

# Physical Education

The physical education program is one of the most established and respected programs within the physical education discipline. It is a computer-based program in which physical education theory and practice receive equal emphasis as applied to both financial and managerial physical education issues. It intends to support the career objectives of those looking to enter the job market upon graduation, as well as the academic needs of those looking to pursue advanced degrees. Required course work covers areas critical to success in today's physical education workplace:

- Technical physical education knowledge
- Communication and interpersonal skills
- Career-related computer literacy
- A laptop computer is recommended, but not required, for students entering the physical education program.

## Courses

Course Number	Course Title	Credits
PHYS 1101	Aerobic Fitness Lab I	1 Credits
PHYS 1102	Aerobic Fitness Lab II	1 Credits
PHYS 1103	Aerobic Fitness Lab III	1 Credits
PHYS 1104	Aerobic Fitness Lab IV	1 Credits
PHYS 1106	Aerobics I	1 Credits
PHYS 1107	Aerobics II	1 Credits
PHYS 1108	Sit & Stand-Chair Aerobics I	0.5-1 Credits
PHYS 1109	Sit & Stand-Chair Aerobics II	0.5-1 Credits
PHYS 1111	Bench Step Aerobics I	1 Credits
PHYS 1112	Bench Step Aerobics II	1 Credits
PHYS 1113	Power Step Aerobics	1 Credits
PHYS 1115	Wheelchair Aerobics	1 Credits
PHYS 1123	Boot Camp Fitness I	1 Credits
PHYS 1124	Boot Camp Fitness II	1 Credits
PHYS 1125	BOSU Training I	1 Credits
PHYS 1126	BOSU Training II	1 Credits
PHYS 1131	Cardio Kickboxing I	1 Credits
PHYS 1132	Cardio Kickboxing II	1 Credits

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>
PHYS 1135	Cardio Mixer I	0.5 Credits
PHYS 1136	Cardio Mixer II	0.5 Credits
PHYS 1141	Cross Training I	1 Credits
PHYS 1142	Cross Training II	1 Credits
PHYS 1143	Aerobic Fitness Combo I	1 Credits
PHYS 1144	Aerobic Fitness Combo II	1 Credits
PHYS 1151	Fitness Walking I	1 Credits
PHYS 1152	Fitness Walking II	1 Credits
PHYS 1153	Jogging I	1 Credits
PHYS 1154	Jogging II	1 Credits
PHYS 1161	Physical Fitness I	1 Credits
PHYS 1162	Physical Fitness II	1 Credits
PHYS 1171	Weight Training I	1 Credits
PHYS 1172	Weight Training II	1 Credits
PHYS 1181	Spinning I	1 Credits
PHYS 1182	Spinning II	1 Credits
PHYS 1183	Step/Slide/Sculpt	1 Credits
PHYS 1184	Body Sculpting I	1 Credits
PHYS 1185	Body Sculpting II	1 Credits
PHYS 1190	SAQSP Training	1 Credits
PHYS 1191	Power Lifting I	1 Credits
PHYS 1192	Power Lifting II	1 Credits
PHYS 1300	Baseball	1 Credits
PHYS 1301	Basketball I	1 Credits
PHYS 1302	Basketball II	1 Credits
PHYS 1311	Golf I	1 Credits
PHYS 1312	Golf II	1 Credits
PHYS 1313	Golf III	1 Credits
PHYS 1321	Pickleball I	1 Credits

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Course Number	Course Title	Credits
PHYS 1322	Pickleball II	1 Credits
PHYS 1331	Racquetball I	1 Credits
PHYS 1332	Racquetball II	1 Credits
PHYS 1334	Racquet Sports	2 Credits
PHYS 1335	Selected Team Sports	3 Credits
PHYS 1341	Soccer I	1 Credits
PHYS 1342	Soccer II	1 Credits
PHYS 1351	Softball	1 Credits
PHYS 1361	Tennis I	1 Credits
PHYS 1362	Tennis II	1 Credits
PHYS 1370	Track and Field	1 Credits
PHYS 1381	Volleyball I	1 Credits
PHYS 1382	Volleyball II	1 Credits
PHYS 1400	Aqua Step	1 Credits
PHYS 1401	Swimming I	1 Credits
PHYS 1402	Swimming II	1 Credits
PHYS 1411	Swim Conditioning I	1 Credits
PHYS 1412	Swim Conditioning II	1 Credits
PHYS 1420	Deep Water Fitness	1 Credits
PHYS 1421	Water Aerobics I	1 Credits
PHYS 1422	Water Aerobics II	1 Credits
PHYS 1425	Aquasize I	0.5 Credits
PHYS 1426	Aquasize II	0.5 Credits
PHYS 1500	Performance Nutrition	1 Credits
PHYS 1551	Anatomy Tuneup	1 Credits
PHYS 1554	Healthy Eating	1 Credits
PHYS 1555	Personal Fitness Program	1 Credits
PHYS 1556	Stress Management	1 Credits
PHYS 1557	Women's Health Issues	1 Credits

