

# 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 2120. Healthy Life Skills and Personal Wellness

### 3 Credits (3)

This course has been designed to provide students with the knowledge and skills necessary to cultivate a holistic approach to well-being by giving students effective strategies for achieving and maintaining a balanced and fulfilling life, including coping skills to navigate the challenges of college life. Through a combination of lectures, discussions, activities, and self-reflection, students will explore various dimensions of wellness and develop practical strategies to enhance their overall health and vitality.

**Learning Outcomes**

1. Explain the principles of wellness, emphasizing the significance of exercise, nutrition, and wellbeing for sustaining health throughout life.
2. Describe effective strategies and methodologies to enhance wellness.
3. Develop individualized goals pertaining to various facets of wellness to promote personal growth and fulfillment.
4. Evaluate personal wellness levels to establish baseline and monitor progress towards specific goals across diverse dimensions of well-being.
5. Participate in a self-tailored wellness regimen, integrating introspective assessments to monitor personal progress effectively.
6. Critically assess and refine wellness plans based on alterations in wellness evaluations and personal reflections, ensuring continuous alignment with evolving health and fitness aspirations.

**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