Physical Education

Aerobic Fitness Lab I

PHYS 1101 - 1 Credits

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. (2 lab hours)

Aerobic Fitness Lab II

PHYS 1102 - 1 Credits

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. Prerequisite: Physical Education 1101 (2 lab hours)

Aerobic Fitness Lab III

PHYS 1103 - 1 Credits

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. Prerequisite: Physical Education 1102 (2 lab hours)

Aerobic Fitness Lab IV

PHYS 1104 - 1 Credits

Aerobic training and strength training are emphasized in a personally designed fitness program that uses target heart rate and training zone techniques. Weight machines and cardiovascular machines are used in an activity program designed to develop three important results of physical fitness: strength, flexibility and endurance. Prerequisite: Physical Education 1103 (2 lab hours)

Aerobics I

PHYS 1106 - 1 Credits

Aerobic fitness choreographed to music. Performance of basic exercise movements, patterns and dance steps to improve cardiovascular endurance, muscular endurance, muscle tone, flexibility and rhythmic coordination. (2 lab hours)

Aerobics II

PHYS 1107 - 1 Credits

A continuation of Aerobics I. Further improvement in cardiovascular endurance, muscular endurance, muscle tone, flexibility and rhythmic coordination. Increasing intensity of workouts and improving performance are main goals. Prerequisite: Physical Education 1106 or equivalent experience (2 lab hours)

Sit & Stand-Chair Aerobics I

PHYS 1108 - 0.5-1 Credits

Balance, agility, flexibility, cardiovascular and muscular endurance are all enhanced as students exercise while sitting and standing. Participants are encouraged to work at their own level. Special populations and those who desire some portion of the class in non-weight bearing positions are targeted. (1 to 2 lab hours)

Sit & Stand-Chair Aerobics II

PHYS 1109 - 0.5-1 Credits

A continuation of PHYS 1108. Exercises to increase balance, agility, flexibility, cardiovascular and muscular endurance are done while sitting and standing. More standing exercises (with or without support) are included. Participants are encouraged to work at their own level. Prerequisite: Physical Education 1108 or college equivalent (1 to 2 lab hours)

Bench Step Aerobics I

PHYS 1111 - 1 Credits

A high-intensity, low-impact exercise program that involves stepping up and down a step platform while simultaneously performing upper body strength training movements to the accompaniment of music. (2 lab hours)

Bench Step Aerobics II

PHYS 1112 - 1 Credits

A continuation of Bench Step Aerobics I. Involves stepping up and down a step platform while simultaneously performing upper body strength training movements. Higher-intensity bench step moves and combinations are taught. Prerequisite: Physical Education 1111 or equivalent experience (2 lab hours)

Physical Education

Power Step Aerobics

PHYS 1113 - 1 Credits

A high-intensity, low-impact exercise program designed for the advanced step participant. Designed to further challenge the cardiovascular and muscle endurance systems with a variety of high-intensity propulsion movements, combined with basic and advanced step movement combinations. Prerequisite: Physical Education 1112 or equivalent, or bench step experience (2 lab hours)

Wheelchair Aerobics

PHYS 1115 - 1 Credits

Exercise class designed for those with limited mobility or confined to wheelchairs. (2 lab hours)

Boot Camp Fitness I

PHYS 1123 - 1 Credits

A total body conditioning class with a "back to basics" non-choreographed approach. Traditional calisthenics and exercises, current training techniques and drills are used to improve all components of fitness. (2 lab hours)

Boot Camp Fitness II

PHYS 1124 - 1 Credits

A continuation of Boot Camp Fitness I. Fitness workouts with a "back to basics" approach. Higher intensity exercises and workouts. Prerequisite: Physical Education 1123 with a grade of S or better or equivalent (2 lab hours)

BOSU Training I

PHYS 1125 - 1 Credits

A total body conditioning class that utilizes the BOSU training device to improve all components of fitness. (2 lab hours)

BOSU Training II

PHYS 1126 - 1 Credits

A continuation of BOSU Training I. Workouts designed to further improve fitness levels. Prerequisite: Physical Education 1125 with a grade of S or better or equivalent or consent of instructor (2 lab hours)

