

- PHED 1242 Water Polo** (0-2-1)  
 The intent of this course is to develop fundamental water polo skills, knowledge and interest. This course will prepare students for competition in the sport of water polo. This course includes instruction in specific skills, performance techniques and strategies, as well as consistent practice, development of physical fitness, and overall safe game play.  
 Prerequisite: Must be able to pass a swim test.  
 Corequisite: None.  
 Offered: On demand.
- PHED 1243 Zumba Dance** (0-2-1)  
 A course designed to introduce the student to the skills involved with Zumba dancing. This course will offer a survey of the technique of basic Latin dance moves as well as choreography of Zumba dance.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: On demand.
- PHED 1244 Yoga II** (0-2-1)  
 A continuation of yoga I where students will build upon the basic skills and information learned about the practice of Yoga. This course will focus on a more rigorous physical practice and will challenge students to work towards more demanding physical postures and breathing exercises.  
 Prerequisite: Yoga I.  
 Corequisite: None.  
 Offered: On demand.
- PHED 1245 Personal Training** (2-1-2)  
 This course is designed to give students the knowledge and understanding necessary to prepare for a Personal Training Certification Exam and become effective personal trainers. This course presents a model for designing individualized programs based on each client's unique health, fitness, and goals. The information covered in this courses will help students learn how to facilitate rapport, adherence, self-efficacy, and behavior change in clients, as well as to design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.  
 NOTE – This class cannot be used as a physical activity. This class is for certification purposes only.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: On demand.
- PHED 1246 Aqua Zumba** (0-2-1)  
 This course will educate students in the basic principles of Aqua Zumba, as well as to increase overall physical fitness. This course incorporates Zumba Dance based moves in an aquatic environment and uses the resistance of the water to increase muscular strength and cardiovascular health.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: On demand.  
 Prerequisite: None.