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, OH
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) 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, MX
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) 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.
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Eligibility for ENGLISH 101 based on prior coursework or CCCRTW, ACT, SAT, GED, or HSET 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