Cardio Kickboxing I

PHYS 1131 - 1 Credits

An exercise course that combines boxing, kickboxing, martial arts, aerobics and physical conditioning exercises to enhance cardiovascular and muscular endurance. All done to music. (2 lab hours)

Cardio Kickboxing II

PHYS 1132 - 1 Credits

An intermediate cardiovascular endurance activity that combines boxing, kickboxing, martial arts, aerobics, and physical conditioning exercises to further increase skill and endurance. Prerequisite: Physical Education 1131 or equivalent experience (2 lab hours)

Cardio Mixer I

PHYS 1135 - 0.5 Credits

A challenging aerobic workout is provided using a mix of cardio training methods such as kickboxing, step, and basic aerobic dance moves. (1 lab hour)

Cardio Mixer II

PHYS 1136 - 0.5 Credits

A continuation of Cardio Mixer I. Prerequisite: Physical Education 1135 with a grade of S or better or equivalent (1 lab hour)

Cross Training I

PHYS 1141 - 1 Credits

A personal fitness program that aims to develop cardiovascular endurance, muscle strength, flexibility and skills using the following facilities: (1) the Aerobic Fitness Lab, (2) the Al Zamsky Natatorium, and (3) the Strength Complex. Target heart rate and training zone techniques are emphasized. (2 lab hours)

Physical Education

Cross Training II

PHYS 1142 - 1 Credits

A personal fitness program that aims to develop cardiovascular endurance, muscle strength, flexibility and skills using the following facilities: (1) the Aerobic Fitness Lab, (2) the Al Zamsky Natatorium, and (3) the Strength Complex. Target heart rate and training zone techniques are emphasized. Prerequisite: Physical Education 1141 or consent of instructor (2 lab hours)

Aerobic Fitness Combo I

PHYS 1143 - 1 Credits

An aerobic conditioning course that combines methods and styles of a variety of fitness courses. May include bench step, calisthenics, aerobic dance, cardio kickboxing, circuit training, body sculpting and walking/jogging. (2 lab hours)

Aerobic Fitness Combo II

PHYS 1144 - 1 Credits

A continuation of Aerobic Fitness Combo I. Methods and styles of a variety of fitness classes with emphasis on a high intensity workout. Prerequisite: Physical Education 1143 with a grade of S or better or equivalent (2 lab hours)

Fitness Walking I

PHYS 1151 - 1 Credits

Fitness walking, power walking and cross country walking techniques. Students assess personal fitness levels and work to improve cardiovascular fitness and set personal goals. (2 lab hours)

Fitness Walking II

PHYS 1152 - 1 Credits

A continuation of Fitness Walking I. Improvement of cardiovascular fitness through increased intensity and/or distance. Prerequisite: Physical Education 1151 or equivalent experience (2 lab hours)

Jogging I

PHYS 1153 - 1 Credits

A graduated program of jogging and running geared to each individual's fitness level and goals. Various jogging techniques, practices and safety procedures. (2 lab hours)

Jogging II

PHYS 1154 - 1 Credits

A continuation of Jogging I. A graduated program of running geared to each individual's fitness level and goals. Further improvement or maintenance of cardiovascular fitness is a main goal. Prerequisite: Physical Education 1153 or equivalent experience (2 lab hours)

Physical Fitness I

PHYS 1161 - 1 Credits

A personal fitness program that includes progressive conditioning methods. Training exercises include: stretching, core training, jogging, sprinting, weight lifting and weight training. Also included: calisthenics, isometric and isotonic exercises, plyometrics, footwork agility drills and sport specific exercises. Prerequisite: Consent of instructor (2 lab hours)

Physical Fitness II

PHYS 1162 - 1 Credits

An advanced personal fitness program that includes progressive conditioning methods. Training exercises include: stretching, core training, jogging, sprinting, weight lifting and weight training. Also included: calisthenics, isometric and isotonic exercises, plyometrics, footwork agility drills and sport specific exercises. Prerequisite: Physical Education 1161 or consent of instructor (2 lab hours)

