

PHYSICAL EDUCATION (PED)

PED 100 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester. Repeatable

PED 152 Aerobic Conditioning (1 Credit)

School of Education

Focuses on aerobic workout.

PED 153 Anerobic Conditioning (1 Credit)

School of Education

Focuses on anaerobic workout.

PED 180 PED (1-3 Credits)

School of Education

Repeatable

PED 193 Dance Fitness I (1 Credit)

School of Education

Develop total fitness through cardiovascular training, muscle toning, strengthening and stretching, using dance and fitness-specific movements. Appropriate for all fitness levels.

PED 200 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester. Repeatable

PED 201 Beginning Yoga (1 Credit)

School of Education

Knowledge and skill application of beginning lyengar Yoga. Introduction to postures, breathing techniques, and simple meditation. Body awareness, incorporating strength, flexibility, and balance.

PED 204 Pilates (1 Credit)

School of Education

Knowledge and skill application of Pilates. Focus on increase core strength, stability and flexibility, improved functional fitness, posture, balance, and enhanced performance in many sports-based activities.

PED 209 Adventure Activities I (1 Credit)

School of Education

Adventure activities including: group games, initiatives and ropes course elements. Principles of trust, communication, cooperation, respect, and responsibility.

PED 224 Sailboarding (1 Credit)

School of Education

Basic skills. All students must have at least an intermediate level of swimming. Course fee.

PED 226 Bootcamp Fitness (1 Credit)

School of Education

Boot camp is a challenging work out for your entire body increasing strength, muscle endurance, balance, and flexibility. It is a combination of cardio and strength training using only your body.

PED 240 Individual/Dual Sports (1 Credit)

School of Education

This course covers most individual/dual sports. Emphasis is on how to teach them. Physical Education majors only. May not be repeated for credit.

Shared Competencies: Critical and Creative Thinking (<https://coursecatalog.syracuse.edu/shared-competencies/critical-and-creative-thinking/>)

PED 249 Body Works (1 Credit)

School of Education

Exercises designed for the general population that stretch, strengthen, and condition the body. Provides information on minimizing injury.

PED 250 Team Sports (1 Credit)

School of Education

Sections develop skill and knowledge in basketball, field hockey, soccer, softball, volleyball, etc.

PED 251 Softball (1 Credit)

School of Education

Develops and improves skills and knowledge related to slow- and fast-pitch softball.

PED 254 Volleyball (1 Credit)

School of Education

Introduces skills, techniques, and knowledge.

PED 255 Intermediate Volleyball (1 Credit)

School of Education

Improves previously developed team skills and strategies.

Prereq: PED 254

PED 256 Advanced Volleyball (1 Credit)

School of Education

Game strategies and advanced skills development for individuals playing competitive volleyball.

Prereq: PED 255

PED 259 Varsity Athletics (0-1 Credits)

School of Education

Varsity team members only. Sanctioned fall, winter, and spring intercollegiate sports.

Repeatable 8 times for 4 credits maximum

PED 270 Experience Credit (1-6 Credits)

School of Education

Participation in a discipline or subject related experience. Student must be evaluated by written or oral reports or an examination. Permission in advance with the consent of the department chairperson, instructor, and dean. Limited to those in good academic standing.

Repeatable

PED 271 Badminton (1 Credit)

School of Education

Develops and improves basic skills and knowledge.

PED 272 Beginning Racquetball (1 Credit)

School of Education

Basic skills and knowledge.

PED 273 Intermediate Racquetball (1 Credit)

School of Education

Improves previously developed individual and team skills and strategies.

PED 274 Advanced Racquetball (1 Credit)

School of Education

Game strategies and advanced skill development for those who wish to participate in high-level competition.

PED 280 International Course (1-12 Credits)

School of Education

Offered through SUAbroad by educational institution outside the United States. Student registers for the course at the foreign institution and is graded according to that institution's practice. SUAbroad works with the SU academic department to assign the appropriate course level, title, and grade for the student's transcript.

Repeatable

PED 290 Independent Study (1-6 Credits)

School of Education

Exploration of a problem, or problems, in depth. Individual independent study upon a plan submitted by the student. Admission by consent of supervising instructor(s) and the department.

Repeatable

PED 297 Basic Conditioning (1 Credit)

School of Education

For ROTC

PED 298 Intermediate Conditioning (1 Credit)

School of Education

For ROTC

PED 300 Selected Topics (1-6 Credits)

School of Education

Exploration of a topic (to be determined) not covered by the standard curriculum but of interest to faculty and students in a particular semester.

Repeatable

PED 301 Intermediate Yoga (1 Credit)

School of Education

Knowledge and skill application of intermediate Yoga. Introduction to postures, breathing techniques, and simple meditation. Body awareness, incorporating strength, flexibility, and balance.

PED 380 International Course (1-12 Credits)

School of Education

Offered through SUAbroad by educational institution outside the United States. Student registers for the course at the foreign institution and is graded according to that institution's practice. SUAbroad works with the S.U. academic department to assign the appropriate course level, title, and grade for the student's transcript.

Repeatable

PED 470 Experience Credit (1-6 Credits)

School of Education

Participation in a discipline or subject related experience. Student must be evaluated by written or oral reports or an examination. Permission in advance with the consent of the department chairperson, instructor, and dean. Limited to those in good academic standing.

Repeatable

PED 480 International Course (1-12 Credits)

School of Education

Offered through SUAbroad by educational institution outside the United States. Student registers for the course at the foreign institution and is graded according to that institution's practice. SUAbroad works with the S.U. academic department to assign the appropriate course level, title, and grade for the student's transcript.

Repeatable

PED 490 Independent Study (1-6 Credits)

School of Education

Exploration of a problem, or problems, in depth. Individual independent study upon a plan submitted by the student. Admission by consent of supervising instructor(s) and the department.

Repeatable