

PHYSICAL EDUCATION (PE)

PE S100 Health and Fitness

1 credit (1+0)

The course is an investigation of fitness and health: Body structure and functions, emotional and social health, environmental impact on health, sound nutrition, prevention and treatment of childhood illness and common health problems, and media influences.

PE S103 Individual Physical Activity:

1-3 credits (0+2-6)

Instruction, practice and activity under supervision in individual activities such as diving, tennis, racquetball/handball, swimming, golf, track and field. May be repeated for credit. Pass/Fail grades.

PE S103L Physical Activity: Individual Sport

1-3 credits variable (0 + 2-6)

Introduction, practice and activity under supervision in individual activities such as firearms education, where letter grades would be appropriate. May be repeated for credit.

PE S104 Team or Group Physical Activity

1-3 credits (0+2-6)

Instruction, practice and activity under supervision in team sports such as basketball, volleyball, soccer, and softball. May be repeated for credit. Pass/Fail Grades.

PE S112 Swiftwater Rescue

1 credit (0.5 +2)

Cross-listed as ODS S112. Introduces skills and equipment necessary for safe travel in and on swiftly moving water. Intensive training in river hydrology, rescue equipment and techniques, boat handling, and self and group contact rescues, leading to international certification as a Swiftwater Rescue Technician I. Students must be in good physical condition. Cross-listed as ODS S112.

PE S114 Backpacking in Southeast Alaska

1 or 2 credits (0.5-1 +2)

Cross-listed as ODS S114. Introduces skills and equipment required for overnight backpacking trips in SE Alaska in non-winter seasons. Covers selection of personal, group, and safety equipment, and introduces contingency plan concepts. Includes strategies for backcountry cooking. Overnight outings are a required component of the course. Students must be in excellent physical condition.

PE S115 Winter Backpacking in Southeast Alaska

1 credit (0.5+2)

Cross-listed as ODS S115. Introduces students to travel and camping in winter. Covers selection of personal, group, and safety equipment for an overnight outing. Emphasizes snow shelter construction and backcountry techniques appropriate for winter conditions. Overnight outings are a required course component. Students must be in excellent physical condition and willing to endure cold, wet, and generally uncomfortable conditions for several days at a time. Students will be required to sign a risk release form and provide their medical history.

PE S116 Introduction to Rock Climbing

1-2 credits (0.5+ 2-3)

Cross-listed as ODS S116. Introduces the basics of rock climbing in both indoor and outdoor settings. Covers risk assessment, hazard evaluation, equipment, climbing techniques, knots, belaying, rappelling, and top rope anchor setup. Students must be in good physical condition.

PE S117 Introduction to Ice Climbing

1-2 credits (0.5+ 2-3)

Cross-listed as ODS S117. An introduction to the basics of top rope ice climbing. Covers risk assessment, hazard evaluation, equipment, ice climbing techniques, knots, belaying, rappelling and top rope anchors. Outings are a required component of the course. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

PE S118 Avalanche Evaluation and Theory I

2 credits (1+2)

Cross-listed as ODS S118. Introduces avalanche study, rescue, terrain analysis, snow study and stability evaluation, route finding, decision making, and safe travel. Combines both in-class and field experience as required course components. Students must be in good physical condition.

PE S119 Introduction to Fly Fishing, Tying, and Casting

1 credit (0.5+2)

Cross-listed as ODS S119. Introduction to the fundamental skills of fly fishing, including gear, casting, fly tying, knots, core ethics, and on-the-water tactics. Requires an Alaska fishing license for class outings.

PE S120 Wilderness First Responder

4 credits (2+4)

Cross-listed as ODS S120. This 80-hour curriculum is recognized internationally as the premier medical training and industry standard for outdoor enthusiasts and professionals alike. Offering comprehensive hands-on learning and a utilitarian assessment system, the WFR prepares students for responding to medical emergencies in the backcountry.

PE S122 Wilderness First Responder Recertification

1 credit (1+1)

Cross-listed as ODS S122. This 25-hour curriculum is the follow up class to the Wilderness First Responder. The WFR recertification allows outdoor enthusiasts and professionals alike to remain updated in their wilderness first aid certification and is required every three years to keep the WFR current.

PE S133 Introduction to Sea Kayaking

2 credits (1+2)

Cross-listed as ODS S133. Fundamentals of sea kayaking in Alaska. Introduces commonly used equipment and techniques, and the challenges and hazards found in the activity. Instruction in selecting equipment, trip planning, boat handling, paddling, sea strokes, re-entry, rolling and bracing. Emphasizes risk assessment and safety skills. Requires good physical condition, backcountry camping skills, and participation in an overnight outing.

PE S134 Introduction to Swiftwater Travel

2 credits (0.5+3)

Cross-listed as ODS S134. Introduces students to fundamental strokes and maneuvers of whitewater boating. Includes the most commonly used equipment, techniques, and the challenges and hazards found in river travel. Focuses on river and whitewater navigation, safety and risk management, and river running strategies. Students must be in excellent physical condition.

