

**PHED 1110 (F/S) Wellness for Life.** This course provides each student an opportunity to assess his/her wellbeing through a battery of physical fitness tests. Class content includes basic principles that support a physically active lifestyle. Each student is challenged to consider the personal, spiritual, and social responsibilities of maintaining an implementation of physical activity ..... 2 s.h.

**PHED 1120 (D) Aerobics/Kickboxing**..... 1 s.h.

**PHED 1130 (D) Badminton** ..... 1 s.h.

**PHED 1140 (D) Fly Fishing** ..... 1 s.h.

**PHED 1150 (S) Beginning Golf** ..... 1 s.h.

**PHED 1160 (S) Intermediate Golf** ..... 1 s.h.

**PHED 1180 (F) Beginning Tennis** ..... 1 s.h.

**PHED 1190 (F) Intermediate Tennis** ..... 1 s.h.

**PHED 1210 (F/S) Weight Training** ..... 1 s.h.

**PHED 1220 (S) Volleyball**..... 1 s.h.

**PHED 1230 (D) Racquetball**..... 1 s.h.

**PHED 1240 (D) Beginning Yoga.** This course is an introduction to yoga and focuses on the development of the physical body to increase flexibility, balance, and strength. Course includes stretching, correct yoga postures, breathing, and philosophy ..... 1 s.h.

**PHED 1250 (D) Intermediate Yoga.** This course is designed for students who are already familiar with the traditional postures of yoga and are ready to practice more difficult postures, as well as inversions and arm balances. This course will require greater physical strength, flexibility, and physical endurance than the beginning class..... 1 s.h.  
Prerequisite: PHED 1900 or permission from the instructor

**PHED 1260 (F/S) RAD (Rape Aggression Defense) Training.** The Rape Aggression Defense (RAD) course is specifically designed to empower women to take charge of their own survival. This course will concentrate on domestic situations and combines discussion, instruction, and physical activity to educate women in prevention strategies and self-defense techniques to avoid rape and physical assault. The participants will take part in an optional simulated live attack. RAD is taught in a safe, secure environment with sensitivity to the needs, values, and wellbeing of women ..... 1 s.h.

- PHED 1270 (F) Indoor Racquet Sports.** This course will introduce the basic skills, rules, and strategies of badminton, pickleball, and racquetball, and provide the student an opportunity to develop an intermediate level of skill in each..... 1 s.h.
- PHED 1280 (D) Zumba.** This course is designed to give an intensive cardio workout using Latin-inspired music and dance movements, creating a fun, exciting, and exhilarating fitness challenge..... 1 s.h.
- PHED 1290 (S) Hiking.** The course will introduce basic skills and knowledge of hiking. Topics receiving special emphasis will include: safety, clothing/equipment, map/trail reading/ navigating with a compass, simple outdoor cooking/food preparation, and emergency care ..... 1 s.h.
- PHED 1291 (F/S) Archery.** The beginning archery course is designed to introduce learners to the sport of target shooting with a recurve bow. This course will focus on range safety, equipment, stance, posture, aiming, follow-through, and scoring. There is a \$50 course fee..... 1 s.h.
- PHED 1620 (F/S) CPR.** This course trains students in cardiopulmonary resuscitation. Successful completion can lead to American Red Cross certification ..... 1 s.h.
- PHED 1630 (F/S) First Aid.** This course trains students in basic first aid. Successful completion can lead to American Red Cross certification ..... 1 s.h.
- PHED 2010 (F) Personal and Community Health.** This course will explore a variety of personal and community health issues including personal hygiene, disease prevention, healthy lifestyle decisions, mental health, drug and alcohol use and abuse, safety education, and environmental health ..... 4 s.h.
- PHED 2110 (S) Varsity Baseball** ..... 1 s.h.
- PHED 2120 (S) Varsity Basketball-Men** ..... 1 s.h.
- PHED 2130 (S) Varsity Basketball-Women.** ..... 1 s.h.
- PHED 2140 (S) Varsity Cheerleading**..... 1 s.h.
- PHED 2141 (S) Varsity Dance** ..... 1 s.h.
- PHED 2142 (S) Varsity Acrobatics** ..... 1 s.h.
- PHED 2150 (F) Varsity Soccer-Women** ..... 1 s.h.
- PHED 2160 (F) Varsity Soccer-Men**..... 1 s.h.
- PHED 2170 (S) Varsity Tennis-Men**..... 1 s.h.
- PHED 2180 (S) Varsity Tennis-Women** ..... 1 s.h.
- PHED 2190 (F) Varsity Volleyball-Women** ..... 1 s.h.
- PHED 2191 (S) Varsity Volleyball-Men** ..... 1 s.h.

