PHED-PHYSICAL EDUCATION

PHED 1110. Dance:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1230. Individual Sport:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1290. Team Sport:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1310. Swim I:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

Varies

PHED 1320. Aqua Fit:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1330. Lifeguarding

2 Credits (2)

Skills training for a nonsurf lifeguard. Course will include Standard First Aid and CPR certification. May be repeated up to 2 credits.

Learning Outcomes

- To help the student become aware of the common hazards associated with various types of aquatic facilities and to develop the knowledge and skills to eliminate or minimize such hazards.
- To help the student develop the skills necessary to recognize a person in distress or in a drowning situation and to effectively rescue that person.
- 3. To help the student understand their responsibility to their employer, fellow employees and especially to the patrons of their facility.
- 4. To provide explanations, demonstrations, practice and review of the rescue skills essential for lifeguarding.
- 5. To instill in the students an understanding and appreciation for the responsibilities, swimming skills and additional duties of lifeguarding.
- 6. To develop more advance swimming skills to assist in a water rescue.

PHED 1410. Yoga:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1430. Pilates:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1510. Training:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1620. Fitness:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1630. Career Fitness:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 10 credits.

Learning Outcomes

1. Varies

PHED 1670. Aerobics:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

1. Varies

PHED 1830. Running:

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 4 credits.

Learning Outcomes

1. Varies

PHED 1910. Outdoor Experience

1 Credit (1)

Individual sections vary based on topic content; "audience"; type or level of participation. May be repeated up to 6 credits.

Learning Outcomes

Varies

PHED 2996. Special Topics

1-3 Credits (1-3)

Specific subjects to be announced in the Schedule of Classes. Each offering will carry appropriate subtitle. May be repeated up to 6 credits.

Learning Outcomes

1. Varies