

PHYSICAL EDUCATION (PHED)

PHED 1010 Swimming I

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to introduce very basic fundamentals of swimming such as breath holding, basic floats, kicking and basic strokes for swimming. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1020 Swimming II

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to improve basic strokes and learn more advanced strokes such as the breaststroke, sidestroke, and back crawl. Prerequisites: PHED 1010 or permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1030 Swimming & Conditioning

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

An independent study course designed for students whose schedules or preferences make it difficult to enroll in scheduled physical education classes. This course will provide an opportunity for the student to improve personal stamina and overall fitness in an aquatic surrounding.

PHED 1040 Walking & Jogging

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

An independent study course designed for students whose schedules or preferences make it difficult to enroll in scheduled physical education classes. This course will introduce the student to the fundamental skill of walking and/or jogging. The intent is to improve a person's stamina and overall fitness.

PHED 1080 Weight Training I

2.0 credit hours

48.0 Classroom Hours = 16.0 Lecture Hours + 32.0 Lab Hours

A co-educational activity class with emphasis on activity. The class attempts to explain physiological training principles and a body's reaction to weight training. Students will participate in an aerobic/weight training circuit that will allow individuals to work beyond their present physical state. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1090 Weight Training II

2.0 credit hours

48.0 Classroom Hours = 16.0 Lecture Hours + 32.0 Lab Hours

A continuation of PHED 1080. Prerequisites: PHED 1080 or permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1120 Training & Conditioning I

1.0 credit hours

24.0 Classroom Hours = 8.0 Lecture Hours + 16.0 Lab Hours

A course which is designed to expose the student to several programs for aiding the individual to become physically fit and to move efficiently in daily life. The instructor provides counseling and guidance in the selection of activities for immediate and future needs. The instructor helps in planning the student's own individual exercise programs. NOTE: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1130 Training & Conditioning II

1.0 credit hours

24.0 Classroom Hours = 12.0 Lecture Hours + 12.0 Lab Hours

Continuation of PHED 1120. NOTE: This course may not transfer toward general education or degree requirements at some four-year colleges. Prerequisite: PHED 1120

PHED 1140 Aerobics I

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course which is designed to provide a high-energy workout. The class combines music with aerobic moves to provide a varied workout which enhances the cardiovascular system as well as developing general body strength. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1150 Aerobics II

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A continuation of PHED 1140. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Prerequisite: PHED 1140.

PHED 1220 Bowling

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to instruct the beginning student in the fundamental techniques of bowling. Students will practice the skills after learning the mechanics of the sport. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Fee \$25.

PHED 1240 Golf

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to introduce the student to the sport of golf. Emphasis will be placed on teaching fundamental etiquette, skill techniques, rules and history of the leisure sport of golf. Students will participate in the activity of golf individually and within a group. NOTE: This course may not transfer toward general education or degree requirements at some four-year colleges. Fee \$10.

PHED 1260 Beginning Yoga

1.0 credit hours

24.0 Classroom Hours = 8.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to promote balance and strength for the physical body/mind. The class combination of breathing, stretching, and positive affirmations relaxes the body/mind while creating strength and tone for total body wellness. Note: This course may not transfer toward general education or degree requirements at some four-year colleges

PHED 1270 Intermediate Yoga

1.0 credit hours

24.0 Classroom Hours = 8.0 Lecture Hours + 16.0 Lab Hours

An intermediate co-educational course built on Beginning Yoga techniques designed to promote balance and strength for the physical body/mind. The class combination of breathing, stretching and positive affirmations relaxes the body/mind while creating strength and tone for total body wellness. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Prerequisite: PHED 1260.

PHED 1280 Weight Training III

2.0 credit hours

45.0 Classroom Hours = 15.0 Lecture Hours + 30.0 Lab Hours

A continuation of PHED 1090. Prerequisites: PHED 1090 or permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1290 Weight Training IV

2.0 credit hours

45.0 Classroom Hours = 15.0 Lecture Hours + 30.0 Lab Hours

A continuation of PHED 1280. Prerequisites: PHED 1280 or permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1320 Racquetball

1.0 credit hours

23.0 Classroom Hours = 7.0 Lecture Hours + 16.0 Lab Hours

A co-educational course designed to instruct the beginning student in the fundamental techniques of racquetball. Basic strokes and shots will be emphasized and game strategy to implement the basics. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Fee \$10.

