

PHYSICAL EDUCATION, FITNESS, AND SPORTS STUDIES (PHYS)

PHYS 1101

Aerobic Fitness Lab I

1 Credit Hour

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. (2 lab hours)

PHYS 1102

Aerobic Fitness Lab II

1 Credit Hour

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. (2 lab hours)

Prerequisite: PHYS 1101.

PHYS 1103

Aerobic Fitness Lab III

1 Credit Hour

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. (2 lab hours)

Prerequisite: PHYS 1102.

PHYS 1104

Aerobic Fitness Lab IV

1 Credit Hour

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. (2 lab hours)

Prerequisite: PHYS 1103.

PHYS 1108

Sit & Stand-Chair Aerobics I

0.5-1 Credit Hours

Balance, agility, flexibility, cardiovascular and muscular endurance are all enhanced as students exercise while sitting and standing. Participants are encouraged to work at their own level. Special populations and those who desire some portion of the class in non-weight bearing positions are targeted. (1 to 2 lab hours)

PHYS 1109

Sit & Stand-Chair Aerobics II

0.5-1 Credit Hours

A continuation of PHYS 1108. Exercises to increase balance, agility, flexibility, cardiovascular and muscular endurance are done while sitting and standing. More standing exercises (with or without support) are included. Participants are encouraged to work at their own level. (1 to 2 lab hours)

Prerequisite: PHYS 1108 with a grade of S or better or equivalent instructor.

PHYS 1123

Boot Camp Fitness I

1 Credit Hour

A total body conditioning class with a back to basics non-choreographed approach. Traditional calisthenics and exercises, current training techniques and drills are used to improve all components of fitness. (2 lab hours)

PHYS 1124

Boot Camp Fitness II

1 Credit Hour

A continuation of Boot Camp Fitness I. Fitness workouts with a back to basics approach. Higher intensity exercises and workouts. (2 lab hours)

Prerequisite: PHYS 1123 with a grade of S or better, or equivalent.

PHYS 1131

Cardio Kickboxing I

1 Credit Hour

An exercise course that combines boxing, kickboxing, martial arts, aerobics and physical conditioning exercises to enhance cardiovascular and muscular endurance. All done to music. (2 lab hours)

PHYS 1132

Cardio Kickboxing II

1 Credit Hour

An intermediate cardiovascular endurance activity that combines boxing, kickboxing, martial arts, aerobics, and physical conditioning exercises to further increase skill and endurance. (2 lab hours)

Prerequisite: PHYS 1131 or equivalent experience or consent of instructor.

PHYS 1141

Cross Training I

1 Credit Hour

A personal fitness program that aims to develop cardiovascular endurance, muscle strength, flexibility and skills using the following facilities: (1) the Aerobic Fitness Lab, (2) the Al Zamsky Natatorium, and (3) the Strength Complex. Target heart rate and training zone techniques are emphasized. (2 lab hours)

PHYS 1142

Cross Training II

1 Credit Hour

A personal fitness program that aims to develop cardiovascular endurance, muscle strength, flexibility and skills using the following facilities: (1) the Aerobic Fitness Lab, (2) the Al Zamsky Natatorium, and (3) the Strength Complex. Target heart rate and training zone techniques are emphasized. (2 lab hours)

Prerequisite: PHYS 1141 or consent of instructor.

PHYS 1143

Aerobic Fitness Combo I

1 Credit Hour

An aerobic conditioning course that combines methods and styles of a variety of fitness courses. May include bench step, calisthenics, aerobic dance, cardio kickboxing, circuit training, body sculpting and walking/jogging. (2 lab hours)

PHYS 1144

Aerobic Fitness Combo II

1 Credit Hour

A continuation of Aerobic Fitness Combo I. Methods and styles of a variety of fitness classes with emphasis on a high intensity workout. (2 lab hours)

Prerequisite: PHYS 1143 with a grade of S or better or equivalent.

PHYS 1151

Fitness Walking I

1 Credit Hour

Fitness walking, power walking and cross country walking techniques. Students assess personal fitness levels and work to improve cardiovascular fitness and set personal goals. (2 lab hours)

PHYS 1152

Fitness Walking II

1 Credit Hour

A continuation of Fitness Walking I. Improvement of cardiovascular fitness through increased intensity and/or distance. (2 lab hours)

Prerequisite: PHYS 1151 or equivalent experience or consent of instructor.

PHYS 1153

Jogging I

1 Credit Hour

A graduated program of jogging and running geared to each individual's fitness level and goals. Various jogging techniques, practices and safety procedures. (2 lab hours)

PHYS 1154

Jogging II

1 Credit Hour

A continuation of Jogging I. A graduated program of running geared to each individual's fitness level and goals. Further improvement or maintenance of cardiovascular fitness is a main goal. (2 lab hours)

Prerequisite: PHYS 1153 or equivalent experience or consent of instructor.

PHYS 1161

Physical Fitness I

1 Credit Hour

A personal fitness program that includes progressive conditioning methods. Training exercises include: stretching, core training, jogging, sprinting, weight lifting and weight training. Also included: calisthenics, isometric and isotonic exercises, plyometrics, footwork agility drills and sport specific exercises. (2 lab hours)

Prerequisite: Consent of instructor is required.

