

PHYSICAL EDUCATION (PHYS ED)

Physical Education (PHYS ED) 110

Fitness

Concepts, techniques, methods of personal fitness, stressing effects of exercise, relaxation and weight control; fitness programs directed to individual improvement. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 112

Gymnastics And Tumbling

General calisthenics and fundamentals of combinations of simple tumbling, gymnastics, stunts and/or modern gymnastics and practice; competitive aspects and scoring. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 114

Jogging

Running techniques to improve organic fitness through individualized programs. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 116

Self Def & Combatives

Elements of self-defense; understanding of combatives; conditioning, offensive and defensive tactics, rules and strategy for competition. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 118

Weight Training

Development of physical fitness through weight training devices; lifting techniques, circuit training, competitive lifting procedures. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 120

Team Sports

Combination of one or more seasonal sports such as basketball, floor hockey, soccer, softball, touch football and volleyball; theory and practice of fundamental skills, rules of the game and strategy; competition and tournaments within classes. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 122

Individual Sports

One or more lifetime sports such as archery, badminton, bowling, fencing, golf, skating, skiing, tennis, and track and field; theory and practice of individual skills, rules of the game, techniques of game strategy; competitive tournaments within class. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 130

Fundamentals of Swimming

For beginning and intermediate swimmers; breathing techniques, basic strokes, diving and water safety skills. American Red Cross card issued to qualifiers. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 132

Advanced Swim & Water Games

Instruction in all strokes to improve efficiency and speed; diving from pool side, springboard, rescue skills and surface dives; preparation for lifesaving course; individual and team competition in such games as water basketball and water polo. American Red Cross Card issued to qualifiers. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 134

Aquatic Skills & Synchronized Swimming

Development of skills for participation in synchronized swimming activities; stunts and combinations of strokes for simple rhythmic routine composition; advanced diving and underwater skills. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 140

Dance Survey

Introduction to dance techniques such as square, folk, tap, contemporary, social and ballet. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 142

Square & Folk Dance

Fundamentals and practice in basic steps and figures of American and foreign folk dance. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 144

Ethnic Dance

Rhythms, dance and cultures of Africa and their interrelationships with Latin American dance and calypso movements. Writing assignments, as appropriate to the discipline, are part of the course. .5 or 1 lecture and 1 or 2 lab hours per week.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 146

Contemporary Dance I

Contemporary dance including warm-ups, technique, dance patterns, analysis of rhythm and creative experience in improvisations and simple movement studies. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 148

Contemporary Dance II

Advanced technique, training and principles of movement perception, introduction to fundamentals of dance composition with emphasis on design, form and production. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX, OH, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 150

Ballet

Form, style and performance of basic ballet movements and practice of beginning dances; fundamentals of music related to dance. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, WR

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 152

Tap

Techniques of tap dance; practice and experience in creating simple routines. Writing assignments, as appropriate to the discipline, are part of the course.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 160

Adaptive Physical Education

For students restricted by health limitations; activity programs to meet specific needs of the individual.

0.5-1 Lecture Hours. 1-2 Laboratory Hours. 1-2 Credit Hours.

Offered At: KK, MX

Repeatable: Yes, up to 2 times

Physical Education (PHYS ED) 200

Intro to Physical Education

2 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 201

Dance Fundamentals

Rhythm as related to movement and dance; skill practice with emphasis on correct performance, interpretation of dance patterns, opportunities for student teaching. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 202

Ballet

Principles of classical ballet, terminology and methods of teaching elementary composition. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 1 Lecture hours. 1 Credit Hours.

Offered At: WR

Physical Education (PHYS ED) 203

Contemporary & Modern Jazz Dance

Analysis through movement, exploration of dance forms, their similarities and differences; skill practice and teaching experience in each area. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK, OH, WR

Physical Education (PHYS ED) 204

Wrestling

Analysis, instruction and theories of coaching, officiating and match strategy. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK, WR

Physical Education (PHYS ED) 206

Football

Analysis, instruction, demonstration of fundamental skills; theory of coaching and officiating, styles of play and team strategy. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 207

Introduction to Personal Training

This course is designed to prepare students to sit for the personal trainer's exam. The course bridges the gap between exercise science related course work and the practical application skills of personal training. Writing assignments, as appropriate to the discipline, are part of the course.

Eligibility for ENGLISH 101 based on prior coursework or CCCRTW, ACT, SAT, GED, or HiSET test scores, or Consent of Department Chairperson.

2 Laboratory hours. 2 Lecture hours. 3 Credit Hours.

Offered At: WR

Physical Education (PHYS ED) 212

Volleyball

Instruction, demonstration and practice of skills; coaching and officiating, styles of play and team strategy. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 216

Track

Skills and teaching techniques of track and field events; rules of competition, strategy and team organization of the sport. Writing assignments, as appropriate to the discipline, are part of the course. 1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 218

Basketball

Fundamentals of basketball and techniques of team organization; skills of each position, offensive and defensive skills, team play, strategy and officiating. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 219

Sports Officiating

Rules and mechanics of officiating of various team and individual sports; responsibilities and qualifications of an official. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 221

Play & Rhythmic Activities of Early Childhood

Methods and materials for teaching simple rhythmic games, singing games and other movement experiences for pre-school child; analysis of play situations appropriate to their needs and abilities. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 224

Tumbling And Gymnastics

Instruction and practice in teaching fundamental exercises; correct execution, development of skills, methods of giving gymnastic commands, tumbling and pyramid building; instruction and theories of coaching, officiating and competitive needs. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 226

Swim & Senior Life Saving

Skills of fundamental strokes to improve efficiency and speed; diving from pool side and springboard, rescue skills and surface dives; introduction to coaching of competitive swimming; safety, accident prevention; defense methods, rescue techniques. American Red Cross card issued to qualifiers. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 229

Water Safety Instructor

Swimming skills and techniques in all strokes, skills and techniques of life saving, water safety; practice in class management and teaching progressions; requirements meet those of American Red Cross Water Safety Instructors training program; American Red Cross Water Safety Instructors certificate issued to qualifiers. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 230

Baseball And Softball

Basic skills, coaching and officiating styles of play, teaching techniques and team strategy. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 234

Soccer

History, basic skills, playing tactics, officiating and teaching methods. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 236

Fitness Programs

Individual physical development; methods and teaching techniques of various fitness programs; introduction to physiology of exercise. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK, MX

Physical Education (PHYS ED) 237

Body Mechanics

Principles of fitness, including exercise, nutrition, diet, self-analysis, relaxation, posture, movement and sport activity analysis. Writing assignments, as appropriate to the discipline, are part of the course.

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

Offered At: KK, MX

Physical Education (PHYS ED) 244

Tennis

Basic skills, strategy and playing techniques and teaching methods of tennis; rules, history and court etiquette. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK

Physical Education (PHYS ED) 246

Golf

Basic practices and teaching of grip, stance and swing; rules, strategy, course layout, etiquette. Writing assignments, as appropriate to the discipline, are part of the course.

1 Laboratory hours. 0.5 Lecture hours. 1 Credit Hours.

Offered At: KK