

# COURSES

## PHYSICAL EDUCATION

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### **PED-110      Fit and Well for Life**

**Lec 1   Lab 2   Clinic 0   Credit 2**

This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-111      Physical Fitness I**

**Lec 0   Lab 3   Clinic 0   Credit 1**

This course provides an individualized approach to physical fitness utilizing the five major components. Emphasis is placed on the scientific basis for setting up and engaging in personalized physical fitness programs. Upon completion, students should be able to set up and implement an individualized physical fitness program.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-120      Walking for Fitness**

**Lec 0   Lab 3   Clinic 0   Credit 1**

This course introduces fitness through walking. Emphasis is placed on stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Upon completion, students should be able to participate in a recreational walking program.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-122      Yoga I**

**Lec 0   Lab 2   Clinic 0   Credit 1**

This course introduces the basic discipline of yoga. Topics include proper breathing, relaxation techniques, and correct body positions. Upon completion, students should be able to demonstrate the procedures of yoga.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-142      Lifetime Sports**

**Lec 0   Lab 2   Clinic 0   Credit 1**

This course is designed to give an overview of a variety of sports activities. Emphasis is placed on the skills and rules necessary to participate in a variety of lifetime sports. Upon completion, students should be able to demonstrate an awareness of the importance of participating in lifetime sports activities.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-171      Nature Hiking**

**Lec 0   Lab 2   Clinic 0   Credit 1**

This course provides instruction on how to equip and care for oneself on the trail. Topics include clothing, hygiene, trail ethics, and necessary equipment. Upon completion, students should be able to successfully participate in nature trail hikes.

**Co-Requisites:** None

**Pre-Requisites:** None

### **PED-219      Disc Golf**

**Lec 0   Lab 2   Clinic 0   Credit 1**

This course introduces the fundamentals of disc golf. Emphasis is placed on basic throwing techniques, putting, distance driving, scoring, and single and doubles play. Upon completion, students should be able to perform the skills required in playing situations.

**Co-Requisites:** None

**Pre-Requisites:** None