PHYS 1162

Physical Fitness II

1 Credit Hour

An advanced personal fitness program that includes progressive conditioning methods. Training exercises include: stretching, core training, jogging, sprinting, weight lifting and weight training. Also included: calisthenics, isometric and isotonic exercises, plyometrics, footwork agility drills and sport specific exercises. (2 lab hours)

Prerequisite: PHYS 1161 or consent of instructor.

PHYS 1171

Weight Training I

1 Credit Hour

An introduction to weight training. Application of the fundamentals of strength training through the use of machine and free weights. Basic anatomy and physiology associated with weight training and safe lifting procedures. (2 lab hours)

PHYS 1172

Weight Training II

1 Credit Hour

Fundamentals of an advanced weight training program. Application of strength training using weight machines and free weights. Anatomy and physiology associated with weight training and safe lifting procedures, along with the design of an individualized strength training program. (2 lab hours)

Prerequisite: PHYS 1171 or previous weight lifting experience or consent of instructor.

PHYS 1181

Spinning I

1 Credit Hour

A 50-minute fitness class using spinning (stationary) bicycles. Cardiovascular endurance (aerobic and anaerobic) and muscular strength and endurance are developed. Music is used as a tool to motivate and inspire, as well as establish the pace, rhythm and energy level of the class. (2 lab hours)

PHYS 1182

Spinning II

1 Credit Hour

A 50-minute fitness class using spinning (stationary) bicycles. Advanced spinning techniques are implemented to further improve fitness level. Aerobic and anaerobic training are used. Music is used to motivate and inspire, as well as to establish the pace, rhythm and energy level of the class. (2 lab hours)

Prerequisite: PHYS 1181 or previous cycling experience or consent of instructor.

PHYS 1184

Body Sculpting I

1 Credit Hour

A toning and conditioning course that utilizes a variety of resistance tools to firm and strengthen the entire body. (2 lab hours)

PHYS 1185

Body Sculpting II

1 Credit Hour

A continuation of Body Sculpting I. Workouts designed to further improve muscle endurance and tone. (2 lab hours)

Prerequisite: PHYS 1184 with a grade of S, or equivalent experience or consent of instructor.

PHYS 1190

SAQSP Training

1 Credit Hour

Physical conditioning theories and drills for improvement in speed, agility, quickness, strength and power (SAQSP). Applications to individual and team sports, plyometrics and other high intensity fitness activities are covered. (2 lab hours)

PHYS 1191***Power Lifting I***

1 Credit Hour

An introductory course in power lifting and training. Basic mechanics of major lifting techniques in the overall Olympic lifts. (2 lab hours)

Prerequisite: PHYS 1171 or previous weight lifting experience or consent of instructor.

PHYS 1192***Power Lifting II***

1 Credit Hour

A continuation of Power Lifting I. The course advances and builds on the techniques and intensity of the work performed in power lifting. (2 lab hours)

Prerequisite: PHYS 1191 or previous power lifting skills or consent of instructor.

PHYS 1300***Baseball***

1 Credit Hour

An introduction to the development of proper baseball fundamental skills, techniques and strategies. (2 lab hours)

PHYS 1301***Basketball I***

1 Credit Hour

Beginning basketball emphasizing offensive and defensive fundamentals through team play. The following offensive fundamental skills are included: shooting, passing, ball handling, dribbling and player spacing.

The following defensive fundamental skills are also included: body position, footwork, arm movements and court position. Team play is emphasized. (2 lab hours)

PHYS 1302***Basketball II***

1 Credit Hour

Intermediate basketball emphasizing offensive and defensive fundamentals through team play. Offensive skills included are: jump shooting, movement passing, dribbling with both hands and ball handling with faking. Defensive skills included are: body position, advanced footwork, advanced arm movements and court awareness. Team play concepts and strategies are introduced. (2 lab hours)

Prerequisite: PHYS 1301 or equivalent.

PHYS 1311***Golf I***

1 Credit Hour

Beginning golf. Topics include: grips, stances, chips, putts, full swings, sand shots and club selection. Irons and woods are both used to develop the rhythm and timing of the swing. Also included are terminology, etiquette, scoring, pace of play and golf safety. (2 lab hours)

PHYS 1312***Golf II***

1 Credit Hour

Intermediate golf. Progressive development in the fundamental grips, stances and strokes using irons and woods. Swing thoughts, ball flight laws, principles of contact and course management are emphasized. (2 lab hours)

Prerequisite: PHYS 1311.

PHYS 1313***Golf III***

1 Credit Hour

The mental aspects of golf are emphasized. Topics include methods to better golf, various thought processes, statistical analysis and time management. (2 lab hours)

Prerequisite: PHYS 1312 or consent of instructor.

PHYS 1321***Pickleball I***

1 Credit Hour

Introduction to the skills and practice of pickleball. Serving, forehand drives, volleys, strategies, rules and scoring. (2 lab hours)

PHYS 1322***Pickleball II***

1 Credit Hour

Advanced skills, knowledge and strategies of pickleball. Emphasis on volleying, lobbing, net control, and advanced singles and doubles strategies. (2 lab hours)

Prerequisite: PHYS 1321 or equivalent skill or consent of instructor.

