

Approved Experiential Essay Topics

General Education

Essay topics should be selected based off of personal or professional experience and the needs of the student program. Students should contact an academic advisor to determine program needs.

Possible Course Duplication - This identifies possible course duplication between the essay topic and other coursework. The essay descriptions listed below could duplicate the courses indicated and/or any other coursework required or completed. Please contact your AC or plac@phoenix.edu to verify there is no duplication with your chosen topic before writing an essay.

Possible Supporting Documentation - This section identifies possible or recommended supporting documentation for the chosen topic. This is to assist students in choosing appropriate documentation. It is not all inclusive. If you are unable to provide the possible supporting documentation identified please contact PLA customer service to discuss other options for appropriate documentation.

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Zumba	1 LD	Physical Education

Course Title	Credit Award	General Education
Aerobics	1 LD	Physical Education
Course Description		
Discuss the physical benefits of aerobics from the participant perspective. Emphasis should be on how the choreographed routines promote increased cardiovascular endurance. The following subtopics are to be addressed:		
Subtopic 1:	Describe how the choreography including basic dance patterns, walking, jogging, and jumping helps promote cardiovascular fitness.	
Subtopic 2:	Discuss the cardiovascular, metabolic, and musculoskeletal benefits of participating in aerobics.	
Possible Course Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title	Credit Award	General Education
Aquatic Fitness	1 LD	Physical Education
Course Description		
Discuss the physical benefits of aquatic fitness from the participant perspective. Emphasis should be on how water related activities are used to improve fitness. The following subtopics are to be addressed:		
NOTE This topic may duplicate the Swimming essay topic if written from the perspective of swimming fitness. Writing from the perspective of water aerobics or other forms of aquatic fitness would not cause Possible Course Duplication.		
Subtopic 1:	Describe how water resistance, buoyancy, various kicks and/or strokes are combined to promote physical fitness in an aquatic fitness program.	
Subtopic 2:	Discuss how aquatic fitness can be used to improve overall physical fitness without the strain on the body of other forms of exercise.	
Possible Course Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title		Credit Award	General Education
Archery		1 LD	Physical Education
Course Description			
Discuss the skills needed when participating in archery. Emphasis should be on target shooting, field shooting, and/or bow hunting. The following subtopics are to be addressed:			
NOTE This topic may be written from the perspective of target shooting, field shooting, or bow hunting or any combination of those three types of archery.			
Subtopic 1:	Describe the rules of competition, preparation and care of equipment, and safety considerations when participating in archery.		
Subtopic 2:	Discuss the basic skills used in target shooting, field shooting, and/or bow hunting.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Badminton		1 LD	Physical Education
Course Description			
Discuss the game of badminton from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in badminton. The following subtopics are to be addressed:			
Subtopic 1:	Describe the rules, offensive and defensive elements, and safety considerations when playing badminton.		
Subtopic 2:	Discuss the importance of game strategy when participating in badminton games at any level.		
Possible Course Duplication			
This course may duplicate courses of similar content.			
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Professional letter, 2 or more personal letters, or certificate of completion for course of similar content			

