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.

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. 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. 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. 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. 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.

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,
cardiopulmonary endurance, muscular strength and endurance. Nutrition,
weight control and concepts of wellness are covered in this class. This
class is appropriate for most students.

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. 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. 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.

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. Prereq: Undergraduate degree seeking student.

PHED 170. Varsity Baseball. 0 Unit.
PHED 171. Varsity Basketball (Men). 0 Unit.
PHED 172. Varsity Basketball (Women). 0 Unit.
PHED 174. Varsity Cross Country (Men). 0 Unit.
PHED 175. Varsity Cross Country (Women). 0 Unit.
PHED 178. Varsity Football. 0 Unit.
PHED 180. Varsity Soccer (Men). 0 Unit.
PHED 181. Varsity Soccer (Women). 0 Unit.
PHED 182. Varsity Swimming (Men). 0 Unit.
PHED 183. Varsity Swimming (Women). 0 Unit.
PHED 184. Varsity Tennis (Men). 0 Unit.
PHED 185. Varsity Tennis (Women). 0 Unit.
PHED 186. Varsity Track and Field (Men). 0 Unit.
PHED 187. Varsity Track and Field (Women). 0 Unit.
PHED 188. Varsity Volleyball. 0 Unit.
PHED 189. Varsity Wrestling. 0 Unit.
PHED 190. Varsity Softball (Women). 0 Unit.
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. 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. 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. 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. Prereq:
Undergraduate degree seeking student.

PHED 24A. Jogging (First Half). 0 Unit.
Prereq: Undergraduate degree seeking student.

PHED 24B. Jogging (Second Half). 0 Unit.
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. 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. 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. 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. 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. 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. 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. 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. 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 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. 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. 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. 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. 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. Prereq: Undergraduate degree seeking student.

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. 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. 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. Prereq: Undergraduate degree seeking student.

PHED 42A. 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. 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. 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. 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. 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. 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. 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.

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 in 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.

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.

PHED 66A. Advanced Rowing (First Half). 0 Unit.
This course is designed to enhance the rowing technique of the experienced rower. 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. 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. 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. 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. 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. Prereq: Undergraduate degree seeking student.