

- PHED 1123 Aerobic Pump** (1-2-2)
 This course is designed to work the entire body using barbells with adjustable weights to music. Beginning with a general warm up, participants are led through a series of exercises including squats, presses, lifts and curls. The focus is on correct lifting techniques using light to moderate weights and high repetitions.
 Prerequisite: None.
 Offered: On demand.
- PHED 1124 Soccer** (0-2-1)
 An introduction to the fundamental skills and knowledge necessary to play soccer. Includes instruction in kicking, heading, passing, dribbling, basic strategies, and rules.
 Prerequisite: None.
 Offered: On demand.
- PHED 1125 Badminton** (0-2-1)
 Introduction to techniques such as serve, clear, drop, smash, and drives with an emphasis on strategy and rules.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1126 Tennis I** (0-2-1)
 An introduction to the fundamental skills and knowledge necessary to play tennis. Includes instruction on the forehand, backhand, serve, basic strategies, and rules.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1127 Tennis II** (0-2-1)
 Designed to improve upon and add to the skills and knowledge developed in Tennis I. Includes a review of forehand, backhand, and serve. Introduces the lob, smash, volley, and more advanced game strategies.
 Prerequisite: PHED 1126 or permission of instructor.
 Offered: On demand.
- PHED 1128 Track and Field** (0-2-1)
 This course is a Physical Education elective course designed to introduce the student to the fundamentals of track and field and proper training techniques. Students will learn the history of track and field, proper equipment use, techniques, rules, terminology, scoring, and strategies.
 Prerequisite: None.
 Corequisite: None.
 Offered: Fall and Spring.
- PHED 1130 Swimming I** (0-2-1)
 An introduction to the basic swimming skills necessary for water survival, safety, and recreation. Covers crawl stroke, elementary backstroke, sidestroke, breaststroke, floats, entries, and non-swimming rescues.
 Prerequisite: None.
 Offered: Spring, Fall.
- PHED 1131 Swimming II** (0-2-1)
 Designed to improve upon and add to the skills and knowledge developed in Swimming I. The emphasis is on correct performance of the crawl, elementary backstroke, sidestroke, breaststroke, and back crawl.