

# Physical Education (PHED)

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The Department of Physical Education does not offer a major or minor. However, all students are required to complete one PHED course in partial of the fulfillment of the Wellness general education requirement necessary for graduation. Students may complete the course during Fall, Interim or Spring. ***Students are NOT permitted to earn more than two credit hours in Physical Education.*** Students taking a second PHED course should choose a different activity and thus a different course number from their previously completed class. For example, a student who completes PHED 103, Tennis, and wants to take a second PHED course should plan to take a course other than Tennis.

Instructors associated with the Department of Physical Education typically serve on the Athletics or Student Affairs staff in addition to teaching Physical Education.

## Chair

Sam C. Keenan

### **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.**