

# Physical Education (PHED)

## **PHED 104 Pilates and Stretch**

**1 credit | PAC, REEL**

**Quarter(s): F, W, Sp**

Strength and flexibility exercises practiced with Pilates routine to create a balanced and effective program. Emphasis on core strength, posture, balance and toning.

Prerequisite: None

## **PHED 105 Pilates & Yoga - Beginning**

**1 credit | PAC, REEL**

**Quarter(s): S, Sp**

Pilates and yoga routines will be practiced together to create a balanced and effective strength and flexibility workout. The exercises will emphasize core strength, back strength, posture, balance, and toning major muscle groups.

Prerequisite: None.

## **PHED 106 Yoga for Beginners**

**1 credit | PAC, REEL**

**Quarter(s): F, W, Sp**

Introduces yoga routines and poses for a balanced and effective strength and flexibility workout. Emphasizes core strength, back strength, posture, balance, and toning of major muscle groups. Encourages students to link the body and the mind through the poses, routines and meditation time. Students should bring their own yoga mat to class.

Prerequisites: None

## **PHED 109 Baseball Coaching Theory**

**2 credits | ELEC**

**Quarter(s): Sp**

Develops a basic understanding of coaching the sport of baseball. Includes concepts of coaching leadership, sport psychology, sport specific coaching theory, and developing proper sport-specific technique. Covers the use of technology and modern equipment to coach players in their individual development. Required for first year baseball student athletes.

Prerequisite: Instructor permission

## **PHED 110 Circuit Training**

**2 credits | PAC, REEL**

Develops the basic components of physical fitness for students through participation in an aerobic circuit weight training program. The super-circuit aerobics program utilizes a combination of endurance and strength machines to provide one of the most effective conditioning methods known for developing baseline levels of physical fitness.

Prerequisite: None

## **PHED 114 Applied Baseball I**

**2 credits | PAC**

**Quarter(s): W**

Provides baseball student athletes an opportunity to demonstrate baseball skills, strategies, and rules of play and participate in a sport specific-strength and conditioning program. Required for all first year baseball student athletes.

Prerequisite: Instructor permission.

**PHED 117 Applied Soccer I****2 credits | PAC****Quarter(s): F**

Provides soccer student athletes an opportunity to demonstrate their soccer skills, strategies, rules of play, and to participate in a sport specific-strength and conditioning program. Required for all first year soccer student athletes.

Prerequisite: Instructor permission

**PHED 118 Applied Softball I****2 credits | PAC****Quarter(s): F**

Provides softball student-athletes an opportunity to demonstrate softball skills, strategies, and rules of play and participate in a sport specific-strength and conditioning program. Required for all first year softball student-athletes.

Prerequisite: Instructor permission

**PHED 119 Men's Basketball Coaching Theory****2 credits | ELEC****Quarter(s): W**

Develops a basic understanding of coaching the sport of men's basketball. Includes concepts of coaching leadership, sport psychology, sport specific coaching theory, and developing proper sport-specific technique. Covers the use of technology and modern equipment to coach players in their individual development. Required for first year men's basketball student athletes.

Prerequisite: Instructor permission

**PHED 120 Cross-Training****2 credits | ELEC, PAC****Quarter(s): S, F, W, Sp**

Introduces the fundamental theories of cross-training for various types of activities. Implements individualized work-out routines needed to better lifetime fitness whether it is strength training, power lifting, conditioning or endurance. Students will increase strength, fitness and conditioning by taking this class. Students will define and design a work-out program that will help them attain their fitness goals.

Prerequisite: None

**PHED 121 Beginning Foil Fencing 1 credit**

Presents the skills, strategies, rules, and physical conditioning for the competitive or leisure pursuit of fencing.

Prerequisite: None

**PHED 122 Intermediate Foil Fencing 1 credit**

Advancement of the skills, strategies, rules, and physical conditioning beyond the basics for competitive or leisure pursuit.

Prerequisite: PHED 121 or instructor permission.

**PHED 125 Boot Camp****1 credit | ELEC, PAC**

Provides a well-rounded, full body work out in every class. Students will work on cardiorespiratory endurance, muscular strength and endurance, body composition and flexibility. Students will keep their heart rates elevated while learning a variety of fitness exercises and using different pieces of fitness equipment such as: kettle bells, stability balls, stretch bands, weighted bars and medicine balls. Class format will include large group, stations, relays and more. Core work outs, Pilates and yoga will also be incorporated into this class.

Prerequisite: None

**PHED 126 Aerobic Exercise****1-2 credits | PAC, REEL**

Guides students through rhythmical and continuous exercise performed to music. Every student, no matter what age or body type, will be provided the opportunity to improve their cardiorespiratory endurance through participation.

