

ACTIVITY COURSES

PHED 1101 Ab/Glute Conditioning

A fitness course emphasizing total body conditioning (concentrating on abdominal and gluteal muscle groups), proper technique, and overall physical and mental fitness.

Three class hours per week. One semester credit hour.

PHED 1102 Beginning Aerobics

Beginning Aerobics is a basic level fitness class emphasizing the importance of regular exercise, techniques, training effects and execution of a lifetime fitness plan.

Three class hours per week. One semester credit hour.

PHED 1105 Beginning Billiards

A beginning level course that introduces fundamentals, exercises, and games to aid beginning and intermediate players in mastering pocket billiards.

Three class hours per week. One semester credit hour.

PHED 1107 Beginning Bowling

A beginning level course emphasizing the basic fundamental bowling skills, rules, etiquette, safety, terminology and scoring.

1 credit hour

PHED 1109 Cardio Kickboxing

A fitness course emphasizing total body conditioning (concentrating on basic kickboxing skills), proper technique, and overall physical and mental fitness.

Three class hours per week. One semester credit hour

PHED 1110 Fitness Conditioning

Aerobic walking and running plus drills to develop proper walking and running techniques. Overall fitness will be emphasized.

Three class hours per week. One semester credit hour.

PHED 1113 Beginning Ice Skating

A beginning level course that emphasizes proper skating techniques, safety and exploring the different types of ice skating.

Three class hours per week. One semester credit hour.

PHED 1115 Beginning Jazz Dance

Beginning Jazz Dance places an emphasis on basic Jazz and Ballet skills. Students will learn basic skills and techniques, stretching, toning and choreography.

Three class hours per week. One semester credit hour.

PHED 1123 Beginning Weight Training

A beginning level course that emphasizes fitness, proper lifting technique, safety and correct identity of exercises and muscle groups.

Three class hours per week. One semester credit hour.

PHED 1125 Women's Weight Training

A beginning level course that emphasizes fitness, proper lifting technique, safety and correct identity of exercises and muscle groups.

Three class hours per week. One semester credit hour.

PHED 1151 Scuba 1

A beginning-level course that emphasizes safety and all the techniques and skills required for a PADI Open Water course.

Three class hours per week. One semester credit hour.

CERTIFICATION IS NOT A REQUIREMENT OF THIS CLASS AND WILL HAVE NO EFFECT ON THE STUDENT'S GRADE. PARADISE SCUBA WILL OFFER FULL CERTIFICATION FOR \$150.00.

PHED 1151 Scuba 2

This course is a continuing education certification course for certified divers. It also affords divers an opportunity to refresh their skills and learn more about ten new diving activities.

Three class hours per week. One semester credit hour.

CERTIFICATION IS NOT A REQUIREMENT OF THIS CLASS AND WILL HAVE NO EFFECT ON THE STUDENT'S GRADE. PARADISE SCUBA WILL OFFER FULL CERTIFICATION FOR \$125.00.

LECTURE COURSES

PHED 1301 Foundations of Kinesiology

Orientation to the field of Health, Kinesiology and Recreation. Introduction to the various areas of Kinesiology, including brief historical backgrounds, professional opportunities and professional responsibilities.

Three class hours per week. Three semester credit hours.

PHED 1304 Personal Health

Presentation of current scientific and technical information related to health with emphasis on developing a functional attitude about consumer health, nutrition, tobacco, alcohol and drugs, family life, and disease.

Three class hours per week. Three semester credit hours.

PHED 1306 First Aid

Instruction and practice of first aid techniques. Designed to enable students to recognize and avoid hazards within their environment, render intelligent assistance in case of accident or illness and develop skills necessary for immediate and temporary care of the victim. The course includes the Primary Survey-CPR Skills and the Secondary Survey-First Aid Skills.

Three class hours per week. Three semester credit hours.

PHED 1308 Sports Officiating 1

Sports Officiating 1 provides the student with the opportunity to develop knowledge, skills and the mechanics to become a certified football and basketball High School official.

Three class hours per week. Three semester credit hour.

PHED 1309 Sports Officiating 2

Sports Officiating 2 provides the student with the opportunity to develop knowledge, skills and the mechanics to become a certified baseball and softball High School official.

Three class hours per week. Three semester credit hours.

PHED 1346 Drug Use and Abuse

Study of use and abuse of drugs in today's society, emphasizing physiological, sociological and psychological factors involved.

Three class hours per week. Three semester credit hour.