

PEN: Physical Education Activities: Water, Snow, Ice Courses

Courses

PEN 1240 Beach Sports I

3 sh (may not be repeated for credit)

Designed to introduce beach sports to students in order to help improve overall physical fitness. This entry level class will cover sports including surfing, body boarding, windsurfing, ocean kayaking, beach volleyball, surf fishing, and jet skiing. Students will exercise using various types of beach equipment. Material and supply fee will be assessed.

PEN 2114 Lifeguard Training

3 sh (may not be repeated for credit)

Acquaint the students with the skills and knowledge necessary for the maintenance of a safe environment in aquatic settings. Red Cross certification is available. Aquatic skills are required. Material and Supply fee will be assessed (pending approval).

PEN 2123 Fitness Swimming

3 sh (may not be repeated for credit)

Designed to refine strokes so the student can swim with more ease, efficiency, power, and smoothness over greater distances. Ideal for the swimmer who may wish to enter competition or achieve a higher fitness level.