PHYS 1334***Racquet Sports***

2 Credit Hours

Tennis, badminton, pickleball and racquetball. Skills, rules, competitive strategies, and basic teaching methods are covered. (1 lecture hour, 2 lab hours)

PHYS 1335***Selected Team Sports***

3 Credit Hours

Soccer, Softball/Baseball, Volleyball, and Basketball. Skills, rules, competitive strategies, and basic teaching methods. Prepares for teaching, coaching or personal performance. (2 lecture hours, 2 lab hours)

PHYS 1341***Soccer I***

1 Credit Hour

Introduction to the fundamental skills and techniques of kicking, heading, passing and trapping. Team play, strategy and review of the rules. (2 lab hours)

PHYS 1342***Soccer II***

1 Credit Hour

A continuation of Soccer I. Soccer II is designed for students with skill and knowledge of the sport. Emphasis placed on intermediate skills, strategies and team play. (2 lab hours)

Prerequisite: PHYS 1341 or equivalent, or consent of instructor.

PHYS 1351***Softball***

1 Credit Hour

Fundamentals of softball: history, rules, strategy, basic skills of fielding, throwing, batting, pitching, base running, and team offensive and defensive philosophies. (2 lab hours)

PHYS 1361***Tennis I***

1 Credit Hour

Beginning tennis. Topics covered include grips, stances, hitting positions, racquet-face control, forehand, backhand, serve and serve return. Basic tennis rules, scoring and etiquette are also emphasized. (2 lab hours)

PHYS 1362

Tennis II

1 Credit Hour

Intermediate tennis. Topics covered include forehand, backhand, serve, serve return, volley, overhead shots, approach shots and dump volley skills. Instruction in singles and doubles is strategy-based and emphasizes high-percentage shot-making. Rules, etiquette and doubles communication are also included. (2 lab hours)

Prerequisite: PHYS 1361.

PHYS 1370

Track and Field

1 Credit Hour

Overview of basic techniques used in track and field events. Training principles and methodology for competitive track and field. (2 lab hours)

PHYS 1381

Volleyball I

1 Credit Hour

Introduction to the basic rules, skills, techniques and strategies of volleyball and their application to game play. Team play and intersquad competition. (2 lab hours)

PHYS 1382

Volleyball II

1 Credit Hour

Advanced skills, techniques and strategies of volleyball and their application to competitive game play. Designed for players with advanced skill and knowledge. Emphasis on team strategies and intersquad competition. (2 lab hours)

Prerequisite: PHYS 1381 or previous competitive volleyball skill or consent of instructor.

PHYS 1401

Swimming I

1 Credit Hour

Beginning and advanced beginning swimming skills (based on American Red Cross). Water acclimation, floats, glides, kicks, front crawl, combined back stroke, breath control, rhythmic breathing, elementary back stroke, deep water comfort and safety skills. (2 lab hours)

PHYS 1402

Swimming II

1 Credit Hour

A continuation of Swimming I. Further refinement of front crawl and elementary back stroke. Intermediate and advanced swimming strokes and skills: turns, back stroke, breast stroke, side stroke, butterfly and lap swimming for fitness. (2 lab hours)

Prerequisite: PHYS 1401 or equivalent skill or consent of instructor.

PHYS 1411

Swim Conditioning I

1 Credit Hour

Students will participate in lap swimming using interval training, timed sets, and stroke techniques drills to improve their swimming ability, cardiovascular endurance and muscular endurance. Individualized swimming workouts are given. Participants should be comfortable in the water and be able to swim 25 yards. (2 lab hours)

PHYS 1412

Swim Conditioning II

1 Credit Hour

A continuation of Swim Conditioning I. Lap swimming and interval training to enhance cardiovascular and muscular endurance. Includes intermediate and advanced swimming work-outs, training methods and techniques. (2 lab hours)

PHYS 1421

Water Aerobics I

1 Credit Hour

Introduction to low impact aquatic aerobic conditioning, emphasizing cardiovascular fitness, strength, flexibility and endurance conditioning. (2 lab hours)

PHYS 1422

Water Aerobics II

1 Credit Hour

A continuation of Water Aerobics I. A variety of aquatic exercises to further develop strength, flexibility and cardiovascular fitness in the water. (2 lab hours)

Prerequisite: PHYS 1421 or equivalent.

