

- PHED 1116 Step Aerobics II** (0-3-1)
 Emphasis is on cardiovascular endurance, muscle conditioning, and flexibility development. Designed to improve upon the skills and fitness knowledge of Aerobics I.
 Prerequisite: PHED 1115.
 Offered: Fall, Spring.
- PHED 1120 Baseball Techniques and Strategy** (0-2-1)
 Practical experience in fundamental skills and techniques, team play & strategy.
 Prerequisites: None.
 Offered: On demand.
- PHED 1121 Softball** (0-2-1)
 An introduction to the fundamental skills and knowledge necessary to play softball. Includes instruction in batting, fielding, throwing, basic strategies, and rules.
 Prerequisite: None.
 Offered: On demand.
- PHED 1122 Basketball** (0-2-1)
 An introduction to the fundamental skills & knowledge necessary to play basketball. Includes instruction in passing, dribbling, shooting, basic strategies, & rules.
 Prerequisite: None.
 Offered: On demand.
- 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.