Weight Training I

PHYS 1171 - 1 Credits

An introduction to weight training. Application of the fundamentals of strength training through the use of machine and free weights. Basic anatomy and physiology associated with weight training and safe lifting procedures. (2 lab hours)

Weight Training II

PHYS 1172 - 1 Credits

Fundamentals of an advanced weight training program. Application of strength training using weight machines and free weights. Anatomy and physiology associated with weight training

and safe lifting procedures, along with the design of an individualized strength training program. Prerequisite: Physical Education 1171 or previous weight lifting experience (2 lab hours)

Spinning I

PHYS 1181 - 1 Credits

A 50-minute fitness class using "spinning" (stationary) bicycles. Cardiovascular endurance (aerobic and anaerobic) and muscular strength and endurance are developed. Music is used as a tool to motivate and inspire, as well as establish the pace, rhythm and energy level of the class. (2 lab hours)

Spinning II

PHYS 1182 - 1 Credits

A 50-minute fitness class using "spinning" (stationary) bicycles. Advanced spinning techniques are implemented to further improve fitness level. Aerobic and anaerobic training are used. Music is used to motivate and inspire, as well as to establish the pace, rhythm and energy level of the class. Prerequisite: Physical Education 1181 or previous cycling experience (2 lab hours)

Step/Slide/Sculpt

PHYS 1183 - 1 Credits

Utilizing cross-training principles with the guidance of an instructor, this conditioning program uses the bench step, slide, high-low aerobics moves, resistance tubing and hand weights to improve overall fitness. Achieving improved muscular strength, endurance, cardiovascular endurance and body composition with a variety of exercise formats are the main goals. (2 lab hours)

Body Sculpting I

PHYS 1184 - 1 Credits

A toning and conditioning course that utilizes a variety of resistance tools to firm and strengthen the entire body. (2 lab hours)

Body Sculpting II

PHYS 1185 - 1 Credits

A continuation of Body Sculpting I. Workouts designed to further improve muscle endurance and tone. Prerequisite: Physical Education 1184 or equivalent, with a grade of S, or equivalent experience. (2 lab hours)

SAQSP Training

PHYS 1190 - 1 Credits

Physical conditioning theories and drills for improvement in speed, agility, quickness, strength and power (SAQSP). Applications to individual and team sports, plyometrics and other high intensity fitness activities are covered. (2 lab hours)

Power Lifting I

PHYS 1191 - 1 Credits

An introductory course in power lifting and training. Basic mechanics of major lifting techniques in the overall Olympic lifts. Prerequisite: Physical Education 1171 or previous weight lifting experience (2 lab hours)

Power Lifting II

PHYS 1192 - 1 Credits

A continuation of Power Lifting I. The course advances and builds on the techniques and intensity of the work performed in power lifting. Prerequisite: Physical Education 1191 or previous power lifting skills (2 lab hours)

Baseball

PHYS 1300 - 1 Credits

An introduction to the development of proper baseball fundamental skills, techniques and strategies. (2 lab hours)

Basketball I

PHYS 1301 - 1 Credits

Beginning basketball emphasizing offensive and defensive fundamentals through team play. The following offensive fundamental skills are included: shooting, passing, ball handling, dribbling and player spacing. The following defensive fundamental skills are also included: body position, footwork, arm movements and court position. Team play is emphasized. (2 lab hours)

Basketball II

PHYS 1302 - 1 Credits

Physical Education

Intermediate basketball emphasizing offensive and defensive fundamentals through team play. Offensive skills included are: jump shooting, movement passing, dribbling with both hands and ball handling with faking. Defensive skills included are: body position, advanced footwork, advanced arm movements and court awareness. Team play concepts and strategies are introduced. Prerequisite: Physical Education 1301 or equivalent (2 lab hours)

Golf I

PHYS 1311 - 1 Credits

Beginning golf. Topics include: grips, stances, chips, putts, full swings, sand shots and club selection. Irons and woods are both used to develop the rhythm and timing of the swing. Also included are terminology, etiquette, scoring, pace of play and golf safety. (2 lab hours)