PHYS 1500

Performance Nutrition

1 Credit Hour

Provides an understanding of consumption of specific nutrients at the right time and in appropriate amounts to enhance fitness and performance. Addresses formulation of eating plans, nutrition fueling, and specific guidelines for development of strength, power and endurance. (1 lecture hour)

PHYS 1551

Anatomy Tuneup

1 Credit Hour

An overview of basic anatomy designed for those who are preparing for certification in fitness, yoga or massage. (1 lecture hour)

PHYS 1554

Healthy Eating

1 Credit Hour

Basic and practical nutrition information that addresses misconceptions about the nature of food and nutrition in terms of overall wellness. Designed to provide personal appreciation, understanding and awareness of good nutrition and healthy eating. (1 lecture hour)

PHYS 1555

Personal Fitness Program

1 Credit Hour

Assessments of components of physical fitness are covered. These components include cardiovascular fitness, muscular strength, muscular endurance, flexibility, body composition, stress and nutrition. Students then use the information ascertained from the assessments to design a personalized exercise prescription. (2 lab hours)

PHYS 1556

Stress Management

1 Credit Hour

Exploration of the dimensions, sources, and physiological responses to stress. Emphasis is on the development of skills and techniques for managing stress. (2 lab hours)

PHYS 1603

Zumba I

0.5-1 Credit Hours

A dance exercise class that is a fusion of Latin & International music and dance moves that creates a dynamic, exciting, and effective workout. Zumba uses a simple dance style borrowing moves from such dances as the merengue, salsa, tango, flamenco. This is combined with aerobic fitness interval training and resistance training to maximize both cardiovascular fitness and body toning benefits. (1 to 2 lab hours)

PHYS 1604**Zumba I**

0.5-1 Credit Hours

A continuation of the Latin infused dance exercise class Zumba I. Increased level of intensity and choreography. (1 to 2 lab hours)

Prerequisite: PHYS 1604 with a grade of S or better, or equivalent or consent of instructor.

PHYS 1701**Aikido I**

1 Credit Hour

A Japanese martial art based on harmony and non-aggression. The learning and performance of basic skills of the activity are stressed. Knowledge and techniques with special emphasis on safety, attitude and etiquette. (2 lab hours)

PHYS 1702**Aikido II**

1 Credit Hour

A continuation of Aikido I. A Japanese martial art based on harmony and non-aggression. The learning and performance of basic skills of the activity are stressed. Knowledge and techniques with special emphasis on safety, attitude and etiquette. (2 lab hours)

Prerequisite: PHYS 1701 or equivalent experience or consent of instructor.

PHYS 1711**Hapkido I**

1 Credit Hour

Hapkido is Korean martial art that emphasizes defensive techniques and Ki (inner power) through the coordination of mind and body. Hapkido teaches blocks, kicks and strikes, but emphasizes joint-locking and pressure points. (2 lab hours)

PHYS 1712**Hapkido II**

1 Credit Hour

A continuation of Hapkido I. Hapkido is a Korean martial art that emphasizes defensive techniques and Ki (inner power) through the coordination of mind and body. Hapkido teaches blocks, kicks and strikes, but emphasizes joint-locking and pressure points. These skills allow for effective control of an opponent. (2 lab hours)

Prerequisite: PHYS 1711 or equivalent.

PHYS 1721**Judo I**

1 Credit Hour

The learning performance of fundamental psycho-motor skills and techniques of judo, individually and/or as part of a team, with special emphasis on safety and sportsmanship. (2 lab hours)

PHYS 1722**Judo II**

1 Credit Hour

A continuation of Judo I. Competition is encouraged when available, and more advanced techniques and strategies are explored. (2 lab hours)

Prerequisite: PHYS 1721 or equivalent, or consent of instructor.

PHYS 1731**Jujutsu I**

1 Credit Hour

(Miyama Ryu) The art of Japanese Samurai from which judo and aikido were derived. JuJutsu is based on mechanical principles and is used only for defensive purposes. Benefits are improved fitness, coordination and defensive skill training. (2 lab hours)

PHYS 1732**Jujutsu II**

1 Credit Hour

A continuation of JuJutsu I. Advanced techniques and applications. (2 lab hours)

Prerequisite: PHYS 1731 or equivalent.

PHYS 1741**Karate I**

1 Credit Hour

An introduction to karate and the basics of the martial arts called Tang Soo Do. Stance, blocks, punches, kicks, elbow strikes, techniques of self-defenses, and physical and mental conditioning. (2 lab hours)

PHYS 1742**Karate II**

1 Credit Hour

Continued practice of Tang Soo Do skills and techniques with emphasis on intermediate to advanced level self defense skills. (2 lab hours)

Prerequisite: PHYS 1741 or equivalent.

PHYS 1751**Personal Defense**

1 Credit Hour

Introduction to personal defense skills. (2 lab hours)

PHYS 1761**Personal Safety for Women**

1 Credit Hour

Emphasizes non-violent options (beyond traditional self-defense) to offset assault on women. Safety awareness, de-escalation techniques and physical techniques are included. Social conditioning that creates the victim profile, the differences between passive, assertive and aggressive behavior, and the most common ways women are assaulted are also included. (2 lab hours)

PHYS 1771**Malay Silat I**

1 Credit Hour

Malaysian martial art form that involves defensive principles, self-awareness, skill and sensitivity training. Encompassing both soft and hard styles, the main emphasis is on self-preservation, deception skills and keeping a low profile. Music and a form of dance are also a part of this practice. (2 lab hours)

PHYS 1772**Malay Silat II**

1 Credit Hour

A continuation of Malay Silat I. Malay Silat techniques with emphasis on intermediate to advanced level self defense skills. Also includes the philosophy of the art. (2 lab hours)

Prerequisite: PHYS 1771 with a grade of S or better or college equivalent or consent of instructor.

