

- PHED 1219 Introduction to Fly Fishing** (1-2-2)
 This course is designed to introduce the student to the fundamental skills of fly fishing. In class, students will learn about specialized equipment, safety, basic entomology, casting, fish habitat, locating fish, local fish and regulations, catch and release practices and Leave No Trace land ethics. During lab sessions, students will put into practice class lectures, and have the opportunity to catch fish. Although catching fish is not a requirement of the class, students will keep a log of their catches. This is a highly focused course, requiring full attention during the class meetings, and concentrated activities during the off site labs. Outside activities will be necessary for success in this class. Moderate physical activity is required.
 Prerequisites: None.
 Corequisites: None.
 Offered: On demand.
- 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.