PHYSICAL EDUCATION (PHED)

PHED 1109. AEROBIC - DANCE  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This is an introductory course in the fundamentals of modern dance technique. Students will learn and practice warm-up exercises and dance sequences emphasizing articulation and coordination of body parts, rhythm, musicality and expressive qualities of movement. This course is designed to use the dance vocabulary of contemporary street funk, jazz, ballet, modern and traditional African dance to develop, increase, and maintain cardiovascular ability, strength, muscular coordination, agility and postural awareness. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1110. WEIGHT TRAINING  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This course is for both men and women and is designed to aid them in improving their muscle tone or increasing muscular strength and endurance. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1111. HATHA YOGA  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This is an introduction to basic yoga postures, breathing, and relaxation techniques with emphasis on physical practice. Students will be provided with an opportunity to strengthen, tone and firm muscles. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1112. WEIGHT CONTROL  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
Participants will engage in a modern system of behavior modification techniques through an individualized weight loss or weight maintenance program. A redirecting of eating habits, individually designed eating plans, nutrition and consumer-related topics will be included in class discussions and lectures. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1121. BASKETBALL  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
An on-going analysis of the game, from basic individual fundamentals (dribbling, passing, shooting, etc.) to the more sophisticated aspects of team play (offenses, zones, presses, etc.). Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1126. VOLLEYBALL I  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This is a great team sport that men and women can enjoy together. Class instruction will be designed to give players enough skill to feel comfortable playing the game. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1130. SOCCER  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This course provides an introduction to the world’s most popular sport with an emphasis on basic skills, as well as the more sophisticated aspects of tactics and game strategies. Soccer provides an excellent opportunity to develop stamina, discipline, speed, agility, and team play. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1133. INTRODUCTION TO RECREATIONAL SPORTS  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This course provides the student with opportunities to participate in a variety of team sports while learning the rules, strategies, and basic skills related to the sport. Volleyball, basketball, flag football, soccer and softball are included. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1143. AEROBIC - RUN/WALK  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This class is intended for the beginning, intermediate, or advance walkers/runners who would like to improve distance or speed. It will also allow the walker/runner to train with a group twice a week. Topics to be included are sports nutrition, sport psychology, fitness testing, training schedules, speed work, stretching, and racing strategies. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1145. AEROBIC - CROSS-TRAINING  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
Students will be provided with an opportunity to strengthen their cardio respiratory system, decrease percent body fat, tone and firm muscles while performing aerobic exercise. This course is designed to increase energy, mental clarity and health as a part of one’s lifestyle. The class will incorporate high and low impact movements, bench-step, kickboxing, circuit aerobics, body sculpting and flexibility training. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1146. AEROBIC - KICKBOXING  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
Students will be provided with an opportunity to strengthen their cardio respiratory system, decrease percent body fat, tone and firm muscles while utilizing aerobic/boxing techniques to music. Beginning, intermediate and advanced techniques with emphasis on cardiovascular endurance utilizing kickboxing moves that increase the heart rate to each individual’s target zone. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1164. INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS  
(LECTURE 1, LAB 2). CREDIT 1. ACGM.  
This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training. Prerequisite: TSI Reading score of 342 or equivalent developmental course with a grade of "C" or better.

PHED 1304. PERSONAL/COMMUNITY HEALTH  
(LECTURE 3, LAB 0). CREDIT 3. ACGM.  
This course provides an introduction to the fundamentals, concepts, strategies, applications, and contemporary trends related to understanding personal and/or community health issues. This course also focuses on empowering various populations with the ability to practice healthy living, promote healthy lifestyles, and enhance individual well-being. Prerequisite: TSI Reading score of 351 or equivalent developmental course with a grade of "C" or better.
PHED 1306. FIRST AID
(LECTURE 3, LAB 0). CREDIT 3. ACGM.
This course teaches introductory aspects of emergency care for the sick and injured, emphasizing principles and concepts for dealing intelligently with emergencies; includes instruction on cardiopulmonary resuscitation. Red Cross certification is available upon successful completion of course. Prerequisite: TSI 351 Reading or equivalent developmental course with a grade of "C" or better.