

Physical Education (PHED) Activity Courses

In addition to the degree programs offered through SHS, over fifty physical education activity courses are offered through the department, serving close to 4000 students per year. Our activity course instructors strive to provide outstanding service to students and in some cases, are world renown. Please consider taking an elective physical activity course to strengthen and condition both your mind and body while you pursue your educational endeavors. Maintaining a physically active lifestyle is paramount to your health and we strongly encourage all students to adopt a lifestyle of regular physical activity, structured exercise, and optimal nutritional intake. All students registering for activity courses are requested to complete a Hold Harmless form prior to participating. In some circumstances, a physician approval form may be needed. If you have questions about the physical activity program, including new course offerings that may not be listed here, please contact the program director, [Debra Wyatt](#).

PHED 1010-19 Selected Physical Education Activities (1-3)
Current activities in physical education. See online class listing for specific activity. May be repeated with a change in topic. May be repeated once for credit.
PHED 1002 Ab Lab (2)
This course is designed to teach the students the principles of abdominal and core training. The student will also learn how to improve their core function, stability and conditioning while improving fitness levels, improving health and retaining knowledge for a lifetime of wellness. May be repeated once for credit.
PHED 1003 Aerobics (2)
This course is designed to provide the student with knowledge of fitness and wellness, weight management, and nutrition. Aerobics class includes warm-up, cardiovascular exercise, cool down and some type of strengthening or flexibility work such as stretching, resistance exercises or floor work. Depending on the type of aerobics class, the workout also might include dance, martial arts or equipment that increases the intensity of exercise. Workouts are designed to provide students with opportunity to improve fitness levels and retain knowledge for lifelong wellness. May be repeated once for credit.
PHED 1004 Jogging (2)
This course is designed to provide students with knowledge of fitness through skills, principles and concepts associated to jogging. Jogging is an excellent method of increasing aerobic and cardiovascular fitness. This class is designed to improve health-related fitness and also encourages lifelong participation in jogging. May be repeated once for credit.
PHED 1005 Conditioning: Varsity Sports (2)
Open only to varsity athletes, cheerleaders, and members of the pom pom squad. May be repeated once for credit.

PHED 1006 Water Aerobics
<p>This course is designed to develop good health and fitness attitudes by introducing participants to the benefits of aquatic aerobic activity. Students will engage in exercises and resistance training to improve flexibility, endurance, range of motion, coordination and muscle tone; Knowledge will be gained through lecture, reading, and activities. Participants will discover some of the advantages of water-based fitness activities over land-based physical activities.</p> <p>May be repeated once for credit.</p>
PHED 1007 Yoga Stretching/Relaxation (2)
<p>This course will cover basic physical postures and breathing exercises designed to stretch muscles, release tension, and effect mental and physical relaxation associated with yoga. Yoga uses slow movement and stretching to improve flexibility, improve balance and is an excellent stress reducer.</p> <p>May be repeated once for credit.</p>
PHED 1008 Walking (2)
<p>This course is designed to provide knowledge and improve physical fitness through walking. Walking is a gentle, low-impact exercise that can ease you into higher levels of health and fitness. This class is designed to encourage a lifetime participation in physical activity.</p> <p>May be repeated once for credit.</p>
PHED 1009 Fitness Through Cross Training (2)
<p>This class is designed to engage students in aerobic activities (besides running) to provide an alternative options for stressing the cardiorespiratory system for health and wellbeing. Cross Training is an exercise regimen that uses several different training methods to develop overall fitness. Students will benefit from cross training with less injury, enhanced weight loss and improved total fitness.</p> <p>May be repeated once for credit.</p>
PHED 1015 Stationary Cycling (2)
<p>This class is an anaerobic and aerobic workout class that uses indoor stationary bikes, which simulate outdoor bikes, in a class atmosphere. Indoor cycling, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days) and recovery.</p> <p>May be repeated once for credit.</p>
PHED 1016 Pilates (2)
<p>This class is designed to provide students with a basic understanding of the health and fitness benefits of Pilates. Pilates is a method of body conditioning based on using positioning and gravity to work the muscles. The course will focus on building strength without bulk, improving flexibility and agility, and helping to prevent injury.</p> <p>May be repeated once for credit.</p>
PHED 1107 Yoga II (2)

The basic concepts of yoga will be taught, including postures, breathing exercises in order to stretch muscles, release tension, and effect both mental and physical relation. A more in-depth emphasis will be placed on the practical, clinical, and academic fundamentals of the therapeutic application of yoga techniques.

