

PHYSICAL EDUCATION (PHED)

PHED 100. Independent Activity. 0 - 10 Units.

This course is designed to allow the student to write individual fitness goals, compose an individual fitness program specific to the goals and execute the individual program. Students are required to participate in a pre- and post-testing program and must achieve a minimum of 75% for each test component (national norms) in order to participate in Independent Activity. The course instructor must approve all programs. The student will be required to maintain a detailed activity log.

PHED 108. Fencing. 0 Unit.

Fencing is the art of swordsmanship. Students will learn fencing skills such as on guard, lunge, attack, parry and touch. Students will learn the rules of competition and have the opportunity to compete during class time. Counts as a Full-Semester Wellness/Movement course.

PHED 10A. Cardio Games (First Half). 0 Unit.

Cardio Games emphasizes conditioning of the aerobic and anaerobic systems through fun and energetic games such as Ultimate Frisbee, Tag, Dodge Ball, Flicker Ball and more. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 10B. Cardio Games (Second Half). 0 Unit.

Cardio Games emphasizes conditioning of the aerobic and anaerobic systems through fun and energetic games such as Ultimate Frisbee, Tag, Dodge Ball, Flicker Ball and more. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 12A. Badminton (First Half). 0 Unit.

This class provides the student with the basic skills, footwork and strategies necessary to play the sport of badminton. Emphasis is placed on skill development through instruction and drills as well as singles and doubles match play. This class is appropriate for all students. Students with special needs can be accommodated. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 12B. Badminton (Second Half). 0 Unit.

This class provides the student with the basic skills, footwork and strategies necessary to play the sport of badminton. Emphasis is placed on skill development through instruction and drills as well as singles and doubles match play. This class is appropriate for all students. Students with special needs can be accommodated. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 130. Wellness. 0 Unit.

This lecture class teaches the components of physical fitness as well as evaluation techniques, fitness assessment, body composition, nutrition and weight control information. This class is appropriate for all students. Counts as a Full-Semester Wellness/Non-movement course.

PHED 131. Personal Fitness. 0 Unit.

Personal Fitness is a full semester class that teaches the components of physical fitness through both lecture and activity. Students will assess their fitness levels and learn conditioning activities to improve flexibility, cardiovascular endurance, muscular strength and endurance. Nutrition, weight control and concepts of wellness are covered in this class. This class is appropriate for most students. Counts as a Full-Semester Wellness/Movement course.

PHED 13A. Rock Wall Climbing (First Half). 0 Unit.

This course is designed to give students a comprehensive introduction to the skills, safely, terminology and equipment used in the sport of recreational activity of rock climbing. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 13B. Rock Wall Climbing (Second Half). 0 Unit.

This course is designed to give students a comprehensive introduction to the skills, safely, terminology and equipment used in the sport of recreational activity of rock climbing. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 141. Dance. 0 Unit.

This course is designed to introduce the student to dance. Students will be exposed to a variety of dances including contemporary, jazz, folk and formal dancing. Students will learn how choreography is mounted and how dancers remember it. The class is appropriate for beginners as well as students with dance experience. Counts as a Full-Semester Wellness/Movement course.

PHED 14B. Indoor Rowing (Second Half). 0 Unit.

This course introduces the student to basic indoor rowing techniques, skills, and equipment. Students will learn conditioning programs to prepare the student to continue in recreational, fitness or competitive rowing programs. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 170. Varsity Baseball. 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 171. Varsity Basketball (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 172. Varsity Basketball (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 174. Varsity Cross Country (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 175. Varsity Cross Country (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 178. Varsity Football. 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 180. Varsity Soccer (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 181. Varsity Soccer (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 182. Varsity Swimming (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 183. Varsity Swimming (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 184. Varsity Tennis (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 185. Varsity Tennis (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 186. Varsity Track and Field (Men). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 187. Varsity Track and Field (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 188. Varsity Volleyball. 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 189. Varsity Wrestling. 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 190. Varsity Softball (Women). 0 Unit.

Counts as a Full-Semester Wellness/Movement course.

PHED 218. Wellness. 1 Unit.

PHED 21A. Hatha Yoga (First Half). 0 Unit.

This course provides an introduction to Hatha Yoga, presenting body awareness, basic philosophy, breathwork, postures and meditation techniques. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 21B. Hatha Yoga (Second Half). 0 Unit.

