

Physical Education (PHED)

PHED 102. Fitness. 1 Hour.

PHED 103. Tennis. 1 Hour.

PHED 104. Racquetball. 1 Hour.

PHED 105. Softball. 1 Hour.

PHED 106. Karate. 1 Hour.

PHED 107. Dance. 1 Hour.

PHED 108. Special Activities. 1 Hour.

PHED 109. Team Sports. 1 Hour.

PHED 110. Beginning Whitewater Kayaking. 1 Hour.

This course offers basic instruction in the skills of whitewater kayaking, along with information about where best to engage in self-propelled recreational water sports. There will be both class room and river sessions.