

- PHED 1162 Fitness II** (1-2-2)
Reviews the four basic components of fitness: cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Students will be required to research assigned fitness topics and submit written reports.
Prerequisite: PHED 1161 or permission of instructor.
Offered: Fall, Spring.
- PHED 1166 Racquetball I** (0-2-1)
An introduction to the fundamental skills and knowledge necessary to play racquetball. Includes instruction on forehands, backhands, serves, basic strategies, and rules.
Prerequisite: None.
Offered: Fall, Spring.
- PHED 1167 Racquetball II** (0-2-1)
Designed to improve upon and add to the skills and knowledge developed in Racquetball I. Instruction includes a review of drive serves, drops, and passes as well as new skills such as serves, kills, and game strategy.
Prerequisite: PHED 1166 or permission of instructor.
Offered: On demand.
- PHED 1168 Survival Skills** (0-2-1)
This course is designed to teach and apply the basic concepts needed to prevent a survival scenario or survive one, including: water sources and purification, shelter building, fire building, map and compass use, emergency action principles, wild edibles, animal observation, outdoor equipment, minimum impact camping, and wilderness ethics.
Prerequisite: None.
Offered: On demand.
- PHED 1171 Bowling I** (0-2-1)
An introduction to the fundamental skills and knowledge necessary to bowl. Includes instruction in basic mechanics (stance, approach, and delivery), spot bowling, spare bowling, score keeping, and rules.
Prerequisite: None.
Offered: Every semester.
- PHED 1172 Bowling II** (0-2-1)
Designed to improve upon and add to the skills and knowledge developed in Bowling I. Includes a review of the basics and then emphasizes skill analysis, spot bowling, and spare bowling.
Prerequisite: PHED 1171 or permission of instructor.
Offered: On demand.
- PHED 1173 Tai Chi** (0-2-1)
Tai Chi is one of the most effective exercises for physical and mental well-being. It is one of the best-known martial arts from ancient China, and is based on Qigong and martial art techniques from thousands of years ago. Students will also learn its history, philosophy, and how to build a personal practice.
Prerequisite: None.
Corequisite: None.
Offered: On demand.