

# PHYSICAL EDUCATION, FITNESS, AND SPORTS STUDIES (PHYS)

## PHYS 1101

### *Fitness Conditioning I*

1 Credit Hour

Cardiovascular conditioning, strength training, and other fitness methods are used in guiding students through a balanced workout. Various cardiovascular and weight training equipment in the Chaparral Fitness Center will be used to help students achieve their fitness goals. (2 lab hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## PHYS 1102

### *Fitness Conditioning II*

1 Credit Hour

Intermediate to advanced cardiovascular and strength training techniques are emphasized in a personally designed fitness program. Strength training and cardiovascular machines will be used in a total-body, balanced exercise program designed to develop the five components of fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. (2 lab hours)

**Prerequisite:** PHYS 1101.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

## 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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1203**

***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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1204**

***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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1205**

***Angling***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1210**

***Canoeing***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1211**

***Backpacking***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1212*****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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1213*****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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1214*****Snowshoeing***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1241*****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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1254*****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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1300*****Baseball***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1304*****Theories and Techniques of Football***

1 Credit Hour

Instruction covering a breadth of the advanced schemes, positions, and drills utilized at the college and professional levels of play. Students will gain the base competency in offensive, defensive, and special teams play that is required for the contemporary high-level athlete. (1 lecture hour)

**Prerequisite:** Previous competitive high school or college football participation or coaching experience is encouraged.

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1323*****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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1324*****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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1352*****Softball II***

1 Credit Hour

An in-depth coverage of advanced softball techniques, position-specific strategies, and game-like situations. Students will enhance knowledge of bookkeeping, subbing, bat, and ball regulations. Prepares students to develop and implement class and practice plans. (2 lab hours)

**Prerequisite:** Previous softball experience and knowledge preferred.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1604*****Zumba II***

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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity



**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1732*****Jujutsu II***

1 Credit Hour

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

**Prerequisite:** PHYS 1731 or equivalent.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**PHYS 1751*****Personal Defense***

1 Credit Hour

Introduction to personal defense skills. (2 lab hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.)

**Course types:** PE Activity

**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 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 1851*****Downhill Skiing I***

1 Credit Hour

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

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.), PE Activity

**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 2235*****Sport Officiating***

1-3 Credit Hours

This course provides students with the opportunity to learn the fundamental concepts of officiating, officiating philosophy, and how to officiate for various sports. Students will learn and practice rules, proper positioning, signaling for each sport, and conflict resolution strategies. Following successful completion of the course, students will earn the opportunity to acquire a sport-specific officiating license. (0.5 to 2 lecture hours, 1.5 to 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).

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**PHYS 2253*****CPR Training***

1 Credit Hour

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

**Course types:** PE Activity

**PHYS 2254*****Advanced First Aid, CPR and AED***

3 Credit Hours

Comprehensive training in first aid, cardiopulmonary resuscitation and automatic external defibrillators. Emergency Care & Safety Institute (ECSI) certification granted upon successful completion of the course and demonstration of CPR practical skills. (3 lecture hours)

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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)

**Course types:** PE Activity

**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)

**Prerequisite:** Reading Placement Category One and Writing Placement Category One are required.

**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 physical education, fitness, and sport-related professions. Covers skeletal and muscular tissues and cellular anatomy and physiology, emphasizing the musculoskeletal system. In addition, detailed movement analysis for exercise and sport applications will be examined. (3 lecture hours)

**Prerequisite:** Reading Placement Category One and Writing Placement Category One are required.

**PHYS 2263*****Foundations of Personal Training***

3 Credit Hours

This course offers a comprehensive knowledge base in personal training. Students will gain an understanding of the role and scope of the personal trainer, basics of behavior change and motivation, exercise adherence strategies, fitness assessment and exercise prescription, exercise programming for a wide variety of clientele, and general business practices. After course completion, students will have the option of taking the American Council on Exercise (ACE) personal training certification exam for an additional fee. (2 lecture hours, 2 lab hours)

**Prerequisite:** Applied Kinesiology PHYS 2261 is highly recommended prior to taking this course.

**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

**Course types:** PE Activity

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)

**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.

**Course types:** Contemporary Life Skills (A.A., A.S., A.A.S., A.G.S.)