Prerequisite: None

**PHED 127 Zumba I****1-2 credits | PAC, REEL**

Fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Prerequisite: None

**PHED 128 Weight Training****2 credits | PAC, REEL****Quarter(s): S, F, W, Sp**

Improves strength, physical conditioning, and performance through correct use of universal equipment, free weights and cardiorespiratory equipment. Emphasis will be on health and fitness education. Each student will design a program specific to his or her goals for the quarter.

Prerequisite: None

**PHED 129 Aqua Zumba I****1-2 credits | ELEC**

Blends the Zumba formula and philosophy with traditional aqua fitness disciplines into a safe, challenging, water-based workout that's body-toning and cardio-conditioning. Lap swim is also available during this time.

Prerequisite: None

**PHED 130 Swimming****1 credit**

Provides instruction of the basic swimming strokes, personal safety skills and conditioning programs for muscular and cardiovascular endurance of the swimmer. Students will attend this class at the Mark Morris pool.

Prerequisite: None

**PHED 135 Fitness Walking****2 credits | PAC**

Utilizes walking in developing the health-related components of physical fitness. Emphasis will be placed on cardiorespiratory endurance through low-impact, moderate intensity exercise.

Prerequisite: None

**PHED 136 Men's Applied Basketball I**  
**2 credits | PAC**

**Quarter(s): F**

Provides men's basketball student athletes an opportunity to demonstrate basketball skills, strategies, and rules of play and to participate in a sport specific-strength and conditioning program. Required for all first year men's basketball student athletes.

Prerequisite: Instructor permission

**PHED 137 Women's Applied Basketball I**  
**2 credits | PAC**

**Quarter(s): F**

Provides basketball student athletes an opportunity to demonstrate basketball skills, strategies, and rules of play and participate in a sport specific-strength and conditioning program. Required for all first year women's basketball student athletes.

Prerequisite: Instructor permission

**PHED 138 Applied Volleyball I**  
**2 credits | PAC**

**Quarter(s): F**

Provides volleyball student athletes an opportunity to demonstrate volleyball skills, strategies, and rules of play and to participate in a volleyball-conditioning program. Required for all first year volleyball student athletes.

Prerequisite: Instructor permission

**PHED 139 Train for a Race**  
**1-2 credits | PAC**

**Quarter(s): F, Sp**

Promotes instruction, coaching and experience in training for a race (5k, 10k, adventure run). Work-outs will include walking, running, cross-training, obstacle training, strength training and team building. All fitness levels are welcome. If students choose to participate in a race during the quarter, signing up for and cost of the event is the responsibility of the student.

Prerequisites: None

**PHED 152 Personalized Fitness**  
**1-2 credits | PAC, REEL**

**Quarter(s): S, F, W, Sp**

Requires students to plan and execute an individual exercise program designed specifically to meet personal goals and objectives related to physical fitness. Students may utilize Lower Columbia's exercise facility or may choose to participate in off-campus activities.

Prerequisite: None

**PHED 155 Rock Climbing - Beginning**  
**1 credit | PAC, REEL**

**Quarter(s): F, W, Sp**

Provides instruction in the skills and techniques of rock climbing. Introduces rock climbing equipment; provides practice in basic rock climbing skills and belaying. Upon successful completion of the course, students will receive a belay certification. Class is held in the on-campus, indoor rock climbing facility.

Prerequisites: None

**PHED 159 Women's Basketball Coaching Theory**

**2 credits | ELEC**

**Quarter(s): W**

Develops a basic understanding of coaching the sport of women's basketball. Includes concepts of coaching leadership, sport psychology, sport specific coaching theory, and developing proper sport-specific technique. Covers use of technology and modern equipment to coach players in their individual development. Required for first year women's basketball student athletes.

Prerequisite: Instructor permission

**PHED 169 Women's Soccer Coaching Theory**

**2 credits | ELEC**

**Quarter(s): F**

Develops a basic understanding of coaching the sport of soccer. Includes concepts of coaching leadership, sport psychology, sport-specific coaching theory, and developing proper sport-specific technique. Covers the use of technology and modern equipment to coach players in their individual development. Required for soccer student athletes during their first year of classes.

Prerequisite: Instructor permission

**PHED 171 Prevention and Care of Athletic Injuries**

**3 credits**

**Quarter(s): Sp**

Provides training in basic prevention and care of athletic injuries. Includes an introduction to the field of sports medicine, organization and administration of a sports medicine program, recognition of common athletic injuries, evaluation and treatment protocols, rehabilitation techniques and emergency procedures. Basic wrapping, taping, and bracing techniques will be studied and practiced. Basic anatomy, physiology, and infection control will be included.

