

- 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 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.
 Prerequisite: PHED 1130 or permission of instructor. Must be able to pass swim test.
 Offered: On demand.
- PHED 1132 Lifeguard Training** (1-2-2)
 Designed to teach fundamental skills and knowledge necessary to save one's own life or the life of another in the event of an aquatics emergency. Student can qualify for Red Cross certification through this course.
 Prerequisite: Swim Test.
 Offered: On demand.
- PHED 1133 Scuba** (0-2-1)
 This course will provide the student with knowledge and skills to safely enter a confined water diving environment. Certification dives are not included.
 Prerequisite: Pass swim test (200 yard swim and 10 minute float/tread water).
 Offered: All semesters.