Golf II

PHYS 1312 - 1 Credits

Intermediate golf. Progressive development in the fundamental grips, stances and strokes using irons and woods. Swing thoughts, ball flight laws, principles of contact and course management are emphasized. Prerequisite: Physical Education 1311 (2 lab hours)

Golf III

PHYS 1313 - 1 Credits

The mental aspects of golf are emphasized. Topics include methods to better golf, various thought processes, statistical analysis and time management. Prerequisite: Physical Education 1312 or consent of instructor (2 lab hours)

Pickleball I

PHYS 1321 - 1 Credits

Introduction to the skills and practice of pickleball. Serving, forehand drives, volleys, strategies, rules and scoring. (2 lab hours)

Pickleball II

PHYS 1322 - 1 Credits

Advanced skills, knowledge and strategies of pickleball. Emphasis on volleying, lobbing, net control, and advanced singles and doubles strategies. Prerequisite: Physical Education 1321 or equivalent skill (2 lab hours)

Racquetball I

PHYS 1331 - 1 Credits

Fundamentals of racquetball with emphasis on basic strokes, serves and the rules of the game. (2 lab hours)

Racquetball II

PHYS 1332 - 1 Credits

Competitive racquetball with emphasis on advanced skills, strategies and tournament play. Prerequisite: Physical Education 1331 (2 lab hours)

Racquet Sports

PHYS 1334 - 2 Credits

Tennis, badminton, pickleball and racquetball. Skills, rules, competitive strategies, and basic teaching methods are covered. (1 lecture hours, 2 lab hours)

Selected Team Sports

PHYS 1335 - 3 Credits

Soccer, Softball/Baseball, Volleyball, and Basketball. Skills, rules, competitive strategies, and basic teaching methods. Prepares for teaching, coaching or personal performance. (2 lecture hours, 2 lab hours)

Soccer I

PHYS 1341 - 1 Credits

Introduction to the fundamental skills and techniques of kicking, heading, passing and trapping. Team play, strategy and review of the rules. (2 lab hours)

Soccer II

PHYS 1342 - 1 Credits

A continuation of Soccer I. Soccer II is designed for students with skill and knowledge of the sport. Emphasis placed on intermediate skills, strategies and team play. Prerequisite: Physical Education 1341 or equivalent, or consent of instructor (2 lab hours)

Physical Education

Softball

PHYS 1351 - 1 Credits

Fundamentals of softball: history, rules, strategy, basic skills of fielding, throwing, batting, pitching, base running, and team offensive and defensive philosophies. (2 lab hours)

Tennis I

PHYS 1361 - 1 Credits

Beginning tennis. Topics covered include grips, stances, hitting positions, racquet-face control, forehand, backhand, serve and serve return. Basic tennis rules, scoring and etiquette are also emphasized. (2 lab hours)

Tennis II

PHYS 1362 - 1 Credits

Intermediate tennis. Topics covered include forehand, backhand, serve, serve return, volley, overhead shots, approach shots and dump volley skills. Instruction in singles and doubles is strategy-based and emphasizes high-percentage shot-making. Rules, etiquette and doubles communication are also included. Prerequisite: Physical Education 1361 (2 lab hours)

Track and Field

PHYS 1370 - 1 Credits

Overview of basic techniques used in track and field events. Training principles and methodology for competitive track and field. (2 lab hours)

Volleyball I

PHYS 1381 - 1 Credits

Introduction to the basic rules, skills, techniques and strategies of volleyball and their application to game play. Team play and intersquad competition. (2 lab hours)

Volleyball II

PHYS 1382 - 1 Credits

Advanced skills, techniques and strategies of volleyball and their application to competitive game play. Designed for players with advanced skill and knowledge. Emphasis on team strategies and

intersquad competition. Prerequisite: Physical Education 1381 or previous competitive volleyball skill (2 lab hours)

Aqua Step

PHYS 1400 - 1 Credits

Introduction to water fitness using bench stepping techniques for cardiovascular and muscle conditioning. (2 lab hours)

Swimming I

PHYS 1401 - 1 Credits

Beginning and advanced beginning swimming skills (based on American Red Cross). Water acclimation, floats, glides, kicks, front crawl, combined back stroke, breath control, rhythmic breathing, elementary back stroke, deep water comfort and safety skills. (2 lab hours)

