

- PHED 1245 Personal Training** (2-1-2)  
 This course is designed to give students the knowledge and understanding necessary to prepare for a Personal Training Certification Exam and become effective personal trainers. This course presents a model for designing individualized programs based on each client's unique health, fitness, and goals. The information covered in this courses will help students learn how to facilitate rapport, adherence, self-efficacy, and behavior change in clients, as well as to design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength.  
 NOTE – This class cannot be used as a physical activity. This class is for certification purposes only.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: On demand.
- PHED 1246 Aqua Zumba** (0-2-1)  
 This course will educate students in the basic principles of Aqua Zumba, as well as to increase overall physical fitness. This course incorporates Zumba Dance based moves in an aquatic environment and uses the resistance of the water to increase muscular strength and cardiovascular health.  
 Prerequisite: None.  
 Corequisite: None.  
 Offered: On demand.  
 Prerequisite: None.
- PHED 1247 Triathlon Training** (1-2-1)  
 This is an intensive conditioning course using a cross training approach to achieve high level cardiovascular fitness. Biking, running, and swimming will be the focus of activities used to prepare class participants for a triathlon event. The course will incorporate a variety of training techniques which will provide a safe, smooth, and gradual development of individual fitness.  
 Corequisite: None.  
 Offered: On demand.  
 Prerequisite: None.
- PHED 2201 Introduction to Physical Education, Fitness and Sport** (1-0-1)  
 Introduction and orientation to the history, philosophy, aims, and career opportunities in physical education, fitness and sports.  
 This class is restricted to students studying in a PE area of study.  
 Corequisite: READ 0099 or ENGL 0989.  
 Offered: Spring.
- PHED 2210 Sport Injury Prevention & Care** (2-0-2)  
 A study of the identification, prevention, treatment and care for common sports injuries. (Meets only Area B requirements, will not count as an Area G requirement.)  
 Prerequisite: None.  
 Offered: All semesters.
- PHED 2226 Athletic Training Practicum** (2-4-4)  
 Designed to provide as a student athletic trainer the knowledge, understanding and experience in the areas of injury management, prevention, treatment, rehabilitation and training room protocol. Will not count as an Area G requirement.  
 Corequisite: None.  
 Prerequisite: None.  
 Offered: Fall, Spring.