This course provides an introduction to Hatha Yoga, presenting body awareness, basic philosophy, breathwork, postures and meditation techniques. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 22A. Intermediate Hatha Yoga (First Half). 0 Unit.

This course utilizes the basics of Hatha Yoga including body awareness, philosophy, breathwork, and postures with emphasis on increased strengthening, increased aerobic segments, and more challenging postures. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 22B. Intermediate Hatha Yoga (Second Half). 0 Unit.

This course utilizes the basics of Hatha Yoga including body awareness, philosophy, breathwork, and postures with emphasis on increased strengthening, increased aerobic segments, and more challenging postures. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 24A. Jogging (First Half). 0 Unit.

Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 24B. Jogging (Second Half). 0 Unit.

Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 25A. Power Volleyball (First Half). 0 Unit.

This class introduces volleyball skills, techniques, strategies, rules and scoring. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 25B. Power Volleyball (Second Half). 0 Unit.

This class introduces volleyball skills, techniques, strategies, rules and scoring. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 26A. Racquetball (First Half). 0 Unit.

This course teaches racquetball skills and strategies for team and individual play. Course content includes terminology, skill development, scoring, etiquette and safety. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 26B. Racquetball (Second Half). 0 Unit.

This course teaches racquetball skills and strategies for team and individual play. Course content includes terminology, skill development, scoring, etiquette and safety. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 27A. Indoor Group Cycling (First Half). 0 Unit.

A stationary cycling program set to motivational music. Students will learn how to use and set up the bike and how to create a challenging workout using sprints, jumps and climbs. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 27B. Indoor Group Cycling (Second Half). 0 Unit.

A stationary cycling program set to motivational music. Students will learn how to use and set up the bike and how to create a challenging workout using sprints, jumps and climbs. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 29A. Swimming - Beginning and Intermediate (First Half). 0 Unit.

This class focuses on basic swimming skills and safety. This class is appropriate for non-swimmers to those students with mid-range swimming skills. Students with disabilities may be accommodated. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 29B. Swimming - Beginning and Intermediate (Second Half). 0 Unit.

This class focuses on basic swimming skills and safety. This class is appropriate for non-swimmers to those students with mid-range swimming skills. Students with disabilities may be accommodated. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 300. Sports Medicine Independent Study. 3 Units.

This independent studies course will provide sports medicine minors who experience scheduling conflicts with flexibility to complete the minor requirements. This course may be used to complete any of the current minor requirements.

PHED 30A. Swimming - Endurance (First Half). 0 Unit.

This class is for individuals who have mastered intermediate swimming skills and wish to develop advanced swimming skills and greater swimming endurance. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 30B. Swimming - Endurance (Second Half). 0 Unit.

This class is for individuals who have mastered intermediate swimming skills and wish to develop advanced swimming skills and greater swimming endurance. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 31A. Tennis (First Half). 0 Unit.

Students will learn the tennis skills and strategies necessary for both singles and doubles play. Emphasis is placed on stroke development, rules, scoring and etiquette. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 31B. Tennis (Second Half). 0 Unit.

Students will learn the tennis skills and strategies necessary for both singles and doubles play. Emphasis is placed on stroke development, rules, scoring and etiquette. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 325. Officiating Basketball. 2 Units.

Administrative procedures, promotion, managerial relationships, scheduling, tournaments, budgeting, scoring systems, and officiating.

PHED 332. Introduction to Sports Medicine. 3 Units.

This class provides a detailed introduction to the foundation of Sports Medicine. Students will understand the complexities of sports medicine and athletic training through classroom lecture, structured laboratory and clinical hours. Topics covered in this class include roles and responsibilities of the sports medicine team, injury pathology, injury prevention, evaluation and management of injury. Counts as a Full-Semester Wellness/Non-movement course.

PHED 334. Orthopedic Assessment of the Upper Extremity. 3 Units.

This class provides students with hands on experience that prepares them to perform orthopedic assessments within the field of athletic training. Students learn to take medical histories, palpate bony and soft structures, perform range of motion, neurological and circulatory tests. Students will learn to perform orthopedic tests of the upper extremities, head, cervical spine and abdomen. This class involves lectures, laboratory and clinical hours. Prereq: PHED 332 and PHED 342.