Swimming II

PHYS 1402 - 1 Credits

A continuation of Swimming I. Further refinement of front crawl and elementary back stroke. Intermediate and advanced swimming strokes and skills: turns, back stroke, breast stroke, side stroke, butterfly and lap swimming for fitness. Prerequisite: Physical Education 1401 or equivalent skill (2 lab hours)

Swim Conditioning I

PHYS 1411 - 1 Credits

Students will participate in lap swimming using interval training, timed sets, and stroke techniques drills to improve their swimming ability, cardiovascular endurance and muscular endurance. Individualized swimming workouts are given. Participants should be comfortable in the water and be able to swim 25 yards. (2 lab hours)

Swim Conditioning II

PHYS 1412 - 1 Credits

A continuation of Swim Conditioning I. Lap swimming and interval training to enhance cardiovascular and muscular endurance. Includes intermediate and advanced swimming work-outs, training methods and techniques. (2 lab hours)

Physical Education

Deep Water Fitness

PHYS 1420 - 1 Credits

Introduction to low impact deep water aerobic conditioning, emphasizing cardiovascular fitness, strength, flexibility and endurance conditioning. This form of exercise uses the natural buoyancy of the body in the water, allowing for a decrease in the stress and strain on muscles, joints and ligaments. (2 lab hours)

Water Aerobics I

PHYS 1421 - 1 Credits

Introduction to low impact aquatic aerobic conditioning, emphasizing cardiovascular fitness, strength, flexibility and endurance conditioning. (2 lab hours)

Water Aerobics II

PHYS 1422 - 1 Credits

A continuation of Water Aerobics I. A variety of aquatic exercises to further develop strength, flexibility and cardiovascular fitness in the water. Prerequisite: Physical Education 1421 or equivalent (2 lab hours)

Aquasize I

PHYS 1425 - 0.5 Credits

A water aerobic workout that improves cardiovascular and endurance in a challenging yet low-impact style. Swimming ability is not needed. Bench step and muscle toning exercises are included. (1 lab hour)

Aquasize II

PHYS 1426 - 0.5 Credits

A continuation of Aquasize I. Prerequisite: Physical Education 1425 with a grade of S or better or equivalent (1 lab hour)

Performance Nutrition

PHYS 1500 - 1 Credits

Provides an understanding of consumption of specific nutrients at the right time and in appropriate amounts to enhance fitness and performance. Addresses formulation of eating plans, nutrition fueling, and specific guidelines for development of strength, power and endurance. (1 lecture hour)

Anatomy Tuneup

PHYS 1551 - 1 Credits

An overview of basic anatomy designed for those who are preparing for certification in fitness, yoga or massage. (1 lecture hour)

Healthy Eating

PHYS 1554 - 1 Credits

Basic and practical nutrition information that addresses misconceptions about the nature of food and nutrition in terms of overall wellness. Designed to provide personal appreciation, understanding and awareness of good nutrition and healthy eating. (1 lecture hour)

Personal Fitness Program

PHYS 1555 - 1 Credits

Assessments of components of physical fitness are covered. These components include cardiovascular fitness, muscular strength, muscular endurance, flexibility, body composition, stress and nutrition. Students then use the information ascertained from the assessments to design a personalized exercise prescription. (2 lab hours)

Stress Management

PHYS 1556 - 1 Credits

Exploration of the dimensions, sources, and physiological responses to stress. Emphasis is on the development of skills and techniques for managing stress (2 lab hours)

Women's Health Issues

PHYS 1557 - 1 Credits

Wellness topics specific to the needs, concerns and issues impacting women's health. (1 lecture hour)

Physical Education

Men's Health Issues

PHYS 1558 - 1 Credits

Wellness topics specific to the needs, concerns and issues impacting men's health. (1 lecture hour)

Senior Health Issues

PHYS 1559 - 1 Credits

Wellness topics specific to the needs, concerns and issues impacting senior health. (1 lecture hour)

Dancercise I

PHYS 1601 - 1 Credits

An aerobic fitness class choreographed to music using ballet, jazz and other dance styles. (2 lab hours)

