

PHYSICAL EDUCATION (PHED)

PHED 1101 Beginning Tennis 1 Credit (0 Lec, 3 Lab)

This course introduces students to beginning skills and strategies in tennis. Lecture topics include history, rules, strategy (both singles and doubles), etiquette, proper care and selection of equipment and proper attire.

Course Type: Academic

PHED 1102 Advanced Tennis 1 Credit (0 Lec, 3 Lab)

This course includes instruction of advanced techniques, development of a variety of strokes, singles and doubles strategy in game situations and USTA tournament rules and procedures.

Prerequisite(s): PHED 1101 or Department Chair approval

Course Type: Academic

PHED 1104 Volleyball 1 Credit (0 Lec, 3 Lab)

The student will receive instruction in the skills of passing, setting, spiking, service and blocking. Basic offensive and defensive strategies, rules, tournament play and officiating will be covered.

Course Type: Academic

PHED 1105 Beginning and Intermediate Swimming 1 Credit (0 Lec, 3 Lab)

This course offers explanation, demonstration, and practice in the five basic strokes, diving, survival skills, and basic elements of water safety.

Course Type: Academic

PHED 1106 Canoeing 1 Credit (0 Lec, 3 Lab)

Lectures, demonstrations and practice in the basic skills and techniques of canoeing are included. Additional fee required.

Course Type: Academic

PHED 1109 Racquetball 1 Credit (0 Lec, 3 Lab)

This course introduces the student to the rules, terms, safety, basic skills and strategies necessary to play racquetball.

Course Type: Academic

PHED 1110 Advanced Racquetball 1 Credit (0 Lec, 3 Lab)

This course includes instruction in advanced techniques, stroke development, offensive and defensive strategies in game situations, refereeing, serving techniques and strategies, and tournament play.

Prerequisite(s): PHED 1109 or Department Chair Approval

Course Type: Academic

PHED 1111 Bowling 1 Credit (0 Lec, 3 Lab)

This course introduces the student to the basic skills and techniques of bowling. Class hours will include instruction in etiquette, selection of equipment, basic techniques, scoring, computing handicaps, league play, and a variety of tournaments. This course is conducted off-campus and requires an additional fee.

Course Type: Academic

PHED 1112 Badminton 1 Credit (0 Lec, 3 Lab)

This course covers lectures, demonstrations and practice in the basic skills and techniques of badminton.

Course Type: Academic

PHED 1113 Golf 1 Credit (0 Lec, 3 Lab)

Basic skills in playing golf are stressed, including rules and etiquette of the game.

Course Type: Academic

PHED 1114 Jogging 1 Credit (0 Lec, 3 Lab)

A variety of methods and materials are presented in the area of cardiovascular and overall physical fitness.

Course Type: Academic

PHED 1116 Water Aerobics 1 Credit (0 Lec, 3 Lab)

This is a total body fitness program including cardiovascular and muscular endurance, strength and flexibility in the water. Emphasis is placed on improving muscle tone and maintaining a healthy body weight through water fun and fitness activities.

Course Type: Academic

PHED 1117 Aerobic Activities 1 Credit (0 Lec, 3 Lab)

This is a cardiovascular conditioning program designed to improve muscle tone and to help maintain a healthy body weight through fun and fitness activities.

Course Type: Academic

PHED 1118 Advanced Aerobics 1 Credit (0 Lec, 3 Lab)

This course is an advanced cardiovascular conditioning program. It is designed to increase energy, mental clarity and health as part of one's lifestyle. This class will incorporate high energy and low impact movements. Some classes include bench-step aerobics.

Prerequisite(s): PHED 1117 or Department Chair Approval

Course Type: Academic

PHED 1119 Exercise for Health and Fitness 1 Credit (0 Lec, 3 Lab)

This course is designed to provide students with an essential knowledge of exercise and fitness on health using lecture, reading, labs on health related fitness components and fitness activities. This course will provide an understanding of cardiovascular disease, risk factors and the role of exercise in prevention. Labs will include fitness testing, self assessments and maintenance programs, nutritional analysis, and individualized programs. A variety of activities will be used including low impact aerobics, power walking, bench stepping, toning and flexibility exercises, and weights.

Course Type: Academic

PHED 1120 Basketball 1 Credit (0 Lec, 3 Lab)

This course covers basic skills and techniques of basketball.

Course Type: Academic

PHED 1121 Slow Pitch Softball 1 Credit (0 Lec, 3 Lab)

This course covers development of basic techniques and skills of slow-pitch softball.

Course Type: Academic

PHED 1122 Soccer 1 Credit (0 Lec, 3 Lab)

This course covers lectures, demonstrations and practice in basic skills and techniques of soccer.

Course Type: Academic

PHED 1123 Weight Training 1 Credit (0 Lec, 3 Lab)

This course covers lectures, demonstrations and practice in the basic skills and techniques of weight training.