PHED 339. Orthopedic Assessment of the Lower Extremity. 3 Units.

This class provides students with hands on experience that prepares them to perform orthopedic assessments within the field of athletic training. Students learn to take medical histories, palpate bony and soft structures, perform range of motion, neurological and circulatory tests; and perform orthopedic special test of the lower extremities, pelvis, and lumbar spine. This class involves lectures, labs, and clinical hours. Prereq: PHED 332 and PHED 342.

PHED 341. Physiology of Exercise. 3 Units.

The classroom and laboratory experiences in this class are intended to provide an understanding of physiological adaptations of the human body to acute and chronic exercise. The classroom portion will focus mainly on the response and adaptation of bodily systems to exercise and the relationship of physiology to sport, health and exercise programs. The laboratory portion will focus on evaluation of the physiological response to exercise. Prereq: PHED 332, PHED 342, PHED 334, PHED 339.

PHED 342. Kinesiology. 3 Units.

The purpose of this course is to present the conceptual ideas and general principles of the science of human movement. It reviews and applies the pertinent aspects of anatomy, physiology and mechanics. Subject matter is drawn from research and clinical findings of widely dispersed kinesiological subdisciplines and professional specializations. Prereq: PHED 332.

PHED 34A. Weight Training (First Half). 0 Unit.

This class focuses on muscular strength and endurance training through individualized weight training programs. Emphasis is placed on appropriate use of equipment and safety procedures. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 34B. Weight Training (Second Half). 0 Unit.

This class focuses on muscular strength and endurance training through individualized weight training programs. Emphasis is placed on appropriate use of equipment and safety procedures. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 350. Therapeutic Rehabilitation and Modalities. 3 Units.

Topics covered in this class include concepts and practices associated with the conditioning and reconditioning (rehabilitation) of athletic injuries. Principles and practical skills associated with therapeutic modalities used in the treatment and rehabilitation of athletic injuries are also covered. This class involves lectures, labs and clinical hours. Prereq: PHED 332, PHED 334, PHED 339, and PHED 342.

PHED 39A. Bowling (First Half). 0 Unit.

This class introduces bowling skills, techniques, strategies, rules and scoring. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 40A. Basketball (First Half). 0 Unit.

This class introduces basketball skills, techniques, rules and basic offense and defense. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 40B. Basketball (Second Half). 0 Unit.

This class introduces basketball skills, techniques, rules and basic offense and defense. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course.

PHED 41A. Softball (First Half). 0 Unit.

This class introduces softball skills, techniques, rules and basic offense and defense strategies. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 41B. Softball (Second Half). 0 Unit.

This class introduces softball skills, techniques, rules and basic offense and defense strategies. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 42B. Indoor Soccer (Second Half). 0 Unit.

Students will learn the skills, techniques and strategies to play the sport of indoor soccer. This class is appropriate for most students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 44A. Core Yoga (1st Half). 0 Unit.

This course combines Hatha Yoga postures, Pilates exercises, body awareness and breathwork while focusing on deep stabilizing abdominal muscles. Students will combine stretching and strengthening to improve posture and flexibility and create balance in the physical body. Students will learn slow, controlled movements to help tone and condition. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 44B. Core Yoga (2nd Half). 0 Unit.

This course combines Hatha Yoga postures, Pilates exercises, body awareness and breathwork while focusing on deep stabilizing abdominal muscles. Students will combine stretching and strengthening to improve posture and flexibility and create balance in the physical body. Students will learn slow, controlled movements to help tone and condition. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 50A. Personal Safety Awareness (First Half). 0 Unit.

This class focuses on safety and preventative techniques. Emphasis is placed on self-protection. This class is appropriate for all students. Counts as a Half-Semester Wellness/Non-movement course. Prereq: Undergraduate degree seeking student.

PHED 50B. Personal Safety Awareness (Second Half). 0 Unit.

This class focuses on safety and preventative techniques. Emphasis is placed on self-protection. This class is appropriate for all students. Counts as a Half-Semester Wellness/Non-movement course. Prereq: Undergraduate degree seeking student.

PHED 55A. Cardio-Fitness (First Half). 0 Unit.

