

Physical Education courses - Spring 2024


CRN	Course	Title/ credits	Dates	Days	Times
56145	PED 106 12	Badminton (CV) 0.5	1/29-3/18	MW	1-1:50pm
51637	PED 119 02	Sol in Fitness and Wellness (CV) 1.5	1/29-5/21	TR	12-1:15pm
51635	PED 119 01	Sol in Fitness and Wellness (CV) 1.5	1/29-5/21	TR	1:30-2:45pm
51645	PED 140 01	Dance Pilates (CV) 1	1/29-5/21	TR	1:30-2:20pm
55584	PED 141 03	Yoga (CV) 1	1/29-5/21	MW	1-1:50pm
51654	PED 168 21	Exploring Healthy Lifestyles (CV) 1	4/1-5/21	MW	2-2:50pm
56150	PED 169 22	Tennis (CV) 0.5	4/1-5/21	MW	1-1:50pm
55998	PED 171 01	Principles of Training and Conditioning 1	1/29-5/21	MW	12-12:50pm
56147	PED 175 11	Weight Training (CV) 0.5	1/29-3/18	MW	1-1:50pm
54164	PED 181 01	Adventure Activities (CV) 1	1/29-5/21	TR	11-11:50pm
54162	PED 187 01	Team Sports (CV) 1	1/29-5/21	TR	12-12:50pm
54422	PED 188 01	Rhythms and Dance (CV) 1	1/29-5/21	MW	12-12:50pm

* This list includes only in person 0.5-1.5 credit PED courses


Please reach out if you have questions. hoffmanhl@sunybroome.edu

Why Physical Education?

ENCOURAGES PHYSICAL ACTIVITY FOR LIFE




HELPS PREVENT SICKNESS AND DISEASE




PROVIDES AN OUTLET FOR CREATIVITY AND SELF-EXPRESSION

DEVELOPS COOPERATION & TEAMWORK




Builds Self-Confidence

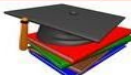


PROVIDES OPPORTUNITIES FOR PERSONAL GOAL-SETTING


INCREASES PERSONAL FITNESS AND MOTOR SKILL DEVELOPMENT



HELPS REDUCE STRESS & ANXIETY



STRENGTHENS RELATIONSHIPS WITH OTHERS



BOOSTS ACADEMIC LEARNING

©Pete Charrette (Cap'n Pete), 2015