

- PHED 1220 Aquatic Circuit Training** (1-2-2)
 Introduces students to water resistance exercise through shallow water routines and circuit training in the pool. Workouts will involve muscular endurance training as well as cardiovascular training in the aquatic environment.
 Prerequisite: None.
 Offered: On demand.
- PHED 1225 Aqua-jogging** (1-2-2)
 Aqua-jogging will include a review of the basic fitness principles necessary for participation in a safe and effective aqua-jogging routine as well as the aerobic activity that accompanies it. Furthermore, students will be introduced to the resistive properties of water and how to effectively manipulate it into a strengthening and conditioning force.
 Prerequisite: None.
 Offered: On demand.
- PHED 1231 Springboard Diving I** (0-2-1)
 Designed to introduce basic fundamental dive directions, positions and entry techniques. Includes instruction in flexibility.
 Prerequisite: None.
 Offered: On demand.
- PHED 1232 Springboard Diving II** (1-1-1)
 Designed to introduce competitive springboard diving, NCAA rules, event procedures and dive selection. Includes instruction in flexibility and strength training for competitive springboard diving.
 Prerequisite: Springboard Diving I.
 Offered: On demand.
- PHED 1233 Orienteering** (0-2-1)
 Introduction of off-trail navigation with emphasis in the use of top compasses, and route finding for wilderness travel; and the sport of orienteering.
 Prerequisite: None.
 Offered: On demand.
- PHED 1236 Pilates I** (0-2-1)
 Pilates, developed by Joseph Pilates in the 1920;s, is a series of controlled movements engaging one's body and mind which focuses on improving flexibility and strength for the total body without building bulk. Emphasis is placed on strengthening the "core" or "powerhouse" of the body which includes the abdominal muscles, the back, and the buttocks. This course focuses on a progression of exercises from beginner to intermediate and assumes that the student has no prior knowledge of pilates exercises.
 Prerequisite: None.
 Offered: On demand.
- PHED 1241 Body Core Activities** (0-2-1)
 This class merges three tested exercise programs – Tai Chi, Yoga, and Pilates. Students will experience strength training exercises, stretching, and balance while focusing on core activities.
 Prerequisite: None.
 Offered: On demand.