May be repeated once for credit.

PHED 1108 Universal Survival Technique (2)

This course covers the current theory and techniques for enhancing ones chances of survival in many different climates, weather conditions, and emergency situations. This course will provide students with an opportunity to develop the essential problem solving skills needed in survival situations.

May be repeated once for credit.

PHED 1301 Weight Training/Machines Weights (2)

This course is designed to provide the student with the basic concepts of exercising in general, and resistance training in particular. Resistance training is a form of strength training in which each effort is performed against a specific opposing force generated by resistance. Resistance training will benefit your heart, improve your balance, and strengthen your bones. The student will demonstrate an understanding of weights and when, how to use them. This class aims to encourage students to become lifetime participants of resistance training, incorporating it into their existing exercise program.

May be repeated once for credit.

PHED 1302 Free Weights & Machines (2)

This is a basic weight training course in which principles of weight training are discussed and applied to provide a foundation of total body strength and muscle tone. Basic knowledge relevant to the physiology of muscular strength, muscle power, size and muscular endurance are considered with respect to methods of achieving specific training adaptations and goals.

May be repeated once for credit.

PHED 1331 Camping (2)

This is a basic camping class designed to teach the fundamentals of self-sufficient tent camping. The class emphasizes clothing, equipment selection, nutrition, and leaves no trace guidelines and is designed to give students the fundamental skills to go camping successfully and safely.

May be repeated once for credit.

PHED 1333 Backpacking (2)

This course is designed to give students the fundamental skills to go backpacking successfully and safely. This course is designed for students with little to no previous backpacking experience. The course is comprised of both classroom sessions and a two-day backpacking excursion. The classroom sessions are structured to prepare students for the outing.

May be repeated once for credit.

PHED 1334 Rock Climbing (2)

This course is designed to give students the fundamental skills to go rock climbing successfully and safely. Rock climbing is the sport or activity of climbing sheer rock faces, especially by means of specialized techniques and equipment. The course consists of classroom sessions and a one-day climbing outing. The classroom sessions are designed to prepare the students for the climbing outing.

May be repeated once for credit.

PHED 1336 Orienteering (2)

This course is designed to familiarize students to the outdoor sport of orienteering. Orienteering is a competitive sport in which participants find their way to various checkpoints across rough country with the aid of a map and compass. Students will learn map reading and direction finding skills. The goal of this class is to navigate routes between isolated control points using a map and compass.

May be repeated once for credit.

PHED 1340 Intro to Fly Fishing (2)

This course is designed to present the student with an overview and analysis of the beginning techniques of fly fishing. Fly fishing is angling with an artificial fly as a lure. The course will focus on equipment, basic casting skills, introductory fly techniques, safety, and conservation and ecology as it relates to fly fishing.

May be repeated once for credit.

PHED 1361 Horseback Riding (2)

This course is for students interested in learning basic western equitation. This course is specifically for beginners. There are no prerequisites required; however, be advised the class is fairly strenuous; a written personal asset to the participant's reasonable state of physical and mental fitness is required for full participation. The class will provide basic background in equine mentality, horsemanship, safety, barn safety, and techniques of western-style riding, care of horses and tack, and the courtesies of riding with other participants. The goal of this course is to establish a lifelong enjoyment of basic western equitation.

May be repeated once for credit.

PHED 1412 Judo (2)

This course is designed to give students an appreciation of martial arts. Judo is a sport of unarmed combat derived from jujitsu and intended to train the body and mind. The class will focus on promoting martial arts and its benefits to live a healthy lifestyle. A variety of fitness activities will provide the student with opportunities to improve their fitness level.

