

Physical Activity Classes for Course Credit

Course Number	Course Title	When	Description
PED 101J 1	Beginning Swimming I	TTH 2:00 PM – 3:30 PM	For non-swimmers. Elementary physical and mental adjustments, five basic strokes, water safety.
PED 101J 2	Beginning Swimming II	TTH 3:00 PM – 4:30 PM 4:00 PM – 5:30 PM	For those confident in deep water and able to swim 2 lengths using 2 strokes. Six basic strokes, elementary diving, water safety.
PED 101J 5	Stroke Technique and Fitness Swimming	TTH 8:00 AM – 9:30 AM 9:00 AM – 10:30 AM	Seven basic strokes, front dives, introduction to conditioning, & basic water safety. For those able to swim 3 lengths using 3 strokes without stopping.
PED 103L 1	Beginning Social Dance	MW 11:00 AM – 12:30 PM 12:30 PM – 2:00 PM TTH 11:00 AM – 12:30 PM	Introduction to popular social partner dances, including swing, waltz, two-step, salsa, tango and more.
PED 103L 2	Intermediate Social Dance	TTH 12:30 PM – 2:00 PM	Intermediate version of the survey of popular social dances that involves more complex partnering and variations in familiar and new dance styles.
PED 104P 1	Beginning Tennis	MW 12:00 PM – 1:30 PM 1:00 PM – 2:30 PM TTH 9:30 AM - 11:00 AM 11:00 AM – 12:30 PM	For those new to Tennis. Basic strokes and rules for singles and doubles play.
PED 104R 1	Beginning Racquetball	TTH 11:00 AM – 12:30 PM	For those new to racquetball, learn to play the sport.
PED 105C 1	Beginning Handball	MW 11:00 AM – 12:30 PM TTH 11:00 AM – 12:30 PM 2:00 PM – 3:30 PM	For those new to handball, learn to play the sport.
PED 105C 2	Intermediate Handball	MW 2:00 PM – 3:30 PM	For those with at least some prior handball experience.
PED 105R 1	Beginning Karate/Tae Kwon Do	MW 9:00 AM – 10:30 AM 10:00 AM – 11:30 AM 11:00 AM – 12:30 PM TTH	No experience required. Principles of movements, basic defensive and offensive techniques, conditioning, discipline, and self-defenses.

		9:00 AM – 10:30 AM	
PED 105R 2	Intermediate Karate/Tae Kwon Do	MW 12:00 PM – 1:30 PM	Prerequisite: Karate experience. Intermediate defensive and offensive techniques, philosophy, discipline, conditioning, tournament form training, and free fighting skills.
PED 105T	Beginning Hapkido/Self-Defense	TTH 11:00 AM – 12:30 PM	Learn self-defense, no previous experience required.
PED 105T	Beginning Judo	TTH 11:00 AM – 12:30 PM	No experience required. Principles of movements, basic defensive and offensive techniques, conditioning, discipline, and self-defenses.
PED 106C	Advanced Running	MW 10:00 AM – 11:30 AM	
PED 106C	Beginning Running	MW 8:00 AM – 9:30 AM	
PED 106C	Intermediate Running	MW 9:00 AM – 10:30 AM	
PED 106C 1	Swim Conditioning	TTH 8:30 – 10:00 AM 9:30 – 11:00 AM 10:00 AM – 11:30 AM 11:00 AM -12:30 PM 11:30 – 1:00 PM 12:00 PM – 1:30 PM	This course will review and implement various forms of water exercise the principles of nutrition and physical conditioning.
PED 106C 2	Cardiovascular & Weight Training	MW 8:00 AM – 9:30 AM 9:00 AM – 10:30 AM 10:00 AM – 11:30 AM TTH 8:00 AM – 9:30 AM 10:00 AM – 11:30 AM 11:00 AM – 12:30 PM	This course combines aerobic activity (treadmill, bike, aerobic dance) with weight training exercises to help develop muscular strength/endurance and improved cardiovascular health.
PED 106C 3	Aerobic Walking	MW 10:00 AM – 11;30 AM 11:00 AM – 12:30 PM TTH 9:30 AM – 11:00 AM	This course consists of walking for fitness combined with muscular endurance work to enhance performance. Walks take place on campus, utilizing tracks, the stadium ramps, and various other means of providing challenging workouts. This is an excellent low impact class for a beginning exerciser or someone who is looking for additional workouts that have low risk of injury.

PED 106C 5	Body Works	MW 12:00 PM – 1:30 PM TTH 12:30 PM – 2:00 PM	This course consists of a mixture of step training with equal emphasis on muscular/strength endurance work. This class blends aerobic conditioning with muscular work for a shorter, more intense aerobic segment followed by a challenging muscular workout for the trunk, upper and lower body.
PED 106C 6	Circuit Aerobics	MW 8:30 AM – 10:00 AM 10:00 AM – 11:30 AM TTH 11:00 AM – 12:30 PM	This course consists of a variety of aerobic activities mixed with muscular strength and endurance work. Classes may incorporate step training or traditional aerobic dance to improve aerobic capacity. Muscular strength and endurance work represents about half the work done in any given class and the structure will vary from day to day. Most of the classes are a bit more sport than dance oriented.
PED 106C 7	Weight Training	MW 8:00 AM -9:30 AM 9:00 AM – 10:30 AM 10:00 AM – 11:30 Pm 11:00 AM – 12:30 PM 12:00 PM – 1:30 PM 1:00 PM – 2:30 PM 2:00 PM – 3:30 PM 3:00 PM – 4:30 PM TTH 8:00 AM -9:30 AM 9:00 AM – 10:30 AM 10:00 AM – 11:30 Pm 11:00 AM – 12:30 PM 12:00 PM – 1:30 PM 1:00 PM – 2:30 PM 2:00 PM – 3:30 PM 3:00 PM – 4:30 PM	This course is designed to give you a brief overview of the fundamentals of strength training and introduce you to the most effective free-weight exercises for strength training.
PED 107D	Beginning Golf II	MW 12:00 PM – 1:30 PM TTH 11:00 AM – 12:30 PM	Designed for students to learn the basic fundamentals and rules of golf. Students will learn to putt, chip, pitch and hit full shots with irons and woods. Most classes will be held at golf facilities off campus. Students will be responsible for their own transportation to these locations. Students do not need to have golf clubs.
PED 107 D 1	Beginning Golf	MW 9:00 AM -10:30 AM 10:00 AM – 11:30 AM	Designed for students to learn the basic fundamentals and rules of golf. Students will learn to putt, chip, pitch and hit full shots