<b>PHED 2200 (S) Varsity Golf-Men</b> .....	1 s.h.
<b>PHED 2201 (S) Varsity Golf-Women</b> .....	1 s.h.
<b>PHED 2210 (F) Varsity Cross-Country-Women</b> .....	1 s.h.
<b>PHED 2211 (S) Varsity Track &amp; Field-Women</b> .....	1 s.h.
<b>PHED 2220 (F) Varsity Cross-Country-Men</b> .....	1 s.h.
<b>PHED 2221 (S) Varsity Track &amp; Field-Men</b> .....	1 s.h.
<b>PHED 2230 (S) Varsity Softball</b> .....	1 s.h.
<b>PHED 2240 (S) Varsity Swimming/Diving-Women</b> .....	1 s.h.
<b>PHED 2241 (S) Varsity Swimming/Diving-Men</b> .....	1 s.h.
<b>PHED 2250 (F) Varsity Wrestling -Men</b> .....	1 s.h.
<b>PHED 2251 (F) Varsity Wrestling-Women</b> .....	1 s.h.
<b>PHED 2260 (S) Varsity Cycling-Men</b> .....	1 s.h.
<b>PHED 2261 (S) Varsity Cycling-Women</b> .....	1 s.h.
<b>PHED 2500 (S) Recreational Leadership.</b> This course focuses on teaching a variety of mental, active, and sports-related games for both school and recreational settings. ....	2 s.h.
<b>PHED 2800 (D) Beginning Ballet</b> .....	1 s.h.
<b>PHED 2810 (D) Intermediate Ballet/Pointe Technique</b> .....	1 s.h.
<b>PHED 2820 (D) Modern and Interpretative Movement</b> .....	1 s.h.
<b>PHED 2830 (D) Jazz/Choreography</b> .....	1 s.h.
<b>PHED 2832 (D) Hip Hop Dance</b> .....	1 s.h.
<b>PHED 2833 (D) Lyrical Dance</b> .....	1 s.h.
<b>PHED 2840 (D) Ballroom Dance.</b> The basics of tempo, form, and etiquette are taught and several basic ballroom steps for foxtrot, swing, cha-cha, tango, waltz, and others.....	1 s.h.
<b>PHED 2850 (D) Folk and Square Dance</b> .....	1 s.h.
<b>PHED 2910 (F) Athletic Administration.</b> This course emphasizes the plans of organization, supervision, administrative policies, budget and finance, legal aspects, staff, physical plant, equipment and facilities, scheduling, and problems and procedures in conducting an athletic program. This course will also explore a variety of sports-related career fields .....	2 s.h.

**PHED 2920 (F) Sport Marketing.** This course will explore basic marketing concepts in the sports industry, including fundraising, advertising, sales, and sports promotions ..... 2 s.h.

**PHED 2940 (S) Psychology of Coaching.** This course includes the application of basic psychological principles to everyday coaching situations and problems ..... 2 s.h.

**PHED 3200 (F) Event Management.** Through a combination of theory and practice, this course will explore the basic principles of the organization, promotion, and management of various sporting events ..... 2 s.h.

**PHED 3530 (D) Volleyball Officiating.** This course is designed to train students in the techniques of officiating volleyball, leading to certification as an official ..... 2 s.h.

**PHED 3565 (S) Ethics and Legal Issues in Sport Management.** This course will provide students an opportunity to examine moral and ethical concepts, principles, and issues in the administration and organization of sport. This course will also aid students in gaining a basic understanding of tort law and legal issues prevalent in sport management, as well as give students direction in developing a program of risk management and liability assessment for a variety of sport specific situations ..... 4 s.h.

**PHED 3580 (F) Sport Finance.** This course is designed to expose students to basic financial concepts as they relate to sport. Analyzing and performing budget functions is also part of this class ..... 2 s.h.

**PHED 3590 (S) Sport Facilities.** This course is designed to examine the concepts of athletic/sport facility design and layout. Part of the course will include visiting and analyzing facilities and designing a sport complex ..... 2 s.h.

**PHED 3600 (F) Teaching Individual/Dual Sports.** A study of the rules, strategies, and performance mechanics of a variety of individual and dual sports such as golf, tennis, racquetball, badminton, pickleball, bowling, and track, with emphasis on teaching these sports ..... 4 s.h.

**PHED 3610 (S) Teaching Team Sports.** A study of the rules, strategies, and performance mechanics of a variety of team sports including volleyball, basketball, soccer, and softball ..... 4 s.h.

**PHED 3620 (A/S-E) Adaptive Physical Education.** This course explores the principles and techniques necessary for adapting physical education activities to meet the needs of children and adolescents with special needs ..... 2 s.h.  
Prerequisite: PSYC 3300

**PHED 3650 (A/F-O) Assessment and Evaluation.** This course will explore the methods of constructing, selecting, administering, and interpreting a variety of cognitive, motor skill, and physical fitness tests. Also included are procedures for analyzing, converting, and evaluating students' scores for grading purposes ..... 3 s.h.  
Prerequisites: MATH 1560

**PHED 3660 (D) Program Organization and Administration.** A study of methods of organizing and administering physical education and intramural programs. Topics covered include philosophy, budgeting, problem solving, leadership, personnel management, facility management, equipment management, and liability and risk management ..... 2 s.h.

**PHED 3800 (D) Internship/Cooperative Education.** For a complete description of Internships and Cooperative Education, see the Off-Campus Internship section under Experiential Learning.

**PHED 3900 (D) Special Topics.** Open to advanced students with the consent of the department .....credit to be arranged

**PHED 4990 (F/S) Comprehensive Assessment.** Comprehensive assessment in Physical Education allows students to demonstrate competency in lesson development, presentation of content knowledge, and application of business knowledge by means of a portfolio that is presented to department faculty. The portfolio is completed near the end of the semester in which the student intends to graduate..... 0 s.h.