

# PHYSICAL EDUCATION & ATHLETICS (PE)

## PE 1100 - Beginning Swimming (1 Credit)

An entry level class for those with little or no swimming experience. Instruction and practice in the basic skills necessary to meet the University Swim Requirement. Areas of emphasis are: developing proper body position on the front and back, proper breathing technique, Front Crawl, Elementary Backstroke, treading and swimming in deep water. **Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Summer 2024

Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1101 - Advanced Beginner Swimming (1 Credit)

Ideal for all who have taken Beginning Swimming or have some basic knowledge of how to swim, regardless of whether the University Swim Requirement was successfully met. Areas of emphasis are the Front Crawl with rotary breathing, Back Crawl, Elementary Backstroke, diving, treading water, and underwater swimming. The primary objective is to strengthen the student's confidence and competence.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1102 - Intermediate Swimming (1 Credit)

Practice and perfection of the techniques for the five basic strokes: Front Crawl, Back Crawl, Elementary Backstroke, Breaststroke, Sidestroke. Students should already know how to swim on their front and back, be comfortable in deep water and be able to swim six (6) lengths of the pool (150 yds.) without stopping.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1103 - Advanced Swimming (1 Credit)

Practice and perfection of the techniques of the 9 strokes: Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, Sidestroke, Overarm Sidestroke, Trudgeon, and Inverted Breaststroke. This class may also cover turns, diving and an introduction to a swimming workout. Students should be able to easily swim a minimum of 300 yds (12 lengths of the pool). Please note: this course is primarily designed as a stroke technique course, not a conditioning course.

**Last Four Terms Offered:** Spring 2024, Spring 2023, Spring 2022, Spring 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1104 - Swim Conditioning (1 Credit)

Introduction to and practice of different types of training methods. Final objectives: 2,500 yards in one class period. This is primarily a conditioning course and not an instructional course on stroke technique. The focus will be on workouts, workout planning and different types of training methods. This course is intended for more advanced swimmers. Students who have completed Beginning or Advanced Beginner Swimming may have a very difficult time in this course.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Summer 2024, Spring 2024  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1106 - Introduction to Water Polo (1 Credit)

This course teaches the fundamental skills needed to play water polo. Basic rules and terminology are covered and skills taught include: swimming and treading techniques (eggbeater kick), passing and shooting, defensive techniques, and team strategy. There are a total of eighteen hours of instruction in the pool, with a mix of drills, guided practice, and scrimmages. A strong swimming background is required – typically the equivalent of a high school varsity swimmer. This is a co-ed course open to all beginners. If you have played competitive water polo before, this course is not for you. If you have any questions about your suitability for the course, please contact the instructor.  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1110 - Lifeguarding (1 Credit)

This is the current A.R.C. Lifeguarding Course. It is designed for pool guarding. Emphasis is on preventative lifeguarding, surveillance methods and equipment rescues. This course also includes instruction and certification in A.R.C. First Aid, C.P.R. for the Professional Rescuer, and Automated External Defibrillator use. An option will be available for those interested in the Waterfront Lifeguarding certification. Note: this course is not for the casual participant as it will require 36 hours of scheduled class time.

**Prerequisites:** a 300 yd swim using both crawlstroke and breaststroke, a 20 yd swim and return after retrieving a brick from deep water and a 15 yd. underwater swim picking up three weights.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2024, Spring 2019, Fall 2012, Fall 2011  
Schedule of Classes (<https://classes.cornell.edu/>)

## PE 1130 - Open Water Scuba (1 Credit)

Program includes knowledge development and skill training in the pool. All classes are referral only (no open water dives), meaning students will need to pickup their paperwork and complete four additional dives in open water within one year from the last training section to receive a PADI Open Water Diver certification. For more information, please see: [www.pe.cornell.edu/](http://www.pe.cornell.edu/). Knowledge development will be completed independently before lecture/lab sections via e-learning. Lecture will include checking required paperwork, taking a quick review quiz, reviewing any missed questions, completing the swim/tread requirement, getting a mask/snorkel and gear for the next day in the pool. Please note: Pool dates for each section are listed in the specific lab section. Scuba diving requires a minimum level of health and fitness. Chronic health conditions, certain medications and/or recent surgery may require you to get written approval from a physician before diving. Avoid disappointment, download and review the Diver Medical form to ensure you won't need a physician's approval to dive before enrolling in a scuba course. Instructors, divemasters and dive shop staff are not physicians and should not be asked for medical advice; only medical professionals can give medical clearance to dive.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1131 - Advanced Open Water Scuba (1 Credit)**

PADI Advanced Open Water Diver certification course. Classroom discussions and open water dives scheduled on the weekends. Scuba diving requires a minimum level of health and fitness. Chronic health conditions, certain medications and/or recent surgery may require you to get written approval from a physician before diving. Avoid disappointment, download and review the Diver Medical form to ensure you won't need a physician's approval to dive before enrolling in a scuba course. Instructors, divemasters and dive shop staff are not physicians and should not be asked for medical advice; only medical professionals can give medical clearance to dive.

**Prerequisites:** PADI Open Water Diver, Junior Open Water Diver, or qualifying entry-level certification.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2023, Fall 2021, Fall 2019, Fall 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1132 - Rescue Diver (1 Credit)**

Advanced level course for people who have completed Advanced Open Water Certification and are interested in learning rescue and safety techniques and how to handle emergency situations. The PADI? Rescue Diver course will change the way you dive - in the best possible way. Learn to identify and fix minor issues before they become big problems, gain a lot of confidence and have serious fun along the way. Discover why countless divers say Rescue Diver is their favorite scuba course. You will complete knowledge development in advance of the class through eLearning (time commitment: 8-12 hours). The water training sessions are serious fun. You'll practice handling scenarios such as a leg cramp and assisting a tired diver by role-playing with other students and your instructor and will include time in the pool for skill practice before heading to the lake for scenarios (total time commitment: 4-7 days).

**Prerequisites:** PADI Adventure Diver/Junior Adventure Diver (or qualifying certification) with completed Underwater Navigation Dive; EFR Primary and Secondary Care training (or qualifying training) within 24 months.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Spring 2022, Spring 2019, Spring 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1134 - Bahamas Dive Trip (1 Credit)**

Scuba trips to various destinations, such as the Bahamas. Locations change from year to year.

**Course Fee:** Course Fee, TBA. TBA.

**Exploratory Studies:** (CU-ITL)

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1150 - Ballroom Dancing (1 Credit)**

This is a beginning level class introducing students to Social Ballroom Dance. Participants can expect to have fun, learn some history of American Social Dance, learn about movement - how to move with your partner, how to move to the music, and enough 'moves' in five different dances (Waltz, Foxtrot, Tango, Rumba and Cha Cha) to get a taste of and a general feel for each dance. Please note: The Sunday section is for students enrolling with a partner and there is limited rotation of partners during class. Partners should enroll via Student Center at the same time to ensure that both partners get into the Sunday section. The Wednesday section is for students who either don't have a partner or don't mind rotating partners in the class. Changing partners generally results in improved mastery.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1152 - Beginning Ballroom Dance Smooth (1 Credit)**

Offered during the fall semester, this is a beginning level class that introduces students to three American Smooth Style ballroom dances - Waltz, Foxtrot and Tango. This class will go further in depth than the Beginning Social Ballroom Dance class (PE1150). This class is appropriate for either beginners or students with some experience who wish to further develop their knowledge and skill in the dances covered. Participants will gain some mastery of each dance, develop partnering skills, technique, movement, styling and musicality. It is not necessary to sign up with a partner, however it is recommended to ensure balance between leads and follows. Participants will change partners throughout the class.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1153 - Beginning Ballroom Dance Rhythm (1 Credit)**

Offered during the spring semester, this is a beginning level class that introduces students to four American Rhythm Style ballroom dances - Rumba, Cha Cha, Mambo and Swing. This class will go further in depth than the Beginning Social Ballroom Dance class (PE1150). This class is appropriate for either beginners or students with some experience who wish to further develop their knowledge and skill in the dances covered. Participants will gain some mastery of each dance, develop partnering skills, technique, movement, styling and musicality. It is not necessary to sign up with a partner, however it is recommended to ensure balance between leads and follows. Participants will change partners throughout the class.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1155 - Introduction to Belly Dancing (1 Credit)**

Belly Dance, as it is known in the West, is an exciting and beautiful art form originating in the Middle East and North Africa. Belly Dance is a fun way to develop flexibility, body awareness, and overall body strength. Learning correct posture, muscle control, and dance movement in each class, we will end the semester with a short choreography. Comfortable clothing suitable for exercise is worn. Please feel free to bring a hip scarf to class. Beginners and experienced dancers welcome.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1160 - Latin Dance (1 Credit)**

This class introduces Salsa, Bachata, Merengue, Cha Cha Cha, Son and Comparsa. Salsa derives from the Cuban rhythm of Son. As a music and dance form, it has acquired regional variations and absorbed influences from different parts of Latin America and other continents. Bachata and Merengue are quintessential dances of the Dominican Republic. Comparsa is a form of carnival line dance. Cha Cha Cha originates in Cuba, finds expression in Rock n' Roll and western pop music, and is traditionally danced contratiempo. In this course, we learn the basics of all of these dances. Instruction emphasizes the development of foundations in musical timing, rhythm, body movement, lead-follow connection and space use. Class begins with a stretch and body movement warm-up. We then teach dance step sequences across the floor, in rotating lines, as freestyle and in partner format. The skills learned in each dance are interrelated - as you improve in one you develop a sensibility for the others. By the end of this course you will be able to take Latin dance to a higher level and learn other partnered dances. No partner is necessary to register. Couple sign-up is encouraged. Partners rotate. This class is gender-free: each student is free to learn the lead or follow role.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1162 - Salsa (1 Credit)**

This class covers beginner through advanced beginner Salsa moves. Students learn step variations and turn patterns as seen in Latin social dance and nightclub settings. Class begins with a warm-up of Salsa step patterns, also known as shines. We then move into combinations for couples and learn patterns with rotating partners. Latin body movement and rhythm is taught in the warm-up and partner sections. In partner work, emphasis is placed on: lead-follow connection; frame and tension; spatial awareness; nuance and flow. Salsa in Rueda de Casino format will be introduced later in the semester as an additional way to enjoy Salsa. In Rueda, dancers change partners within a circle and perform dynamic combinations to the arrangement of a caller. Rueda is also a teaching tool used to improve timing and release energy. Learning aids include a syllabus, music, smartphone application and video tutorial. No partner is necessary to register. Couple sign-up is encouraged. This class is gender-free: each student is free to choose the lead or follow role.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1163 - Salsa and Latin Dance II: Salsa Bachata and Cha Cha Cha with Rueda de Casino (1 Credit)**

This course continues where PE 1160 Latin Dance and PE 1162 Salsa leave off. The focus is on three dances: Salsa, Bachata and Cha Cha Cha. Advanced beginner and intermediate step sequences and combinations are taught in lines, single couple format and in Rueda de Casino (or Rueda). Rueda is a circular form of social dancing performed by multiple couples via call and response. It was born in Cuba in the 1950s and has become popular throughout the world over the last half century. In this course, Rueda is a dance form and teaching method. Rueda enhances social dance learning in any format by emphasizing timing, energy flow and repetition. Students acquire skills in timing, body movement, lead-follow technique and space use. This class is gender-free: each student is free to learn the lead or follow role. Partner sign-up is not required, though encouraged. Partners rotate. Dance experience recommended.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2020, Fall 2019, Spring 2019, Fall 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1167 - Introduction to Tango (1 Credit)**

Introduction to the fundamentals of Tango dancing and its origins. Focus is on movement on the dance floor and how to be connected to your partner. Other aspects include learning to differentiate between the genres of Tango music (Tango, Milonga, Candombe, and Vals).

