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. Lab hours are required for this course.

Prerequisite: None

PHED 105 Pilates & Yoga - Beginning
1 credit , PAC , REEL
Quarter(s): F, W

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: Instructor permission

PHED 118 Applied Softball I
2 credits , PAC
Quarter(s): Sp

Provides softball student-athletes an opportunity to demonstrate softball skills, strategies, and rules of play and participate

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in a sport specific-strength and conditioning program. Required for all first year softball student-athletes. Lab hours are required for this course.

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): F

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: None

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

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Covers introductory weight training techniques. Develops muscular strength and endurance, flexibility, and cardiorespiratory fitness. Explores general health and physical education topics such as muscle recovery, hydration, sleep and nutrition. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: None

PHED 135 Fitness Walking
2 credits , PAC
Quarter(s): S, F, W, Sp

Utilizes walking in developing the health-related components of physical fitness. Emphasis will be placed on cardiorespiratory endurance through low-impact, moderate intensity exercise. Lab hours are required for this course.

Prerequisite: None

PHED 136 Men's Applied Basketball I
2 credits , PAC
Quarter(s): Sp

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. Lab hours are required for this course.

Prerequisite: Instructor permission

PHED 137 Women's Applied Basketball I
2 credits , PAC
Quarter(s): Sp

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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

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objectives related to physical fitness. Students may utilize Lower Columbia's exercise facility or may choose to participate in off-campus activities. Lab hours are required for this course.

Prerequisite: None

PHED 155 Rock Climbing - Beginning
1 credit , PAC , REEL
Quarter(s): 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. Lab hours are required for this course.

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. Lab hours are required for this course.

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

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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. Lab hours are required for this course.

Prerequisites: None.

PHED 205 Pilates & Yoga - Intermediate
1 credit , PAC
Quarter(s): W

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for 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. Lab hours are required for this course.

Prerequisites: None

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

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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. Lab hours are required for this course.

Prerequisite: Instructor permission

PHED 218 Applied Softball II
1 credit , PAC
Quarter(s): F

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. Lab hours are required for this course.

Prerequisite: Instructor permission

PHED 220 Cross-Training
2 credits , PAC
Quarter(s): F

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: None

PHED 227 Zumba II
1 – 2 credits , PAC

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. Lab hours are required for this course.

Prerequisite: None

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

Covers more advanced topics in the weight room, related to strength training equipment. Expands on prior knowledge of weight training techniques to improve muscular strength and endurance, flexibility, and cardiorespiratory fitness. Explores general health and physical education topics such as muscle recovery, hydration, sleep, and nutrition. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: None

PHED 235 Fitness Walking
1 – 2 credits , PAC

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

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

Prerequisite: Instructor permission

PHED 238 Applied Volleyball II
1 credit , PAC
Quarter(s): W

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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. Lab hours are required for this course.

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
5 credits , ELEC
Quarter(s): Sp

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Provides content and skills necessary to become effective personal trainers and to prepare for the ACE Personal Trainer Certification Exam. 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. Lab hours are required for this course.

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.

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