

Physical Education

Department

Physical Education (<https://www.stmarytx.edu/academics/humanities/undergraduate/exercise-sport-science/>)

Department Chair

Kelvin Wu, Ph.D. (cwu2@stmarytx.edu)

Description of Program/Major

A maximum of two semester hours of Physical Activities may be used to fulfill general electives. These classes are designed to meet the interests and needs of individual students and, unless otherwise noted, are designed to provide instruction and practice in the fundamental skills of the activity. Classes meet two days per week for a full semester. All classes are coeducational.

PE 1101. Badminton. 1 Semester Hour.

Badminton.

PE 1103. Tennis. 1 Semester Hour.

Tennis.

PE 1104. Golf. 1 Semester Hour.

Golf.

PE 1108. Paddle Ball-Weight Training. 1 Semester Hour.

Paddle Ball-Weight Training.

PE 1112. Aerobics. 1 Semester Hour.

Aerobics.

PE 1113. Swimming. 1 Semester Hour.

Swimming.

PE 1114. Advanced Aerobic Dance. 1 Semester Hour.

Advanced Aerobic Dance.

PE 1115. Physical Fitness. 1 Semester Hour.

PE 1120. Special Activities. 1 Semester Hour.

Special Activities.

PE 1212. Aerobic Fitness. 2 Semester Hours.

Aerobic Fitness.

PE 1220. Special Activities. 2 Semester Hours.