

Physical Education - PHED

Courses

PHED 1000 ACTIVE AUBURN (2) LEC. 2. Basic concepts associated with physical activity and the opportunities on campus to engage in health-promoting and wellness activities. Course may be repeated for a maximum of 4 credit hours.

PHED 1200 CARDIO RESPIRATORY: FITNESS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning. Activities may include, but are not limited to running (jogging) swimming, cycling and aerobic dance. Course may be repeated with a change in topic. Course may be repeated with change in topics.

PHED 1210 CARDIO RESPIRATORY: AEROBIC DANCE (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in aerobic dance.

PHED 1220 CARDIO RESPIRATORY: CIRCUIT TRAINING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in circuit training.

PHED 1230 CARDIO RESPIRATORY: JOGGING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in jogging.

PHED 1240 CARDIO RESPIRATORY: SWIM FOR FITNESS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in swim for fitness.

PHED 1250 CARDIO RESPIRATORY: WATER AEROBICS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of cardio-respiratory functioning in water aerobics.

PHED 1260 MILITARY FITNESS FOR EVERYONE (2) LEC. 2. Basics of military-type physical activity training, goal-setting, and fitness principles.

PHED 1300 FITNESS AND CONDITIONING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness. Activities may include, but are not limited to calisthenics and weight training. Course may be repeated with a change in topic. Course may be repeated with change in topics.

PHED 1310 FITNESS: BODYBUILDING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness in bodybuilding.

PHED 1320 FITNESS: LIFETIME ACTIVITY (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness in lifetime activity.

PHED 1330 FITNESS: WEIGHT CONTROL (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness in weight control.

PHED 1340 FITNESS: WEIGHT TRAINING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness in weight training.

PHED 1350 FITNESS WEIGHT TRAINING WOMEN (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness for weight training for women.

PHED 1360 FITNESS: WEIGHT TRAINING II (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with the development and maintenance of general physical fitness in weight training II.

PHED 1380 KETTLEBELL TRAINING (2) LEC. 1. LAB. 1. Introductory approach to kettlebell techniques and kettlebell program development.

PHED 1390 WEIGHT MANAGEMENT (2) LAB. 2. Nutrition and exercise concepts associated with maintaining healthy weight.

PHED 1400 TEAM SPORTS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport. Team sports may include, but are not limited to, volleyball, basketball and softball. Course may be repeated with change in topic.

PHED 1410 TEAM SPORTS: BASKETBALL (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport.

PHED 1420 TEAM SPORTS: FLAG FOOTBALL (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport.

PHED 1430 TEAM SPORTS: SOCCER (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport.

PHED 1440 TEAM SPORTS: SOFTBALL (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport.

PHED 1450 TEAM SPORTS: VOLLEYBALL (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific team sport.

PHED 1500 INDIVIDUAL SPORTS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific individual sport. Sports may include, but are not limited to tennis, golf and racquetball. Course may be repeated with a change in topic. Course may be repeated with change in topics.

PHED 1510 INDIVIDUAL SPORTS: BOWLING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific individual sport.

PHED 1520 INDIVIDUAL SPORTS: GOLF (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific individual sport.

PHED 1530 INDIVIDUAL SPORTS: GOLF II (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific individual sport.

PHED 1550 INDIVIDUAL SPORTS: TENNIS (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific individual sport.

PHED 1600 PERFORMANCE ACTIVITIES (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific performance activity. Activities may include, but are not limited to, dance and gymnastics. Course may be repeated with a change in topic. Course may be repeated with change in topics.

PHED 1610 PERFORM ACTIVITY - PILATES (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific performance activity.

PHED 1620 PERFORMANCE ACTIVITY: KARATE (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific performance activity. Course may be repeated for a maximum of 6 credit hours.

PHED 1630 PERFORMANCE ACTIVITY: TAE KWON DO (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific performance activity.

PHED 1640 PERFORMANCE ACTIVITY: YOGA (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with a specific performance activity.

PHED 1700 AQUATICS: OTHER (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills. Activities may include, but are not limited to, swimming skills instruction, lifeguard training, and scuba diving. When appropriate, successful completion of the course will lead to Red Cross certification or certification by other agencies. Course may be repeated for a maximum of 4 credit hours.

PHED 1710 AQUATICS: WHITEWATER KAYAKING I (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills.

PHED 1720 AQUATICS: WHITEWATER KAYAKING II (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills.

PHED 1740 AQUATICS: LIFEGUARD TRAINING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills.

PHED 1750 AQUATICS: BEGINNING SWIMMING (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills.

PHED 1760 AQUATICS: SCUBA (2) LEC. 1. LAB. 2. Basic concepts and physical activities associated with specific aquatic skills.

PHED 1800 VARSITY SPORTS: STRENGTH AND CONDITION (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topic.

PHED 1810 VARSITY MEN'S SPORTS: FOOTBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1820 VARSITY MEN'S SPORTS: BASKETBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1830 VARSITY MEN'S SPORTS: TRACK (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1840 VARSITY MEN'S SPORTS: CROSS COUNTRY (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1850 VARSITY MEN'S SPORTS: SWIMMING AND DIVING (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1860 VARSITY MEN'S SPORTS: GOLF (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1870 VARSITY MEN'S SPORTS: TENNIS (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1880 VARSITY MEN'S SPORTS: BASEBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1900 VARSITY WOMEN'S SPORTS: SOCCER (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1910 VARSITY WOMEN'S SPORTS: GYMNASTICS (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1920 VARSITY WOMEN'S SPORTS: BASKETBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1930 VARSITY WOMEN'S SPORTS: TRACK (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1940 VARSITY WOMEN'S SPORTS: CROSS COUNTRY (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1950 VARSITY WOMEN'S SPORTS: SWIMMING AND DIVING (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1960 VARSITY WOMEN'S SPORTS: GOLF (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1970 VARSITY WOMEN'S SPORTS: TENNIS (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1980 VARSITY WOMEN'S SPORTS: SOFTBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 1990 VARSITY WOMEN'S SPORTS: VOLLEYBALL (1) LEC. 1. SU. Skills and training associated with participation in varsity sports. Course may be repeated with change in topics.

PHED 2100 WHEELCHAIR SPORTS FOR EVERYONE (2) LEC. 2. LAB. 1. A physical education class which introduces students to various wheelchair sports.

PHED 2200 SELF DEFENSE FOR WOMEN (1) LEC. 1. The Rape Aggression Defense (RAD) System is a comprehensive program of realistic self-defense tactics and techniques for women that promotes awareness, prevention, risk reduction and risk avoidance with a progression to hands-on training and simulation exercises.