

PHYSICAL EDUCATION (PHED)

104 Swimming (Beginning and Intermediate) 1 credit hour
Offered fall and spring semesters. Fee: \$30.00.

This course is designed for both beginning and intermediate swimmers. Emphasis is placed upon teaching correct techniques in basic swim strokes, reviewing stroke fundamentals and water safety.

109 Basketball and Volleyball (Co-Ed) 1 credit hour
Offered fall semester. Two meetings a week.

Instruction and competition in basketball and volleyball. Experience in team play is emphasized and the rules and history of the games are investigated.

113 Beginning Weight Training (Co-Ed) 1 credit hour
Offered fall semester. Two meetings a week. Fee: \$15.00.

Practice in performing basic skills in weightlifting through use of a Universal Gym Machine. Emphasis is placed on safety, techniques, beginning training procedures, and body conditioning.

Prerequisite: Instructor consent required.

122 Fitness Center 1 credit hour
Offered fall and spring semesters. Fee: \$40.00.

This course is organized on an individual basis with a primary focus on the physical dimension of wellness using a variety of physical activities to give the student practical experiences. Students will use the Fitness Center which includes Nautilus machines, automated treadmills, exercise bikes, rowing machines, ellipticals, and free weights, with the ultimate goal of a self-directed healthier lifestyle. May be repeated for up to six credits.

123 Individualized Conditioning for Adults 1 credit hour
Offered fall and spring semesters. Fee: \$10.00.

This course is organized on an individual basis and is based upon general aerobic principles. Theory and facts of weight control, dieting, fads, cardiovascular fitness, and conditioning, equipment selection and exercise techniques, are discussed. Practice sessions comprise most of the class sessions and will include preconditioning testing, followed by a conditioning program. A physical examination and/or a doctor's clearance is strongly recommended. May be repeated for up to four credit hours.

126 Yoga for Wellness I (Integrative Health 126) 1 credit hour
Offered spring semester. Two hours a week. Fee: \$10.00.

This course includes the history, basic skills, principles, and Yoga postures to develop a personal routine for mental, physical, and spiritual training. Students will develop an understanding of how Yoga can improve physical flexibility and control relaxation to harmonize the body, mind, and spirit.

127 Yoga for Wellness II (Integrative Health 127) 1 credit hour
Offered spring semester. Two hours a week. Fee: \$10.00.

This class will build on the skills learned in Physical Education 126 and will also focus on the healing benefits of Asana (posture), Pranayama (breathwork), and Meditation. More advanced asanas will also be explored, including inversions.

Prerequisite: Physical Education 126.

128 Physical Education for Criminal Justice (Criminal Justice 128) 1 credit hour
Offered spring semester. One hour a week. Fee: \$15.00.

This course is organized with a primary focus on the physical dimension of wellness using a variety of physical activities to give the student practical experiences toward taking a physical fitness examination required by criminal justice agencies. Students will train in a variety of methods with

the ultimate goal of a healthier lifestyle and the ability to pass an academy physical fitness test.

130 Intermediate Weight Training (Co-Ed) 1 credit hour
Offered spring semester. Two meetings a week. Fee: \$15.00.

Practice and competition in performing skills in weight training for students with previous experience in weight training. Emphasis is placed on safety, techniques, advanced training procedures, and body conditioning.

Prerequisite: Instructor consent required.

145 Personal Wellness 2 credit hours
Offered fall and spring semesters. Two meetings a week. Fee: \$10.00.

This course will provide each student the opportunity to plan and implement personal fitness and wellness plan. This plan will include warm-up techniques, flexibility, muscular strength, cardiorespiratory health, weight control, stress management and nutrition components. Additional topics include dieting, body composition, lifetime activities, emotional health. The student's fitness/wellness will be assessed at the beginning and at the end of the course.

148 Cardiopulmonary Resuscitation 1 credit hour
Offered fall and spring semesters. One-hour lecture and discussion a week. Fee: \$30.00.

Instruction of cardiopulmonary resuscitation, as outlined by American Heart Association. This course is designed to provide training and certification in Cardiopulmonary Resuscitation. Certification is not required to complete this course. However, upon successful completion, the student will receive American Heart Association BLS for Healthcare Providers (CPR and AED) certification.

151 First Aid and Safety 2 credit hours
Offered fall and spring semesters. Two hours lecture and demonstration a week. Fee: \$10.00.

The First Aid portion of this course will be Standard First Aid and Personal Safety, as designed by the National Safety Council. The safety portion of this course is designed to cover the various situations that will be faced in the field. The areas to be specifically covered are those on safety policy, public safety, travel, forest activities, equipment, hand tools, machine tools, and personal equipment. Certification is not required to complete this course. However, upon successful completion the student will receive National Safety Council Standard First Aid and Personal Safety certification.

152 Industrial Safety 2 credit hours
Offered spring semester. Two hours lecture and discussion a week.

This course is designed for the student who will work in an industrial setting. In addition to discussions on OSHA laws, standards, and regulations, the student will gain understanding of specific safety practices concerning tools, machine guarding, toxic chemicals, radiation, and asbestos. Treatment of specific injuries (bleeding, burns, toxic inhalation, traumatic shock, and heart stoppage) will be covered according to American Red Cross Standards. Physical Education 152 is required of all Automotive Technology Associate Degree students. The major areas of the Occupational Safety and Health Act (OSHA) will be dealt with throughout the course.