		11:00 AM – 12:30 PM TTH 9:00 AM – 10:30 AM 10:00 AM – 11:30 AM	with irons and woods. Most classes will be held at golf facilities off campus. Students will be responsible for their own transportation to these locations. Students do not need to have golf clubs.
PED 107D 2	Intermediate Golf	T 2:00 PM – 5:00 PM	Prerequisite: One semester of beginning golf or an eighteen-hole scoring average of eighty to one hundred. Designed for students to improve their golf skills. Students will review basic swing fundamentals, learn specialty shots and spend the majority of class time playing golf at different golf courses around town. Students will be responsible for their own transportation to these locations. Students need to furnish their own clubs and equipment
PED 108C	Basketball: All Level	MW 8:00 AM – 9:30 AM 10:00 AM – 11:30 AM TTH 8:00 AM – 9:30 AM 9:30 AM – 11:00 AM	
PED 108J 2	Intermediate Power Volleyball	MW 9:00 AM -10:30 AM	For those with good basic skills: forearm pass, set, spike, & serve.
PED 108J 3	Advanced Power Volleyball	TTH 11:00 AM – 12:30 PM	For those with high skills and knowledge of multiple offenses (club, varsity or intermediate class experience)
PED 108S 2	Intermediate Softball	MW 2:00 PM – 3:30 PM	For those with experience and good basic skills.
KIN 311 WSI	Lifeguard Training	T 5:30 PM – 8:30 PM	Principles and practical application of water safety instruction and lifeguard training, personal water safety skills sets, professional rescues, first aid, and CPR/AED programs.
KIN 119 8	Swimming-Basic Core	8:00 AM – 9:30 AM 10:00 AM – 11:30 AM 11:00 AM – 12:30 PM	Designed for kinesiology and health education majors. Development of swimming techniques including instruction in seven swimming strokes, springboard diving, cardiovascular conditioning, exercise physiology concepts, nutrition, personal safety, elementary rescue skills, CPR/AED and basic snorkeling techniques. Provides preparation for American Red Cross certification.
KIN 119 10	Conditioning-	TTH	Basic principles involved in designing a sound

	Basic Core	4:00 PM – 5:30 PM	conditioning program emphasizing resistance training techniques. Must be pursuing a major or minor in Kinesiology or Health Education.
KIN 119 15	Volleyball-Basic Core	MW 11:00 AM – 12:30 PM	Introduction to methods, progressions, and teaching cues appropriate for playing, teaching, and coaching basic volleyball. Must be pursuing a major or minor in Kinesiology or Health Education.
KIN 119 16	Social Dance-Basic Core	MW 11:00 AM – 12:30 PM 12:30 PM – 2:00 PM TTH 11:00 AM – 12:30 PM	Designed for applied movement science majors, and kinesiology and health education majors. Introduction to popular social partner dances, including swing, waltz, salsa, tango, two-step and more. Emphasis on connecting with a dance partner and the art of both leading and following. Must be pursuing a major or minor in Kinesiology or Health Education.
KIN 119 18	Adventure Activities	MW 3:00 PM – 6:00 PM	Includes basic skills needed to participate in outdoor/adventure activities. Participants will learn methods, progressions, drills, and performance cues appropriate for participating in and leading outdoor/adventure activities. Must be pursuing a major or minor in Kinesiology or Health Education and have swimming certification.
KIN 226	Advanced Weight Training	TTH 9:30 AM – 11:00 AM	Explores various advanced techniques of weight training, with emphasis on the lifts used in the competitive strength sports of weightlifting and powerlifting. Includes plyometrics and functional training movements for athletic enhancement. Must have prior weight training experience
TD 312C	Contemporary Dance Technique	MWF 1:00 PM – 3:00 PM	Intensive study of principles, technique, and vocabulary of contemporary dance. Must be majoring in Theatre and Dance and have the consent of the dance faculty.
TD 312 D	Intermediate Contemporary Dance Technique	MWF 1:00 PM – 3:00 PM	Intensive study of intermediate-level theory, technique, and vocabulary of contemporary dance. Must be majoring in Theatre and Dance and have the consent of the dance faculty.
TD 312F	Ballet Technique	TTTH 11:00 AM -1:00 PM	Intensive study of principles, technique, and vocabulary of ballet. Must be majoring in Theatre and Dance and have the consent of the dance faculty.

TD 312G	Intermediate Ballet Technique	TTHF 11:00 AM -1:00 PM	Study of intermediate-level theory, technique, and vocabulary of ballet as a supporting style. Must be majoring in Theatre and Dance and have the consent of the dance faculty.
----------------	-------------------------------------	---------------------------	---

For additional information about physical activity classes for course credit, please visit the [Kinesiology and Health Education Physical Education classes page](#)