

# PHYSICAL EDUCATION (PHED)

## **PHED 1010 Concepts of Fitness and Health 2 Credits**

An interdisciplinary course designed to instruct the student in ways to maintain or improve quality of life. The concepts of fitness and health, personal empowerment and behavior modification are explored.

## **PHED 1010A Concepts in Fitness 1 Credit**

An interdisciplinary course designed to instruct the student in ways to maintain or improve quality of life. The concepts of fitness are explored.

## **PHED 1010B Concepts in Health 1 Credit**

An interdisciplinary course designed to instruct the student in ways to maintain or improve quality of life. The of health, personal empowerment and behavior modification are explored.

## **PHED 1011 Experiential Learning in Health 1 Credit**

This course offers the opportunity for students to develop knowledge, skills, and experience outside of the traditional classroom. Students gain hands on experience in a health, fitness, recreation, or sport setting. These experiences can be on or off campus and must be approved by the instructor.

**Co-requisite(s):** PHED 1010

## **PHED 1020 Cardiopulmonary Resuscitation and First Aid 2 Credits**

A study of knowledge and techniques of first aid and cardiopulmonary resuscitation (CPR); American Heart Association certification in Cardiopulmonary Resuscitation (CPR) Basic Life Support (BLS) for healthcare providers. Additionally, students will study the principles, practices, and techniques of safety planning, design, and laws regarding safety practices. Fee required. Required for graduation in selected programs; elective in other programs/pathways.

**Course Fee Required**

## **PHED 1100 Personal Fitness 2 Credits**

This course is an extension of information gained in PHED 1010 and provides further integration of a wellness lifestyle. An individualized physical fitness program is designed based on fitness evaluation. Periodic evaluation of progress is included. Emphasis is on cardiovascular fitness, muscular strength and endurance and flexibility. This course includes a workout segment.

## **PHED 1120 Weight Training for Men and Women 2 Credits**

This course is an extension of related information gained in PHED 1010 and provides further integration of a wellness lifestyle. An individualized weight training routine is designed based on fitness assessment. Periodic evaluation of progress is included. Emphasis is on safe, effective resistance training. This course includes a workout segment.

## **PHED 1121 Weight Training for Women 2 Credits**

This course is an extension of related information gained in PHED 1010 and provides further integration of a wellness lifestyle. This course is designed with an emphasis on women's fitness issues and goals. An individualized weight training routine is designed based on fitness assessment. Emphasis is on safe, effective resistance training.

## **PHED 1130 Fitness Walking and Jogging 2 Credits**

This course is an extension of related information gained in PHED 1010 and provides further integration of a wellness lifestyle. Fitness walking & jogging involves an understanding of fitness concepts, skills relating to fitness walking & jogging and an understanding of how to use these skills to improve fitness and efficiency in daily work and leisure. This course includes a workout segment.

## **PHED 1200 Introduction to Racquet Sports 2 Credits**

A survey course of racquet sports including tennis, badminton, pickle ball, and table tennis. This course emphasizes skill development, rules and etiquette in each of the above sports. Students furnish racket balls and tennis balls.

## **PHED 1210 Beginning Golf 2 Credits**

Designed primarily for beginners. Emphasis is on skill development and rules. Competitive experience is provided. Student furnishes golf balls; golf clubs furnished by the College.

**Course Fee Required**

## **PHED 1211 Intermediate Golf 2 Credits**

This course is designed primarily for the experienced golfer. Basic skills are reviewed and refined. Emphasis is on intermediate knowledge and skills, and intermediate play. Student furnishes golf balls; golf clubs furnished by the College.

**Prerequisite(s):** PHED 1210 or permission of instructor.

**Course Fee Required**

## **PHED 1230 Beginning Tennis 2 Credits**

Designed primarily for beginners. Emphasis is on skill development, rules and scoring. Competitive experience is included. Student furnishes tennis balls; tennis rackets furnished by the College. This course is offered in Fall semester.

**Course Fee Required**

## **PHED 1231 Intermediate Tennis 2 Credits**

This course is designed primarily for experienced tennis players. Basic skills are reviewed and refined. Emphasis is on intermediate knowledge and skills, and strategy. Student furnishes tennis balls; College furnishes tennis rackets. This course is offered Fall semester.

**Prerequisite(s):** PHED 1230 or permission of instructor.

**Course Fee Required**

## **PHED 1321 Volleyball 2 Credits**

This course is designed primarily for beginners. Emphasis is on basic skills, rules, strategies, team cooperation and competition. This is a team sport suited for lifetime leisure activity. Indoor and outdoor play is included in the course. All equipment and supplies furnished by the College.

## **PHED 1322 Soccer 2 Credits**

The course is designed with an emphasis to the history, rules, and fundamental skills of soccer. Students will have the opportunity to improve individual skills as well as team skills.

## **PHED 1420 Beginning Snow Skiing 2 Credits**

Emphasis on basic knowledge and skills of snow skiing; designed for beginners. Non- traditional format: one week at French-Swiss Ski College in Boone, NC, along with pre-trip orientation sessions. This course is offered Spring semester. Tuition plus cost of trip.

## **PHED 1421 Intermediate Snow Skiing 2 Credits**

This course places emphasis on intermediate knowledge and skills of snow skiing; non- traditional format; one week at French-Swiss Ski College near Boone, NC; pre-trip orientation. This course is offered Spring semester. Tuition plus cost of trip.

**Prerequisite(s):** PHED 1420 or permission of instructor.

**PHED 2200 Social Determinants of Health and Wellness 3 Credits**

This course engages students in critical analyses of contemporary cultural and sociological issues and their interaction on the health and wellness (physical, social, emotional, psychological) of individuals and society as a whole. Students will actively examine contemporary societal issues from multiple vantage points in order to better understand their complexities and the impact they have on the well-being of all.

**Notes:** Students may not receive credit for both PHED 2200 and HSCI 3505.

**PHED 2202 Principles of Human Nutrition 2 Credits**

This course includes basic information regarding normal human nutrition including study of six nutrient classifications. The course looks at various nutritional evaluation procedures in addition to the study of nutrients as they affect human anatomy and physiology. Nutrient intake, weight management and nutritional needs for active lifestyles are included.

**PHED 2500 Foundations of Physical Fitness 3 Credits**

This introductory course allows students to learn the roles and responsibilities connected with being a personal trainer. Topics covered include basic fitness principles, elements of communication & building a rapport with clients, instructional techniques, fundamentals of behavioral change and goal setting, exercise adherence, programming, and training ethics. After completion of the course students will have the foundational knowledge to be able to sit for the American Council on Exercise (ACE) Personal Trainer Certification.

**PHED 2603 Functional Anatomy and Physiology I 3 Credits**

This introductory course focuses on functional human anatomy and physiology with an emphasis on the muscular, skeletal, and nervous systems of the human body. Topics include anatomical concepts, and an analysis of the major muscles, bones, and nerves used in human movement. This course does not include a lab.

**Notes:** Students may not receive credit for both PHED 2603 and BIOL 2251/BIOL 2251L.

**PHED 2604 Functional Anatomy and Physiology II 3 Credits**

This course focuses on functional human anatomy and physiology with an emphasis on the respiratory, cardiovascular, endocrine, and digestive systems of the human body. Topics include a comprehensive analysis of the heart function, processes of respiration, nutrient breakdown and absorption, and how these processes integrate within the human body. This course does not include a lab.

**Notes:** Students may not receive credit for both PHED 2603 and BIOL 2252/BIOL 2252L.