Dancercise II

PHYS 1602 - 1 Credits

A continuation of Dancercise I. Prerequisite: Physical Education 1601 with a grade of S or better or equivalent (2 lab hours)

Zumba I

PHYS 1603 - 0.5-1 Credits

A dance exercise class that is a fusion of Latin & International music and dance moves that creates a dynamic, exciting, and effective workout. Zumba uses a simple dance style borrowing moves from such dances as the merengue, salsa, tango, flamenco. This is combined with aerobic fitness interval training and resistance training to maximize both cardiovascular fitness and body toning benefits. (1 to 2 lab hours)

Zumba I

PHYS 1604 - 0.5-1 Credits

A continuation of the Latin infused dance exercise class Zumba I. Increased level of intensity and choreography Prerequisite: Physical Education 1604 with a grade of S or better or college equivalent or consent of instructor (1 to 2 lab hours)

Ballet I

PHYS 1611 - 1 Credits

Beginning ballet skills. Introduction to the movements and dance skills of classical and contemporary ballet, including basic positions, barre work, center floor work and simple dances. Credit cannot be given for both Dance 1101 and Physical Education 1611 (2 lab hours)

Ballet II

PHYS 1612 - 1 Credits

A continuation of Ballet I. Further work on the movements and dance skills of classical and contemporary ballet with emphasis on intermediate and advanced skills. Credit cannot be given for both Dance 1102 and Physical Education 1612 Prerequisite: Physical Education 1611 or equivalent skill level (2 lab hours)

Modern Jazz I

PHYS 1621 - 1 Credits

An introduction to the movements and dance skills characteristic of jazz dance. This course provides an opportunity to condition the body in the areas of muscle and cardiovascular endurance, coordination, rhythm and balance. Class consists of isolated body movements, technique work, basic steps, step combinations, and traveling movements across the floor. Credit cannot be given for both Dance 1107 and Physical Education 1621 (2 lab hours)

Modern Jazz II

PHYS 1622 - 1 Credits

A continuation of the movements and dance skills of Modern Jazz I. This course gradually adds advanced dance movements and step combinations. Increased opportunity for creative exploration and performance of jazz dance. Credit cannot be given for both Dance 1108 and Physical Education 1622. Prerequisite: Physical Education 1621 or equivalent experience (2 lab hours)

Tap Dancing I

PHYS 1623 - 0.5-1 Credits

An introduction to tap techniques and styles (including rhythm tap and Broadway tap) as well as historical origins and current trends. Emphasis on fundamental skills and rhythms, time steps, footwork, short combinations and styling. Credit cannot be given for both Dance 1110 and Physical Education 1623. (1 to 2 lab hours)

Physical Education

Modern Dance I

PHYS 1624 - 1 Credits

Introduction to body awareness, and movement in space. Technique, placement, and creative experiences are included in this course. Concepts of dance composition are studied through improvisation, vocabulary, and special awareness. Credit cannot be given for both Dance 1104 and Physical Education 1624. (2 lab hours)

Modern Dance II

PHYS 1625 - 1 Credits

A continuation of Modern Dance I. Further work on body awareness, and movement in space. Technique, placement, and creative experiences are included in this course. Concepts of dance composition are studied through improvisation, vocabulary, and spatial awareness. Credit cannot be given for both Dance 1105 and Physical Education 1625. Prerequisite: Physical Education 1624 with a grade of C or better, or equivalent or consent of instructor (2 lab hours)

Social Dance

PHYS 1631 - 1 Credits

Traditional and modern ballroom dancing for those who desire to learn techniques of leading and following in a social dance setting. Waltz, foxtrot, swing and polka, as well as contemporary and/or novelty dances. None (2 lab hours)

Recreational Dance

PHYS 1641 - 1 Credits

Fundamental techniques of folk and square dancing. Etiquette, history, culture and music appreciation for specific dances are also covered. (2 lab hours)