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1170 - Introduction to Swing Dance (1 Credit)**

In this class you will learn the basics of Lindy Hop (also called Jitterbug and East Coast Swing), a social dance originated by Black Americans in the early twentieth century that is still popular today all around the world. We will work on footwork, timing, partnering, and musicality, with the goal of empowering you to have fun on the social dance floor-at weddings, parties, and wherever there's good rhythmic music playing! You'll learn to improvise and have the opportunity to create short choreographs too. No dance experience or partner is necessary. In fact, you will change partners frequently in class. Wear clothes you are comfortable moving in. Shoes must have leather soles OR be white-soled sneakers with the treads worn smooth, or you can dance in socks.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1188 - Dance Technique Workshop (2 Credits)**

Crosslisted with PMA 2240, VISST 2540, SHUM 2240

**Last Four Terms Offered:** Spring 2022, Spring 2018, Summer 2012, Fall 2011

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1231 - Group Fitness Instructor Training (1 Credit)**

This course provides detailed instruction on how to effectively lead group fitness classes (in a choreographed or interval format such as Muscle Pump and H.I.I.T. & Core) and prepare students for the AFAA Primary Group Exercise Certification Exam. Topics covered include class design, music interpretation, instructor skills, how to create an inclusive class environment, as well as the theoretical and practical application of exercise principles using the AFAA study package curriculum. By the end of this course, students will be able to lead a fitness class which will include warm up, cardiovascular conditioning, group strength training, core conditioning, and cool-down. Successful completion of this course qualifies students to register for the Group Fitness Instructor Apprenticeship PE course, offered in the spring semester. Students who wish to learn additional formats (such as Zumba or Barre) will be well-prepared with the basic knowledge of group fitness instruction yet would need to additionally obtain that format's specific training.

**Course Fee:** Course Fee, TBA. Includes full AFAA Study Package and certification exam.

**Last Four Terms Offered:** Fall 2022, Fall 2020, Fall 2019, Fall 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1232 - Group Fitness Instructor Apprentice (1 Credit)**

This course is a guided mentorship in leading Group Fitness Classes. Students will be matched with a current Group Fitness Instructor and co-teach a class on the Cornell Fitness Centers spring fitness class schedule. Permission to enroll and hours arranged by course instructor.

**Prerequisites:** Group Fitness Instructor Training (PE 1231).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2023, Spring 2021, Spring 2020, Spring 2019

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1233 - Bootcamp (1 Credit)**

This course is designed as a modern military style workout program with an emphasis on both aerobic and anaerobic fitness. Each workout session will consist of stretching, warm-up calisthenics, cardio training, full body resistance training, core activation and cool down stretching. This is a high energy course that will teach students the importance of motivation, enthusiasm and teamwork while familiarizing them with total-fitness techniques and concepts. If you are ready to push yourself and train hard, Bootcamp is for you. Students of all fitness levels will benefit greatly from this course.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1234 - Essentials of Personal Training (1 Credit)**

**Last Four Terms Offered:** Fall 2023, Spring 2014, Spring 2013, Spring 2012

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1235 - 8 O'Clock Rock (1 Credit)**

This class combines the best of the Principals of Weight Training and Cardio Crazy to get your day off to a rocking and rolling great start. Students will use resistance and cardio equipment to create the perfect morning wake-up call.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1236 - Cardio Fuego (1 Credit)**

This class offers an exciting new Group Fitness experience. Each class will combine simple International dance rhythms with a fitness component of strength and core work. Students will work thru basic progressions of many globally influenced dance styles to build their skills in this very fun new fusion of dance. This class will start with the basics and gradually build the skill levels as the semester progresses.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2023, Fall 2022, Spring 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1237 - Yasaride (1 Credit)**

This class combines two wonderful activities, indoor cycling and yoga into a mindful stress reducing hour of fitness. The yoga portion will focus on full body stretching as well as areas that need more attention after cycling such as hamstrings, hips, and the spine. The class will also include work on breath, alignment, and mindfulness in both the cycling and yoga portions of the class. The length of time for each activity will vary from class to class.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1238 - Barre (1 Credit)**

Barre is a high energy, low-impact, full body work out. You will target specific muscles using isolated exercises to sculpt your arms, legs and seat, all while keeping the focus on core and alignment. Although inspired by ballet and set to music, this is not a dance class. This course is an open-level format to help you build strength, improve posture and flexibility while creating long, lean muscles.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1241 - Mobility and Core Training (1 Credit)**

Mobility and stability are essential for healthy, efficient movement in everyday life. Whether you're very active, not active at all, or somewhere in between, this course will guide you through key principles that support your body from the inside out. You'll explore mobility and flexibility exercises designed to optimize muscle balance and joint function, while also learning core strengthening techniques to address postural imbalances caused by prolonged sitting. In addition, you'll gain an understanding of breathing mechanics and how proper breath supports core function, and learn how the pelvic floor contributes to posture, stability, and overall movement efficiency.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1245 - Indoor Stationary Cycling (1 Credit)**

Based on the foundation of the Spinning? Program this indoor stationary cycling class combines basic cycling movements with motivational coaching, breathing awareness, and heart rate training. This non-impact, individually paced, cardiovascular fitness class is held in a fun environment with music that will move you! A great alternative to traditional group fitness classes.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1246 - Open Gym Class (1 Credit)**

This Open Gym PE course offers an exclusive time and space to students who have previous experience with exercise. The Cornell Fitness Centers offer a wide variety of free weight and cardio equipment, and experience with this equipment is mandatory for this course. An instructor will be on staff to supervise and assist students with their training, but independent exercise should be expected.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1250 - Army ROTC Physical Training (1 Credit)**

Physical training is a key component to any personal development program. Training early and often allows one to get the day's workout out of the way, starting the day focused and relaxed, and increasing discipline throughout the semester. Physical training consists of early morning workouts with Army ROTC Cadets and Instructors, that focus on cardiovascular and muscular development, following a holistic workout to help achieve a strong core and heart. Choosing to enroll and participate in PE 1250 does not mean you signed up for the Army ROTC program.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Fall 2022, Spring 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1260 - Cardio Kickboxing (1 Credit)**

Cardio-Kickboxing is a series of movements that consists of kicks, punches, and blocks done to music. It is similar to a typical aerobics class except the moves consist of martial arts techniques. Cardio-Kickboxing is a total body workout in its most complete form burning hundreds of calories and hour. No experience necessary.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1261 - Fitness and Conditioning (1 Credit)**

Fitness and conditioning is designed to familiarize the student with several different forms of exercise. Facilities used include the track, the gymnasium and other places around campus. The components of physical fitness include cardiovascular endurance, muscular strength, general flexibility and agility. The course will offer activities that enhance each component and help the individual to design a personal conditioning program for future fitness and well-being.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1262 - Fitness for Women (1 Credit)**

The design of this course includes both lecture and physical activity. Students are presented with a variety of topics and information that involves physical fitness and health. Each student will learn to design a fitness program that is geared toward her own interests and abilities. Topics include: nutrition, time management, relaxation techniques, and stress management. Activities will include aerobic dance, walking, jogging, weight training, flexibility exercises, relaxation and stress management routines, and yoga techniques.

**Enrollment Information:** Enrollment limited to: women.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1265 - Wellness and Fitness (1 Credit)**

Here's to a Healthier You - A wellness experience for the busy student. This course will assess the student's physical fitness status, and overall lifestyle health habits. Strength training basics emphasize how to properly perform exercises for each of the major muscle groups of the body. Program Planning, Nutrition and Stress Management are also presented. This course has been made possible through the generosity of the Bateman family in memory of Ms. Dorothy Bateman, Cornell's first Director of Women's Sports and Physical Education (1920 to 1962).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1270 - Introduction to Jogging (1 Credit)**

Covers running and stretching techniques. It comprises a conditioning program with the objective to develop the capacity to run 3 miles after 12 weeks of training.

**Last Four Terms Offered:** Fall 2023, Spring 2023, Fall 2022, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1271 - Jogging Fitness (1 Credit)**

This class is designed for the beginner to intermediate runner who is interested in over-all fitness. Daily instruction will focus on running form and technique as well as building aerobic capacity through long runs, speed work and agility drills. Cross training will be included to build strength, endurance and flexibility. Students should arrive to class prepared to run either indoors or outdoors.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1272 - Walking Tours (1 Credit)**

A series of walking tours around the Cornell Campus and beyond. Class will meet regardless of weather, so please come prepared.

