

**Physical Education (K-12)
Catawba College**

Minimum of two (2) semester hours are required to fulfill each of the following competencies unless otherwise noted.

Competency		Course Prefix & Number	Course Title	Course Offerings
A	Foundations, Principles, & Practices of Physical Education	PER 1190/1190E	Scientific Foundations of Physical Education, Health, & Recreation	
B	Kinesiology, Fundamental Motor Skills & Movement Forms	PER 3800	Motor Learning	
		PER 3950	Kinesiology	
C	Anatomy or Physiology	BIOL 2419, 2420	Anatomy & Physiology I, II	
		PER 3855	Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	PER 3070/3070E	Nutrition & Physical Conditioning	
E	Sports, Physical & Leisure Activities (minimum required total of 2 semester hours)	PER 1161	Basketball/Soccer Skills & Techniques	
		PER 1162	Volleyball/Field Hockey/Tennis Skills and Techniques	
		PER 1163	Football/Wrestling Skills & Techniques	
		PER 1164	Strength/Baseball/Softball/ Track & Field Skill & Techniques	
		PER 1390	Leisure Activities I	
		PER 1392	Leisure Activities II	

Posted: Spring 2018
Revised: Spring 2018

Course Offering Codes:

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand
e=even years, o=odd years, ^=online

Course typically offered **on campus** if shaded.

Notes:

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (*) denotes a prerequisite course.
- For more information from this institution, click here, <http://www.catawba.edu/>
- Courses ending with an E are offered in the evenings.