PHYS 1774**Flow Yoga I**

0.5-1 Credit Hours

A subset of hatha yoga, vinyasa flow is series of poses (asanas) joined together to create a smooth flow. Each asana or movement is synchronized with the breath and each movement is connected to the next. A slower moderate pace differentiates this from power yoga. (2 lab hours)

PHYS 1775

Flow Yoga II

0.5-1 Credit Hours

A continuation of Flow Yoga I, with additional sequences, incorporating intermediate level skills or longer duration of poses. Continued emphasis on the connection of breath and movement. (1 to 2 lab hours)

Prerequisite: PHYS 1774 with a grade of S or better, or equivalent.

PHYS 1778

Relaxation & Meditation Techniques

0.5-1 Credit Hours

A variety of relaxation and meditation techniques are used to enable students to decrease stress, improve focus and develop an everyday peace of mind in the face of today's busy lifestyle. (1 to 2 lab hours)

PHYS 1800

Special Project

1-3 Credit Hours

Special project courses in Physical Education cover topics not otherwise covered by general education courses and other courses in the Catalog for the Physical Education discipline. These courses require direct experience and focused reflection in an in-depth study of a specific Physical Education topic and/or the critical analysis of contemporary issues in physical education. They are targeted to self-selected students with an interest in the subject matter and involve active participation: The course delivery incorporates an experiential component of no less than 50 percent but not to exceed 75 percent. This experiential component may include field studies, interdisciplinary learning and/or the practical application of physical education concepts, theories, principles and methods with a specific focus. All courses require an orientation session to deliver academic and experiential information (syllabus, academic requirements, field preparation, logistics etc.)

PHYS 1801

Bowling I

1 Credit Hour

Introduction to the fundamental skills and techniques of bowling. Etiquette, scoring, game procedure and rules are covered. (2 lab hours)

PHYS 1802

Bowling II

1 Credit Hour

Prepares students to advance from the level of a recreational bowler to competitive league bowler. Etiquette, scoring, advanced bowling technique, strategy and a review of the rules. (2 lab hours)

Prerequisite: PHYS 1801 or consent of instructor.

PHYS 1803

Hiking

1 Credit Hour

Students will prepare for and participate in hiking activities in a variety of different environments and terrains. Wilderness survival techniques and environmental issues will also be covered. (2 lab hours)

PHYS 1804

Bicycle Touring

1 Credit Hour

Outdoor cycling for recreation and fitness. Riding skills, equipment, training techniques, nutrition and planning for bike trips and/or touring. (2 lab hours)

PHYS 1805

Angling

1 Credit Hour

Bait, spin-casting, still-fishing techniques, equipment care, and general fishing skills and practices. (2 lab hours)

PHYS 1810

Canoeing

1 Credit Hour

Fundamental skills of canoeing including basic strokes, safety and canoe camping. (2 lab hours)

PHYS 1811

Backpacking

1 Credit Hour

Basics of backpacking including wilderness survival skills, equipment, conditioning, first aid, environmental issues and etiquette. (2 lab hours)

PHYS 1812

Kayaking

1 Credit Hour

Students will prepare for and participate in fundamental skills of kayaking, including basic strokes, safety, and kayak camping. (2 lab hours)

PHYS 1813

Outdoor Living Skills

1 Credit Hour

Students will discover fundamental skills of camping, including expedition planning, camping techniques, navigation, nutrition, environmental issues and etiquette. (2 lab hours)

PHYS 1814

Snowshoeing

1 Credit Hour

Students will learn the fundamental skills of snowshoeing, including history, conditioning, safety, and winter camping. (2 lab hours)

PHYS 1820

Selected Topics

0.5-3 Credit Hours

Introductory exploration and analysis of selected topics with a specific theme indicated by course title listed in college class schedule. This course may be taken four times for credit as long as different topics are selected. (.5 to 3 lecture hours, .5 to 3 lab hours)

PHYS 1821

Fencing I

1 Credit Hour

Beginning fencing. Topics include the grip, the lunge, parry, riposte, body positions, footwork, and movements for advance and retreat. Rules, etiquette, fencing equipment, scoring, safety, playing courtesies and open bouts are also included. (2 lab hours)

PHYS 1822

Fencing II

1 Credit Hour

Builds on the skill of Fencing I by adding more advanced strategies of attack and defend. Footwork and speed drills are done with emphasis on good alignment. Time is divided equally between skill-building drills and practice bouts. Advanced strategies, rules, safety and etiquette are also emphasized. (2 lab hours)

Prerequisite: PHYS 1821 or equivalent.

PHYS 1831

Marksmanship

1 Credit Hour

Marksmanship skills for police academy trainees. (2 lab hours)

PHYS 1840***Independent Study***

1-4 Credit Hours

Exploration and analysis of topics within physical education to meet individual student-defined course description, goals, objectives, topical outline and methods of evaluation in coordination with, and approved by the instructor. This course may be taken four times for credit as long as different topics are selected. (1 to 4 lecture hours)

Prerequisite: Consent of instructor is required.