**Last Four Terms Offered:** Spring 2025, Winter 2025, Fall 2024, Spring 2024  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1273 - Walking Meditation (1 Credit)**

This course combines walking and meditation, two life-enhancing activities that can help students create balance in their hectic lives. Walking is the optimum exercise for good health and meditation offers the opportunity to calm an active and busy mind. Drawing on the teachings from the Vietnamese Zen Buddhist monk, Thich Nhat Hanh, will involve meditating in motion.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1290 - Introduction to Gymnastics (1 Credit)**

This class is an introduction to all of the men's and women's gymnastics events. Instruction will focus on beginner level skills with emphasis on tumbling and acrobatics. No experience is necessary and all ability levels are welcome. Students must have a basic level of fitness and upper body strength.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1300 - Introduction to Bowling (1 Credit)**

This course is designed to help students acquire the fundamental skills of bowling including proper form and etiquette. Students will also learn terminology, rules, strategies, scoring procedures and recognize the value of bowling on wellness. The course involves short lectures and demonstrations, and ample practice time and game play. For intermediate bowlers, additional skills are introduced and developed to help students improve their game. Emphasis will be on skill refinement of advanced techniques: two-handed and one-handed bowling, curve balls, adjusting throw and stance, etc.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1311 - Fly Fishing (1 Credit)**

This course introduces the student to the beautiful sport of fly fishing. Topics covered include fly tying, knots and rigging, casting and presentation, and what species of fish you can catch locally. Students will tie fly patterns that are appropriate for fishing opportunities in this region. The course will feature classroom sessions and fishing on Beebe Lake as well. Students will primarily be fishing for cold and warm water species including trout, bass and pan fish. All fly fishing tackle, fly tying materials and tools are included. The goal is for the student to catch a fish on a fly they tied. Students must have a current NYS fishing license to participate in this course.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1312 - Ultimate Bass Fishing (1 Credit)**

This class is for anyone who wants to learn more about North America's most popular fish, the bass. Whether you just want to fish from the bank, a kayak or a professional bass boat, this class is aimed for anyone from a beginner to an avid angler. The course will feature classroom sessions and fishing on Beebe Lake as well. Students will enjoy hands-on procedures such as knot tying, the newest and hottest lure rigging, learning to cast spinning and casting combos, along with other bass catching techniques. Topics such as bass habits, habitats, seasonal patterns, the differences between smallmouth and largemouth bass, and good area bass waters will be covered. All equipment is included, however, students may choose to bring their own rod. It is recommended to use a 6'-7' medium action spin rod, loaded with 8lb or 10lb monofilament line, and a size 3# spin reel. Students must have a current NYS fishing license to participate in this course.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1320 - Professional Instructional Golf (1 Credit)**

Equipment furnished. PGA program of instruction geared to all levels of experience and ability. The objective is to give beginners enough skill to play, and to give more advanced players direction in their thinking, practice, and play, through a thorough understanding of fundamentals.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1321 - Advanced Golf (1 Credit)**

Students must be experienced golfers (i.e. they MUST have golf playing experience on a course) and have their own set of clubs. Students who do not have the appropriate skills will be removed from the course and will not receive a refund. The objective is to give advanced players instruction and practice to improve golfing skills.

**Enrollment Information:** Enrollment limited to: registered Cornell students.

**Course Fee:** Course Fee, TBA. Covers a semester's membership.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1330 - Beginning Downhill Skiing (1 Credit)**

Lift tickets and lessons are included in the course fee. Rentals are available at an additional cost. Please carefully read the additional information on the PE website for particulars. Greek Peak personnel should be contacted to explain the program and fees. This class is only open to first-time skiers.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2020  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1331 - Intermediate-Advanced Downhill Skiing (1 Credit)**

Lift tickets and lessons are included in the course fee. Rentals are available at an additional cost. Please carefully read the additional information on the PE website for particulars. Greek Peak personnel should be contacted to explain the program and fees. This class is only open to intermediate to advanced skiers. Do not sign up for this class if you have no experience.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1332 - Beginning Snowboarding (1 Credit)**

Lift tickets and lessons are included in the course fee. Rentals are available at an additional cost. Please carefully read the additional information on the PE website for particulars. Greek Peak personnel should be contacted to explain the program and fees. This class is only open to first-time snowboarders.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2020  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1333 - Intermediate-Advanced Snowboarding (1 Credit)**

Lift tickets and lessons are included in the course fee. Rentals are available at an additional cost. Please carefully read the additional information on the PE website for particulars. Greek Peak personnel should be contacted to explain the program and fees. This class is only open to intermediate to advanced snowboarders. Do not sign up for this class if you have no experience.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2020  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1336 - Wakeboarding and Wakesurfing (1 Credit)**

This class is designed for students who want to learn (or improve their skills at) wakeboarding and wake surfing on beautiful Cayuga Lake. Enjoy time on the water with fellow students, cheer each other on as you learn and practice water sports that connect your mind and body (and fill you with enjoyment), and improve your fitness as you fulfill a PE credit. If you have snowboarded or skateboarded and always wanted to try surfing or wakeboarding, this course is for you. Or if you have always wanted to try a watersport but haven't had the chance, you will find a welcoming environment to try out something new and fun for you. Class consists of six three-hour sessions on the lake with a class size of six (or fewer students) each session, giving you at least 30 minutes of practice every class. We have a GoPro set up to capture your riding so that you can analyze your footage and learn from what you did well and what you can improve. The boat will depart from the Merrill Family Sailing Center each class (transportation to and from there is not provided).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1340 - Juggling (1 Credit)**

The course focuses on teaching 3 ball juggling patterns as well as introducing a wide variety of other props which may include: rings, clubs, diabolo, flower sticks, poi, and spinning plates. Advanced students will also be able to learn club passing, 4 and 5 balls and advanced tricks.

**Course Fee:** Course Fee, \$195. For instruction and materials; includes 3 high quality juggling balls of your own for class and future practice.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1345 - Introduction to Boxing (1 Credit)**

One of the oldest forms of competition known, boxing has become the sport of choice for many people. Boxing's simplistic method has few techniques, yet the application of these techniques is the true art and science of the sport. This course teaches the fundamentals and proven training methods that are sure to improve and develop your defensive and offensive skills, cardiovascular endurance, footwork, agility, speed, timing and power. Training will include shadow boxing, jump rope, two person drills, and focus glove work. Learn the fundamentals of one of the world's most popular sports.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1346 - Intermediate Boxing (1 Credit)**

Covers the basic skills of footwork, defensive, and offensive techniques at an Intermediate level. Jumping rope, advanced footwork, offensive and defensive skills, shadow boxing, and focus glove work are taught as methods for individual aerobic conditioning, and mastering the fundamentals of Boxing.

**Prerequisites:** the student must have proof of a recent physical performed by a physician and at least one (1) semester of PE 1345.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1347 - Brazilian Jiu Jitsu Fundamentals (1 Credit)**

Brazilian Jiu Jitsu, known as BJJ was developed by Helio Gracie, and continues to develop as one of the most popular forms of grappling in the world today. This class focuses on learning and applying fundamental techniques of Brazilian Jiu Jitsu. Students practice various techniques using a traditional GI/kimono. Students will learn and practice positioning, escapes, submissions, and self-defense. The fundamentals class is directed not only for the beginner but also for students who would like to sharpen basic techniques.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1350 - HIIT Boxing (1 Credit)**

Burn a ton of calories, get stronger, and punch out your stress! Learn how to move with power and confidence. Not only do participants get a fitness/cardio workout, they also learn to use real kickboxing techniques on a heavy bag. Kickboxing will help you build a great body, power, confidence, and self defense skills!

**Course Fee:** Course Fee, \$130. Course fee.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1360 - Jeet Kune Do and MMA (1 Credit)**

The Jeet Kune Do Class at Cornell is taught as an MMA (Mixed Martial Arts) format. This focus will include JKD's approach to stand-up striking, teaching a blend of boxing, kickboxing, knee and elbow strikes. The ground format will include takedowns, mixed blends of grappling using Brazilian Jiu Jitsu, Erik Paulson's Combat Submission Wrestling, Filipino Kali grappling and striking from the ground. This is a blended system of martial arts that combines a modern western training approach with eastern martial arts training methods. Two person partner training and use of equipment to develop the student's strength, power and focus is stressed. The class format will emphasize the application of Jeet Kune Do in regard to Mixed Martial Arts training and competition. The class will maintain a strict regard for safety, but none the less instruct the student in the No-Nonsense approach of Modern Mixed Martial Arts. The system emphasizes footwork and agility, economy of motion, counter ability and strong practical self-defense, using a strategic approach to training and combat. This realistic, modern training approach cultivates strong physical, self-discipline, mental and emotional development in the student.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2023, Fall 2022, Spring 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1365 - Introduction to Karate-do (1 Credit)**

Begin a journey into the world of Shito-Ryu Karate; a traditional Okinawan style which focuses on self-defense combos using blocks, strikes, kicks, joint locks and throws with an emphasis on partner work for safe and practical learning. There is also the opportunity to show off your skills during the optional belt promotion test on the last day of class.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1366 - Karate-do Exploration (1 Credit)**

We learn and train in Shito-Ryu Karate; a traditional Okinawan style, by introducing a new kata every semester with corresponding self-defense techniques. The optional belt promotion test allows you to show off your cumulative progress at the end of the semester.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1371 - Okinawan Karate-do (1 Credit)**

Explosive strikes, strong stances, and controlled footwork make Okinawan Karate-do an effective form of self-defense for men and women of all ages and body types. The physical practice of Okinawan Karate-do is an excellent pathway to increased fitness and improved holistic health. Practiced as a traditional martial art, Okinawan Karate-do facilitates personal development and greater well-being.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1375 - Beginning Tae Kwon Do (1 Credit)**

C.W. (Cho Whang) TaeKwonDo of Ithaca conducts the course. The purpose of the program is to teach TaeKwonDo in its diverse aspects as a form of self-defense, as an art form, and as a competitive sport. Classes will consist of extensive stretching, the teaching of basics to beginners, forms of self-defense, and sparring techniques. TaeKwonDo emphasizes the use of the whole body, enhances flexibility and coordination and increases aerobic capability. Promotional tests are held at the end of each semester. Han Cho may be reached at 257-7810.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1376 - Intermediate Tae Kwon Do (1 Credit)**

C.W. (Cho Whang) TaeKwonDo of Ithaca conducts the course. At least one semester of PE TaeKwonDo or equivalent is required. The purpose of the program is to teach TaeKwonDo in its diverse aspects as a form of self-defense, as an art form, and as a competitive sport. Classes will consist of extensive stretching, the teaching of basics to beginners, forms of self-defense, and sparring techniques. TaeKwonDo emphasizes the use of the whole body, enhances flexibility and coordination and increases aerobic capability. Promotional tests are held at the end of each semester. Han Cho may be reached at 257-7810.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1380 - Tai Chi Chuan (1 Credit)**

Fundamentally, Tai Chi is an integrative exercise that joins the various elements of functional fitness into a single, organically connected whole. Through a rich vocabulary of movements that enhance spatial and body awareness, Tai Chi provides a medium for harmonizing balance, coordination, flexibility, and supple strength. This course will consist of warm-ups, stretching, an introduction to the 24 Movement Form, and 2 person interactive exercises. Please loose, comfortable clothing. Students must be in bare or sock feet during class.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1385 - Thai Boxing (1 Credit)**