Choreography & Composition of Dance

PHYS 1642 - 2 Credits

Explores the process of using movement to give outward expression of inner sensations and feelings. Includes techniques for releasing tensions, developing imagery, improvisation, and discussion of aesthetic concepts. Credit cannot be given for both Dance 1122 and Physical Education 1642. Prerequisite: Physical Education 1611, Physical Education 1621, Physical Education 1623, Physical Education 1624 or Physical Education 1644 or equivalent, or consent of instructor. (1 lecture hour, 2 lab hours)

Dance Appreciation

PHYS 1643 - 3 Credits

Various aspects of dance as a concert theatre art form and as entertainment with an emphasis on history, dancers, choreographers, trends, and major works of dance in the tradition of western civilization. Credit cannot be given for both Dance 1100 and Physical Education 1643. (3 lecture hours)

Dance Production & Performance

PHYS 1644 - 1-3 Credits

Performance experiences as a dance company and practicum experience in production areas of theatre, dance, design technology, and theatre management. Students audition, rehearse, and perform dance in a college dance production. This course may be taken four times for credit. Credit cannot be given for both Dance 1120 and Physical Education 1644. Prerequisite: Consent of instructor. (2 to 6 lab hours)

Dance Pedagogy

PHYS 1645 - 3 Credits

Exploration of the key approaches to teaching dance. Provides practicum experience in the dance teaching process including study of instructional modes, dance learning styles, and factors affecting dance teaching and learning. Credit cannot be given for both Dance 1130 and Physical Education 1645. (2 lecture hours, 2 lab hours)

Aikido I

PHYS 1701 - 1 Credits

A Japanese martial art based on harmony and non-aggression. The learning and performance of basic skills of the activity are stressed. Knowledge and techniques with special emphasis on safety, attitude and etiquette. (2 lab hours)

Aikido II

PHYS 1702 - 1 Credits

A continuation of Aikido I. A Japanese martial art based on harmony and non-aggression. The learning and performance of basic skills of the activity are stressed. Knowledge and techniques with special emphasis on safety, attitude and etiquette. Prerequisite: Physical Education 1701 or equivalent experience (2 lab hours)

Physical Education

Hapkido I

PHYS 1711 - 1 Credits

Hapkido is Korean martial art that emphasizes defensive techniques and Ki (inner power) through the coordination of mind and body. Hapkido teaches blocks, kicks and strikes, but emphasizes joint-locking and pressure points. (2 lab hours)

Hapkido II

PHYS 1712 - 1 Credits

A continuation of Hapkido I. Hapkido is a Korean martial art that emphasizes defensive techniques and Ki (inner power) through the coordination of mind and body. Hapkido teaches blocks, kicks and strikes, but emphasizes joint-locking and pressure points. These skills allow for effective control of an opponent. Prerequisite: Physical Education 1711 or equivalent (2 lab hours)

Judo I

PHYS 1721 - 1 Credits

The learning performance of fundamental psycho-motor skills and techniques of judo, individually and/or as part of a team, with special emphasis on safety and sportsmanship. (2 lab hours)

Judo II

PHYS 1722 - 1 Credits

A continuation of Judo I. Competition is encouraged when available, and more advanced techniques and strategies are explored. Prerequisite: Physical Education 1721 or equivalent, or consent of instructor (2 lab hours)

Jujutsu I

PHYS 1731 - 1 Credits

(Miyama Ryu) The art of Japanese Samurai from which judo and aikido were derived. JuJutsu is based on mechanical principles and is used only for defensive purposes. Benefits are improved fitness, coordination and defensive skill training. (2 lab hours)

Jujutsu II

PHYS 1732 - 1 Credits

A continuation of JuJutsu I. Advanced techniques and applications. Prerequisite: Physical Education 1731 (2 lab hours)

Karate I

PHYS 1741 - 1 Credits

An introduction to karate and the basics of the martial arts called Tang Soo Do. Stance, blocks, punches, kicks, elbow strikes, techniques of self-defenses, and physical and mental conditioning. (2 lab hours)

Karate II

PHYS 1742 - 1 Credits

Continued practice of Tang Soo Do skills and techniques with emphasis on intermediate to advanced level self defense skills. Prerequisite: Physical Education 1741 or equivalent (2 lab hours)

