

Physical Education (PHED)

PHED 102. Fitness. 1 Hour.

Designed to develop the skills and knowledge for health-enhancing fitness and wellness activities. Including: safety and equipment; stretching; core exercises; distance running; and, interval and circuit training.

PHED 103. Tennis. 1 Hour.

Provides students with fundamentals of tennis and the opportunity to compete against other students in the game of tennis. Including: terminology; safety and equipment; rules of the sport; skill instruction; service and return of serve; offensive and defensive strategies; and, court positioning.

PHED 104. Racquetball. 1 Hour.

Focused on developing fundamental racquetball skills and knowledge. Including: terminology; safety and equipment; rules of the sport; types of racquetball games; service and return of serve; offensive and defensive strategies; and, court positioning.

PHED 105. Softball. 1 Hour.

Students will develop and learn the fundamentals of the sport of softball. Including: safety and equipment; rules of the sport; skill instruction; and, offensive and defensive strategies.

PHED 106. Karate. 1 Hour.

Provides students with various training styles of martial arts. Including: terminology; safety; body positioning & stance; blocking, hand and kicking technique; and, skill development.

PHED 107. Dance. 1 Hour.

Students will develop fundamental dancing skills based on the instructor's area of expertise and knowledge. Including: history, terminology, safety, dance movements, and positioning.

PHED 108. Special Activities. 1 Hour.**PHED 109. Team Sports. 1 Hour.**