

# Course Catalog

## Physical Education

### Faculty

[Joseph Shotland](#), Director, Physical Education

### Requirements

The fitness education requirement can be fulfilled by completing one of the activity courses that are labeled PHED 11xx. In addition, PHED 1301 (Concepts of Lifetime Fitness), PHED 1106 (Sport Officiating Laboratory), and THTR 1154 (Dance for Theatre) may be used to fulfill the requirement. See the “Degree Requirements” section of the Courses of Study Bulletin for a full description of the requirement.

### Courses

#### PHED-1301 Concepts of Lifetime Fitness

An analysis of the basic components of physical fitness including scientific information pertinent to the development of individualized exercise programs. Course content addresses cardiovascular endurance, muscular endurance, strength, flexibility, and weight control.

#### PHED-2101 Apprentice Teaching

Provides the student with an opportunity to assist in teaching an activity course for one semester. Prerequisite: Consent of instructor. (Note: This course may be taken three times in different activities.)

#### PHED-3310 Adapted and Developmental Physical Education

Adapted Physical Education develops beginning level knowledge and skills to meet individual needs in physical education, recreation, sport, fitness, and rehabilitation settings.

#### PHED-3311 Essentials of Strength Training and Conditioning

This course will focus on the basic principles underlying strength training and conditioning with particular emphasis on the physiological adaptations that take place in the body as a result of this training.

#### PHED-3-90 Directed Study in Physical Education

Independent study or research, or advanced selected topics in physical education that are not covered in other classes. Variations in credit according to the work performed, 1 to 3 hours. Class may be repeated for a maximum of 6 credit hour, provided the topic varies.

### PHED-2-99 Wellness Practicum

The general objectives of the course are to have students learn how to implement, coordinate, and evaluate peer led wellness programs. A key component of the wellness initiative on campus is to run programs that are led by peers (i.e., peer educator model), which increases student investment in wellness and creates leadership opportunities. The aim of this course is to provide more in depth experiential learning for students who assist in the development, coordination, and assessment of peer led wellness programs on campus. Specifically, students will gain first-hand experience with peer leader training, outreach, recruitment, social media skills, and fidelity observations. Plus, students will track, input, and analyze data from wellness workshops. Lastly, students will create and utilize partnerships and collaborations with other on campus groups.

## Activity Courses

### PHED-1101 Aerobic Dance

The use of dance steps and combinations to achieve aerobic fitness. Flexibility and muscular endurance are also included.

### PHED-1102 Aerobic Fitness

Evaluation, development and implementation of a personal fitness program with emphasis on circulatory fitness.

### PHED-1103 Weight Training

Resistive training principles and methods. Isometric, isotonic and isokinetic procedures. Individual appraisal and practice.

### PHED-1104 Weight Management and Exercise

A course designed to help each student understand the basic information relative to weight management and exercise. Based on an evaluation, each student will design and implement an exercise and nutrition program designed to lose weight.

### PHED-1105 Rape Aggression Defense

A basic self-defense course for women that provides them with the information, tactics, and skills that they can use to protect them from aggressive acts that they may encounter.

### PHED-1111 Introduction to Swimming

Fundamentals of swimming including front crawl, back crawl, elementary backstroke, breast and side strokes. Diving, treading, floating and elementary life-saving techniques are introduced.

### PHED-1112 Fitness Swimming

Advanced swimming for cardiovascular endurance. Prerequisite: PHED 1111 or consent of instructor

### PHED-1113 Life Guard Training

A course designed to teach the skills, techniques, and responsibilities of lifeguarding which fulfills the American Red Cross Lifeguard certification requirements.

### PHED-1121 Badminton

Fundamentals of badminton including overhead and underhand strokes, short and long serves, around the head strokes, and service returns. Rules and strategies for singles and doubles play.

### PHED-1122 Fencing I

Fundamentals of fencing including the lunge, advance and retreat, balestra, offensive and defensive positions and strategies. Rules, officiating and scoring.

### PHED-1123 Fencing II

Review of fencing, advanced fencing techniques and introduction of epee and saber. Prerequisite: PHED 1122 or Consent of Instructor

### PHED-1124 Golf I

Fundamentals of the grip, stance, swing, putting and sand shots. Club selection, rules, scoring and etiquette.

### PHED-1125 Golf II

Review of fundamentals of golf. Participation at pitch and putt and local golf courses.

### PHED-1128 Tennis I

Fundamentals of tennis including forehand, backhand, volley, serve, and overhead. Rules and strategies for singles and doubles play.

### PHED-1129 Tennis II

Review of the basic strokes in beginning tennis and the addition of dropshot, approach shot, spins and serve variations. Singles and doubles strategies for the intermediate player.

### PHED-1130 Tennis III

Skills, strategies and drills for qualified students who wish to play at a competitive level. (student are responsible for entry fees for playing local tournaments.) Prerequisite: Organized competitive experience.

### PHED-1131 Trap and Skeet I

Fundamental skills of skeet and trap shooting including position, tracking, aiming, leading, and firing. Firearms safety will be covered in relation to all firearm sports.

### PHED-1132 Trap and Skeet II

Advanced techniques of trap and skeet shooting including the mental aspects of competition, advanced skills, equipment care and safety factors. Prerequisite: PHED 1131 or consent of instructor

### PHED-1133 Triathlon Training

A course designed to teach the skills, techniques, and training principles necessary to prepare for participation in the sport of triathlon: swimming/cycling/running.

### PHED-1134 Conditioning and Weight Training

A course designed to teach students how to develop and implement a comprehensive exercise program that includes both aerobic fitness and weight training.

