

PHYSICAL EDUCATION AND RECREATION

To enhance your academic education, you can take part in physical education and recreation courses on campus. There are courses in golf, racquetball, swimming fitness, elements of health education, and theory of sports officiating. The goal of the department is to provide recreational experiences and course work, which will contribute to your physical health and development, social adjustment, and emotional well being. The emphasis is on training you to gain the maximum benefit from leisure time both now and in the future.

The Multi-Purpose Building, Student Rec Center, and surrounding facilities provide an ideal place for you to participate in recreational activities. The building features an indoor swimming pool, indoor jogging track, basketball, volleyball, and badminton courts, weight rooms, aerobics/martial arts room, racquetball courts and a squash court. Multi-use intramural fields highlight the outdoor facilities.

PHYS ED 1001 Special Topics (IND 0.0-6.0)

This course is designed to give the department an opportunity to test a new course. Variable title.

PHYS ED 1100 Weight Training (LAB 1.0)

Course instruction emphasizes the cognitive aspects of weight lifting, covering such topics as motivation, common injuries, procedures for warm-up and cool down, and safety procedures.

PHYS ED 1102 Fundamentals Of Golf (LAB 1.0)

To give the student the theory and practical application of the golf swing while at the same time developing increasing skills, and an interest in the history, rules, and etiquette of the game of golf.

PHYS ED 1103 Fundamentals Of Tennis (LAB 1.0)

Lectures, demonstration, and supervised practice are designed to acquaint the student participants with theory and execution which govern the playing of sound and effective tennis.

PHYS ED 1104 Beginning Aquatics (LAB 1.0)

The course will provide the student with basic swimming, diving, and elementary life saving skills to prepare the student for additional work in the field of aquatics.

PHYS ED 1105 Aerobics (LAB 1.0)

The course intent is to improve the physical condition of the student through various mediums of exercise aimed at demanding more oxygen over an extended period of time to increase the efficiency of the cardiovascular system and improve muscle tone.

PHYS ED 1108 Beginning Racquetball (LAB 1.0)

Course instruction familiarizes the student with the rules, playing strategy, and court etiquette of racquetball. Actual playing experience allows the opportunity for skill development in this leisure activity.

PHYS ED 1109 Basketball/Volleyball (LAB 1.0)

The Basketball/Volleyball course will contribute to the mastery of fundamental skills in two of the world's leading participation sports. History, rules and strategy will be emphasized.

PHYS ED 1110 Special Problems (IND 0.0-6.0)

Problems of readings on specific subjects or projects in the department. Consent of instructor required.

PHYS ED 1510 Care And Prevention Of Athletic Injuries (LEC 3.0)

Technique, principles, and theory underlying the prevention and care of athletic injuries.

PHYS ED 2000 Special Problems (IND 0.0-6.0)

Problems or readings on specific subjects or projects in the department. Consent of instructor required.

PHYS ED 2001 Special Topics (IND 0.0-6.0)

This course is designed to give the department an opportunity to test a new course. Variable title.