Prerequisite: None

**PHED 179 Softball Coaching Theory**

**2 credits | ELEC**

**Quarter(s): W**

Develops a basic understanding of coaching the sport of softball. Includes concepts of coaching leadership, sport psychology, sport specific coaching theory, and developing proper sport-specific technique. Covers the use of technology and modern equipment to coach players in their individual development. Required for softball student-athletes during their first year of classes.

Prerequisite: Instructor permission

**PHED 189 Volleyball Coaching Theory****2 credits | ELEC****Quarter(s): Sp**

Develops a basic understanding of coaching the sport of volleyball. Includes concepts of coaching leadership, sport psychology, sport specific coaching theory, and developing proper volleyball technique. Covers the use of technology and modern equipment to coach players in their individual development. Required for first year volleyball student athletes.

Prerequisite: Instructor permission

**PHED 204 Pilates and Stretch****1 credit | PAC****Quarter(s): F, W, Sp**

Strength and flexibility exercises practiced with Pilates routines to create a balanced and effective program. Emphasis on core strength, posture, balance and toning.

Prerequisites: None.

**PHED 205 Pilates & Yoga - Intermediate****1 credit | PAC****Quarter(s): F, Sp**

Pilates & Yoga routines will be practiced together to create a balanced and effective strength and flexibility workout. Emphasis will be on core strength, back strength, posture, balance, and toning major muscle groups.

Prerequisite: PHED 105 or instructor permission.

**PHED 210 Circuit Training****2 credits | PAC**

Develops the basic components of physical fitness for students through participation in an aerobic circuit weight training program. The advanced super-circuit aerobics program utilizes a combination of endurance and strength machines to provide one of the most effective conditioning methods known for developing more advanced levels of physical fitness.

Prerequisite: None

**PHED 214 Applied Baseball II****1 credit | PAC****Quarter(s): F**

Provides baseball student athletes an additional opportunity to refine their skills, strategies, and understanding of rules of play. Required for all second year baseball student athletes.

Prerequisite: Instructor permission

**PHED 215 Outdoor Skills Experience****2 credits | ELEC, PAC****Quarter(s): S**

Provides local outdoor fitness activities and opportunities to learn the importance of teamwork and outdoor wilderness safety. Typical activities may include hiking, rock climbing, kayaking, biking, orienteering, and team building activities. Actual activities may vary according to the season and equipment availability. Students must be in good physical condition before taking this course. Equipment rental fees vary quarter to quarter, and are the responsibility of the student. Details about costs and specific activities will be provided at the first class session or by contacting the instructor. Two to three off-campus field trips are a required part of this course.

Prerequisites: None



**PHED 216 Winter Outdoor Experience****2 credits | ELEC, PAC****Quarter(s): W**

Provides local outdoor fitness activities and opportunities to learn the importance of teamwork and winter outdoor safety. Typical activities may include snowshoeing, cross country skiing, winter safety, downhill skiing and/ or snowboarding, and team building activities. Actual activities may vary according to the season and equipment availability. Students must be in good physical condition before taking this course. Equipment rental fees vary by quarter and activity, and are the responsibility of the student. Details about costs and specific activities will be provided at the first class session or by contacting the instructor. Three off-campus field trips are a required part of this course.

Prerequisites: None

**PHED 217 Applied Soccer II****1 credit | PAC****Quarter(s): F**

Provides soccer student athletes an additional opportunity to refine their soccer skills, strategies, and understanding of rules of play, and to participate in a sport specific-strength and conditioning program. Required for all second year soccer student athletes.

Prerequisite: Instructor permission

**PHED 218 Applied Softball II****1 credit | PAC****Quarter(s): Sp**

Provides softball student athletes additional opportunities to refine softball skills, strategies, and rules of play and participate in a sport specific-strength and conditioning program. Required for all second year softball student-athletes.

Prerequisite: Instructor permission

**PHED 220 Cross-Training****2 credits | PAC****Quarter(s): S, F, W, Sp**

Introduces the fundamental theories of cross-training for various types of activities. Implements individualized work-out routines needed to better your lifetime fitness whether it is strength training, power lifting, conditioning or endurance. Students will increase strength, fitness and conditioning by taking this class. Students will define and design a work-out program that will help them attain their fitness goals.

Prerequisite: None

**PHED 226 Aerobic Exercise****1-2 credits | PAC, REEL****Quarter(s): F**

Guides students through rhythmical and continuous exercise performed to music. Every student, no matter what age or body type, will be provided the opportunity to improve their cardiorespiratory endurance through participation.