Course Title		Credit Award	General Education
Basketball		1 LD	Physical Education
Course Description			
Discuss the different elements of the game of basketball from a participant perspective. Emphasis will be on the skills needed to play basketball and the strategies associated with game participation. The following subtopics are to be addressed:			
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.			
Subtopic 1:	Describe the basic skills needed to play basketball.		
Subtopic 2:	Discuss game strategies in basketball.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Bootcamp		1 LD	Physical Education
Course Description			
Discuss the physical and mental benefits of fitness bootcamp involvement from a participant perspective. Emphasis will be on the use of different fitness techniques and proper body mechanics and safety. The following subtopics are to be addressed:			
Subtopic 1:	Examine the different elements of cardiovascular fitness, core fitness, strength training, and flexibility used in a bootcamp.		
Subtopic 2:	Describe the importance of proper body mechanics and other considerations to participant safety.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Bowling		1 LD	Physical Education
Course Description			
Discuss the basic skills needed when participating in bowling. Emphasis should be on rules, strategies, and safety. The following subtopics are to be addressed:			
Subtopic 1:	Discuss the basic skills needed when participating in bowling including the rules, scoring, equipment choice, and safety.		
Subtopic 2:	Describe the strategies used when involved in competitive bowling activities at any level.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Camping		1 LD	Physical Education
Course Description			
Discuss the emotional and physical benefits of camping in an outdoor setting from the participant perspective. Emphasis should be placed on skills needed when camping. The following subtopics are to be addressed:			
Subtopic 1:	Explain the process of preparing for a camping trip to an outdoor setting including basic physical needs, supplies, and location selection.		
Subtopic 2:	Discuss the benefits of camping in an outdoor setting to emotional and physical health.		
Possible Course Duplication			
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Course Title	Credit Award	General Education
Casting and Angling	1 LD	Physical Education
Course Description		
Discuss the fundamentals of casting and angling. Emphasis will be on basic casting and angling techniques. The following subtopics are to be addressed:		
Subtopic 1:	Describe the fundamentals of bait casting, spinning, and spin casting.	
Subtopic 2:	Discuss the techniques and concepts used in angling.	
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Course Title	Credit Award	General Education
Cycling	1 LD	Physical Education
Course Description		
Discuss the physical benefits of cycling from a participant perspective. Emphasis should be on the skills needed to successfully participate in cycling including bike set up and proper body mechanics. The following subtopics are to be addressed:		
Subtopic 1:	Describe the physical benefits of cycling including increased lung strength, cardiopulmonary function, and metabolism.	
Subtopic 2:	Discuss the skills and materials needed to participate in cycling including bike set up, attire, gear, and body mechanics.	
Possible Course Duplication		
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Course Title	Credit Award	General Education
Dance	1 LD	Physical Education
Course Description		
Discuss the participation in dance rooted in a traditional, classical training environment. Emphasis should be on the physical and emotional benefits of dance training. The following subtopics are to be addressed:		
NOTE This essay should be written for a student who has experience with dance in a more traditional, lesson-based setting. All experience with the chosen form of dance must be post high school. This essay may be written multiple times for credit on different forms of dance, not to exceed the total 4.0 credit Physical Education maximum required by the University.		
Subtopic 1:	Describe the physical and emotional benefits of dance training.	
Subtopic 2:	Discuss the importance of training to develop skill, flexibility, and coordination in the chosen dance form.	
Possible Course Duplication		
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Course Title		Credit Award	General Education
Disc Sports		1 LD	Physical Education
Course Description			
Discuss disc sports from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in disc sports. The following subtopics are to be addressed:			
NOTE The student should select a specific disc sport when writing this essay. This essay may be written multiple times for credit using different disc sports, not to exceed the total 4.0 credit Physical Education maximum required by the University.			
Subtopic 1:	Describe the basic skills, drills, and equipment needed to participate in disc sports.		
Subtopic 2:	Discuss the importance of game strategy when participating in disc sport competition at any level.		
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Course Title		Credit Award	General Education
Folk Dance		1 LD	Physical Education
Course Description			
Discuss the art of folk dance from a participant perspective. Emphasis will be on the skills needed to successfully participate in folk dance including the steps, routines, cultural significance, and costuming. The following subtopics are to be addressed:			
NOTE The student should select a specific form of folk dance when writing this essay. This essay may be written multiple times for credit using different forms of folk dance, not to exceed the total 4.0 credit Physical Education maximum required by the University.			
Subtopic 1:	Describe the importance of practice and training while participating in folk dance.		
Subtopic 2:	Discuss the cultural significance of the costuming, routine, and performance in the chosen form of folk dance.		
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Course Title	Credit Award	General Education
Football	1 LD	Physical Education
Course Description		
Discuss the game of football from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in football. The following subtopics are to be addressed:		
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.		
Subtopic 1:	Describe the basic skills, drills, and physical conditioning needed to participate in football.	
Subtopic 2:	Discuss the importance of game strategy when participating in football games at any level.	
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Course Title	Credit Award	General Education
Golf	1 LD	Physical Education
Course Description		