This martial art system, developed from the unique culture of Thailand, is a blend of art, science and sport. The Thai art is a very powerful ring fighting method, yet is also an excellent form of physical conditioning and street self-defense. The fighting techniques taught in Thai boxing include; the Western Boxing method, elbow -knee strikes, and the powerful Thai style of kicking. This combined with the unique training method and discipline makes Thai Boxing one of the most effective systems in the world. Kevin Seaman is the New York State Representative for the Thai Boxing Association USA.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1395 - Self Defense and Personal Safety in the Modern World (1 Credit)**

The ability to defend your person is not only for experts who possess mystical secrets. This class is targeted towards the beginner level and persons who may feel unsafe, desire to develop self-confidence, and wish to learn techniques to deter, delay and escape a possible attacker. These skills are learned through a progressive training program that, when properly followed, develops awareness, strength and self-confidence. The class provides an opportunity to learn a system of practical, proven self-defense techniques and educates the individual in the strategies of personal safety and awareness. This class borrows heavily from the United States Army Modern Combatives Program and the Marine Corps Martial Arts Program. It covers enhanced situational awareness, preventing takedowns, unarmed weapons defense, defense from the ground, effective use of your environment and defense tools found in our everyday world. Build confidence and understand your personal capabilities.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2022, Spring 2022, Fall 2021, Spring 2020  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1396 - Filipino Kali (1 Credit)**

This is an eclectic form of Filipino stick fighting and self defense that evolved as a means of preservation in the hostile environment of the Jungles of the Philippines. Having roots in the 9th century, this is one martial art that truly equalizes your chances of survival in even the most dangerous circumstances, yet is also an amazing method of increasing your coordination and fitness, keeping both your mind and your body SHARP! Kali/Escrima addresses empty hand and kicking, grappling, and tools of the jungle warrior. Kevin Seaman has studied with many of the leading exponents of this amazing Martial Art for nearly 30 years. His skill in this art made him a regional, National and World Champion, competing Full Contact in Asia in 1992.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1402 - Movement, Music and Meditation (1 Credit)**

This class is designed to awaken and reinforce the power of our own presence, which can only be done in the present moment. We will use various yoga and movement exercises to tune into our bodies, and we will engage in ancient meditation practices to calm our over-active minds. We will be supported by enlivening inspirational music as we expand our awareness of ourselves.

**Last Four Terms Offered:** Spring 2021, Fall 2020, Spring 2020, Fall 2019  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1405 - Living Routines (1 Credit)**

Once a week you will participate in a health routine. After a short brisk walk, (inside in poor weather) you will engage in an energizing stretching session, followed by a short meditation. In addition to being introduced to stretching and meditation, the class will offer you the opportunity to get to know your classmates through partnered self-awareness exercises and group sharing.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1407 - Adventure Games and Activities (1 Credit)**

Students will participate in innovative warm-ups and conditioning exercises. Activities will range from simple games to group cooperation, group and individual problem solving, spotting skills, trust activities, and skills associated with challenges in an adventure setting. Through participation in the course, students will learn how to work together and build trust. Course objectives include: develop mutual respect and understanding in a group, develop a sense of individual self confidence, increase one's level of physical fitness and agility, experience the joy of working and being with others.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1410 - Introduction to Massage (1 Credit)**

**Last Four Terms Offered:** Fall 2023, Spring 2023, Fall 2022, Spring 2020  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1420 - Introduction to Meditation (1 Credit)**

This course provides the opportunity to explore a variety of ancient and modern methods designed to bring one to the state of meditation. The methods serve to evoke the deep relaxation from which heightened awareness and creativity arise. If these classes do not fit your schedule, try Body-Mind, Living Routines or Moving into the Moment which have meditation in them.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1421 - Relaxation and Stress Management (1 Credit)**

This course offers a mind/body approach to gaining realization and managing the stress in our lives. Participants will leave this course with a greater understanding and appreciation of their own unique ways of coping with stressful situations. We will explore a variety of techniques which can be used to ease the pressures of student life. A sample of these activities includes; stretching (Yoga), creative art, conversation, new games and meditation.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1422 - Meditation and Relaxation (1 Credit)**

This course is designed to assist you in learning to meditate, or to deepen your existing practice. As you learn to practice meditation and relaxation exercises, you will find that as little as 15 minutes a day can benefit your physical, mental, emotional and spiritual health. With some assistance, we are all capable of learning to relax deeply, sleep better, detach from the mind's chatter, focus with renewed concentration and become aware of the joy and energy that is deep within us. If these classes do not fit your schedule, try Body-Mind or Living Routines which both have meditation in them.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1424 - Yoga Trapeze (1 Credit)**

Yoga Trapeze combines the traditional yoga practice with TRX strength training as well as the fun and physical benefits of inversion therapy. Hanging upside down can relieve tension and compression in the neck and spine, while other hanging postures develop grip and pull strength in the hands and shoulders. Other full-body exercises will not only build strength, but will be a great way to advance their yoga practice of backbends, arm balances, and inversions. This course combines strength-building, flexibility, stress-reduction, and fun all in one!

**Prerequisites:** Recommended prerequisite: some previous practice of yoga is strongly encouraged.

**Course Fee:** Course Fee, \$250. Course fee.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1427 - Ashtanga Yoga Foundations (1 Credit)**

This beginner's class will introduce Ashtanga Yoga to the new student. With asanas (poses) from the Primary Series we will focus on using the breath, core engagement, and gaze point to begin your own home-based practice. We will also introduce breath work and meditation. Leave the class feeling energized, refreshed, and strong.

**Course Fee:** Course Fee, TBA. TBA.

**Exploratory Studies:** (SAAREA)

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1429 - Vinyasa Yoga (1 Credit)**

This course teaches the practice of Vinyasa Yoga. It explores postures flowing from one to the next (breath to movement) and also includes study of philosophy, meditation, breath-work, and alignment.

**Course Fee:** Course Fee, TBA. TBA.

**Exploratory Studies:** (SAAREA)

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1430 - Introduction to Yoga (1 Credit)**

Learn the alignment foundations of yoga while building strength, flexibility, and vitality! This class is for those who are new to yoga or those looking to fine tune their practice. Students will learn the ins and outs of a variety of standing poses, back bends, and maybe even a few inversions or arm balances! Modifications will be given to accommodate all levels. Each class will also include breath instruction and poses for stress reduction.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1431 - Intermediate Yoga (1 Credit)**

This course builds on the physical practice of yoga postures (asana), and incorporates more meditation, breathwork, and philosophy. Vinyasa yoga generally is a steady flow from posture to posture in a way that builds strength and awareness. This intermediate class offering will dive into more advanced physical postures (arm balances, etc.) in addition to more breathing exercises and meditation practices. These will offer tools for supporting the body physically and biologically as well as provide symbolism and metaphor for navigating the emotions of various life circumstances. Show up ready to move, breathe, challenge yourself, and grow!

**Prerequisites:** previous yoga experience.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1435 - Off Campus Meditation (1 Credit)**

Meditation course.

**Exploratory Studies:** (EAAREA)

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1436 - Off Campus Yoga (1 Credit)**

Yoga course.

**Exploratory Studies:** (EAAREA)

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1439 - HIIT Yoga (1 Credit)**

HIIT yoga is a great way to get your heart rate up, burn calories, and have a mind-body connection. This class will have equal amounts of high intensity interval training and yoga to keep you moving and stretching throughout each session. Expect to warm up with Sun Salutations, then head to work with resistance training and functional movement drills.

Cool down with yoga poses to keep your body and mind steady and calm.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1440 - Introduction to Badminton (1 Credit)**

Instruction and practice in the basic skills and rules for both singles and doubles play.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1441 - Intermediate Badminton (1 Credit)**

Should have past experience in badminton. Strategies are taught for both singles and doubles play.

**Prerequisites:** students should have past experience in badminton.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1445 - Outdoor Beginning Tennis (1 Credit)**

Instruction and practice in the basic skills of the game. Grip, serve, forehand, backhand, and lob are areas covered along with scoring systems. All equipment is furnished.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Summer 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1446 - Outdoor Intermediate Tennis (1 Credit)**

Review and further instruction in strokes: forehand, backhand, serve, volley, and lob. Topspin and underspin are covered along with doubles strategy. All equipment is furnished.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1447 - Outdoor Advanced Tennis (1 Credit)**

For players with high school team or tournament experience. Skills emphasized are spins, serve and return of serve, volley, overhead smash, court positioning, and playing strategies.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1448 - Pickleball (1 Credit)**

Pickleball is fun, social and friendly sport that combines elements of tennis, badminton and ping-pong. It can be played both indoors and outdoors on a badminton-sized court and a slightly modified tennis net. The rules are simple and the game is easy for beginners to learn, but can develop into a fast-paced, competitive game. Class includes equipment, instruction and practice in the basic skills and rules for both singles and doubles play.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1465 - Introduction to Squash (1 Credit)**

A beginner's course where rules of the game, basic strokes and strategies are taught. This class will also provide students with an invigorating cardio workout which may necessitate a shower following class.

Please note: a pair of non-marking court shoes will be needed. All other equipment is provided, including safety glasses that are required to be worn at all times.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1466 - Intermediate Squash (1 Credit)**

Students are taught more advanced techniques than PE 1465 (introduction to squash) and this class is not suitable for beginners. Students must be proficient in some form of racquet sport such as Tennis, Badminton, Racquetball or have successfully completed the Intro to Squash class. This class will also provide students with an invigorating cardio workout which may necessitate a shower following class. Please note: a pair of non-marking court shoes will be needed. All other equipment is provided, including safety glasses that are required to be worn at all times.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1480 - Introduction to Small Boat Sailing (1 Credit)**

This course teaches the basic skills necessary to sail 2-person dinghies. Skills learned include: sailing terminology, knots, safety and etiquette, boat handling, sail trimming, capsize recovery and heavy wind considerations. There are a total of eighteen hours of instruction on shore or Cayuga Lake depending on weather. Course fee includes all equipment. Come dressed for the weather, as you will get wet. Open to sailors of all skill levels.

**Prerequisites:** students must be able to swim 75 yards (equivalent to University swim test requirement).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Summer 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1482 - Basic Keelboat Sailing (1 Credit)**

This course teaches the basic skills necessary to sail 18 - 26 foot keelboats. Skills learned include: sailing terminology, knots, safety and etiquette, boat handling, sail trimming and heavy wind considerations. There are a total of eighteen hours of instruction on shore or Cayuga Lake depending on weather. Course fee includes all equipment. Come dressed for the weather, as we will sail rain or shine. Open to sailors of all skill levels.

