

PHYSICAL EDUCATION (PED)

PED 110 Beginning Golf (1 Credit)

This course emphasizes the fundamental techniques, skill, strategy, and rules in playing the game of golf. Offered as needed.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: None

PED 111 Beginning Tennis (1 Credit)

This course emphasizes the fundamental techniques, skill, strategy, and rules in playing the game of tennis. Offered as needed.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: None

PED 112 Beginning Aerobics (1 Credit)

This course deals with aerobics and exercise as a form of preventive and rehabilitative medicine. The emphasis is on basic concepts related to aerobics and fitness. Personal fitness means a form of self-motivated, systematic participation in exercise that is geared toward improvement in one's quality of living. Offered as needed.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: None

PED 113 Self Defense (1 Credit)

This course emphasizes the fundamental techniques, skills, and strategy of self-defense. Offered as needed.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: None

PED 114 Responding To Health Emergencies (2-3 Credits)

This course will provide emergency health care instruction for common illnesses and injuries. Successful completion of this course will result in American Red Cross certification in cardiopulmonary resuscitation of the adult, child, and infant as well as Standard First Aid certification. This course would be useful for anyone teaching, coaching, or working with the public. Offered as needed.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: 35

PED 199 PED Elective (1-3 Credits)

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Fees: None

PED 298 Special Topic in PED (1-3 Credits)

Topic to be specified each semester course offered.

Department: Social Sciences

Pre-Requisites: None

Co-Requisites: None

Restrictions: Enrollment is limited to Undergraduate level students.

Fees: None