Physical Education offers over 140 activity-courses each term. Courses focus on developing skills, improved fitness levels, learning, meeting people, and having fun!

To Register
- For credit registration visit Duckweb
- Credit and non-credit options
- Up to 12 PE credits towards general education requirements

Aquatics (PEAQ)
- Endurance Swimming
- Learn to Swim
- Lifeguard / CPR / FA
- Swimming I/II/III
- Swim & Core
- Swim & Run
- Water Fitness

Scuba (PEAS)
- Advanced
- Altitude Diver
- Basic
- Dive Master Equipment
- Night Diver
- Nitrox
- Rescue Diver
- Underwater Photography

Martial Arts (PEMA)
- Combatives
- Jeet Kune Do I/II
- Jiu Jitsu I/II
- Judo I/II
- Kickboxing
- Mixed Martial Arts I/II
- Taekwondo I/II
- Women's Self Defense

Fitness (PEF)
- Active Wellness
- Body Sculpt I/II
- Boot Camp
- Cardio Fusion
- Core & Stretch
- Crossfit I/II
- Fitness Dance
- Fitness Kickboxing
- Fitness Yoga
- Group Cycling I
- Group Fitness Instructor Training
- Latin Fusion (Zumba)
- Nutrition and Performance
- Personal Trainer
- Pilates Matwork I
- Pilates Yoga Fusion
- Speed & Agility

Outdoor Pursuits (PED)
- Avalanche Education
- Backcountry Navigation
- Backcountry Survival
- Backcountry Mountaineering
- Principles of Outdoor Leadership
- Rock Climbing I/II/III
- Route Setting
- Snow Camping
- Sport Climbing
- Swift Water Safety
- Vertical Rescue Techniques
- Wilderness Survival

Running (PERU)
- Fitness Walking
- Jog/Run
- 5K Training I/II
- 10K Training

Racquet Sports (PERS)
- Badminton I/II
- Table Tennis I/II
- Tennis I/II/III

Leadership (PEL)
- Coaching
- Practicum
- Practicum Outdoor

Weight Training (PEW)
- Weight Training I/II

Individual Activities (PEI)
- Juggling I/II
- Golf I/II/III
- Golf Swing Exercise