PHYS 1841***Rock Climbing***

1 Credit Hour

An introduction to rock climbing, emphasizing basic skills and techniques. Also included: equipment usage, care of equipment, terminology and safety. (2 lab hours)

PHYS 1851***Downhill Skiing I***

1 Credit Hour

Downhill skiing emphasizing the development of basic skills and an understanding of safety procedures. (2 lab hours)

PHYS 1852***Downhill Skiing II***

1 Credit Hour

Downhill skiing emphasizing the practice and development of intermediate skiing techniques. Safety procedures and practices are also stressed. (2 lab hours)

Prerequisite: PHYS 1851.

PHYS 1854***Cross Country Skiing I***

1 Credit Hour

Introduction to cross country skiing skills. Skiing techniques, safety methods, winter survival techniques, care of equipment, orienteering and physical conditioning. (2 lab hours)

PHYS 1855***Cross Country Skiing II***

1 Credit Hour

A continuation of Cross Country Skiing I skills. Advanced cross country skiing techniques, increased physical conditioning, orienteering and leadership skills. (2 lab hours)

Prerequisite: PHYS 1854 or equivalent.

PHYS 1901***Hatha Yoga I***

1 Credit Hour

Exploration and practice of the yogic system of mind/body awareness and fitness. Students improve muscular strength, endurance, flexibility and concentration. Release of stress and tension through yoga asanas (postures), pranayama (breath control) and meditation. (2 lab hours)

PHYS 1902***Hatha Yoga II***

1 Credit Hour

A continuation of Hatha Yoga I. Further exploration of the yogic system of mind/body awareness and fitness. Challenging asanas that require higher levels of strength and balance, as well as increased practice of inversions, twists and backbends are covered. The chakra system of energy flow studied with the asana movements. (2 lab hours)

Prerequisite: PHYS 1901 or equivalent experience or consent of instructor.

PHYS 1904***Gentle Yoga I***

1 Credit Hour

A hatha yoga class designed to be less stressful on the joints. Asanas (poses) are chosen to emphasize flexibility and relaxation. Meditation techniques and restorative poses are emphasized. (2 lab hours)

PHYS 1905***Gentle Yoga II***

1 Credit Hour

A continuation of Gentle Yoga I. (2 lab hours)

Prerequisite: PHYS 1904 with a grade of S or better, or equivalent.

PHYS 1908***Vinyasa Flow Yoga I***

0.5 Credit Hours

A type of hatha yoga that links the breath with each movement to create a seamless and easy transition from one pose to the next. (1 lab hour)

PHYS 1909***Vinyasa Flow Yoga II***

0.5 Credit Hours

A continuation of Vinyasa Flow Yoga I. (1 lab hour)

Prerequisite: PHYS 1908 with a grade of S or better, or equivalent.

PHYS 1911***Pilates I (Mat)***

1 Credit Hour

Students participate in a series of stretching and strengthening exercises based on the Joseph Pilates (pil-LAH-teez) method of body conditioning. Designed to develop muscle strength and tone. This is a mat course, machines are not used. (2 lab hours)

PHYS 1912***Pilates II (Mat)***

1 Credit Hour

A continuation of Pilates I. Stretching and strengthening exercises based on the Joseph Pilates method of body conditioning. This is a mat course, machines are not used. (2 lab hours)

Prerequisite: PHYS 1911 with a grade of S or better, or equivalent.

PHYS 1921***Power Yoga I***

1 Credit Hour

Yoga postures (asanas) are coordinated specifically to the breath and in a continuous flow to not only enhance flexibility, muscular strength and endurance, but also to improve cardiovascular fitness to a further degree than basic yoga. Release of stress through yoga postures, pranayama (breathing), and meditative techniques are also covered. (2 lab hours)

PHYS 1922***Power Yoga II***

1 Credit Hour

A continuation of Power Yoga I. Increasingly advanced yoga moves (asanas) are coordinated specifically to the breath and in a continuous flow so as to further the components of physical fitness and overall wellness. Emphasis is on a more challenging workout. Release of stress through yoga postures, pranayama (breathing) and meditative techniques. (2 lab hours)

Prerequisite: PHYS 1921 or equivalent experience or consent of instructor.

PHYS 2200

Introduction to Physical Education, Exercise Science, and Sport

3 Credit Hours

A study of the history and development of physical education, exercise science, sport management, fitness, athletics, and special topics related to kinesiology. (3 lecture hours)

PHYS 2201

Introduction to Coaching

3 Credit Hours

Principles, practices and philosophy of sports coaching for students interested in pursuing a coaching career at the youth, interscholastic or intercollegiate level. (3 lecture hours)

PHYS 2202

Introduction to Sport Management

3 Credit Hours

Students will study the basic principles, concepts, and functions of sport and fitness management in a variety of environments including youth, interscholastic, intercollegiate, and professional sport settings as well as the traditional health club environment. This course will focus on the unique aspects of managing sport- and fitness-related organizations, products, and services and give a broad overview of additional management-related functions including marketing, risk management, consumer behavior, finance and economics, ethics, and facility & event management. (3 lecture hours)

PHYS 2203

Teaching Sports Skills

3 Credit Hours

Motor learning, educational methods, and effective techniques for teaching sport and physical skills to school-aged children and adults. Experience in applying teaching techniques to others. (3 lecture hours)