PE S148 Backcountry Skiing and Snowboarding

1 credit (0.5+2)

Cross-listed as ODS S148. Presents the skills needed to plan and complete short trips into the backcountry, on days with low avalanche danger, for skiing (alpine and telemark) and snowboarding. Topics covered include gear, modes of travel, map reading for skiers and snowboarders, avalanche and other hazards. Students must be comfortable on advanced off-trail runs at resorts, must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

PE S200 Ocean Diving

2 credits (1+2)

Designed to improve ocean diving skills. Basic scuba equipment review, underwater navigation, night diving, basic deep diving patterns, small boat diving techniques. Intended as intermediate program for basic scuba divers and introduction to Juneau regional diving environment; lectures, two pool sessions, eight dives.

Prerequisite: Instructor Permission.

PE S205 Backcountry Navigation

2 credits (1+2)

Cross-listed as ODS S205. Covers topics relating to extended backcountry trips and navigation by map and compass. Students acquire skills necessary for planning and carrying out multi-day backpacking trips and learn to use common maps to plan routes through unknown terrain. Students must be in good physical condition. Outings are a required course component.

PE S210 Advanced Diving

4 credits (2+4)

Designed to develop advanced diver skills and safety procedures. Intended for experienced divers new to diving in Southeast Alaska, for divers re-entering diving and for divers with basic or intermediate skills who want to develop advanced diver experience. The course consists of lectures focusing on dive safety, equipment systems, the marine environment, and procedures and techniques for advanced diving specialties. Open water dives include night diving, deep and shallow diving, drift diving, underwater navigation exercises, and search and recovery exercises. The dives serve as an orientation to a variety of Southeast Alaska as dive conditions, dive sites, and promote diver safety and awareness. 4 hours lab per week required.

Prerequisite: PE S200 or equivalent; Complete SCUBA gear and 20 logged dives.

PE S216 Rock Climbing Level II

1-3 credits (0.5-1 + 2-4)

Cross-listed as ODS S216. Introduces leading and following scenarios, various multi-point anchors, multi-pitch climbing, aid climbing and hauling systems. Emphasis is on safety, route finding, self-rescue, and rope management. Includes a required field trip to Canada. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

Prerequisite: PE/ODS S116 or S117.

PE S217 Ice Climbing Level II

1-3 credits (0.5-1 + 2-4)

Cross-listed as ODS S217 for letter grades. Builds on the techniques and foundations developed in PE/ODS S117 Intro to Ice Climbing. Frozen waterfalls are the primary venue for practice with leading and following scenarios, a variety of anchors, and multi-pitch climbing. Emphasizes safety, route finding, self rescue, and rope management. Students will have the opportunity to practice mock leading. Students must be in excellent physical condition.

Prerequisite: ODS/PE S116 or S117.

PE S218 Avalanche Evaluation and Theory Level II

2 credits (1+2)

Cross-listed as ODS S218. An advanced avalanche field study for experienced recreationalists or entry-level professionals. Topics include rescue for leaders, metamorphism and forecasting, field notes and weather records, mountain weather, advanced terrain, steeps and sluff, snowpit and fracture profiles, snowpack failure and release, avalanche dynamics, research, glaciers and ice avalanches, and advanced practical field exercises, tests, techniques, and experiments. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

Prerequisite: PE S118/ODS S118.

PE S219 Intermediate Fly Fishing, Tying, and Casting

2 credits (1+2)

Cross-listed as ODS S219. Introduces the experienced student to more advanced skills. Learn how fish interact with their environment and search for food. Develop strategies in casting skills, insect identification, and water conditions, so the right fly can be cast to the right place at the right time. Course combines in-class activities, outdoor experiences, and project formulation designed to develop a working relationship with other students. Must have a current Alaska fishing license.

Prerequisite: PE S119/ODS S119.

PE S221 Glacier Travel and Crevasse Rescue Fundamentals

2 credits (1+2)

Cross-listed as ODS S221. An introduction to the fundamentals of glacier travel and crevasse rescue. Topics include hazard evaluation and risk assessment, selection of personal gear, climbing and safety gear necessary for glacier travel. Knots, rope handling, belay, rappelling, and various climbing, glacier travel and crevasse rescue techniques will be discussed. Students must be in excellent physical condition, and will be required to sign a risk release form and provide their medical history.

Prerequisite: PE S117/ODS S117 or director's permission.

PE S222 Mountaineering I

2 credits (0.5+3)

Cross-listed as ODS S222. Builds on skills taught in ice and rock climbing and glacier travel courses. Topics include risk assessment, backcountry travel, gear selection and use, belays, anchors in rock, snow, ice, and vegetation; route selection, and descending techniques. Includes technical and/or semi-technical ascents of peaks in the Juneau area. Students must be in excellent physical condition and willing to endure cold, wet, and generally uncomfortable conditions for a few days at a time. Students will be required to sign a risk release form and provide their medical history.

Prerequisite: PE S116, S117 and S221.

PE S233 Expedition Sea Kayaking

1 or 2 credits (0.5+ 2-4)

Cross-listed as ODS S233. Fundamentals of sea kayaking in Alaska are reviewed, then applied by an expedition on the waters of the Inside Passage. Covers commonly used equipment and techniques, and the challenges and hazards of the activity. Instruction in selecting equipment, trip planning, tides, navigation, boat handling, paddling, sea strokes, rolling and bracing. Emphasizes risk assessment and safety skills. Requires excellent physical condition, backcountry camping skills, and participation in a multi-day overnight outing. May be repeated for up to 3 credits.

Prerequisite: ODS/PE S133.