### PHED-1135 Cardio Kickboxing

This course is designed to use intermediate techniques of cardio kickboxing skills to improve cardio respiratory endurance, muscular strength and endurance, anaerobic threshold, and body composition. Training will consist of intermediate to advanced techniques in cardio kickboxing and contact strikes using gloves and punching bags. Traditional activities such as calisthenics, resistance training, jump rope training, and core muscle training will be included. Principles of interval training will be taught as well as theories of weight management, chronic and acute disease prevention, stress management, and basic anatomy and kinesiology.

### PHED-1136 Introduction to Hatha Yoga

This course teaches the basics of Hatha Yoga. Students learn techniques for developing strength flexibility, and control through the use of basic postures, combinations and relaxation.

### PHED-1138 Continuing Studies in Hatha Yoga

This course continues the study of Hatha yoga. The more intense practice will help each student increase strength, flexibility and endurance. Students will gain a greater understanding of how to incorporate yoga into their lives. new concepts, including strategies for a healthy lifestyle, will also be explored. Prerequisite: PHED 1136.

### PHED-1139 Training for Speed, Power, and Agility

This course is designed to teach students how to develop and implement a comprehensive training program designed specifically for development of speed, agility and power where the emphasis is on Plyometrics and other high-intensity activities.

### PHED-1141 Basketball

Fundamentals of basketball including passing, dribbling, shooting and rebounding. Offensive and defensive drills, team play, rules and strategies.

### PHED-1142 Soccer I

Beginning fundamentals of soccer including soccer techniques, soccer tactics, soccer fitness, soccer psychology, rules and history.

### PHED-1143 Soccer II

Review of basic fundamentals and advanced play. Prerequisite: PHED 1142 or consent of the instructor

### PHED-1144 Volleyball I

Power volleyball: the skills of the pass, serve, set, attack, block and floor defense. Rules and strategies for team play.

### PHED-1145 Volleyball II

Review of basic skills of volleyball. Introduction to advanced skills and strategies.

### PHED-1146 Roller Skating I

This course is designed to teach students the basic skills they need to participate in Roller Skating as part of a healthy active lifestyle.

### PHED-1147 Roller Skating II

Introduction to advanced quad-roller skating techniques.

### PHED-1151 Ballet I

History of ballet, basic technique, vocabulary, combinations and style. Local concerts and critiques.

### PHED-1152 Ballet II

Advanced ballet technique, center combinations and variations. Comparison of major companies and performers.

### PHED-1153 Ballroom Dance I

Basic steps and variations for the following dances: fox trot, waltz, swing, polka, rhumba, cha cha, samba tango, mambo and merengue. Rhythmical analysis, music recognition and techniques of leading and following.

### PHED-1154 Ballroom Dance II

Review of ballroom dance, advanced techniques and variations for American and Latin dances.

### PHED-1155 Country/Western Dance I

Basic steps and variations for the following dances: cotton eyed joe, schottische, western two step, western waltz, Texas two step, Texas two step swing, western swing, western polka, put your little foot and 10-step polka. Rhythmical analysis and techniques of leading and following.

### PHED-1156 Country/Western Dance II

A continuation of Country/Western Dance I. Includes advanced variations and sequenced combinations.

### PHED-1157 Country/Western Dance III

Performance level of country/western dance. Audition required.

#### PHED-1158 Jazz

Beginning elements of technique, vocabulary and style. History of jazz, differing styles of technique and study of performers who have influenced jazz.

#### PHED-1159 Modern Dance I

Beginning techniques and composition of modern dance.

#### PHED-1160 Introduction to Running

Introduces the basic running principles of running and prepares students to complete a 5 kilometer race by the end of the course.

#### PHED-1161 Half Marathon Challenge

Introduces the advanced training principles of running and prepares the student to complete a Half Marathon by the end of the course.

#### PHED-1162 Cardio Tennis

In this course, students will improve their physical fitness as well as their tennis skills by engaging in dynamic, high energy tennis drills in a group environment.

#### PHED-1163 Baseball

An introduction to the fundamentals of baseball including the history, rules, regulations, techniques, and mechanics.

#### PHED-1164 Springboard Diving

An introduction to the fundamentals of springboard and dry-land diving.

#### PHED-1165 Intramural Programming

In this course, students will plan and participate in new recreational opportunities. Students will create an event and teach their classmates the rules, regulations, and policies for that particular sport or recreation activity and then participate in that event as a group. (Also listed as SPMT 1165.)

#### PHED-1166 Body Pump

This course combines strength training and aerobic conditioning in one class through the use of dumbbells, weight bars, and a step platform. This course will be taught in a high-energy environment.

#### PHED-1167 Cardio Bootcamp

This course is an intermediate form of physical conditioning which combines high energy cardio-respiratory activity with military-style physical training to improve muscular endurance, cardio-respiratory endurance,

flexibility, and body composition.

#### PHED-1168 Pilates

This class focuses on physical conditioning based on the theories and principles of Joseph H. Pilates. Mat-work principles incorporate exercises that increase muscular strength, muscular endurance, flexibility, balance, and coordination.

#### PHED-1169 Tap Dance

This course is designed for the beginning or intermediate tap dancer to learn or perfect tap dance technique.

#### PHED-1170 Lyrical Dance

Introduction into Lyrical style dance. This course is designed to teach continuing technique and terminology to the intermediate dancer. The instructor hopes to educate dancers on the nuances of lyrical and allow students to form a great appreciation of the style. (Offered every semester.) Prerequisites: PHED 1151, 1158, or consent of instructor

#### PHED-1171 Basketball II

Review of basic fundamentals and advanced play. Designed for students who have played previously and want to continue in their development. (Offered occasionally.) Prerequisite: PHED 1141 or consent of the instructor.

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