PHYS 2204

Theory and Practice of Baseball

3 Credit Hours

An introduction to baseball skills in the classroom and on the field covering skill progressions, strategies and teaching pedagogy of all nine positions of the game. (2 lecture hours, 2 lab hours)

PHYS 2205

Theory and Practice of Soccer

3 Credit Hours

Knowledge, progressions and skills are emphasized in this fundamental approach to soccer. Offensive progressions include: fundamental skills, offensive moves, position breakdown, team formations and special plays. Defensive progressions include: team concepts, individual concepts, man-to-man defenses, zone defenses and special defensive formations. Team play and rules of the game are emphasized. (2 lecture hours, 2 lab hours)

PHYS 2206

Theory and Practice of Basketball

3 Credit Hours

Knowledge, progressions and skills are emphasized in this fundamental approach to basketball. Offensive progressions include: fundamental skills, offensive moves, position breakdown, team offenses and special offenses. Defensive progressions include: team concepts, individual concepts, neutralization of offensive skills, man-to-man defenses, zone defenses and special defenses. Team play and rules of the game are emphasized. (2 lecture hours, 2 lab hours)

PHYS 2208

Theory and Practice of Football

3 Credit Hours

Analysis, instruction and demonstration of the fundamental skills in football. A study of the various systems of play and the strengths and weaknesses of each. (2 lecture hours, 2 lab hours)

PHYS 2210

Sports in Society

3 Credit Hours

This course will provide the students with a basic understanding of the theories and principles related to sociocultural issues, ethics, and morality in the sports industry. Students will be exposed to the current issues and trends that are prevalent in the sports industry. Topics may include, legal issues, amateur vs. professional athletes, technology and the media, issues related to gender, race, and or sexual orientation, and the globalization of the sports industry. (3 lecture hours)

PHYS 2224

Theory and Practice of Track and Field

3 Credit Hours

Track and field coaching and teaching theories including skill technique for each event, season and daily practice preparation, and coaching methodology. Sprints, relays, hurdles, middle distance, shot put, discus, javelin, hammer, long jump, triple jump, high jump, pole vault and the multi-events are covered. (2 lecture hours, 2 lab hours)

PHYS 2230

Theory and Practice of Volleyball

3 Credit Hours

Analysis, instruction, demonstration and teaching progression of the fundamentals of volleyball for the physical education major, player and/or future coach. Teaching and coaching methods, offensive and defensive systems and strategies, history and rule interpretations are included. (2 lecture hours, 2 lab hours)

PHYS 2233

Theory and Practice of Fastpitch Softbal

3 Credit Hours

An introduction to fastpitch softball skills in the classroom and on the field covering skill progressions, strategies and teaching pedagogy of all nine positions of the game. (2 lecture hours, 2 lab hours)

PHYS 2240

Introduction to Sport Psychology

3 Credit Hours

An examination of the psychological reasons for people participating in various types of competitive and non-competitive sports. Application of psychological concepts to improve the athletes personal growth and development with attention to the coach's role in accomplishing these objectives. Topics covered include: attainment of optimal arousal level, improvement of concentration, mental rehearsal for events, positive reinforcement, goal setting, relaxation techniques, and self fulfillment through non-competitive sports. (3 lecture hours)

PHYS 2244***Lifeguard Training***

2 Credit Hours

Students are trained and prepared to fulfill the requirements of the American Red Cross Life Guard Training certification. Topics include water safety, accident prevention, assist and rescue techniques, and the job requirements of a lifeguard. American Red Cross cards will be issued to those who qualify. Must be able to pass a swimming skills test at the beginning of class. (1 lecture hour, 2 lab hours)

Prerequisite: Swimming test at the discretion of the instructor. (Swimming skills at the level of Swimmer of the American Red Cross program recommended).

PHYS 2251***Living With Health***

3 Credit Hours

Personal and community health issues. Achieving overall wellness and implementing behavior changes through knowledge of current health research. Major topics may include: stress management, anxiety and mood disorders, relationships, nutrition, physical fitness and exercise, weight management, drug use and abuse, cancer, cardiovascular diseases, AIDS and other sexually transmitted diseases. (3 lecture hours)

PHYS 2253***CPR Training***

1 Credit Hour

Cardiopulmonary resuscitation (CPR) for adult, child and infant. Automatic external defibrillator (AED) training. (2 lab hours)

PHYS 2254***First Aid and CPR***

3 Credit Hours

The value and need for training in emergency first aid, cardiopulmonary resuscitation and automatic external defibrillators are emphasized with certification granted upon successful completion of the course. (3 lecture hours)

PHYS 2255***Care and Prevention of Athletic Injuries***

3 Credit Hours

Introduction to the responsibilities and duties of an athletic trainer including basic fundamentals and techniques, injury care and prevention, injury recognition, emergency care, supportive strapping and wrapping techniques, ordering of supplies, budgeting and the general operation of a training room facility. (3 lecture hours)

PHYS 2256***Applied Procedures and Techniques***

3 Credit Hours

Training room techniques and procedures. Applications to both hands-on practice and competitive field experience under the supervision of certified athletic trainers. (1 lecture hour, 4 lab hours)