PHED 1450 Fitness Physiology

3.0 credit hours

45.0 Classroom Hours = 45.0 Lecture Hours

Fitness Physiology will introduce the student to the human body's response to exercise. Field testing for strength, endurance, flexibility, body composition, and exercise prescription for an apparently healthy population will be examined in depth. Exercise prescription for specific disease states will be introduced. BIOS 2250 is strongly recommended or permission of instructor.

PHED 1500 Men's Intercollegiate BB I

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Freshmen register for PHED 1500 first semester. Prerequisites: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1510 Men's Intercollegiate BB II

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Freshmen register for PHED 1510 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1520 Women's Intercollegiate BB I

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Freshmen register for PHED 1520 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1530 Women's Intercollegiate BB II

1.0 credit hours

150.0 Classroom Hours = 150.0 Lab Hours

Credit for participation in intercollegiate basketball. Freshmen register for PHED 1530 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1540 Intercollegiate Golf I

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate golf. Freshmen register for PHED 1540 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1550 Intercollegiate Golf II

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate golf. Freshmen register for PHED 1550 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1560 Intercollegiate Volleyball I

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate volleyball. Freshmen register for PHED 1560; Sophomores register for PHED 1570. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1570 Intercollegiate Volleyball II

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate volleyball. Freshmen register for PHED 1560; Sophomores register for PHED 1570. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1580 Men's Intercollegiate BB III

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Sophomores register for PHED 1580 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1590 Men's Intercollegiate BB IV

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Sophomores register for PHED 1590 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirement at some four-year colleges.

PHED 1600 Sports Officiating

2.0 credit hours

48.0 Classroom Hours = 30.0 Lecture Hours + 18.0 Lab Hours

Course designed to provide individuals with the rules, skills, mechanics, and experience of officiating at the junior and senior high school level. Football, basketball and volleyball receive main emphasis. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1610 Women's Intercollegiate BB III

1.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Sophomores register for PHED 1610 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1620 Women's Intercollegiate BB IV**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate basketball. Sophomores register for PHED 1620 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1630 Intercollegiate Golf III**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate golf. Sophomores register for PHED 1630 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1640 Intercollegiate Golf IV**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate golf. Sophomores register for PHED 1640 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1650 Intercollegiate Softball I**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate softball. Freshmen register for PHED 1650 first semester. Prerequisite: permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1660 Intercollegiate Softball II**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate softball. Freshmen register for PHED 1660 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1670 Intercollegiate Softball III**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate softball. Sophomores register for PHED 1670 first semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1680 Intercollegiate Softball IV**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate softball. Sophomores register for PHED 1680 second semester. Prerequisite: Permission of instructor. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1700 Intercollegiate Baseball I**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate baseball. Freshmen register for PHED 1700 first semester. This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1710 Intercollegiate Baseball II**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate baseball. Freshmen register for PHED 1710 second semester. This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1720 Intercollegiate Baseball III**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate baseball. Sophomores register for PHED 1720 first semester. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1730 Intercollegiate Baseball IV**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate baseball. Sophomores register for PHED 1730 second semester. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1750 Intro to Phys Educ**3.0 credit hours**

45.0 Classroom Hours = 45.0 Lecture Hours

Course designed as an introductory course for students interested in careers in health, physical education, athletic training or coaching. Note: This course may not transfer toward general education or degree requirements at some four-year colleges

PHED 1760 Intercollegiate Volleyball III**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate volleyball. Prerequisite: PHED 1560 and PHED 1570. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1770 Intercollegiate Volleyball IV**1.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Credit for participation in intercollegiate volleyball. Prerequisites: PHED 1560, 1570, and 1760. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1810 Drugs & Sports**2.0 credit hours**

30.0 Classroom Hours = 30.0 Lecture Hours

Course designed as an introduction to the knowledge of the roles that drugs play in modern day sport. The class will cover performance enhancing drugs, as well as the effects of prescription drugs, narcotics, over the counter drugs, alcohol, tobacco, and all other nutritional supplements used to enhance an athlete's performance. The class will cover the science of each classification of drug, all social and ethical issues that arise with the topic of drugs and sports, and cover the testing agencies, methods, and reporting of drug use in sports.