May be repeated once for credit.

PHED 1413 Self- Defense Techniques (2)

The purpose of this class is to learn basic self-defense techniques and associated theory. Self-defense is the defense of oneself when physically attacked or the defense of what belongs to oneself. Students will learn self-defense, self-discipline, and physical fitness and wellness by training mind, body and spirit.

May be repeated once for credit.

PHED 1438 Mixed Martial Arts (MMA) (2)

Mixed martial arts is a full contact combat sport that allows the use of both striking and grappling techniques, both standing and on the ground, from a variety of other combat sports. The course is designed to understand the basic concepts of mixed martial arts and give the student the skills needed to successfully perform basic mixed martial arts combinations and techniques.

May be repeated once for credit.

PHED 1439 Brazilian JiuJitsu (2)

Brazilian JiuJitsu is a martial art, combat sport, and a self-defense system that focuses on grappling and especially ground fighting. Brazilian JiuJitsu promotes the concept that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper technique – most notably by applying joint-locks and chokeholds to defeat the other person. The course is designed to understand the basic concepts of Brazilian JiuJitsu and give the student the skills needed to successfully perform basic Brazilian JiuJitsu combinations and techniques.

May be repeated once for credit.

PHED 1440 Muay Thai (2)

Muay Thai is a martial art developed in Thailand in which blows may be struck with the fists, elbows, knees, and shins. The course is designed to understand the basic concepts of Muay Thai and give the student the skills needed to successfully perform basic Muay Thai combinations and techniques.

May be repeated once for credit.

PHED 1441 Karate (2)

The course is designed to understand the basic concepts of karate and give the student the skills needed to successfully perform basic karate combinations and techniques. Karate is an Asian system of unarmed combat using the hands and feet to deliver and block blows, widely practiced as a sport.

May be repeated once for credit.

PHED 1442 Advanced Karate (2)

Instruction in advanced applications of basic techniques and free fighting.

May be repeated once for credit.

PHED 1443 Aikido (2)

Introduces the basic instruction and applications of techniques as well as presenting requirements for rank testing in the Japanese martial art of Aikido. Basic techniques include striking, blocking, redirection, off-balancing, throwing, and body movement designed to improve balance, coordination, and power. This course will also cover the cultural and philosophical base of Aikido.

May be repeated once for credit.

PHED 1444 Kickboxing (2)

This course is a basic course designed to give students an appreciation of kickboxing as a lifelong physical activity. Kickboxing is a martial art and sport of attack and defense, in which competitors wear boxing gloves and throw punches as in boxing and kick with their bare feet as in karate. A variety of fitness kickboxing activities will provide the student with the opportunity to improve their fitness level.

May be repeated once for credit.

PHED 1445 Tae Kwon Do (2)

This course is designed to provide the student with basic Tae Kwon Do techniques and associated theory. Tae Kwon Do is a Korean martial art similar to karate. Students will learn self-defense, self-discipline, and physical fitness and wellness by training mind, body and spirit.

May be repeated once for credit.

PHED 1446 Tai Chi (2)

This course is designed to teach students the basic techniques in the art of Tai Chi. Tai Chi is a Chinese system of slow meditative physical exercise designed for relaxation and balance and health. The course will cover the history and philosophy of development of Tai Chi. The simplified 24-form will be learned and practiced.

May be repeated once for credit.

PHED 1461 Basic Foil Fencing (2)

Fencing is the sport of fighting with swords, esp. foils, épées, or sabers, according to a set of rules, in order to score points against an opponent. Students will be able to develop a proficiency in the basic skills of modern foil fencing. This course will cover essential safety standards, basic combat rules, etiquette and sportsmanship, strategies, and help the student develop an appreciation for fencing as an aerobic activity.

May be repeated once for credit.

PHED 1463 Intermediate Modern Fencing (2)

This course builds upon the basic knowledge of fencing. Instruction of advanced skills and new techniques with an emphasis on the tactical aspect of fencing at a competitive level.

May be repeated once for credit.

