

# PHYSICAL EDUCATION (PHE)

Division: Social Sciences Division

## PHE 101 Introduction to Physical Ed (2 Credits)

Course Description: This course provides an introduction and professional orientation to the field of physical education. The role of the instructor of physical education in schools, industry, and community agencies is emphasized. The scientific foundations of physical activity and career opportunities in physical education are also examined.

**Pre-requisites:** (Companion Essay with a score of 08 or Write Placer Essay with a score of 07 or Write Placer Essay with a score of 08 or ENG 096 with a minimum grade of C or ENG 098 with a minimum grade of C or Move Up English 096 with a score of P or ENG 096 Summer Bridge with a score of P or ESL 063 with a minimum grade of C or TRANSFERRED ENG 101 with a score of 889 or Elig. for Eng 101 with a score of 904 or Pre-reg. Eng 101 waiver only with a score of 906 or SAT/ACT Elig for Eng 101 with a score of 993 or TRANSFERRED ENG 102 with a score of 998) or COLLEGE DEGREE with a score of 988 or SAT/ACT Elig Eng101 Mth100 with a score of 995 or Transf. Eng 101 Mth 100 with a score of 999

## PHE 115 First Aid and Safety (2 Credits)

An introduction to preventive measures and first aid practices and procedures in case of accidents or illness. Principles and procedures essential to effective safety education are emphasized. The course follows the current American Red Cross guidelines leading to certification. Students will demonstrate techniques and skills on fellow classmates and manikins. This course is required of all physical education majors and special attention is given to gymnasium and playground situations.

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## PHE 119 Concepts in Physical Education (2 Credits)

Through a series of lectures and self-administered tests, various aspects of Physical Fitness will be explored. In addition to mastering selected concepts concerning fitness, each student will develop through self-testing, his or her own physical fitness profile. Each student will access his/her fitness level and design a program of exercise to achieve and /or maintain fitness for living.

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## PHE 151 Soccer/Speedball (1 Credit)

This fifteen-week course is designed to develop basic skills, knowledge, and appreciation of soccer and to also develop performance proficiency in the game.

## PHE 153 Basketball (1 Credit)

## PHE 157 Volleyball (1 Credit)

This course covers the historical development and present status of the sport. Students receive instruction in the fundamental skills, game strategy, rules, terminology, and specifics concerning safety. This course is fifteen weeks long and students are advised to be prepared for a demanding level of physical interaction.

## PHE 251 Badminton/Squash Racquets (1 Credit)

Students receive instruction in the fundamental skills and techniques of the sport. The course also examines the history of the sport, current trends, rules, terminology, equipment, and etiquette. Students will play in double and single games to perfect their skills. This fifteen-week course is designed to allow students of varied physical states of preparedness to explore a moderate form of exercise.

## PHE 255 Tennis (1 Credit)

Students receive instruction in the fundamental skills and techniques of the sport. The course covers forehand and backhand strokes, serve, volley, lob, and smash. Strategies, hand grips, rules of the game, and selection of equipment are also discussed. Development of performance proficiency in the sport is a basic objective of this course. By the end of this fifteen-week course, students will be expected to successfully engage in doubles and intra class competition

## PHE 256 Track and Field (1 Credit)

This course introduces students to the techniques and mechanics of such activities as running/sprinting, jumping, throwing, and hurdling and to the development of speed, power, and endurance. This fifteen-week course will necessitate that students come to class prepared with appropriate running attire.

## PHE 257 Weight Training for Fitness (1 Credit)

Students are required to follow a regimen of progressive, resistance exercises for developing physical fitness. Individual assistance is rendered to help the student with the regimen in order to build strength, stamina, endurance, and muscle tone. At the end of the fifteen-week course, students will complete a personal assessment of their individual progress.

## PHE 262 Coach & Officiating Soccer (2 Credits)

This course covers the basic principles and coaching methods for competitive soccer and also mechanics of officiating.

## PHE 263 Coach & Officiating Basketball (2 Credits)

This course covers the basic principles and coaching methods for competitive basketball, strategy, scouting essentials, and mechanics of officiating.

## PHE 266 Coach & Officiating X COUNTRY T & F (2 Credits)

This course covers coaching principles and practices, scouting techniques, rules, strategy, and scoring.

## PHE 270 Aerobic Activity (1 Credit)

This course is designed to help students develop and maintain body flexibility, muscular strength, muscular endurance, cardiovascular endurance, and ideal body composition through aerobic dance and exercise. Students perform prescribed dance/exercise type movements to music.

**PHE 275 Table Tennis (1 Credit)**

This course introduces the student to the skills, strategies, techniques, and components of the game of Table Tennis. Hand-eye coordination, agility, reaction time, cardiovascular endurance, and mental alertness skills will be developed to enhance competitive abilities. Rules, equipment, and tournament play will be taught as a part of the Table Tennis experience.

**PHE 276 Self Defense (1 Credit)**

This course is designed to help students develop self-defense skills. Students receive instruction on a variety of basic self-defense movements from various martial arts sources (e.g., karate, wrestling, judo, street fighting, and Krav Maga). Physical, verbal, and conditioning aspects of self-defense will be examined.

**PHE 277 Introduction to Yoga (1 Credit)**

During this fifteen-week course, students perform stretching and breathing exercises based on Hatha Yoga. These exercises (asanas), if practiced regularly and methodically, aid in maintaining good health, improving cardiovascular circulation, and reducing stress. The exercises, when mastered, stretch and flex all major areas of the body in a balanced fashion, increasing blood flow and improving breathing. Students keep a journal of their individual progress and research the benefits of Hatha Yoga and its relationship to good health.