

# Physical Education (PHY ED)

---

## Courses

### **PHY ED 117. Cardiopulmonary Resuscitation. 1 Credit.**

Causes and effects of respiratory, cardiac and circulatory insufficiency and arrests are explored as well as appropriate emergency care responses. Students develop resuscitation skills on adult, child and infant mannequins. American Red Cross or American Heart Association certification available. Fall Only.

### **PHY ED 118. Relaxation Thru Yoga. 1 Credit.**

This course is designed to allow students to participate in yoga. Various yoga routines are developed to emphasize strength, flexibility, balance, coordination, and relaxation. Spring.

### **PHY ED 121. Personal Conditioning. 1 Credit.**

Principles of exercise physiology as they relate to participation in calisthenics and exercise with light apparatus. Develops conditioning programs appropriate for life-long fitness. Spring.

### **PHY ED 122. Training with Weights. 1 Credit.**

This course is designed to introduce the student to weight training principles, methodologies, and techniques for improving muscular strength and endurance through program design. Methods of training will include machines, free weights, and training with and without apparatus. Orientation to equipment, safety, and proper technique will be emphasized. Fall Only.

### **PHY ED 137. Rhythmic Aerobics. 1 Credit.**

An instructor-led group exercise program that emphasizes muscular and cardiovascular development using basic locomotor skills, simple dance steps, and rhythmic drumming activities performed to the beat of popular music. Course is not repeatable for credit. Fall and Spring.

### **PHY ED 145. Golf I. 1 Credit.**

The fundamental skills of grip, stance and stroking with irons and woods; history, equipment, rules, etiquette, safety, and strategy necessary for responsible play. Course is repeatable for credit; may be taken 2 times for a total of 2 credits. Fall Only.

### **PHY ED 154. Tennis I. 1 Credit.**

Basic skills and techniques in tennis; forehand, backhand, flat serve, volley, lob, smash, footwork, singles and doubles positioning and strategy, regular and no-add scoring, U.S.T.A. rules, care and selection of equipment.

### **PHY ED 160. Fundamentals of Basketball and Volleyball. 1 Credit.**

This activity course will provide an opportunity to learn and understand the sports of basketball and volleyball for personal participation or the act of viewing as a fan. Students will gain fundamental skills and an understanding of the rules through participation in drills and game play. Spring.

### **PHY ED 161. Basketball Team Play. 1 Credit.**

This course is designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required. Course is repeatable for credit; may be taken 4 times for a total of 4 credits. P: Permission from the head coach or Athletic Director; Student must meet eligibility requirements. Fall and Spring.

### **PHY ED 166. Soccer. 1 Credit.**

This course is designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required. Course is repeatable for credit; may be taken 2 times for a total of 2 credits. P: Permission from the head coach or Athletic Director; Must meet eligibility requirements. Fall Only.

### **PHY ED 170. Volleyball Team Play. 1 Credit.**

This course is designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required. Course is repeatable for credit; may be taken 2 times for a total of 2 credits. P: Permission from the head coach or Athletic Director; Must meet eligibility requirements. Fall Only.

**PHY ED 245. Intermediate Golf. 1 Credit.**

This course is designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required. Course is repeatable for credit; may be taken 2 times for a total of 2 credits.

P: Permission from the head coach or Athletic Director; Must meet eligibility requirements.

Fall Only.

**PHY ED 254. Tennis II. 1 Credit.**

This course is designed for students who participate in intercollegiate athletics, to develop skills and behaviors related to game strategies, sportsmanship, leadership, and team-building. Active membership on the intercollegiate team through the end of the season/semester is required. Course is repeatable for credit; may be taken 2 times for 2 credits.

P: Permission from the head coach or Athletic Director; Must meet eligibility requirements.

Spring.