Course Type: Academic

PHED 1124 Advanced Weight Training 1 Credit (0 Lec, 3 Lab)

This course builds upon basic skills and knowledge of weight training. Topics covered include advanced lifting technique, advanced training theory, biomechanics, and in-depth understanding of the components of fitness.

Prerequisite(s): PHED 1123 or instructor approval

Course Type: Academic

PHED 1126 Team Sports 1 Credit (0 Lec, 3 Lab)

This course provides the student with opportunities to participate in a variety of team sports. Volleyball, basketball, flag football, soccer, softball, and floor hockey are included.

Course Type: Academic

PHED 1130 Modern Dance 1 Credit (0 Lec, 3 Lab)

This course covers the fundamental techniques of movement and practice in beginning composition.

Course Type: Academic

PHED 1131 Advanced Modern Dance 1 Credit (0 Lec, 3 Lab)

This course covers advanced skills and techniques in movement with emphasis on choreography.

Course Type: Academic

PHED 1133 Beginning Jazz 1 Credit (0 Lec, 3 Lab)

This course includes basics and background in varied jazz dance forms, from blues to funky, stressing presentation and exploration to creative potential.

Course Type: Academic

PHED 1134 Yoga I 1 Credit (0 Lec, 3 Lab)

This is an introduction to basic yoga postures, breathing, and relaxation techniques with emphasis on physical practice.

Course Type: Academic

PHED 1135 Social Dance 1 Credit (0 Lec, 3 Lab)

This course is designed to offer students instruction in the fundamentals of social dance patterns and the more basic ballroom dance steps.

Course Type: Academic

PHED 1136 Beginning Tap Dance 1 Credit (0 Lec, 3 Lab)

This course covers fundamentals of beginning tap movement and basic steps with emphasis on combination and techniques.

Course Type: Academic

PHED 1137 Beginning Ballet 1 Credit (0 Lec, 3 Lab)

This is an introduction to the theory and terminology of classical ballet with emphasis on techniques including barre and centre work.

Course Type: Academic

PHED 1138 Intermediate and Advanced Ballet 1 Credit (0 Lec, 3 Lab)

This course covers theory and terminology of pointe and pas de deux with greater emphasis on centre and allegro work.

Course Type: Academic

PHED 1139 Yoga II 1 Credit (0 Lec, 3 Lab)

This course is an extension of Yoga I, designed to provide students with expanded knowledge of life management skills by placing emphasis on yoga strength, flexibility and stress reduction techniques. Lectures and practice will also focus on concentration techniques, nutrition and self-assessment.

Prerequisite(s): PHED 1134 or Department Chair Approval

Course Type: Academic

PHED 1140 Martial Arts 1 Credit (0 Lec, 3 Lab)

Practice and training in the physical and psychological aspects of self-defense and sport is provided through vigorous flexibility, muscular endurance, and technical instruction. Technical instruction will include martial arts skills, combination tactics and sparring training using partner drills, solo work, and pad drills.

Course Type: Academic

PHED 1141 Advanced Jazz 1 Credit (0 Lec, 3 Lab)

This course is designed for the advanced jazz student who wants to develop technical expertise beyond the beginning level of jazz.

Prerequisite(s): PHED 1133

Course Type: Academic

PHED 1142 Fitness Swimming 1 Credit (0 Lec, 3 Lab)

This is a course designed to promote participation in the lifetime sport of swimming. Lectures and practice in the basic swimming strokes will be done. Daily workouts promoting cardiovascular endurance will be emphasized. Students should be good swimmers to take this class.

Course Type: Academic

PHED 1143 Fitness Walking 1 Credit (0 Lec, 3 Lab)

This course introduces students to walking as a lifetime fitness activity. Emphasis is placed on correct form and pacing to maintain working heart rate. Other topics covered are proper shoe selection, training principles for improved cardiovascular fitness, safety, and injury prevention.

Course Type: Academic

PHED 1144 Camping 1 Credit (0 Lec, 3 Lab)

This course includes lectures, demonstrations, practices and field trips related to camping. Other topics may be included such as hiking, backpacking and similar topics.

Course Type: Academic

PHED 1145 Kickboxing for Fitness 1 Credit (0 Lec, 3 Lab)

Kickboxing is a fitness program designed to improve muscle tone and cardiovascular endurance through constant motion and repetition using martial arts techniques. A variety of techniques and some martial arts applications are taught.

Course Type: Academic

PHED 1164 Introduction to Physical Fitness and Wellness 1 Credit (0 Lec, 3 Lab)

This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

Course Type: Academic

PHED 1301 Foundations of Kinesiology 3 Credits (3 Lec, 0 Lab)

The purpose of this course is to provide students with an introduction to human movement that includes the historical development of physical education, exercise science, and sport. This course offers the student both an introduction to the knowledge base, as well as information on expanding career opportunities.

Prerequisite(s): Reading level 6

Course Type: Academic

PHED 1304 Personal/Community Health 3 Credits (3 Lec, 0 Lab)

This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being.

