

Course Description - PE 109 Online

This course focuses on the study of and practical experience in techniques for maximizing sport and dance performance through the development of mental skills and strategies for stress control, imagery, goal setting and concentration.

In this class, you will challenge yourself to reach new heights. We live in a stressful society and we put pressure on ourselves to be the very best. For centuries, sport and athletic experiences have taught us self-control, increased our self-esteem and confidence and helped us set attainable goals. At the completion of this course, you will be armed with skills to help you succeed in sport and the daily rigors of our stressful lives.

Course activities will be presented using online discussions; audio presentations; case studies; online quizzes and written materials. Students need to be very comfortable; using computers; problem solving technology issues; and working independently while meeting deadlines. All students MUST have access to the internet in order to be able to complete this class.