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>
PHYS 1558	Men's Health Issues	1 Credits
PHYS 1559	Senior Health Issues	1 Credits
PHYS 1601	Dancercise I	1 Credits
PHYS 1602	Dancercise II	1 Credits
PHYS 1603	Zumba I	0.5-1 Credits
PHYS 1604	Zumba I	0.5-1 Credits
PHYS 1611	Ballet I	1 Credits
PHYS 1612	Ballet II	1 Credits
PHYS 1621	Modern Jazz I	1 Credits
PHYS 1622	Modern Jazz II	1 Credits
PHYS 1623	Tap Dancing I	0.5-1 Credits
PHYS 1624	Modern Dance I	1 Credits
PHYS 1625	Modern Dance II	1 Credits
PHYS 1631	Social Dance	1 Credits
PHYS 1641	Recreational Dance	1 Credits
PHYS 1642	Choreography & Composition of Dance	2 Credits
PHYS 1643	Dance Appreciation	3 Credits
PHYS 1644	Dance Production & Performance	1-3 Credits
PHYS 1645	Dance Pedagogy	3 Credits
PHYS 1701	Aikido I	1 Credits
PHYS 1702	Aikido II	1 Credits
PHYS 1711	Hapkido I	1 Credits
PHYS 1712	Hapkido II	1 Credits
PHYS 1721	Judo I	1 Credits
PHYS 1722	Judo II	1 Credits
PHYS 1731	Jujutsu I	1 Credits
PHYS 1732	Jujutsu II	1 Credits

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Course Number	Course Title	Credits
PHYS 1741	Karate I	1 Credits
PHYS 1742	Karate II	1 Credits
PHYS 1751	Personal Defense	1 Credits
PHYS 1761	Personal Safety for Women	1 Credits
PHYS 1771	Malay Silat I	1 Credits
PHYS 1772	Malay Silat II	1 Credits
PHYS 1774	Flow Yoga I	0.5-1 Credits
PHYS 1775	Flow Yoga II	0.5-1 Credits
PHYS 1778	Relaxation & Meditation Techniques	0.5-1 Credits
PHYS 1800	Special Project	1-3 Credits
PHYS 1801	Bowling I	1 Credits
PHYS 1802	Bowling II	1 Credits
PHYS 1804	Bicycle Touring	1 Credits
PHYS 1805	Angling	1 Credits
PHYS 1810	Canoeing	1 Credits
PHYS 1811	Backpacking	1 Credits
PHYS 1813	Outdoor Environment Skills	1 Credits
PHYS 1820	Selected Topics	0.5-3 Credits
PHYS 1821	Fencing I	1 Credits
PHYS 1822	Fencing II	1 Credits
PHYS 1831	Marksmanship	1 Credits
PHYS 1840	Independent Study	1-4 Credits
PHYS 1841	Rock Climbing	1 Credits
PHYS 1851	Downhill Skiing I	1 Credits
PHYS 1852	Downhill Skiing II	1 Credits
PHYS 1854	Cross Country Skiing I	1 Credits
PHYS 1855	Cross Country Skiing II	1 Credits

<b>Course Number</b>	<b>Course Title</b>	<b>Credits</b>
PHYS 1901	Hatha Yoga I	1 Credits
PHYS 1902	Hatha Yoga II	1 Credits
PHYS 1904	Gentle Yoga I	1 Credits
PHYS 1905	Gentle Yoga II	1 Credits
PHYS 1908	Vinyasa Flow Yoga I	0.5 Credits
PHYS 1909	Vinyasa Flow Yoga II	0.5 Credits
PHYS 1911	Pilates I (Mat)	1 Credits
PHYS 1912	Pilates II (Mat)	1 Credits
PHYS 1921	Power Yoga I	1 Credits
PHYS 1922	Power Yoga II	1 Credits
PHYS 1931	NIA Aerobics I	1 Credits
PHYS 1932	NIA Aerobics II	1 Credits
PHYS 2200	Introduction to Physical Education	3 Credits
PHYS 2201	Introduction to Coaching	3 Credits
PHYS 2202	Introduction to Athletic Programs	3 Credits
PHYS 2203	Teaching Sports Skills	3 Credits
PHYS 2204	Theory and Practice of Baseball	3 Credits
PHYS 2205	Theory and Practice of Soccer	3 Credits
PHYS 2206	Theory and Practice of Basketball	3 Credits
PHYS 2208	Theory and Practice of Football	3 Credits
PHYS 2210	Sports in Society	3 Credits
PHYS 2224	Theory and Practice of Track and Field	3 Credits
PHYS 2230	Theory and Practice of Volleyball	3 Credits
PHYS 2233	Theory and Practice of Fastpitch Softbal	3 Credits
PHYS 2238	Skin and Scuba Diving	3 Credits
PHYS 2239	Skin and Scuba Diving II	3 Credits
PHYS 2240	Introduction to Sport Psychology	3 Credits
PHYS 2244	Lifeguard Training	2 Credits
PHYS 2251	Living With Health	3 Credits

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Course Number	Course Title	Credits
PHYS 2253	CPR Training	1 Credits
PHYS 2254	First Aid and CPR	3 Credits
PHYS 2255	Care and Prevention of Athletic Injuries	3 Credits
PHYS 2256	Applied Procedures and Techniques	3 Credits
PHYS 2257	Athletic Taping Techniques	1 Credits
PHYS 2258	The Science of Nutrition	3 Credits
PHYS 2260	The Science of Physical Fitness	2 Credits
PHYS 2261	Applied Kinesiology	3 Credits
PHYS 2262	Fitness Instructor Training-Group	2 Credits
PHYS 2263	Fitness Instructor Training-Personal	2 Credits
PHYS 2264	Sports Mechanics for Coaches	2 Credits
PHYS 2265	Biophysical Foundations/Human Movement	2 Credits
PHYS 2270	Introduction to Sports Marketing	3 Credits
PHYS 2800	Special Project	1-3 Credits
PHYS 2840	Experimental/Pilot Class	1-6 Credits
PHYS 2860	Internship (Career & Technical Ed)yCoop Ed/Internship Occup	1-4 Credits
PHYS 2863	Internship (Career & Technical Ed)yCoop Ed/Internship Occup	3 Credits
PHYS 2865	Internship Advanced (Career & Tech Ed)	1-4 Credits
PHYS 2870	Internship (Transfer)	1-4 Credits
PHYS 2871	Internship - Advanced (Transfer)	1-4 Credits