**Prerequisites:** students must be able to swim 75 yards (equivalent to University swim test requirement).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1505 - Introduction to Trap and Skeet (1 Credit)**

Class meets off campus at the Tompkins County Fish and Game Club (transportation to and from not provided). Guns and shells furnished. Cost includes birds, shells, range use and instruction. Major emphasis is placed on safety resulting from a thorough understanding of the operation of the firearm and personal responsibility of each individual on the range.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1510 - Riflery (1 Credit)**

Instruction and practice in the use of a small bore target rifle. Major emphasis is placed on safety resulting from a thorough understanding of the operation of the firearm and the personal responsibility of each individual on the range. Class meets off campus at the Tompkins County Fish and Game Club (transportation to and from not provided).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1515 - Introduction to Handgun Safety (1 Credit)**

Introduction to and instruction in the use of the handgun for target shooting. Major emphasis is placed on safety resulting from a thorough understanding of the operation of the firearm and the personal responsibility of each individual on the range. Class meets off campus at the Tompkins County Fish and Game Club (transportation to and from not provided).

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1520 - Introduction to Archery (1 Credit)**

Archery has a long tradition across many cultures and is a competitive sport all over the world. This class offers exposure to archery theory and shooting technique, emphasizing safe range practices, proper equipment setup, and practice shooting.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1521 - Archery II (1 Credit)**

Advanced Archery is open to students who have successfully taken 1520 or have instructor permission. Students will be expected to understand how to put together and use range equipment, whistle commands, and safe shooting techniques before registration. Advanced Archery explores the individual steps of the National Training System for archery as taught through the USA Archery Association. Emphasis will be on developing form and precision and exploring mental management for archery. Class meets once a week. Attendance for first two classes is mandatory for safety reasons. If these classes are missed, the student can no longer continue to attend and will be responsible for dropping themselves from the course.

**Prerequisites:** PE 1520 or equivalent experience.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Fall 2023, Spring 2023, Fall 2017  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1527 - Fencing (1 Credit)**

This course is a modern type of fencing that belongs to the family of combat sports using bladed weapons and refers to the fencing seen in most current competitions, including the Olympic Games and the World Cup. Originating in the 19th century, as a direct continuation of the 18th century French school of fencing which had in turn been influenced by the Italian school of the Renaissance. Includes warm-up exercises and all basic offensive and defensive moves.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1540 - Introduction to Skating (1 Credit)**

For the beginning skater interested in figure skating or hockey skating. Course will cover basic skills of forward and backward skating, turns and stops, while also covering skate safety, proper fitting, and body mechanics of skating. An assessment will be done the first day of class and students grouped accordingly. Skate rental available for \$2.00 per session.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1545 - Beginning Figure Skating (1 Credit)**

For the beginning skater or skater with no previous formal instruction. Students will learn basic forward and backward skating skills, including stopping and turning, while also covering skate safety, proper fitting, and body mechanics of skating. An assessment will be done the first day of class and students grouped accordingly. Skate rental available for \$2.00 per session.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1546 - Intermediate Figure Skating (1 Credit)**

The course will review the skills taught in the PE1540 and PE1545, as a foundation, and move into learning more advanced turns, stops, and basic jumps and spins. Course will also cover skate safety, proper fitting, and body mechanics of skating. An assessment will be done the first day of class and students grouped accordingly. Skate rental available for \$2.00 per session.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1547 - Advanced Figure Skating (1 Credit)**

This course is for the advanced figure skater. Permission of instructor is required if student has not previously taken PE1546 or PE1547. Skaters will be learning advanced skills including jumps, spins, turns, edge moves, step sequences, and ice dance patterns. Students will be working independently on ice at times, as well as, group instruction, TBD by instructor based on level of participants enrolled.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1550 - Introduction to Ice Hockey (1 Credit)**

Organized on a team practice basis. Skills to be taught include developing basic skating skills (stops, starts, forwards, backwards), basic puck skills (stick handling, shooting, passing), and team skills (breakouts, puck movement). Skates and hockey sticks must be supplied by the participants (skate rental available \$2.00 per session). All other necessary equipment will be supplied by the Physical Education Department.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1551 - Intermediate Ice Hockey (1 Credit)**

This course is designed for the intermediate hockey player. Advanced techniques taught include developing intermediate skating skills (edge work drills, crossovers, transitions), puck skills (passing-saucers, backhand, shooting-wrist, snap, backhand), and team skills (breakouts, puck movement, 5v5, 4v5). Each session emphasizes game situations and scrimmaging.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1555 - Basketball Officiating (1 Credit)**

This course will allow the student to learn and practice the rules of basketball as an officiant of the game. A combination of classroom instruction and on-court application will be utilized to educate participants in the avocation. All rules learned will be from the National Federation of High School rules book.

**Last Four Terms Offered:** Fall 2023, Fall 2022, Spring 2022, Fall 2019  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1560 - Basketball (1 Credit)**

Fundamentals of passing, dribbling and shooting are stressed. Offensive and defensive patterns are taught. Intra-class team competition is a part of the course. It is recommended that students wear high-top basketball shoes and not running shoes for the class due to the risk of ankle injuries.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1561 - Advanced Basketball (1 Credit)**

Advanced fundamentals of passing, dribbling, shooting, and offensive/defensive patterns are taught. Intra-class team competition is a part of the course. It is recommended that students wear high-top basketball shoes and not running shoes for the class due to the risk of ankle injuries.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1565 - Soccer (1 Credit)**

This class will cover the fundamental skills of soccer: passing, trapping, heading, dribbling and shooting. Team tactics are covered specific to the outdoor game.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1570 - Beginning-Intermediate Volleyball (1 Credit)**

Fundamentals of ball handling, serves, defensive blocks, and position play are stressed. Classes scrimmage.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1571 - Advanced Volleyball (1 Credit)**

For the experienced player. Improvement of skills through practice games and drills. Trials to check the appropriate level of ability will be held during the first class period.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1576 - Introduction to Equestrian Polo (1 Credit)**

Students will be taught the basics of riding for polo, mallet and rein handling, the 4 major strokes, use of artificial aids, and offensive and defensive strategies in playing arena polo. Game rules will be discussed in classroom instruction, video review, as well as mounted on horseback. Students will be taught the differences similarities between outdoor grass polo and arena polo. Horsemanship and horse care for polo will also be a focus in this course.

**Course Fee:** Course Fee, \$750. For Instruction.  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1580 - Principles of Weight Training (1 Credit)**

A comprehensive understanding of weight training and its place in the world of fitness. Topics to be covered include: selectorized equipment, free weight exercises, isometrics, circuit training, toning, stretching, strength development, and program design based on goal setting.

**Course Fee:** Course Fee, TBA. TBA.  
**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1581 - Weight Training for Women (1 Credit)**

This class will focus on the basics of weight lifting. Topics covered will include: toning vs. building, theory of program design, training with dumbbells, selectorized equipment, free weight exercises for all muscle groups, flexibility, and proper nutrition for weight training.

**Course Fee:** Course Fee, TBA. TBA.  
**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1582 - Advanced Weight Training (1 Credit)**

The primary focus of this course will be learning and practicing the Olympic lifts (the snatch, clean and jerk and related exercises). We will study these lifts in detail while working on building the strength and flexibility necessary for their proper performance. Additional topics will be determined based on the interests of the class. Possible topics might include: advanced programming for strength training, kettlebell training, training for sport performance, advanced muscle-building strategies and splits.

**Prerequisites:** PE 1580 or at least one year of weight training experience, including familiarity with proper squat and deadlift technique.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Spring 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1584 - PowerBuilding (1 Credit)**

This course is designed to improve functional strength using barbell lifts and other associated accessories. Students should expect 30-40 minutes of coaching, during which the entire course will follow a prescribed lift. The last 10-20 minutes of class will be open gym for accessories related to the main lift. Unlike last year's 'Powerbuilding', this class will step beyond the basic four lifts and instead seek to develop goal-oriented training days focused around athletic performance. Major lifts will include the front squat, the hang clean, strict press, and multiple pull-up variations.

**Last Four Terms Offered:** Fall 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1600 - Introduction to Aerials (1 Credit)**

This aerial arts course will focus on aerial fabric, as well as conditioning and flexibility training to enhance your practice and creative exercises to develop your artistry. The aerial arts get you upside down, physically engaged, and expressing yourself through a whole new medium. All levels and abilities are welcome. All students will need to sign Circus Cultures Safety agreement.

**Course Fee:** Course Fee, \$375. For instruction.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1601 - Backcountry Cooking (1 Credit)**

Tired of only eating Ramen on trips? Do you wonder about the difference between powdered cheese and real cheese? Ever wanted to learn how to make true gourmet food in the field? This course will introduce students to gourmet skills that can be used in the backcountry.

**Course Fee:** Course Fee, \$415. For instruction and materials. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1603 - Snowshoeing and Winter Travel (1 Credit)**

Ready to enjoy being outside this winter?! Come explore the glens, valleys, and wooded hills blanketed by snow. Learn about winter natural history, navigation, cold weather safety, and snowshoe history and equipment, while enjoying a great workout and becoming at home in the winter weather.

**Course Fee:** Course Fee, \$245. For food/travel.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1605 - Day Hiking (1 Credit)**

From spectacular gorges and waterfalls, to wooded ridges and glacially carved lakes, the Finger Lakes Region is justly famous for its scenery. Get off campus to discover the natural wonder surrounding us. These outings provide plenty of time to meet new friends, learn about geology, stream ecology, and the outdoor skills necessary to set out on discoveries of your own. No experience necessary.

**Course Fee:** Course Fee, \$255. For instruction/travel.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1606 - Outdoor Birding and Nature Observation (1 Credit)**

Come join us as we watch the bird migration come to life throughout the Spring as well as the other nature and wildlife patterns to be found in this season. Learn to identify and understand the behaviors of the birds and natural world in our area.

**Course Fee:** Course Fee, \$265. For instruction/travel.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Fall 2023, Spring 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1608 - Trail Running (1 Credit)**

Tired of that same old route on campus? Come trail running! We'll get you out on the spectacular local trails, provide training tips, teach you how to navigate in the woods, and run you over hill and dale, through forests, fields, and mud pits! It will be a confidence-building, life-changing, attitude-adjusting experience. We'll start easy and gradually build over the duration of the course, but you should be able to run comfortably for 50 minutes. Group pace, no one will be left behind.

**Prerequisites:** able to run comfortably for 50 minutes.

**Course Fee:** Course Fee, \$255. For instruction/travel.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1609 - Geocaching (1 Credit)**

It's the world's biggest treasure hunt! You might not know it but people have been hiding boxes of treasure all over the world for you to find, even in your neighborhood. Come learn to how to find their secret locations, what to do with them, and even make one of your own. This course will introduce students to a bit of map reading, and use of a GPS in a natural setting. Students should come to class prepared to be outside for the entire class length. No experience necessary.