Prerequisite: None

**PHED 227 Zumba II****1-2 credits | PAC****Quarter(s): S**

Fuses hypnotic Latin rhythms and easy-to-follow moves. The routines feature interval training sessions, where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

Prerequisite: None

**PHED 228 Weight Training****2 credits | PAC****Quarter(s): S, F, W, Sp**

Improves strength, physical conditioning, and performance through correct use of universal equipment, free weights and cardiorespiratory equipment. Emphasis will be on health and fitness education. Each student will design a program specific to his or her goals for the quarter.

Prerequisite: None

**PHED 229 Aqua Zumba II****1-2 credits | ELEC**

Blends the Zumba formula and philosophy with traditional aqua fitness disciplines into a safe, challenging, water-based workout that's body-toning and cardio-conditioning. Lap swim is also available during this time.

Prerequisite: None

**PHED 230 Swimming****1 credit**

Provides instruction of the basic swimming strokes, personal safety skills and conditioning programs for muscular and cardiovascular endurance of the swimmer. Students will attend this class at the Mark Morris pool.

Prerequisite: None

**PHED 235 Fitness Walking****1-2 credits | PAC**

Utilizes walking in developing the health-related components of physical fitness. Emphasis will be placed on cardio respiratory endurance through low-impact, moderate intensity exercise.

Prerequisite: None

**PHED 236 Men's Applied Basketball II****1 credit | PAC****Quarter(s): F**

Provides men's basketball student athletes an additional opportunity to refine skills, strategies, and rules of play, and to participate in a sport specific-strength and conditioning program. Required for all second year men's basketball student athletes.

Prerequisite: Instructor permission

**PHED 237 Women's Applied Basketball II****1 credit | PAC****Quarter(s): F**

Provides women's basketball student athletes an additional opportunity to refine their basketball skills, strategies, understanding of rules of play, and to participate in a sport specific-strength and conditioning program. Required for all women's second year basketball student athletes.

Prerequisite: Instructor permission

**PHED 238 Applied Volleyball II****1 credit | PAC****Quarter(s): Sp**

Provides volleyball student athletes an additional opportunity to refine their volleyball skills, strategies, and understanding of rules of play, and to participate in a volleyball-conditioning program. Required for all second year volleyball student athletes.

Prerequisite: Instructor permission

**PHED 246 Fast-pitch Softball-Women****1 credit | PAC****Quarter(s): F**

Presents students the opportunity to learn fastpitch skills, strategies, and rules of play. Students will participate in a softball-conditioning program designed for the sport-related needs.

Prerequisite: None



**PHED 252 Personalized Fitness****1-2 credits | PAC, REEL****Quarter(s): S, F, W, Sp**

Requires students to plan and execute an individual exercise program designed specifically to meet personal goals and objectives related to physical fitness. Students may utilize Lower Columbia's exercise facility or may choose to participate in off-campus activities.

Prerequisite: None

**PHED 285 Fitness Marketing****3 credits | ELEC****Quarter(s): F**

Provides an overview of the marketing process and functions with a focus on launching and growing a fitness business and/or career.

Prerequisites: None

**PHED 288 Cooperative Work****Experience****1-15 credits**

Provides work-based learning experience in a specific program of study. Individualized student outcomes are developed, focusing on behaviors that contribute to workplace success.

Prerequisites: Instructor or Cooperative Education Coordinator permission  
Concurrent requirements: COLL 289 or BUS 294 must be taken prior to or concurrent with this course.

**PHED 295 Personal Training****Instruction****3 credits | ELEC****Quarter(s): Sp**

Provides content and skills necessary to become effective personal trainers and to prepare for the ACE Personal Trainer Certification Exam. This course presents the ACE Integrated Fitness Training® Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. Information covered will help students learn to facilitate rapport, adherence, self-efficacy, and behavior change in clients, as well as design programs to improve clients' posture, movement, flexibility, balance, core function, cardiorespiratory fitness, muscular endurance and strength, and sports performance. This course is built on a curriculum developed by a nationally recognized certification program.

Prerequisites: None

**PHED 296 Group Exercise Instruction****3 credits | ELEC****Quarter(s): Sp**

Provides the knowledge and understanding necessary to prepare for the ACE Group Fitness Instructor Certification Exam and become effective group fitness instructors. Information covered includes: basic human anatomy and exercise physiology, steps in designing a successful group exercise class, understanding the fitness needs of special populations, and examining the business side of group fitness instruction.

Prerequisites: None

**PHED 299 Independent Study****1-10 credits**

Offers individualized learning opportunities for knowledge or skill development. Content and expectations are established between the student and instructor, and documented in an Independent Study contract.

Prerequisites: By instructor permission only.