PHYS 2257***Athletic Taping Techniques***

1 Credit Hour

Study and practice of supportive strapping, wrapping and taping techniques. Emphasis on proper techniques and appropriate injury situations requiring added support. (2 lab hours)

PHYS 2258***The Science of Nutrition***

3 Credit Hours

Fundamentals of human nutrition. Basic biochemistry and physiology of all nutrients. Topics include anatomy and physiology of digestion, nutritional requirements and metabolism. Supplements, diets, and exercise applications are also addressed. (3 lecture hours)

PHYS 2260***The Science of Physical Fitness***

2 Credit Hours

Basic exercise physiology principles as applied to the development of personal and professional fitness programs. Major topics include muscle cell physiology, energy metabolism during exercise, nutrition for fitness, cardiovascular training, and muscular conditioning. (2 lecture hours)

PHYS 2261***Applied Kinesiology***

3 Credit Hours

Functional anatomy and physiology essential to those in fitness and physical education professions. Special emphasis on the musculoskeletal system. Includes basic biomechanics and movement analysis for exercise and sport applications. (3 lecture hours)

PHYS 2262***Fitness Instructor Training-Group***

2 Credit Hours

Application of exercise and teaching principles for leading group exercise classes. Practical experience in leading a variety of fitness classes in preparation for teaching and/or national certification. (1 lecture hour, 2 lab hours)

PHYS 2263***Fitness Instructor Training***

3 Credit Hours

This course offers students comprehensive fitness instructor preparation for those interested in working in personal and/or small group training environments. Students will gain knowledge in the role and scope of the fitness instructor, basics of behavior change and motivation, exercise adherence strategies, fitness assessment and exercise prescription, exercise programming for a wide variety of clientele, and business basics for the fitness professional. Students will have the option of taking a nationally accredited personal training and/or group fitness instruction certification exam. (3 lecture hours)

PHYS 2270***Introduction to Sports Marketing***

3 Credit Hours

This course will cover the basic theories and principles of sports marketing and communications from sports and recreational facilities to professional and amateur sports. Reveals how to study and understand the market, develop a marketing strategy, clarify a sports organization's needs and goals, and implement marketing plans through sponsorship, fundraising, licensing, pricing, promotions, advertising, broadcasting and sales. (3 lecture hours)

PHYS 2800***Special Project***

1-3 Credit Hours

Special project courses in physical education cover topics not otherwise covered by general education courses and other courses in the Catalog for the Physical Education discipline, while building upon academic knowledge and skills acquired in introductory-level Physical Education classes. These courses require direct experience and focused reflection in an in-depth study of a specific physical education topic and/or the critical analysis of contemporary issues in physical education. They are targeted to self-selected students with an interest in the subject matter and involve active participation. The course delivery incorporates an experiential component of no less than 50 percent but not to exceed 75 percent. This experiential component may include field studies, interdisciplinary learning, and/or the practical application of more complex physical education concepts, theories, principles and methods with a specific focus. All courses require an orientation session to deliver academic and experiential information (syllabus, academic requirements, field preparation, logistics, etc.)

Prerequisite: At least one course in Physical Education or consent of instructor

PHYS 2840***Experimental/Pilot Class***

1-6 Credit Hours

Exploration and analysis of topics within Physical Education. This course is used to pilot a proposal for a permanent discipline course. This course may be taken four times for credit as long as different topics are selected.

Prerequisite: Consent of instructor is required

PHYS 2860***Internship (Career & Technical Ed)***

1-4 Credit Hours

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

Prerequisite: Consent of instructor and 2.0 cumulative grade point average, 12 semester credits earned in a related field of study, students work with Career Services staff to obtain approval of the internship by the dean from the academic discipline where the student is planning to earn credit.

PHYS 2863***Internship (Career & Technical Ed)***

3 Credit Hours

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 225 clock hours for three semester credit hours. (15 lab hours)

Prerequisite: Consent of instructor and 2.0 cumulative grade point average, 12 semester credits earned in a related field of study, students work with Career Services staff to obtain approval of the internship by the dean from the academic discipline where the student is planning to earn credit.

PHYS 2865***Internship Advanced (Career & Tech Ed)***

1-4 Credit Hours

Continuation of Internship (Career and Technical Education). Course requires participation in Career & Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

Prerequisite: Consent of instructor and 2.0 cumulative grade point average, 12 semester credits earned in a related field of study, students work with Career Services staff to obtain approval of the internship by the dean from the academic discipline where the student is planning to earn credit.

PHYS 2870***Internship (Transfer)***

1-4 Credit Hours

Course requires participation in work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

Prerequisite: Consent of instructor and 2.0 cumulative grade point average, 12 semester credits earned in a related field of study, students work with Career Services staff to obtain approval of the internship by the dean from the academic discipline where the student is planning to earn credit.

PHYS 2871***Internship - Advanced (Transfer)***

1-4 Credit Hours

Continuation of Internship (Transfer). Course requires participation in work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. (5 to 20 lab hours)

Prerequisite: Consent of instructor and 2.0 cumulative grade point average, 12 semester credits earned in a related field of study, students work with Career Services staff to obtain approval of the internship by the dean from the academic discipline where the student is planning to earn credit.