [EXCS 3352L](#) - Physiology of Exercise Lab

Restrictions:

- Offered in Spring terms
 - Enrollment may be obtain by permission of instructor
 - Students must be a declared major to take this course.
-

EXCS 4312 - Theories and Principles of Athletic Conditioning

This course focuses on research based training principles involved in athlete development and their application to both well established and more recent theoretical concepts. Discussions will focus on the practicality, feasibility, and the legitimacy of theoretical concepts. Concepts may include periodization, athlete monitoring methods, training techniques, training equipment and current trends in the training and fitness industry.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall terms
 - Students must be a declared major to take this course.
-

EXCS 4320 - Exercise Testing and Prescription

This class provides an examination of the considerations given to those with various chronic illnesses and diseases relative to exercise testing and participation. Proper application of fitness assessment and exercise prescription will be stressed. Guidelines recommended by the American College of Sports Medicine will be followed.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 3352](#) - Physiology of Exercise
- [EXCS 3352L](#) - Physiology of Exercise Lab

Restrictions:

- Course entry can be obtained through permission of instructor.
 - Corequisite: EXCS 4320L
 - Students must be a declared major to take this course.
 - Offered in Spring terms
-

EXCS 4320L - Exercise Testing and Prescription Lab

Laboratory experience for exercise science majors to accompany topics from EXCS 4320.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Lab hours: 1.0

Prerequisites:

- [EXCS 3352](#) - Physiology of Exercise
- [EXCS 3352L](#) - Physiology of Exercise Lab

Restrictions:

- Student may enroll in the course by permission of instructor.
 - Corequisite: EXCS 4320
 - Students must be a declared major to take this course.
 - Offered in Spring terms
-

EXCS 4325 - Exercise and Sports Nutrition

This class studies the nutritional needs of strength, endurance and team sport athletes. Recommendations for carbohydrate, fat, and protein feeding will be covered. Aspects of nutrient timing relative to activity will be addressed. Strategies for hydration will be discussed. Information about sport supplements will be presented as will issues surrounding eating disorder and consequences in athletes.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Spring terms
 - Students must be a declared major to take this course.
 - Must be of junior or senior standing
-

EXCS 4330 - Techniques in Human Performance Assessment

This course introduces procedures and protocols for laboratory and field tests used in assessing athlete conditioning. Tests for muscular strength and power, agility, speed, anaerobic capacity, lactate threshold, aerobic capacity, and other physiological measures will be addressed. Sport specific tests also will be covered. Test protocols, procedures, and interpretation will be covered with practical application.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Prerequisites:

- [EXCS 3352](#) - Physiology of Exercise
- [EXCS 3352L](#) - Physiology of Exercise Lab

Restrictions:

- Offered in Spring terms
 - Enrollment may be by permission of instructor
 - Students must be a declared major to take this course.
-

EXCS 4360 - Introduction to Research in Exercise Science

This course examines current research trends in exercise science and addresses the research process in kinesiology. Emphasis is on learning techniques of research in the exercise sciences and the professional presentation of research and related aspects.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [MATH 1114](#) - Introduction to Statistics

Restrictions:

- Offered in Fall terms
 - Students must be a declared major to take this course.
 - Must be of junior or senior standing
-

EXCS 4380 - Senior Seminar Exercise Science

This course is designed to build upon all experiences from previous exercise science courses and prepare students for placement after graduation. As this course serves as a culmination of previous EXCS courses, it should not be taken until the senior year. Coursework will be focused around exercise science career preparation.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Spring terms
 - Must be declared major and of senior standing
-

EXCS 4400 - Internship

An opportunity for students to gain added applied experience and insight in approved off-campus settings. Internships consist of a minimum of 120 hours (per 3 credits) of work in areas such as physical and/or occupational therapy offices, health clinics, fitness gyms, coaching assignments, etc. Assignments may also include selected readings, public presentation, and a final portfolio containing essays, weekly journal, and supporting material. The internship must first be discussed with the student's advisor prior to beginning the internship. Information from this meeting will then be transferred to the Career Development Center for placement. The application process is unique to each facility.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in all terms.
 - Internship can count as 3-6 credit hours
 - Students must be a declared major to take this course.
-

EXCS 4495 - Independent Study I

This course allows students to pursue a special problem or topic beyond those encountered in any formal course.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on demand
 - Prerequisites are determined by Instructor
 - Credits Vary
 - Students must be a declared major to take this course.
-

EXCS 4496 - Independent Study II

This course allows students to pursue a second special problem or topic beyond those encountered in any formal course.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on Demand
 - Prerequisites are determined by Instructor
 - Credits Vary
 - Students must be a declared major to take this course.
-

PEDU 1102 - Beginning Archery

Basic competencies in archery techniques and safety with experiences in target shooting.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1103 - Badminton

Introduction to the skills, strategies, and rules of badminton.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1104 - Basketball

Basic competencies in the techniques, strategies, and rules of basketball.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1105 - Jogging

Participation in progressive running programs designed to increase cardiovascular endurance.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1106 - Touch Rugby

Introduction to the skills, strategies, and rules of touch rugby.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1108 - Physical Conditioning

Basic assessment, maintenance, and improvement of overall physical fitness.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1109 - Beginning Golf

Introduction to the basic skills, strategies, and rules of golf. Field trips to city golf courses.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1111 - Softball

Basic competencies and knowledge of rules and strategies of softball.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1112 - Beginning Tennis

Introduction to the basic skills, strategies, and rules of tennis.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1114 - Volleyball

Basic competencies in the techniques, strategies, and rules of volleyball.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1122 - Weight Training & Plyometrics

Introduction to exercises that are geared toward increasing speed, power, and jumping ability. A basic overview of the physiological factors involved in the exercises.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1161 - Rhythmic Aerobics

A conditioning course in which exercise is done to musical accompaniment for the purpose of developing cardiovascular efficiency, strength and flexibility.

Grade Basis: AP

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

Last updated: 02/23/2024

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