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
1. 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
1. 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.
2. 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
1. 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