

# Physical Education: Aquatics (PEAQ)

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## Courses

### PEAQ 111. Learn to Swim. 1 Credit.

Learn to swim and gain confidence/comfort in shallow and deep water. A beginning course for the non-swimmer to learn how to float, submerge comfortably, and move through the water. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 121. Aqua Strength and Fitness. 1 Credit.

A fitness program based on speed, power, and strength that uses the properties of water to bring intensity with minimal impact on joints. Offers core training and improves cardiovascular endurance, balance, flexibility, and strength using buoyancy and resistance equipment. This course is accessible for all fitness levels. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 122. Water Fitness II. 1 Credit.

Repeatable. Principles of effective water-based conditioning. Cardio respiratory fitness and strength building workout. An effective workout to music using both shallow and deep water. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 140. Paddleboard Yoga. 1 Credit.

All the benefits of yoga delivered on top of the water. The standup paddleboard (SUP) provides a balance challenge to strengthen and tone your core while gaining strength, awareness and range of motion from head to toes. A playful and unique experience for all levels. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 199. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

**Repeatable 99 times**

### PEAQ 201. Swimming I. 1 Credit.

Repeatable. A beginning swim course for those who need to learn breathing and fundamental stroke work in freestyle and backstroke. Must be able to swim one length of the pool and be comfortable in deep water. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 202. Swimming II. 1 Credit.

Repeatable. An intermediate-level swim course for those who want to master freestyle and breathing; improve technique in backstroke, breaststroke, and butterfly; and improve stroke efficiency and endurance. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 203. Swimming III. 1 Credit.

Repeatable. An advanced-level swim course emphasizing endurance, sprint, and stroke work. Must be proficient in all four strokes: butterfly, backstroke, breaststroke, and freestyle. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 351. Lifeguard Certification. 1 Credit.

Repeatable. StarGuard Lifeguard, First Aid and CPR for the Professional Rescuer certification course. Repeatable once for a maximum of 2 credits.

**Requisites:** Prereq: Pass swimming test.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### PEAQ 399. Special Studies: [Topic]. 1-2 Credits.

Repeatable.

**Repeatable 99 times**