**Course Fee:** Course Fee, \$255. For instruction/travel.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1610 - Backpacking in the Finger Lakes (1 Credit)**

Escape from campus to explore the glens, gorges, wooded hills, waterfalls, vistas and trails of the Finger Lakes region. Learn basic outdoor living skills, including hiking, navigation, equipment selection and use, camping, backcountry cooking, and safety.

**Course Fee:** Course Fee, \$435. For food/travel and instruction. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1613 - Wilderness Survival Skills (1 Credit)**

Learn what you can do to feel comfortable spending a night alone in the backcountry with limited resources. This course covers general backcountry safety, shelters, signaling, water and food procurement, navigation, and fire starting, as well as nature observation skills.

**Course Fee:** Course Fee, \$325. For instruction/travel and food. All camping equipment included.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1615 - Introduction to Circus Arts (1 Credit)**

The circus arts are an exciting hybrid of art and sport. In this course you'll dive deep into the basics of a multitude of circus disciplines, including juggling, stretching and conditioning, and aerial fabric and hammock. The circus arts have been proven to increase brain matter, develop executive function, improve physical fitness, build strength, and create community. No experience is necessary to participate, and all skills can be modified for different levels of fitness. Please wear clothing that allows you to go upside down comfortably. This class will take place at Circus Culture. All students will need to sign Circus Cultures Safety agreement.

**Course Fee:** Course Fee, \$375. For instruction/travel and materials.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1616 - Introduction to Camping (1 Credit)**

This class is designed for anyone wanting to learn the introductory skills to spend a night in the woods. As an Introduction to camping this class seeks to teach students about tarps, water purification and campsite selection as well as some basic wilderness knowledge and awareness of gear needed for a one night outing. Students will end the class with a one night outing in the woods off campus.

**Course Fee:** Course Fee, \$435. For instruction/travel and materials.

**Last Four Terms Offered:** Spring 2023, Fall 2022, Spring 2022, Spring 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1620 - Wilderness Advanced First Aid (1 Credit)**

This is a 4-day, 40 hour course accredited through the Wilderness Medical Associates. Wilderness Advanced First Aid is comprehensive medical training designed for remote professionals or wilderness leaders who venture into remote and challenging environments. Wilderness Medicine differs significantly from standard first aid courses and other training that are oriented toward urban environments. This course teaches how to manage medical emergencies when hospitals and rescue services may not be available for an extensive time period. We prepare students for emergency situations that involve prolonged patient care, severe environments, and improvised equipment. To recertify your current WAFA certification, you may retake the WAFA course or upgrade to a Wilderness First Responder (WFR) by taking a Bridge (WAFA to WFR) course.

**Course Fee:** Course Fee, \$495. For instruction.

**Last Four Terms Offered:** Spring 2025, Winter 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1621 - Bridge Wilderness Advanced First Aid to Wilderness First Responder (1 Credit)**

This is a 4-day, 40 hour course accredited through the Wilderness Medical Associates. The WAFA to WFR Bridge course upgrades the Wilderness Advanced First Aid to a Wilderness First Responder (WFR) in 4 days. This course must be taken within 3 years of receiving the WMA International WAFA certification or an equivalent from another provider. The WFR is the definitive medical training course for all outdoor professionals and enthusiasts. This course may be used as a recertification for those holding a current WFR certification or equivalent from another provider whose original WFR training was at least 64 hours in length. All eligible students who successfully complete the WAFA to WFR Bridge course will receive WMA International's Wilderness First Responder certification including anaphylaxis, and BLS/Healthcare Provider-Level CPR or equivalent. All WMA International certifications remain valid for three years.

**Course Fee:** Course Fee, \$495. For instruction.

**Last Four Terms Offered:** Spring 2025, Winter 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1622 - Day Hiking: Self-Guided (1 Credit)**

Interested in getting PE credit for hiking, but on your own schedule? This fully independent section of day hiking will meet twice online to discuss the basics of hiking and outdoors safety practices, then subsequently participants will run independently and will log their activity. Those who have logged at least 15 hours total by the end of the semester will receive a PE credit. Anyone may participate, even if you are not in Ithaca, although those in Ithaca will benefit from weekly suggested routes, advice, and video tours of our favorite local hiking areas.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Summer 2025, Summer 2024, Summer 2023, Summer 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1624 - Trail Running: Self-Guided (1 Credit)**

Interested in getting PE credit for trail running, but on your own schedule? This fully independent section of Trail Running will meet twice online to discuss the basics of trail running, then subsequently participants will run independently and will log their activity. Those who have logged at least 15 hours total by the end of the semester will receive a PE credit. Anyone may participate, even if you are not in Ithaca, although those in Ithaca will benefit from weekly suggested routes, advice, and video tours of our favorite local running areas.

**Course Fee:** Course Fee, TBA. TBA.

**Last Four Terms Offered:** Summer 2025, Summer 2024, Summer 2023, Summer 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1625 - Wilderness First Aid (1 Credit)**

This course focuses on essentials first with an emphasis on backcountry and wilderness issues. Includes a certificate of completion in Wilderness First Aid, as well as American Red Cross Certification in Standard First Aid and CPR. Patient assessment, body systems, equipment improvisation, trauma care, environmental medicine, toxins, backcountry medicine, and wilderness rescue are all covered. Designed for those who travel in small parties in the backcountry and who wish to be self-sufficient and well prepared, but equally useful for handling everyday medical emergencies.

**Enrollment Information:** Enrollment limited to: Cornell faculty, staff, students, and their immediate families.

**Course Fee:** Course Fee, \$375. For instruction/materials.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1626 - Wilderness First Responder (1 Credit)**

This 8-day, 80-hour course from Wilderness Medical Associates provides the prerequisite training and certification necessary for employment as a professional outdoor instructor at nationally recognized programs such as NOLS and Outward Bound. The curriculum goes beyond the basics needed for first aid certification to emphasize the skills and knowledge needed in backcountry rescue situations when extended care may be needed.

**Course Fee:** Course Fee, \$855. For instruction.

**Last Four Terms Offered:** Spring 2025, Winter 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1627 - Wilderness First Responder Recertification (1 Credit)**

This is a 3-day, 30 hour course accredited through the Wilderness Medical Associates. The WFR Recertification course is designed to recertify and refresh current Wilderness First Responders. WMA International invites eligible WFR graduates from other wilderness medical schools to recertify with us. Students will review essential skills and wilderness protocols and will discuss relevant updates in wilderness medicine. The course focuses heavily on hands-on learning through patient assessment drills and guided discussion. To earn certification, students must meet the criteria set forth in our Functional Position Description, as well as the minimum performance and testing standards by the last day of course. Upon successful completion, students will receive a Wilderness First Responder certification and a CPR certification equivalent to the American Heart Association's BLS CPR standard. These certifications remain valid for three years.

**Course Fee:** Course Fee, \$375. For instruction.

**Last Four Terms Offered:** Spring 2025, Winter 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1628 - Unicycling (1 Credit)**

Learn how to ride a unicycle! Often considered a circus or clown activity, unicycling is a great way to travel and an excellent test of your balance and athleticism. This course will take place at Circus Culture Ithaca's own Circus school. Students should meet at COE (B01) Bartels Hall and will be driven back and forth to Circus Culture.

**Course Fee:** Course Fee, \$375. For instruction/travel and materials. Unicycles will be provided.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Fall 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1630 - Caving (1 Credit)**

The most exciting and unknown terrestrial frontier lies deep inside cave systems! Expand your horizons to include the netherworld. Learn cave geology, map reading skills, rope systems, cave safety, environmental concerns, and hone teamwork and communication skills in this introductory class. Expect to be challenged and inspired as you explore caves in Eastern NY. You can expect to crawl and get dirty in these wild, beautiful caves. One weekend outing includes car camping.

**Course Fee:** Course Fee, \$425. For instruction, travel and food. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1640 - Basic Rock Climbing (1 Credit)**

We will introduce you to rock climbing movement and techniques, belaying, equipment, knots, rappelling, and safety. Courses ensure a high degree of individual attention and a supportive space to explore the vertical world! Graduates of this course will have the knowledge and skills to push themselves to new challenges while climbing safely and responsibly.

**Course Fee:** Course Fee, \$355. For instruction. Course fee includes climbing pass and free gear rentals for the semester.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Spring 2024  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1641 - Basic Rock Climbing: Closing the Adventure Gap (1 Credit)**

Adventure Gap: addressing racial disparities that cause minority populations to be much less likely to seek recreation, adventure, and solace in our wilderness spaces. Come climb with COE and take part in the Cornell climbing community! In this special section of Basic Rock Climbing we will introduce you to rock climbing movement and techniques, belaying, equipment, knots, rappelling, and safety at the Lindseth Climbing Center. In addition, we will explore identity, community, and belonging in the outdoors. Courses ensure a high degree of individual and supportive attention. Graduates of this course will build a solid foundation of skills to support future adventures in the vertical world.

**Course Fee:** Course Fee, \$355. For instruction. Climbing pass and gear rentals included for the semester.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1642 - Women's Basic Rock Climbing (1 Credit)**

Join us to explore the adventure and excitement of rock climbing in a close and supportive community. We will focus on techniques to encourage efficiency, build confidence, enhance fluidity, and develop awareness. In addition to teaching skills and techniques, and providing a supportive atmosphere, we will also examine the history, challenges, development and accomplishments of women as climbers.

**Course Fee:** Course Fee, \$355. For instruction. Fee includes climbing pass and free gear rentals for the semester.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1643 - Introduction to Routesetting (1 Credit)**

Intro to Routesetting is meant for the climber who has significant climbing experience and is interested in the process of creating climbing movement on the wall. Through this course you will learn how to use industry standard tools and practices to create fun, safe, and aesthetic bouldering problems. Attention will be given to safety precautions, both for the setter and for the climber, hold selection and attachment, giving and receiving feedback during forerunning, and editing your work to achieve your goals. Time permitting, an introduction to Working at Height may also be covered.

**Course Fee:** Course Fee, \$355. Course fee.

**Last Four Terms Offered:** Spring 2025, Spring 2024  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1645 - Southwest Climbing Expedition (1 Credit)**

Take your climbing to new heights on the sandstone of the southwest over spring break. Red Rock, NV has it all: sunny weather, long traditional routes, awesome sport climbing, and spectacular scenery. We'll spend eight days camping and climbing in this land of canyons and giants. With one instructor for every two students we have the flexibility to do anything; from starting to trad lead and building anchors to long multi-pitch routes.