PHED 1464 Padded Weapons (2)

This is a physical activity course designed to use padded weapons and to introduce students to the historical development of a practical application of close range handheld, non-projectile weapons. It is also designed to instill an appreciation of disciplined and controlled behavior in competition. Padded weapons competition can be a lifelong fitness activity and can promote a healthy lifestyle.

May be repeated once for credit.

PHED 1501 Beginning Tennis (2)

This course is designed to emphasize the fundamentals of tennis. Topics will include basic stroke, rules, history, etiquette, and court play. Upon completion, students will be able to play recreational tennis.

May be repeated once for credit.

PHED 1502 Intermediate Tennis (2)

This course is designed to provide further instruction in advanced skills such as serving, volleying, the lob, and advanced drive placement. Additionally, singles and doubles playing strategies will be emphasized.

May be repeated once for credit.

PHED 1521 Racquetball (2)

This course is designed to provide basic instruction in the game of racquetball. Racquetball is a game played with a small hard ball and a short-handled racket in a four-walled handball court. The course will instruct on improving basic skills effectively enough to play the game and to have a working knowledge and understanding of the rules and strategy.

May be repeated once for credit.

PHED 1522 Intermediate Racquetball (2)

The course will provide a brief review of the beginning rules, skills, terminology and techniques for singles, cut-throat, and doubles play. Emphasis will then be placed on executing skills in match situations. Strategies including court position, offensive play, defensive play, serve, and return of serve will also be covered.

May be repeated once for credit.

PHED 1541 Badminton (2)

Badminton is a game with rackets in which a shuttlecock is played back and forth across a net. This is a basic course that is designed to teach the basic skills effectively enough to play the game and to have a working knowledge and understanding of the rules and strategy.

May be repeated once for credit.

PHED 1561 Bowling (2)

This is a skill-oriented course for beginner or non-bowlers with emphasis placed on basic techniques, skills, and strategies in bowling. An awareness of the social and physiological values of the benefits of bowling is developed.

May be repeated once for credit.

PHED 1562 Intermediate Bowling (2)

This class is for bowlers who have had previous instruction or experience. The student will learn how to score a bowling game, calculate averages and handicaps, learn the basic four-step approach, delivery method, straight ball and hook ball. They will be able to analyze the basic skills and make corrections of errors while bowling as well as learn targeting and picking up spares.

May be repeated once for credit.

PHED 1571 Golf (2)

Golf is a game played on a large open-air course, in which a small hard ball is struck with a club into a series of small holes in the ground, the object being to use the fewest possible strokes to complete the course. This course introduces the student to the fundamental golf swing. The student will also be exposed to the rules, history, and strategy to learn the game of golf.

May be repeated once for credit.

PHED 1572 Intermediate Golf (2)

This course builds on and refines the basic fundamentals of swing motion. Ball flight control is also introduced with more in-depth swing analysis. Students play on a championship course.

May be repeated once for credit.

PHED 1710 Aqua Zumba (2)

Aqua Zumba is a Latin water fitness routine that is meant to improve your body and health in general. It is great for people who have difficulty moving because of joint or back problems because of the helpful buoyant comfort the water has to provide. This course is designed to improve the student's current fitness level by aerobic activity specifically through Aqua Zumba. The student will learn how to perform and develop various Aqua Zumba aerobic routines in the water.

May be repeated once for credit.

PHED 1711 Beginning Swimming I (2)

Swimming is the sport or activity of propelling oneself through water using the limbs. This course is for NON-SWIMMERS ONLY! It is designed to equip the individual with basic water safety skills in order to make them safe while in, on or around water. This course also aims to build self-confidence in the individual so they may enjoy the recreational opportunities of water.

May be repeated once for credit.

PHED 1712 Beginning Swimming II (2)

This course is specifically designed for non-swimmers with some experience in the water. Individual completing this course should be encouraged to continue their water safety training by enrolling in the elementary swimming course.

May be repeated once for credit.

PHED 1713 Intermediate Swimming (2)

This course provides development of basic swimming skills, stroke development, and knowledge in the area of aquatics and develops an awareness of safe practices in and around water as well as development of good health and fitness attitudes.

