

PHYSICAL EDUCATION

Chairperson: Ronald Shewcraft, M.S.
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The Physical Education Department offers students the opportunity to experience various forms of physical activity. These activities heighten skill and enable effective choice making concerning the value and place of physical activity within adult life styles. A graduation requirement of two credits of Physical Education will be required beginning with students entering in the Fall of 2005.

COURSE LISTINGS

- PHED 103 Swimming** 1 cr
Designed for the non-swimmer wishing to learn to swim and swimmers looking to improve their swimming skills. Swimming as a lifelong health/fitness activity is stressed.
Prerequisite: None
- PHED 104 American Red Cross Lifeguard Training** 2 cr
Provides American Red Cross certification as a lifeguard.
Prerequisite: Strong swimming ability in the crawl, breast stroke, sidestroke, and elementary backstroke.
- PHED 108 Community First Aid and Safety** 1 cr
Provides instruction in basic first aid and CPR for the adult, child, and infant. Red Cross certification is provided upon successful completion.
Prerequisite: None
- PHED 109 Scuba** 2 cr
Introduces the skills of scuba diving. Successful completion of this course leads to certification in NAUI, a worldwide diving organization.
Prerequisite: None
- PHED 110 Fundamentals of Tennis** 1 cr
Instructs students in the fundamentals of tennis and game play.
Prerequisite: None
- PHED 113 Fundamentals of Beginning Badminton** 1 cr
Provides the opportunity to learn skills and strategy of racket sports, specifically badminton.
Prerequisite: None
- PHED 125 Fundamentals of Golf** 1 cr
Introduces students to the game of golf. Provides basic instruction in a good golf swing and the following: putting, chipping, iron and wood shots.
Prerequisite: None
- PHED 127 Whitewater Canoeing** 1 cr
Introduces participants to the exhilarating sport of whitewater canoeing. Participants will learn safety and rescue principles, the dynamics of river currents, and paddling strokes and maneuvers.
Prerequisite: Swimming ability required
- PHED 128 Fitness Training** 1 cr
Provides instruction in principles and techniques of fitness training. Both weight training and aerobic conditioning will be covered. Safety and proper use of the Fitness Center's equipment will be stressed.
Prerequisite: None
- PHED 131 Water Aerobics** 1 cr
Uses the natural resistance of water. Participants will work on flexibility, range of motion, and increased cardiovascular endurance.
Prerequisite: None
- PHED 132 Fitness for Life** 1 cr
Provides instruction in the components of physical fitness: flexibility, muscular strength and endurance, and cardiovascular endurance. Stress management and nutrition are also discussed.
Prerequisite: None

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PHED 139 Stress Management

1 cr

Explores the factors that cause stress and places emphasis on what the individual can do to manage it. Exercise and progressive relaxation techniques are emphasized.

Prerequisite: None

PHED 144 Aikido

1 cr

Focuses on an understanding of the four principles of Koki Kai Aikido, a Japanese Martial Art. Focus is placed upon mastery of the fundamentals of the art to an extent that the student will be able to apply correct stance, falling and rolling techniques, and proper distance during the practice of self-defense.

Prerequisite: None

PHED 146 Self-Defense for Women

1 cr

Focuses on awareness and avoidance of a possible attack. Students will learn to punch and kick properly along with basic self defense hands techniques. This is a beginner's course in self-defense.

Prerequisite: None

PHED 147 Fundamentals of Yoga

1 cr

Teaches the basic Hatha Yoga postures, breathing exercises, and relaxation techniques.

Prerequisite: None

PHED 150 Special Topics in Physical Education

1-2 cr

Introduces students to a variety of Physical Education activities. Activities vary according to teaching staff and student needs.

Prerequisite: None

PHED 215 Lifetime Wellness

3 cr

Helps students develop a set of health behaviors that constitute what is generally considered to be a high energy lifestyle. These behaviors stress responsibility for one's health. Areas covered are physical fitness, nutrition and weight control, stress management, substance abuse, sexually transmitted disease and chronic disease.

Prerequisite: None

PHED 395 Topics in Physical Education

1-3 cr

Explores a specific aspect related to physical education, athletics, coaching, or sports medicine. Content identifiable by subtitle.

Prerequisite: Department approval

PHED 500 Directed Independent Study

1-3 cr

Open to juniors and seniors who wish to study a topic in depth. Written reports and frequent conferences with the advisor are required.

Prerequisite: Junior/senior status; department approval