PHED 1850 Intro to Coaching**3.0 credit hours**

45.0 Classroom Hours = 45.0 Lecture Hours

An introduction to the knowledge, requirements and responsibilities for coaching. Includes sport philosophy, sport sciences, sport medicine, and sport management. Fulfills requirements of ACEP Leader Level I. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 1960 Foundation of Athletic Training

4.0 credit hours

75.0 Classroom Hours = 45.0 Lecture Hours + 30.0 Lab Hours
Instruction in theory and practice of conditioning, taping, and rehabilitation of common sports injuries. An anatomical review and evaluation techniques for common injuries to the ankle, knee, shoulder, wrist, and hand as well as hip, thigh, head, neck, face, ear, eye, nose, and dental injuries. Universal precautions for blood borne pathogens and disposal of contaminated materials. Emergency procedures for sports injuries will be covered.

PHED 2020 Training & Conditioning III

1.0 credit hours

24.0 Classroom Hours = 8.0 Lecture Hours + 16.0 Lab Hours
Continuation of PHED 1130. A course which is designed to expose the student to several programs for aiding the individual to become physically fit and to move efficiently in daily life. The instructor provides counseling and guidance in the selection of activities for immediate and future needs. The instructor helps in planning the student's own individual exercise programs. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Prerequisite: PHED 1130.

PHED 2030 Training & Conditioning IV

1.0 credit hours

24.0 Classroom Hours = 8.0 Lecture Hours + 16.0 Lab Hours
Continuation of PHED 2020. A course which is designed to expose the student to several programs for aiding the individual to become physically fit and to move efficiently in daily life. The instructor provides counseling and guidance in the selection of activities for immediate and future needs. The instructor helps in planning the student's own individual exercise programs. Note: This course may not transfer toward general education or degree requirements at some four-year colleges. Prerequisite: PHED 2020.

PHED 2400 Activities for Elementary PE

2.0 credit hours

30.0 Classroom Hours = 30.0 Lecture Hours
A course designed to teach techniques of teaching perceptual-motor activities, fundamental movement skills, sport skills, low-organized and lead-up games, and self-testing for elementary children. Note: This course may not transfer toward general education or degree requirements at some four-year colleges.

PHED 2600 Athletic Practicum I

1.0 credit hours

45.0 Classroom Hours = 45.0 Lab Hours
Practicum I will allow the student to apply attained knowledge to evaluation, assessment, and prescription to a healthy population. The student will spend time working with injured athletes in an athletic training room setting. Co-requisites: PHED 1450.

PHED 2610 Athletic Practicum II

1.0 credit hours

45.0 Classroom Hours = 45.0 Lab Hours
Athletic Training Practicum II will allow the student to apply attained knowledge of general injury evaluation process and broaden knowledge of medical record keeping software, advanced taping and wrapping, and beginning physical modalities. Prerequisite: PHED 2600 and Co-requisite: PHED 1960.

PHED 2620 Athletic Practicum III

2.0 credit hours

72.0 Classroom Hours = 2.0 Lecture Hours + 70.0 Lab Hours
Athletic Training Practicum III will allow the student to apply attained knowledge evaluation of Concussion and begin injury evaluation process- Upper Extremity intensive and Tutor Taping processes for AT Practicum students. Prerequisite: PHED 2610.

PHED 2630 Athletic Practicum IV

2.0 credit hours

72.0 Classroom Hours = 2.0 Lecture Hours + 70.0 Lab Hours
Athletic Training Practicum IV will allow the student to broaden knowledge of Scheduling events and staff schedules and Injury Evaluation Process-Lower Extremity Intensive. Prerequisite: PHED 2620

PHED 2980 Directed Study

3.0 credit hours

45.0 Classroom Hours = 45.0 Lecture Hours
Directed Study

PHED 2990 Special Topics

1.0 credit hours

45.0 Classroom Hours = 45.0 Lecture Hours
Special topic course description upon request.