153 Cardiopulmonary Resuscitation and First Aid 2 credit hours
Offered fall and spring semesters. Two hours lecture and discussion a week. Fee: \$30.00.

Instruction of cardiopulmonary resuscitation, as outlined by American Heart Association accompanies this course. The First Aid portion of this course will be Standard First Aid and Personal Safety, as designed by the National Safety Council. Certification is not required to complete this course. However, upon successful completion, the student will receive National Safety Council Standard First Aid and American Heart Association BLS for Healthcare Providers (CPR and AED) certification.

154 Integrated Health and Physical Education **3 credit hours**
Offered fall and spring semesters. Three hours lecture a week. Fee: \$10.00.

This course focuses on those aspects of health and physical education that are critical to personal wellness and professional practice. Course elements include: health information, physical activity, self-assessment, health action planning, and disease prevention all with application to learning environments. This course meets the outcomes and requirements for the Associate of Arts in Teaching degree.

155 Mind-Body Movement Stress Reduction Techniques **1 credit hour**
Offered fall and spring semesters. Two hours a week.

This course is designed as a sampler class that will give the student an introduction to many stress reduction techniques such as: relaxation and breath work, tai chi, yoga, water aerobics, and drumming. Emphasis will be on the practice and exploration of each technique. Students will develop self-awareness about their unique response to stress and relaxation and about the connection between this response and wellness.

173 Introduction to Exercise and Sport Science **3 credit hours**
Offered fall semester. Three meetings per week. Fee: \$35.00.

Students will explore the various opportunities that are available in the exercise and sport science field. Students will also discover the history of exercise science and explore the philosophies that the field is based upon. An emphasis will be placed on the sub-disciplines of kinesiology.

174 Foundations of Resistance Training **1 credit hour**
Offered fall semester. One meeting per week. Fee: \$35.00.

This course will provide students with the foundational principles of resistance training. Students will learn various resistance training techniques, identify bone structures and muscle groups, and demonstrate proper form and spotting technique.

175 Group Methods of Exercise **3 credit hours**
Offered spring semester. Three meetings per week. Fee: \$35.00.

Students will learn the foundational skills and knowledge necessary to lead a group in a fitness class. Students will explore and learn the dispositions, leadership, and technical skills for safe and effective group exercise programs.

Prerequisite: Physical Education 174.

203 Intramural and Sports Officiating (Course Currently Suspended) **3 credit hours**
Offered fall semester. Three hours lecture a week.

The philosophy, history, organization, and administration of intramural activities will be presented. The technique of officiating, rules of various activities, and in-service training will be included as part of the sports officiating.

204 Introduction to Physical Education (Course Currently Suspended) **3 credit hours**
Offered fall semester. Three hours lecture and discussion a week.

The course is a background course for all students who are going to major in physical education in a four-year college. The content will cover the cultural foundations, outstanding leaders, and changing aims and objectives of physical education through the ages. The contributions physical education has made to society, both past and present, are discussed.

209 Foundations of Training I (Course Currently Suspended) **3 credit hours**
Offered fall semester. Fee: \$35.00.

This course will provide you with the opportunity to learn the foundational principles of personal training. The focus will be on your development of the functional knowledge of exercise science: structure and function of the muscular, nervous, and skeletal and cardiorespiratory systems, bioenergetics and biomechanics, and the body's physiological response to exercise. Initial consultation and evaluation, and exercise techniques are also explored and discussed.

Prerequisite: Physical Education 145.

210 Foundations of Training II (Course Currently Suspended) **3 credit hours**
Offered spring semester. Fee: \$35.00.

This course will provide you with the opportunity to learn the foundational principles of personal training and build upon your previous knowledge from Foundations of Training I. The focus will be on program design, meeting the needs of the client (health issues, injuries, and various other issues), safety, maintaining equipment, and legal issues.

Prerequisite: Physical Education 209.

212 Fundamentals of Health and Physical Education (Course Currently Suspended) **3 credit hours**
Offered spring semester.

The purpose of this course is to build a solid base of knowledge and understanding in teaching Health and Physical Education. This starts with the foundational principles of learning and teaching, followed by the application of knowledge via writing lesson plans, and teaching mock lessons. Content is explored at a greater depth, while pedagogical models are discussed and started to be developed.

Prerequisite: Physical Education 204.

232 Lifespan Health and Fitness **3 credit hours**
Offered fall semester. Three meetings per week. Fee: \$35.00.

Students will learn the advanced science and application of nutrition for both the general population as well as the physically active. Explore the varying needs of nutrition and exercise across the lifespan and the impact it has on human health.

Prerequisite: Biological Science 114.

233 Exercise Science Administration **3 credit hours**
Offered fall semester. Three meetings per week. Fee: \$35.00.

Students will learn about effective administration and management strategies in health and fitness. This class will address various human resource management, financial management, facility design and planning, client management issues, and legal liability issues. Emphasis is put on health fitness and personal training management.

235 Biomechanics of Exercise Science **3 credit hours**
Offered spring semester. Three meetings per week. Fee: \$35.00.

Students will learn the mechanics of human motion; muscles and joints. Application of mechanical principles to the study of human movement in exercise and daily life. Biomechanical relationships in the upper and lower extremities, and the vertebral column.

Prerequisite: Biological Science 207.

298 Special Topics for Physical Education **1-3 credit hours**
Special Topics will address physical activities and skills not typically offered within the physical education department. The format of the activity courses offered will vary as a function of course topic.

Course may be repeated up to three times for credit.