Discuss the game of golf from a participant perspective. Emphasis should be on the rules of the game as they apply to shot making, club selection, and course etiquette. The following subtopics are to be addressed:		
Subtopic 1:	Describe the skills necessary to be successful in the game of golf including differences in the short game and long game and navigating hazards.	
Subtopic 2:	Explain the rules and strategies as they apply to shot making, club selection, and course etiquette.	
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Course Title	Credit Award	General Education
Group Fitness	1 LD	Physical Education
Course Description		
Discuss the role of group fitness classes from the participant perspective. Emphasis should be placed on the different techniques used to promote an increase in respiration, heart rate, strength, and flexibility. The following subtopics are to be addressed:		
Subtopic 1:	Describe how participation in group fitness classes can be beneficial to an overall fitness program.	
Subtopic 2:	Discuss the techniques or equipment used to increase respiration, heart rate, strength, and flexibility as part of any successful fitness program.	
Possible Course Duplication		
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Course Title		Credit Award	General Education
Hiking		1 LD	Physical Education
Course Description			
Discuss the different skills required for hiking from a participant perspective. Emphasis should be placed on safety, proper clothing and attire, and the impact on the environment. The following subtopics are to be addressed:			
Subtopic 1:	Discuss the skills needed to be a safe hiker including proper clothing and attire and any necessary equipment.		
Subtopic 2:	Explain safety considerations for the hiker and also environmental considerations.		
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Course Title		Credit Award	General Education
Jogging		1 LD	Physical Education
Course Description			
Discuss the physical benefits of jogging from the participant perspective. Emphasis should be on development and improvement of physical fitness through jogging. The following subtopics are to be addressed:			
Subtopic 1:	Describe the metabolic, cardiovascular, and musculoskeletal benefits of jogging as part of an overall fitness routine.		
Subtopic 2:	Discuss how jogging can be used to develop and improve physical fitness.		
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Course Title		Credit Award	General Education
Kickboxing		1 LD	Physical Education
Course Description			
Discuss the skills used in this martial arts based workout from a participant perspective. Emphasis will be placed on the techniques to increase muscular strength, endurance, and flexibility. The following subtopics are to be addressed:			
Subtopic 1:	Discuss the use of jabs, kicks, and blocks as part of the fitness routine of kickboxing.		
Subtopic 2:	Explain the techniques used to increase muscular strength, endurance, and flexibility when participating in kickboxing.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Martial Arts		1 LD	Physical Education
Course Description			
Discuss the skills needed to engage in martial arts from a participant perspective. Emphasis should be on the importance of learning fundamentals and progression through practice of the selected martial art. The following subtopics are to be addressed:			
NOTE The student should select a specific form of martial arts when writing this essay. This essay may be written multiple times for credit using different forms of martial arts, not to exceed the total 4.0 credit Physical Education maximum required by the University.			
Subtopic 1:	Describe the fundamentals, form, and techniques of the chosen martial art.		
Subtopic 2:	Discuss the progression through the different levels of the chosen martial art.		
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Course Title		Credit Award	General Education
Pilates		1 LD	Physical Education
Course Description			
Discuss the benefits of pilates from a participant perspective. Emphasis should be on the improvement of flexibility and strength. The following subtopics are to be addressed:			
Subtopic 1:	Describe the physical benefits of pilates including increased core strength, stabilization, and posture.		
Subtopic 2:	Discuss the improvement of overall flexibility and strength through participation in pilates.		
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Course Title		Credit Award	General Education
Racquetball		1 LD	Physical Education
Course Description			
Discuss racquetball from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in racquetball. The following subtopics are to be addressed:			
Subtopic 1:	Discuss the skills, equipment, and attire necessary to participate in racquetball.		
Subtopic 2:	Describe the strategy used to be successful when competing in racquetball at any level.		
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Course Title		Credit Award	General Education
Self-Defense		1 LD	Physical Education
Course Description			
Discuss the different self-defense skills, ground-fighting skills, and stand-up fighting skills needed for self-defense from a participant perspective. Emphasis will be placed on the different physical techniques used in self-defense. The following subtopics are to be addressed:			
Subtopic 1:	Describe the different skills needed including basic self-defense skills, ground-fighting skills, and stand-up fighting skills in the practice of self-defense training.		
Subtopic 2:	Explain the importance of training in self-defense for the participant.		
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Course Title		Credit Award	General Education
Skiing		1 LD	Physical Education
Course Description			
Discuss skiing from the participant perspective. Emphasis should be on the skills and equipment needed to participate. The following subtopics are to be addressed:			
Subtopic 1:	Describe the skills, equipment, and attire necessary to participate in skiing.		
Subtopic 2:	Discuss the physical benefits of participating in skiing including increased cardiopulmonary function and strength.		
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Course Title		Credit Award	General Education
Soccer		1 LD	Physical Education
Course Description			
Discuss the game of soccer from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in soccer. The following subtopics are to be addressed:			
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.			
Subtopic 1:	Describe the basic skills, drills, and physical conditioning needed to participate in soccer.		
Subtopic 2:	Discuss the importance of game strategy when participating in soccer games at any level.		
Possible Course Duplication			
