## PHYSICAL EDUCATION

**PEDH 1001 - Team Sports I...................................1.00 Credits** Basic skills are provided in the sports of basketball and volleyball. Cardiovascular conditioning is stressed.

**PEDH 1002 - Fitness...............................................1.00 Credits** Involves activities and exercises to promote wellness and fitness for life. Activities will include aerobic and anaerobic exercises including weightlifting, walking, step aerobics and other appropriate activities.

**PEDH 1003 - Recreational Skills I.........................1.00 Credits** This course is designed as an introductory course involving basic skills in the activities of bowling and square dance.

**PEDH 1004 - Recreational Skills II ......................1.00 Credits** This course is designed as an introductory course involving basic skills in the activities of golf and tennis.

**PEDH 1005 - Lifetime Skills I ...............................1.00 Credits** This course is designed as an introductory course in outdoor recreational skills inclusive of archery, team skill building concepts and other recreational activities.

**PEDH 1006 - Lifetime Skills II..............................1.00 Credits** This course is designed as an introductory course involving basic skills in badminton and stunts and tumbling’s.

**PEDH 1007 - Aquatics............................................1.00 Credits** This course is designed for the non-swimmer and novice. The course will address basic swimming techniques, safety and aqua aerobics. Emphasis is placed on improving overall cardiovascular efficiency and acquiring survival skills.

**PEDH 1008 - Progressive Resistance Exercise.....1.00 Credits**

A planned fitness training program to increase muscular strength and tone through a planned progressive series of exercises performed on the weight machine and other apparatus.

**PEDH 1010 - Intro to Yoga ....................................1.00 Credits** Designed to introduce students to basic yoga postures and to develop an understanding of the benefits of this ancient practice.

**PEDH 1020 - Intermediate Swimming .................1.00 Credits** This course is designed for the swimmer. The course will address swimming techniques and safety. Emphasis is placed on improving overall cardiovascular efficiency and acquiring survival skills. *Prerequisite: PEDH 1007 or* Swimming Proficiency Test.

**PEDH 1150 - Life Guarding ..................................1.00 Credits** Stresses water safety and is designed to provide the student with the knowledge and skills to save his own life or another in the event of an emergency. Course completion may lead to Red Cross Certification in lifeguarding.

*Prerequisite: PEDH 1007 or PEDH 1020 or* Swimming Proficiency Test.

**PEDH 1160 - Water Safety Instructor ..................2.00 Credits** Instructional concepts in swimming are provided leading to American Red Cross Certification. Instructor's approval based on American Red Cross prerequisite.

*Prerequisite: PEDH 1150*

**PEDH 1170 - Lifeguard Instructor .......................2.00 Credits** Instructional concepts in teaching lifeguard. Grading is provided to ARC Certification, Prerequisite: Instructor's approval based on American Red Cross.

*Prerequisite: PEDH 1160*

**PEDH 2010 - Intermediate Yoga ...........................1.00 Credits**

A study of the components of a personal yoga practice with enhances competence of basic postures and emphasizes breathing and meditation techniques that contribute to the benefit of yoga practice.

*Prerequisite(s): PEDH 1010*

**PEDH 2213 - Intro & Principle of Phys Ed .........3.00 Credits** Designed to acquaint the student with the history and underlying principles and foundations of contemporary physical education and the contributions of physical education organic, neuromuscular, interpretive and emotional development.

**PEDH 2214 - Games of Low**

**Organization.................................................00 OR 2.00 Credits**

A study of activities based on the needs, interests and all age groups, emphasizing trust building activities, games, stunts, relays, and rhythmic activities for playground, schools, and recreational areas and methods used in their presentation.

**PEDH 2221 - Intermediate Tennis ........................1.00 Credits** Designed for the student who has acquired the basic skills and strategy of tennis and designed to improve his/her tennis game.

**PEDH 2272 - Fund/Coaching &**

**Off Football/Soccer..................................................2.00 Credits** Fundamentals of teaching individual and team play, knowledge of offensive plays, most frequently used defenses and coaching strategies. Includes officiating.

**PEDH 2276 - Fund/Coach & Official**

**Basketball/Volleyball ...............................................3.00 Credits** Prerequisite(s): Fundamentals of teaching individual and team play, basic offensive patterns against selected defense, basic defense alignments against selected offensive patterns, coaching strategies, principles and procedures of organization and managing meets. Includes officiating.

**PEDH 2289 - Care & Prevention/**

**Athlete Injury...........................................................2.00 Credits** Injury prevention is stressed as well as the use of proper equipment to protect vital parts and the use of wraps, tapes and bandages for weak joints and other injured body parts.

*Prerequisites: HEDP 2267 and HEDP 2450*

**PEDH 3384 - Adapted Physical Ed**

**& Div in Classroom .................................................3.00 Credits** Consideration is given to the various forms of physical activities whereby full services can be rendered to individuals who, because of physical and mental disabilities, are unable to participate in regular activities. Laboratory experiences are included.

**PEDH 3394 - Theory/Psychology of Coaching ....3.00 Credits** Basic theories, principles and psychology of coaching sports and athletics.

**PEDH 4460 - Kinesiology.......................................3.00 Credits** Concerned with an analysis of human motion and the mechanical principles related to movement. Concentrated attention is given to the muscles which move individual joints. Laboratory demonstrations are conducted.

*Prerequisite: BIOL 1111, BIOL 2411 and BIOL 2412*

**PEDH 4470 - Physiology of Exercise ....................3.00 Credits** Study of the effects of physical activities on the human organism and applied physiology. Laboratory demonstrations are conducted.

*Prerequisites: BIOL 1111, BIOL 2411, BIOL 2412,and PEDH 4460*

**PEDH 4480 - Major Seminar & Practice .............1.00 Credits** Organization and management of class instruction and group supervision. The student gains experience through service classes and the laboratory school under the supervision of the teaching staff of the physical education equipment.

**PEDH 4482 - Tests & Measurements**

**in Phys Ed.................................................................3.00 Credits** Study of the basic principles of selecting, administering and analyzing tests in physical education. Emphasis is also placed on constructing knowledge and skill tests and quantitative methods of marking in physical education.

*Prerequisite: MATH 1101, MATH 1111 or MATH 1113*