May be repeated once for credit.

PHED 1722 Swimming/Lifeguarding (2)

This course is designed to provide students with the necessary lifeguarding skills including, but not limited to, safety, education, and protection of the pool or beach patrons. Students must be strong swimmers and confident in deep water. Students will receive the American Red Cross

lifeguarding certification and CPR/AED for the professional rescuer certificate upon satisfactory completion of this course.

May be repeated once for credit.

PHED 1742 Conditioning Through Swimming (2)

This course is designed to equip individuals with basic water safety skills in order to make them safe while in, on or around water. This course aims to build self-confidence in the individual so they may enjoy the recreational opportunities involved with water. This course also aims to equip students with the competence to swim for fitness and conditioning benefits for a lifetime.

*The prerequisite for this course is skills and knowledge of basic swimming strokes

May be repeated once for credit.

PHED 1744 PIYO Conditioning & Relaxing (2)

Piyo is a combination of Pilates and Hatha Yoga in a fluid moving class. It includes modifications from beginner to advanced to increase flexibility and strength. This class emphasizes development of core strength and dynamic balance and flexibility. Traditional yoga postures and fundamental Pilates exercises are combined to produce a challenging exercise experience.

May be repeated once for credit.

PHED 1745 ROCT Bootcamp (2)

This course has been developed with ROTC students in mind. It provides the student with basic knowledge of various exercises that build stamina and endurance. The course focuses on proper exercise techniques to insure maximum results.

May be repeated once for credit.

PHED 1743 Triathlon Technique/Training (2)

This course is designed to provide the necessary information needed to understand and develop a students' swimming, cycling, and running abilities in order to prepare for a competitive triathlon. Some of the topics that will be discussed are proper technique and training methodology for each discipline, equipment needed and maintenance, adequate nutrition and hydration for an active/competitive lifestyle, injury care and prevention, and rules and regulations of competitions.

May be repeated once for credit.

PHED 1771 Scuba Diving (2)

Scuba diving is the sport or pastime of swimming underwater using scuba gear. This is a beginner course for students to prepare them to participate in recreational scuba diving activities. The student will learn about water activities, necessary knowledge, skills and use of equipment to safely participate in recreational scuba diving activities.

*The prerequisite for this course is PHED 1713 or intermediate swimming skills.

May be repeated once for credit.

PHED 1772 Advanced Scuba Diving (2)

The student will learn through classroom instruction and confined water activities, further knowledge, skills, and use of equipment related to advanced understanding and performance in recreational scuba diving activities.

*The prerequisite for this course is PHED 1713 (or intermediate swimming skills) and PHED 1771.

May be repeated once for credit.

PHED 1782 Kayaking (2)

A kayak is a boat in which a person sits down with his or her legs in front and uses a double-bladed paddle to propel the boat through the water. The action of propelling oneself through the water is known as kayaking. This course is designed to teach a beginner paddler safe paddling skills and how to prepare for paddling trips. It is also designed to teach students the fundamentals of flat water and whitewater kayaking.

*The prerequisite for this course is PHED 1713 or intermediate swimming skills.

May be repeated once for credit.

PHED 1783 Canoeing (2)

A light, open, slender boat that has pointed ends and is propelled by paddles, the act of propelling oneself down a body of water is called canoeing. The focus of this course will be on basic canoeing skills for both the solo and the tandem canoeist. Students are presented with basic information on boat control, paddling apparel, potential hazards, and simple rescues.

*The prerequisite for this course is PHED 1713 or intermediate swimming skills.

May be repeated once for credit.

PHED 1784 Sea Kayaking (2)

Sea kayaking is using a sea kayak or touring kayak that was developed for the sport of paddling on open waters of lakes, bays, and the ocean. This course will focus on basic kayaking skills for both the solo and the tandem kayaker. Students are presented with basic information on boat control, paddling apparel, potential hazards, and simple rescues.

*The prerequisite for this course is PHED 1713 or intermediate swimming skills.

May be repeated once for credit.