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Course Title	Credit Award	General Education
Social Dance	1 LD	Physical Education
Course Description		
Discuss social dance from a participant perspective. Emphasis should be on the role social dance can play in physical fitness. The following subtopics are to be addressed:		
NOTE The student should select a specific form of social dance when writing this essay. Social Dance can include ballroom, Latin, and country dance styles done in a social setting. This essay may be written multiple times for credit using different forms of social dance, not to exceed the total 4.0 credit Physical Education maximum required by the University.		
Subtopic 1:	Describe the physical and emotional benefits of participating in social dance.	
Subtopic 2:	Discuss the fundamentals steps and rhythms associated with the chosen form of social dance.	
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Course Title	Credit Award	General Education
Softball	1 LD	Physical Education
Course Description		
Discuss the game of softball from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in softball. The following subtopics are to be addressed:		
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.		
Subtopic 1:	Describe the basic skills, drills, and physical conditioning needed to participate in softball.	
Subtopic 2:	Discuss the importance of game strategy when participating in softball games at any level.	
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Course Title	Credit Award	General Education
Swimming	1 LD	Physical Education
Course Description		
Discuss the physical benefits of participation in swimming. Emphasis should be on the basic skills and increased physical fitness. The following subtopics are to be addressed:		
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.		
Subtopic 1:	Describe the physical benefits of swimming including increased cardiovascular endurance and muscle tone.	
Subtopic 2:	Discuss the different strokes used and the importance of breathing when swimming.	
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Course Title		Credit Award	General Education
Tennis		1 LD	Physical Education
Course Description			
Discuss the game of tennis from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in tennis. The following subtopics are to be addressed:			
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.			
Subtopic 1:	Describe the basics of participating in tennis including equipment, attire, and location for practice and competition.		
Subtopic 2:	Discuss the basic skills and drills needed to prepare someone to participate in tennis.		
Possible Course Duplication			
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Course Title		Credit Award	General Education
Triathlon Training & Participation		1 LD	Physical Education
Course Description			
Discuss techniques for preparing for triathlon participation from the participant perspective. Emphasis should be on preparing for each element of the triathlon: biking, swimming, and running. The following subtopics are to be addressed:			
Subtopic 1:	Describe the considerations in preparing for a triathlon including training schedule, endurance, and training changes leading up to the event.		
Subtopic 2:	Discuss the skills needed to be successful in the three elements of the triathlon: biking, swimming, and running.		
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Course Title		Credit Award	General Education
Volleyball		1 LD	Physical Education
Course Description			
Discuss volleyball from the participant perspective. Emphasis should be on the skills and understanding of game strategy needed to participate in volleyball. The following subtopics are to be addressed:			
NOTE The experience playing in this sport must have occurred post high school. Experience playing at the high school level or below is not considered college level and is not eligible for inclusion in this essay.			
Subtopic 1:	Describe the basic skills, drills, and physical conditioning needed to participate in volleyball.		
Subtopic 2:	Discuss the importance of game strategy when participating in volleyball at any level.		
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Course Title		Credit Award	General Education
Walking for Fitness		1 LD	Physical Education
Course Description			
Discuss the physical benefits of walking as part of an overall fitness routine. Emphasis should be on the cardiovascular benefits of walking for fitness. The following subtopics should be addressed:			
Subtopic 1:	Describe the importance of vigorous walking and how this contributes to achieving target heart rate for maximum fitness.		
Subtopic 2:	Discuss the physical benefits of walking for fitness including the cardiovascular, metabolic, and musculoskeletal benefits.		
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Course Title		Credit Award	General Education
Weight Training		1 LD	Physical Education
Course Description			
Discuss the physical benefits of weight training from the participant perspective. Emphasis should be placed on the metabolic, cardiovascular, and skeletomuscular benefits of a weight training regime. The following subtopics are to be addressed:			
Subtopic 1:	Describe the importance of using proper body alignment and technique to promote safe weight training.		
Subtopic 2:	Discuss the physical benefits of weight training to metabolic, cardiovascular, and skeletomuscular health as part of an overall fitness regime.		
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Course Title		Credit Award	General Education
Yoga		1 LD	Physical Education
Course Description			
Discuss the physical and emotional benefits of participating in yoga. The emphasis should be placed on how the poses, meditation, and breathing contribute to overall health and fitness. The following subtopics are to be addressed:			
Subtopic 1:	Describe how the meditation and breathing used in yoga can promote overall health and fitness.		
Subtopic 2:	Discuss how the different poses in yoga contribute to increased strength and flexibility.		
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Course Title	Credit Award	General Education
Zumba	1 LD	Physical Education
Course Description		
Discuss the physical benefits of participating in Zumba. Emphasis should be on how the training sessions promote toning, sculpting, and fat burning as part of an overall fitness program. The following subtopics are to be addressed:		
Subtopic 1:	Describe how the easy to follow moves and Latin rhythms used in Zumba promote toning, sculpting, and fat burning.	
Subtopic 2:	Discuss how the fast and slow rhythms combine to create resistance training and fat burning to promote fitness health and fitness.	
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