

- PHED 1142 Swing Dancing** (0-2-1)
 Introduction to the basic steps and figures of swing dancing. Covers dances such as the shag, swing, hustle, lindy, jitterbug and other variations.
 Prerequisite: None.
 Offered: On demand.
- PHED 1143 Beginning Snow Skiing** (0-2-1)
 This course is designed to introduce the student to the basic skills of snow skiing. Basic instruction will be given at the college with practical experience taking place at a designated ski area. On slope skiing at a designated off-campus site is required for successful completion of the course.
 Prerequisite: None.
 Offered: On demand.
- PHED 1145 Self Defense I** (0-2-1)
 An introduction to self defense including striking skills and JiuJutsu. An emphasis is on avoidance, defensive strategies, and basic escape maneuvers for self protection.
 Prerequisite: None.
 Offered: On demand.
- PHED 1146 Self Defense II** (0-2-1)
 A continuation of self-defense I with an emphasis on ground fighting and weapons defense.
 Prerequisite: None.
 Offered: On demand.
- PHED 1147 Cardio-Kickboxing** (0-2-1)
 This course combines low impact aerobic conditioning with controlled boxing and kicking movements.
 Prerequisite: None.
 Offered: On demand.
- PHED 1148 Archery I** (0-2-1)
 This course is a Physical Education elective course designed to introduce the student to the fundamentals of archery. Students will learn the history of archery, proper equipment use, techniques, rules, terminology, scoring, and etiquette.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1151 Golf I** (0-2-1)
 Introduction to techniques such as putting, chipping, pitching, sand play, full swing irons, and woods with an emphasis on the rules and etiquette of golf.
 Prerequisite: None.
 Offered: Fall, Spring.
- PHED 1152 Golf II** (0-2-1)
 This course provides individual basic instruction in putting, chipping, pitching, sand play, and full swing. Students will be instructed on rules and etiquette as well as knowledge necessary for play on a golf course.
 Prerequisite: PHED 1151 or permission of instructor.
 Offered: On demand.