PHED 1811 Rhythms for Elementary School (2)

This is a basic rhythms class for elementary school teachers. Both basic rhythms skills and folk dance skills are taught as well as teaching techniques used for elementary school children.

May be repeated once for credit.

PHED 1814 Ballroom Dancing (2)

Ballroom dancing is a formal social dancing in couples, popular as a recreation and also as a competitive activity, including the waltz, cha-cha, and foxtrot. This course is an introduction to ballroom and cultural dance at a very basic level. Students will learn the common elements for most dance forms and the connections between cultural, folk, and ballroom dancing. Creative

dance warm-ups and activities to promote physical self-confidence will highlight the movement portion of class.

May be repeated once for credit.

PHED 1921 Basketball (2)

Basketball is a game played by two teams of usually five players each on a rectangular court having a raised basket or goal at each end, points being scored by tossing the ball through the opponent's basket. This course is designed to develop the necessary skills to execute the individual and team fundamentals, understand rules, effectively play team games, and finally to develop an appreciation of the game's history, strategy, and tactics.

May be repeated once for credit.

PHED 1922 Rugby (2)

Rugby is a form of football, played between two teams of 15 members each, that differs from soccer in freedom to carry the ball, block with the hands and arms, and tackle, and is characterized chiefly by continuous action and prohibition against the use of substitute players. This course is an introduction to the fundamental skills, principles, and concepts of organized rugby. The primary focus in this course will be to give the student an appreciation of how to play and understand the game of rugby while learning through in game and modified games experiences.

May be repeated once for credit.

PHED 1923 Volleyball (2)

Volleyball is a game for two teams in which the object is to keep a large ball in motion, from side to side over a high net, by striking it with the hands before it touches the ground. This course is an introduction to the fundamental skills, principles, and concepts of organized volleyball. This class requires development and understanding of essential volleyball skills including, forearm passing, setting, spiking, blocking, digging, serving, and elementary team strategies.

May be repeated once for credit.

PHED 1924 Intermediate Volleyball (2)

This course focuses on advanced offensive and defensive techniques and strategies associated with volleyball. These strategies include, attack approaches and play set combinations, read and commit blocking, and multiple team defenses.

May be repeated once for credit.

PHED 1925 Beach Volleyball (2)

Beach volleyball, or sand volleyball, is an Olympic team sport played on sand. Like other variations of volleyball, two teams in which the object is to keep a large ball in motion, from side to side over a high net, by striking it with the hands before it touches the ground. This course is an introduction to the fundamental skills and strategies of organized beach volleyball and how this contemporary adaptation of volleyball differs from the original version. Beach volleyball requires development and understanding of essential volleyball skills including, forearm passing, setting, spiking, blocking, digging, serving, and elementary team strategies.

May be repeated once for credit.
PHED 1931 Soccer and Field Sports (2)
Soccer is a form of football played between two teams of 11 players, in which the ball may be advanced by kicking or by bouncing it off any part of the body but the arms and hands, except in the case of the goalkeepers, who may use their hands to catch, carry, throw, or stop the ball. This course is designed to develop the skills, principles, and concepts related to soccer and other field sports. This class is also intended to improve all categories of health-related fitness and encourage lifetime participation in physical activity.
May be repeated once for credit.
PHED 1932 Zumba (2)
Zumba is a Colombian dance fitness program created by dancer and choreographer Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. This course will incorporate different dance and aerobic movements. It will combine different components of music such as verse, chorus and interludes and adds different dance moves together to create fun, effective cardiovascular workout.
May be repeated once for credit.
PHED 2703 Teaching Swimming and WSI (2)
Analysis, practice, and teaching of swimming and lifesaving skills and general water safety practice. Variable hours of supervised laboratory/field experience will be required. Prerequisite: Experienced swimmer.
May be repeated once for credit.
PHED 3406 Lifeguarding and Pool Management (2)
Theory and application of lifeguarding skills, pool management, records/reports and pool maintenance and sanitation. This course prepares Lifeguards as Lifeguard Instructors. Prerequisite: PHED 1722 or Red Cross Lifesaving Certification.
May be repeated once for credit.