

PHYSICAL EDUCATION, HEALTH & RECREATION Program

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Program Description

Committed to educating the whole person, Dixie State College encourages you to take courses in physical education, the purpose of which is to teach you the benefits of lifelong, wholesome physical activity. The Physical Education Department sponsors a wide variety of activity classes, some of which will certainly suit your interests and needs.

Activity Courses: We live in a society where the health dangers of a sedentary life-style are obvious. These courses will allow you to develop and enjoy physical skills that will form the basis of a healthful, lifelong penchant for physical and recreational activity. You may choose from a wide variety of activities such as tennis, yoga, Tai Chi, Kung Fu, racquetball, bowling, basketball, golf, basketball, volleyball, fishing, climbing, aerobics, soccer, weight training, swimming, survival skills, and mountain biking.

Fitness Center: The Eccles Fitness Center provides students a state-of-the-art facility for cardiovascular exercise and weight training. Students may receive credit each semester for improving their physical conditioning.

Competitive Sports Courses: Dixie State College has exciting and competitive men's and women's athletic teams that participate in Division II NCAA sports in regional and national contests. If you are a member of one of these teams, or the Cheerleading squad or the Dixie Dance Team, you will take a course in your sport each year you are on the team. Currently Dixie has intercollegiate teams in these sports:

- **Men's Sports Teams:** Basketball, Baseball, Football, Soccer, Golf
- **Women's Sports Teams:** Basketball, Softball, Volleyball, Soccer, Tennis

Lecture Courses: In addition to the above activities and competition classes, you'll find lecture courses in such things as sports medicine, first aid, water safety, and athletic training.

Course Prefixes

- PEHR