Prerequisite(s): Reading level 6

Course Type: Academic

PHED 1306 First Aid 3 Credits (3 Lec, 0 Lab)

This course covers instruction and practice for emergency care. Designed to enable students to recognize and avoid hazards within their environment, to render intelligent assistance in case of accident or sudden illness, and to develop skills necessary for the immediate and temporary care of the victim. Successful completion of the course may enable the student to receive a certificate from a nationally recognized agency.

Course Type: Academic

PHED 1308 Sports Officiating 3 Credits (3 Lec, 0 Lab)

The purpose of the course is to study officiating requirements for sports and games with an emphasis on mechanics, rule interpretation, and enforcement.

Course Type: Academic

PHED 1338 Concepts of Physical Fitness 3 Credits (2 Lec, 3 Lab)

This course is designed to familiarize students with knowledge, understanding and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs. This course will not satisfy one hour of physical education activity.

Prerequisite(s): Reading level 7

Course Type: Academic

PHED 1346 Drug Use & Abuse 3 Credits (3 Lec, 0 Lab)

Study of the use, misuse and abuse of drugs and other harmful substances in today's society. Physiological, sociological, pharmacological and psychological factors will be emphasized. This course will not satisfy one hour of physical education activity.

Course Type: Academic

PHED 2100 Varsity Conditioning I 1 Credit (0 Lec, 3 Lab)

This course provides students with opportunities to participate in varsity team sport conditioning.

Course Type: Academic

PHED 2101 Varsity Conditioning II 1 Credit (0 Lec, 3 Lab)

This course provides students with opportunities to participate in varsity team sport conditioning.

Course Type: Academic

PHED 2102 Varsity Conditioning III 1 Credit (0 Lec, 3 Lab)

This course provides students with opportunities to participate in varsity team sport conditioning.

Course Type: Academic

PHED 2103 Varsity Conditioning IV 1 Credit (0 Lec, 3 Lab)

This course provides students with opportunities to participate in varsity team sport conditioning.

Course Type: Academic

PHED 2106 Varsity Baseball I 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled baseball players who are competing on a collegiate level.

Course Type: Academic

PHED 2107 Varsity Baseball II 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled baseball players who are competing on a collegiate level.

Course Type: Academic

PHED 2108 Varsity Baseball III 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled baseball players who are competing on a collegiate level.

Course Type: Academic

PHED 2109 Varsity Baseball IV 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled baseball players who are competing on a collegiate level.

Course Type: Academic

PHED 2112 Varsity Basketball I 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled basketball players who are competing on a collegiate level.

Course Type: Academic

PHED 2113 Varsity Basketball II 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled basketball players who are competing on a collegiate level.

Course Type: Academic

PHED 2114 Varsity Basketball III 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled basketball players who are competing on a collegiate level.

Course Type: Academic

PHED 2115 Varsity Basketball IV 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled basketball players who are competing on a collegiate level.

Course Type: Academic

PHED 2118 Varsity Soccer I 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled soccer players who are competing on a collegiate level.

Course Type: Academic

PHED 2119 Varsity Soccer II 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled soccer players who are competing on a collegiate level.

Course Type: Academic

PHED 2120 Varsity Soccer III 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled soccer players who are competing on a collegiate level.

Course Type: Academic

PHED 2121 Varsity Soccer IV 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled soccer players who are competing on a collegiate level.

Course Type: Academic

PHED 2124 Varsity Softball I 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled softball players who are competing on a collegiate level.

Course Type: Academic

PHED 2125 Varsity Softball II 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled softball players who are competing on a collegiate level.

Course Type: Academic

PHED 2126 Varsity Softball III 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled softball players who are competing on a collegiate level.

Course Type: Academic

PHED 2127 Varsity Softball IV 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled softball players who are competing on a collegiate level.

Course Type: Academic

PHED 2130 Varsity Volleyball I 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled volleyball players who are competing on a collegiate level.

Course Type: Academic

PHED 2131 Varsity Volleyball II 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled volleyball players who are competing on a collegiate level.

Course Type: Academic

PHED 2132 Varsity Volleyball III 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled volleyball players who are competing on a collegiate level.

Course Type: Academic

PHED 2133 Varsity Volleyball IV 1 Credit (0 Lec, 3 Lab)

This course is designed for skilled volleyball players who are competing on a collegiate level.

Course Type: Academic

PHED 2140 Advanced Martial Arts 1 Credit (0 Lec, 3 Lab)

This course features advanced training in the physical and psychological aspects of street defense situations through vigorous flexibility, muscular endurance, and technical instruction and practice. Technical instruction will include martial art skills, combinations, and advanced training techniques. In addition, psychological strategies such as cognitive behavior modification, vision-motor behavior rehearsal and stress inoculation training will be taught.

Prerequisite(s): PHED 1140 or instructor approval

Course Type: Academic

PHED 2356 Care and Prevention of Athletic Injuries 3 Credits (3 Lec, 0 Lab)

This course covers prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training. This course will not satisfy one hour of physical education activity.

Course Type: Academic