This class presents the components of physical fitness through conditioning activities utilizing equipment such as stairclimbers, treadmills, and elliptical trainers. Students will evaluate their fitness levels and learn how to put together an individualized workout program. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 55B. Cardio-Fitness (Second Half). 0 Unit.

This class presents the components of physical fitness through conditioning activities utilizing equipment such as stairclimbers, treadmills, and elliptical trainers. Students will evaluate their fitness levels and learn how to put together an individualized workout program. This class is appropriate for all students. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 60A. CPR/First Aid (1st half). 0 Unit.

Students will learn the basic first aid and CPR skills necessary to act in an emergency. Automated external defibrillation training is included. This class involves both lecture and hands-on work. Students will have the opportunity to achieve Basic Rescuer certification at the completion of the class. Counts as a Half-Semester Wellness/Non-movement course.

PHED 60B. CPR/First Aid (2nd half). 0 Unit.

Students will learn the basic first aid and CPR skills necessary to act in an emergency. Automated external defibrillation training is included. This class involves both lecture and hands-on work. Students will have the opportunity to achieve Basic Rescuer certification at the completion of this class. Counts as a Half-Semester Wellness/Non-movement course.

PHED 65B. Team Building, Leadership, and Creative Movement (2nd half). 0 Unit.

The primary purpose of this course is to provide an opportunity for Orientation leaders to: work as a team and build transferable skills for collaboration, active listening, communication, and motivation; learn dance movement as a form of communication and stress reduction; create the Orientation Leader Boogie Dance (performed at Welcome Days tradition and football game halftime show); understand the value in personal decision making and awareness (stress reduction, drug/alcohol awareness, sexual assault, etc.); learn campus resources; build Orientation Leader esprit de corps and enhance school spirit. This course will develop more effective and competent university ambassadors. In addition, the course will facilitate the development of leadership skills. Counts as a Half-Semester Wellness/Non-movement course.

PHED 66A. Advanced Rowing (First Half). 0 Unit.

This course is designed to enhance the rowing technique of the experienced rower. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 66B. Advanced Rowing (Second Half). 0 Unit.

This course is designed to enhance the rowing technique of the experienced rower. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 67A. Personal Self Defense (First Half). 0 Unit.

Students will learn how to defend themselves, and others, from bodily harm against hostile actions. They will learn how to use reasonable force, avoiding injury, and how to overcome their aggressor/aggressors. The course is designed for all students and they will be provided with in-depth knowledge about Self Defense. Students will expand their knowledge about pressure points, identify Self Defense techniques acceptable by Ohio State Law and the policies of CWRU, develop skills in preventative and situational awareness, develop attack skills, falling safety, escape techniques and safe training practices. Furthermore, students will gain knowledge, needed to avoid being victimized by assailants. Training methods will be used to challenge students both physically and mentally. It will strengthen the student to deal with confrontations under stressful conditions. Counts as a Half-Semester Wellness/Non-movement course. Prereq: Undergraduate degree seeking student.

PHED 67B. Personal Self Defense (Second Half). 0 Unit.

Students will learn how to defend themselves, and others, from bodily harm against hostile actions. They will learn how to use reasonable force, avoiding injury, and how to overcome their aggressor/aggressors. The course is designed for all students and they will be provided with in-depth knowledge about Self Defense. Students will expand their knowledge about pressure points, identify Self Defense techniques acceptable by Ohio State Law and the policies of CWRU, develop skills in preventative and situational awareness, develop attack skills, falling safety, escape techniques and safe training practices. Furthermore, students will gain knowledge, needed to avoid being victimized by assailants. Training methods will be used to challenge students both physically and mentally. It will strengthen the student to deal with confrontations under stressful conditions. Counts as a Half-Semester Wellness/Non-movement course. Prereq: Undergraduate degree seeking student.

PHED 68A. Pickleball (First Half). 0 Unit.

The purpose of Pickleball class is to introduce students to the rules and regulations of the game of Pickleball. Various strategies, techniques, and a lot of live play will also be what drives the class. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.

PHED 68B. Pickleball (Second Half). 0 Unit.

The purpose of Pickleball class is to introduce students to the rules and regulations of the game of Pickleball. Various strategies, techniques, and a lot of live play will also be what drives the class. Counts as a Half-Semester Wellness/Movement course. Prereq: Undergraduate degree seeking student.