**Course Fee:** Course Fee, \$1200. For instruction/materials and food.

**Last Four Terms Offered:** Spring 2025, Spring 2023, Spring 2022, Spring 2017  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1646 - Intermediate Rock Climbing (1 Credit)**

Refine your climbing skills and get individual coaching to build your techniques on various terrain, learn how to stand on and grip more advanced holds, and expand your climbing repertoire as you piece moves together to work through tricky sequences. This course is designed for those with exposure to rock climbing basics and belay experience. This class does NOT cover the skills necessary for lead climbing. You may consider the Sport Lead Class or a Learn to Lead Lesson.

**Prerequisites:** basic Rock Climbing or equivalent personal experience and previous Top Rope Belay Certification at the Lindseth Climbing Center.

**Course Fee:** Course Fee, \$355. For instruction. Climbing pass and gear rentals included for the semester.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1647 - Sport Lead Climbing (1 Credit)**

Sport Lead Climbing focuses on learning the skills needed to safely sport lead climb at the Lindseth Climbing Center and refine your climbing technique towards this style of climbing. Our staff will teach you about sequencing, high angle footwork, endurance and mental conditioning. If you are looking for a faster paced course, you may consider taking Learn to Lead Lesson. For a more technique-focused course, please refer to Technique & Training.

**Prerequisites:** basic Rock Climbing or equivalent personal experience and Top Rope Belay Certification at the Lindseth Climbing Center.

**Course Fee:** Course Fee, \$355. For instruction. Fee includes climbing pass and free gear rentals for the semester.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1650 - Rock Climbing: Technique and Training (1 Credit)**

Technique & Training is meant for the climber who has climbing experience and is striving to reach the next level but can't quite get there on their own. This course is designed to improve your climbing technique through climbing specific training and cross-training conditioning. You will learn how to build and implement a climbing training routine, safely and effectively use a campus board and hang board, and participate in balanced muscle development to help prevent injury and keep climbing for a lifetime! Though this class meets once each week, it is expected that students will climb at least one other time during the week. This course does not cover the skills necessary for lead climbing, please refer to: Sport Lead Climbing.

**Course Fee:** Course Fee, \$355. For instruction. Fee includes climbing pass and free gear rentals for the semester.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1651 - Introduction to Outdoor Rock Climbing (1 Credit)**

Learn basic rock climbing skills on real rock! We'll spend a glorious weekend climbing, tent camping, and relaxing at Minnewaska State Park in the foothills of the Catskill Mountains. We will cover climbing equipment and technique, knots, belaying, rappelling, and natural history.

**Course Fee:** Course Fee, \$425. Fee includes all climbing equipment, group camping gear and food. If you don't have your own, personal camping gear is available for rent at a 25% discount. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1653 - Shawangunks Rock Climbing (1 Credit)**

Enjoy world-class rock climbing at one of the premier areas in the US, the Shawangunks! After two introductory classes at the Lindseth Climbing Center, we will travel to the 'Gunks for 4 days of rock climbing that will teach you the skills to follow multi-pitch climbs. During fall foliage the natural beauty of the 'Gunks is superb and the climbing is some of the best in the world. A student-to-instructor ratio of 2:1 ensures individual attention and plenty of climbing for all.

**Course Fee:** Course Fee, \$545. Fee includes all climbing equipment and group camping gear. If you don't have your own, personal camping gear is available for rent at a 25% discount. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1654 - Ice Climbing (1 Credit)**

Join us as we tiptoe up frozen waterfalls in the beautiful setting of the Adirondack Mountains. Come learn the fundamentals of this incredibly unique form of climbing while enjoying a long weekend in the beauty of a Northeastern winter. This course will take place in very cold temperatures during the day and includes indoor lodging at night. Emphasis is on front pointing and belayed technical climbing - techniques best suited to the steep water ice typically found in the Northeast. Covers equipment, German technique (front pointing), tool selection and placement, and winter safety and comfort.

**Course Fee:** Course Fee, \$645. For instruction/travel and food.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1655 - Introduction to Traditional Lead Climbing (1 Credit)**

This class will teach you the skills needed to start trad climbing on your own. Learn to place and evaluate trad gear, build trad anchors, belay from above, and rappel. We will introduce skills at the Lindseth Climbing Center and travel for a weekend climbing and camping in the 'Gunks to get experience on real rock.

**Course Fee:** Course Fee, \$545. For instruction/travel and food.

**Last Four Terms Offered:** Spring 2024, Spring 2023, Spring 2022, Spring 2016

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1656 - Outdoor Anchor Building (1 Credit)**

Come learn how to build climbing anchors for your outdoor adventures! In this course you will learn anchor building best practices, get hands on use with different types of anchor building material including appropriate knots and general care, learn how to place various types of traditional protection, route finding and base management, and how to keep yourself safe while working at the edge of a cliff. We will cover trip logistics and anchor building basics in two classroom sessions and go leave campus for a weekend of building anchors, climbing, and camping! This is your opportunity to build self sufficiency and take your climbing to real rock.

**Course Fee:** Course Fee, \$425. Fee includes all climbing equipment and group camping gear. If you don't have your own, personal camping gear is available for rent at a 25% discount. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1657 - Tree Climbing (1 Credit)**

Whether you are a rain forest canopy researcher, an arborist, or just a kid at heart, everyone loves to climb trees. Recall the excitement and sense of adventure when you first crawled into the branches to look inside a bird's nest. Then you swung from limb to limb without a thought of ropes and harnesses. But what about that big tree down the street you always wanted to climb, but couldn't reach the first branch? This course will teach you how to use ropes and technical climbing gear to reach the top of any tree, to move around, and even to climb from tree to tree without returning to the ground.

**Course Fee:** Course Fee, \$365. For instruction. All tree climbing equipment is included.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1659 - Redwoods Tree Climbing (0-1 Credits)**

Join Cornell Tree Climbing Institute staff for the experience of a lifetime - climbing some of the largest trees on the planet! Each spring we will travel to the western slope of the High Sierra mountains of California. We'll spend a week assisting the UC Berkeley Department of Forest Ecology with Giant Sequoia restoration and ecology research. Students will learn the basics of roped tree climbing, including ascending, moving around in the canopy, and rappelling. Students will also have the opportunity, weather permitting, to sleep overnight in the top of the trees. We will stay in a rustic mountain house with limited facilities. All gear, instruction, food and lodging, and on-ground transportation is included in the course fee.

**Course Fee:** Course Fee, \$1450. For instruction/food.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Summer 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1661 - Special Programs (0-1 Credits)**

**Last Four Terms Offered:** Fall 2024, Summer 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1662 - Outdoor Leadership in Practice (1 Credit)**

Improve your leadership skills through hands-on experience and practice. In this course, you will complete some basic leadership assessments that will help you reflect on your leadership style and opportunities for growth. We'll delve into topics like trust-building, communication, agility, inclusion and belonging, and leadership values. This is a lightly physical class that will bring students to beautiful outdoor spaces where we can apply leadership principles through team activities and challenges. Students will visit the Hoffman Challenge Course, Treman State Park and the Cornell Botanic Gardens.

**Prerequisites:** relatively comfortable at heights of 20-25 feet.

**Course Fee:** Course Fee, \$260. For instruction.

**Last Four Terms Offered:** Fall 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1663 - Ropes Course Programming (1 Credit)**

Students learn and apply the technical, safety, leadership and facilitation skills essential to safe and effective ropes course programming.

Technical skills such as knot tying, challenge course belaying, and more will be taught during this course. Students will learn low ropes team integration activities as well as high ropes facilitation skills. This course can contribute towards the completion of the CU Leadership Minor. The course will be taught at the Hoffman Challenge Course, with transportation provided.

**Course Fee:** Course Fee, \$260. For instruction.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Summer 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1664 - Mountain Biking (1 Credit)**

Mountain Biking is for those who want to learn the skills to ride a bike on single track trails. Skills on the bike include body position, braking, shifting, descending, climbing and navigating natural terrain such as rocks, roots and logs. Mountain Biking is geared towards beginning mountain bikers, but it takes place on narrow, uneven trails and basic bike handling skills are a must. You can expect ride 5-10 miles a day on average. You will also learn to complete a bike safety check, change a flat tire and navigate on the trails. Classes will take place at different trail systems.

**Prerequisites:** ability to comfortably ride a bike.

**Course Fee:** Course Fee, \$325. For instruction. Students without a bike can rent one for \$60 for the duration of the class from Cornell Outdoor Education.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1665 - Learn to Bike (1 Credit)**

Was the last time you rode a bike when you were a kid? Dream of the freedom that comes from peddling yourself around town? Then this is the class for you! Come learn to ride a bike with knowledgeable instructors in a safe environment. You must have basic riding abilities as we will be riding on streets with cars and buses, while practicing evasive maneuvers, signaling, communication skills and other essentials for commuting around town. No experience required, just desire to learn to ride a bike. Transportation will be provided if needed.

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1666 - Bike Touring (1 Credit)**

Bike Touring is for those who want to learn how to travel self-supported by bike. This course will cover bike touring equipment use, camping skills, route planning and bike maintenance. Skills on the bike will include road riding safety and riding with a loaded bike. Classes will include rides of 5-15 miles and the course will culminate in a two-day bike tour with overnight camping. The weekend tour may include up to 30 miles per day.

**Course Fee:** Course Fee, \$295. For instruction/food. Students without a bike can rent one from Cornell Outdoor Education for \$60 for the semester.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Fall 2023, Spring 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1668 - Recreational Biking (1 Credit)**

Recreational Biking is for those who want to explore this gorgeous area by bike. Roads and bike paths will lead you right from campus to waterfalls, scenic views and ice cream! In addition to rides of 8-15 miles each day, you'll learn how to take care of your bike and do some basic repairs. Rides will not be fast paced, but Ithaca has lots of hills so reasonable physical fitness and the ability to comfortably ride a bike are essential.

**Course Fee:** Course Fee, \$245. For instruction. If a student needs to rent a bike, there is a one-time \$60 rental fee.

**Last Four Terms Offered:** Summer 2025, Spring 2024, Fall 2023, Spring 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1670 - Adirondack Canoe Camping (1 Credit)**

Experience the Adirondacks at their finest during Fall Break. Encounter first hand what makes this place so spectacular: magnificent mountain landscapes scattered with changing fall colors, numerous lakes and waterways to paddle, starry skies to camp out under and the call of loons as they echo across the lakes. Your instructors will teach you the skills you will need to have an enjoyable canoe camping experience including paddling technique, portaging (carrying boats & gear between lakes), navigation, backcountry cooking, and various other canoe camping skills. Students must be comfortable with recreational swimming.

**Course Fee:** Course Fee, \$495. For instruction/travel and food. All paddling equipment and basic camping gear will be either included in price or available to rent discounted from Cornell Outdoor Education. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1671 - Recreational Canoeing (1 Credit)**

This course is designed to teach you the fundamentals of canoeing in a relaxed environment. Appreciate being outside for class as you explore Beebe Lake and other Finger Lakes area waterways. Meet new friends, learn new skills, and experience nature all while you keep active.

**Prerequisites:** recreational swimmer.

**Course Fee:** Course Fee, \$245. For instruction/travel. All paddling equipment is included in the course fee.

**Last Four Terms Offered:** Summer 2025, Spring 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1674 - Introduction to Sea Kayaking (1 Credit)**

Learn the basics to get you started with sea kayaking out on the lake. This course covers information about equipment, loading, launching & landing your kayak, exiting and re-entering your kayak in open water, and basic paddling stroke technique. Practice skills in the pool, spend a day paddling out on the lake and participate in a weekend camping trip where you paddle out to a primitive campsite carrying all of your gear in your kayak.

**Course Fee:** Course Fee, \$495. For instruction/travel. All paddling equipment is included, and discounted camping gear available to rent at COE. For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Spring 2023

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1675 - Stand Up Paddleboarding (1 Credit)**

Try paddling standing up! We are excited to show you how much fun you can have on stand up paddleboards. Experience Cayuga Lake from a new vantage point. Stay active and engage your whole body. Learn something fun in a small group setting. Our instructors will teach you all the basics including: stance, paddling technique, turning, and more.

**Prerequisites:** recreational swimmer.

**Course Fee:** Course Fee, \$285. For instruction/travel. All paddling equipment is included in the course fee.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1680 - Pool Paddling (1 Credit)**

Learn the fundamentals of kayaking in the controlled environment of the pool. This course will give you a solid progression of skills that will be easily transferable to an open water or river experience. Learn and practice a wide range of skills in whitewater kayaks including fundamental paddling strokes, bracing, rolling and boat handling skills like edging and carving. Paddling games and focused exercises will provide a fun and interactive group learning experience.

**Course Fee:** Course Fee, \$325. For instruction and all paddling equipment.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1681 - Whitewater Kayaking Beginners (1 Credit)**

This introductory course starts out in the pool where you will learn boat control and wet exits and progresses to moving water where you will learn the dynamics of a river and basic river safety. During the course you will practice boat handling skills including edging, bracing, rolling, and paddle strokes. Kayaking on the river will give you the opportunity to learn how to read the water and practice maneuvering across current with ferries, eddy turns, and peel outs. River destinations will be dependent on river levels. This class culminates in a weekend camping trip with two days of paddling on class II/III whitewater.

**Prerequisites:** strong recreational swimmer.

**Course Fee:** Course Fee, \$525. For instruction/travel and food. All paddling equipment is included and basic camping gear is discounted. Prices can be found on the class webpage: For the specific information regarding this class, please visit <https://scl.cornell.edu/coe/pe-courses>.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Spring 2023, Spring 2019  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1683 - 1,000 Islands Sea Kayaking (1 Credit)**

Journey to a place of unique beauty just three hours north of Ithaca. A different country (Canada) and a different world, one that is perfect to explore from the cockpit of a sea kayak. Rich wildlife, granite cliffs and hundreds of rocky and forested islands, all after the hordes of summer tourists have departed. We start with basics in the Helen Newman Pool before moving on a lake and finally the St. Lawrence Seaway. Learn paddling, navigation, safety, natural history, and camping skills.

**Prerequisites:** recreational swimmer.

**Course Fee:** Course Fee, \$525. For instruction/travel and food.

**Last Four Terms Offered:** Fall 2023, Fall 2019, Fall 2018, Fall 2017  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1690 - Cross Country Skiing (1 Credit)**

Thoroughly enjoy your winter in upstate NY with cross-country skiing. Learn the basics to effectively glide across snow-covered landscapes. Start out with getting comfortable on skis on flat land and progress to learning how to navigate hills and trails on cross-country skis. Explore Ithaca's local forests and ski trails. This is a beginner friendly class and no previous skiing experience is required. Because of the physical nature of this activity, participants should be able to comfortably walk several miles on variable terrain. Stay active this winter, meet new people, and experience the beauty of winter. Transportation, equipment, and instruction are all included. Students will need to provide their own winter attire appropriate for cross-country skiing.

**Course Fee:** Course Fee, \$285. For instruction/travel, and all equipment.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1700 - Outdoor Tai Chi (1 Credit)**

In conjunction with the Ithaca Tai Chi society this course will expose students to the numerous benefits of learning the ancient art of Tai Chi Chuan. Students should dress appropriately for the weather as all classes will be held outside. No previous experience necessary.

**Course Fee:** Course Fee, \$235. For instruction/travel.

**Exploratory Studies:** (EAAREA)

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2019, Fall 2018  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1702 - Outdoor Yoga (1 Credit)**

This course, an introduction to Yoga, takes place at various places on and off campus. Students will gain a greater awareness of their movements and breathing, improved flexibility, fitness, strength, and wellness in a relaxing outdoor setting. Students should dress appropriately for the weather as all classes will be held outside.

**Course Fee:** Course Fee, \$195. For instruction/travel.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Fall 2023, Spring 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1726 - Wilderness First Responder (1 Credit)**

**Last Four Terms Offered:** Winter 2023, Spring 2022, Winter 2022, Winter 2020

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1851 - Leadership Laboratory I (1 Credit)**

Crosslisted with MILS 1111

MILS I cadets meet for eight hours each month to learn a variety of military skills including rappelling, first aid, drill and ceremonies, weapons familiarization, physical fitness training, and small group leadership.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1852 - Leadership Laboratory II (1 Credit)**

Crosslisted with MILS 2211

Cadets meet for eight hours each month as members of the cadet organization to participate in practical leadership exercises. Types of practical activities include rifle marksmanship, orienteering, drill and ceremonies, signal communications, physical fitness training, first aid, tactics, field exercises, and small group leadership.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1853 - Leadership Laboratory III (1 Credit)**

Crosslisted with MILS 3311

Cadets meet for eight hours each month to prepare for a five-week summer camp that follows their junior year. Emphasis is placed on the development of individual practical and leadership skills. Cadets rotate through leadership positions to practice applying decision-making skills in a myriad of situations.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1854 - Leadership Laboratory IV (1 Credit)**

Crosslisted with MILS 4411

Senior cadets plan and operate the leadership laboratory programs for MILS I-III cadets. The development of planning and supervisory skills is emphasized. Cadets have an opportunity to practice leadership skills developed during previous ROTC training and summer camp experiences. Includes two to three hours a week devoted to physical fitness.

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024, Fall 2023  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1860 - Initial Military Experiences I (1 Credit)**

Crosslisted with AIRS 1141

Introduction to the responsibilities, life, and work of an Air Force officer. Basic knowledge of drill and ceremonies, military courtesies, and the wearing of the uniform.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1861 - Initial Military Experiences II (1 Credit)**

Crosslisted with AIRS 1142

Continuation of AIRS 1141.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1862 - Intermediate Military Experiences I (1 Credit)**

Crosslisted with AIRS 2241

Designed to help students develop skill in giving commands for drill and ceremonies. Students are also introduced to the Air Force base environment in which the officer functions. Career areas available based on academic majors are described. Students participate in military drills and ceremonies.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1863 - Intermediate Military Experiences II (1 Credit)**

Crosslisted with AIRS 2242

Continuation of AIRS 2241.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1864 - Junior Officer Leadership Experiences I (1 Credit)**

Crosslisted with AIRS 3341

Cadets assume leadership responsibilities similar to those of a junior officer. Emphasis is on the importance of applying effective human relations skills in dealing with superiors, peers, and subordinates. Cadets also gain insight into the general structure and progression patterns of selected Air Force officer career fields.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1865 - Junior Officer Leadership Experiences II (1 Credit)**

Crosslisted with AIRS 3342

Continuation of AIRS 3341.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Fall 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1866 - Advanced Leadership Experiences (1 Credit)**

Crosslisted with AIRS 4441

Cadets assume command leadership responsibilities to operate a military organization. Cadets apply effective leadership and managerial techniques with individuals and groups and participate in self-analysis of leadership and managerial abilities.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Fall 2024, Spring 2024, Fall 2023, Fall 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1867 - Precommissioning Laboratory (1 Credit)**

Crosslisted with AIRS 4442

Factors that facilitate transition from civilian to military life are reviewed. The need for military security, base services and activities, personal finances, travel regulations, and social obligations are introduced.

**Enrollment Information:** Enrollment limited to: AFROTC cadets.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1870 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 1141

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021  
Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1871 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 1142

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1872 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 2241

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1873 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 2242

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1874 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 3341

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1875 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 3342

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1876 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 4441

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Enrollment Information:** Enrollment limited to: Naval Science students.

**Last Four Terms Offered:** Fall 2024, Fall 2023, Fall 2022, Fall 2021

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1877 - Naval Professional Laboratory (1 Credit)**

Crosslisted with NAVS 4442

All students in the program participate in a two-hour professional development session each week. The session is held from 2:30 until 4:30 on Wednesday afternoons and consists of drill, athletics, and professional information events. Students gain experience in actual leadership situations and learn the fundamentals of seamanship, military formations, movements, commands, discipline, courtesies, and honors. During information briefings, special emphasis is given to applied leadership as it relates to the administrative and managerial aspects of a Navy or Marine Corps officer's duties.

**Last Four Terms Offered:** Spring 2025, Spring 2024, Spring 2023, Spring 2022

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1940 - NCAA Varsity Sport (0-1 Credits)**

**Last Four Terms Offered:** Spring 2025, Fall 2024, Spring 2024

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1960 - Non-NCAA Varsity Sport (0-1 Credits)**

**Last Four Terms Offered:** Spring 2025

Schedule of Classes (<https://classes.cornell.edu/>)

**PE 1999 - Physical Education Independent Study (0-1 Credits)**

The Independent Study class is only for those individuals who are differently abled and need to have a specifically structured program. It is not open to other students. Any student wishing to enroll in Independent Study must first apply through the office of Student Disability Services. If it is determined that the student requires Independent Study, then arrangements will be made with the student by the Physical Education Office. Permission to enroll must be gained from the Physical Education Office after referral by the Office of student Disability Services. No preregistration is allowed for this class.

**Last Four Terms Offered:** Fall 2023, Spring 2023, Fall 2022, Spring 2022  
Schedule of Classes (<https://classes.cornell.edu/>)