Personal Defense

PHYS 1751 - 1 Credits

Introduction to personal defense skills. (2 lab hours)

Personal Safety for Women

PHYS 1761 - 1 Credits

Emphasizes non-violent options (beyond traditional self-defense) to offset assault on women. Safety awareness, de-escalation techniques and physical techniques are included. Social conditioning that creates the "victim" profile, the differences between passive, assertive and aggressive behavior, and the most common ways women are assaulted are also included. 2 lab hours)

Malay Silat I

PHYS 1771 - 1 Credits

Malaysian martial art form that involves defensive principles, self-awareness, skill and sensitivity training. Encompassing both soft and hard styles, the main emphasis is on self-preservation, deception skills and keeping a low profile. Music and a form of dance are also a part of this practice. (2 lab hours)

Physical Education

Malay Silat II

PHYS 1772 - 1 Credits

A continuation of Malay Silat I. Malay Silat techniques with emphasis on intermediate to advanced level self defense skills. Also includes the philosophy of the art. Prerequisite: Physical Education 1171 with a grade of S or better or college equivalent or consent of instructor (2 lab hours)

Flow Yoga I

PHYS 1774 - 0.5-1 Credits

A subset of hatha yoga, vinyasa flow is series of poses (asanas) joined together to create a smooth flow. Each asana or movement is syncronized with the breath and each movement is connected to the next. A slower moderate pace diffentiates this from power yoga. (2 lab hours)

Flow Yoga II

PHYS 1775 - 0.5-1 Credits

A continuation of Flow Yoga I, with additional sequences; encorporating intermediate level skills or longer duration of poses. Continued emphasis on the connection of breath and movement. Prerequisite: Physical Education 1174 with a grade of S or better or college equivalent (1 to 2 lab hours)

Relaxation & Meditation Techniques

PHYS 1778 - 0.5-1 Credits

A variety of relaxation and meditation techniques are used to enable students to decrease stress, improve focus and develop an everyday peace of mind in the face of today's busy lifestyle. (1 to 2 lab hours)

Special Project

PHYS 1800 - 1-3 Credits

Special project courses in Physical Education cover topics not otherwise covered by general education courses and other courses in the Catalog for the Physical Education discipline. These courses require direct experience and focused reflection in an in-depth study of a specific Physical Education topic and/or the critical analysis of contemporary issues in physical education. They are targeted to self-selected students with an interest in the subject matter and involve active participation: The course delivery incorporates an experiential component of no less than 50 percent but not to exceed 75 percent. This experiential component may include field studies, interdisciplinary learning and/or the practical application of physical education concepts, theories,

principles and methods with a specific focus. All courses require an orientation session to deliver academic and experiential information (syllabus, academic requirements, field preparation, logistics etc.)

Bowling I

PHYS 1801 - 1 Credits

Introduction to the fundamental skills and techniques of bowling. Etiquette, scoring, game procedure and rules are covered. (2 lab hours)

Bowling II

PHYS 1802 - 1 Credits

Prepares students to advance from the level of a recreational bowler to competitive league bowler. Etiquette, scoring, advanced bowling technique, strategy and a review of the rules. Prerequisite: Physical Education 1801 or consent of instructor (2 lab hours)

Bicycle Touring

PHYS 1804 - 1 Credits

Outdoor cycling for recreation and fitness. Riding skills, equipment, training techniques, nutrition and planning for bike trips and/or touring. (2 lab hours)

Angling

PHYS 1805 - 1 Credits

Bait, spin-casting, still-fishing techniques, equipment care, and general fishing skills and practices. (2 lab hours)

Canoeing

PHYS 1810 - 1 Credits

Fundamental skills of canoeing including basic strokes, safety and canoe camping. (2 lab hours)

Backpacking

PHYS 1811 - 1 Credits

Physical Education

Basics of backpacking including wilderness survival skills, equipment, conditioning, first aid, environmental issues and etiquette. (2 lab hours)

Outdoor Environment Skills

PHYS 1813 - 1 Credits

Weekend and/or weeklong outdoor strip allow for development of wilderness survival and safety skills primarily through experiences in camping. Rock climbing, backpacking, hiking and canoeing experiences, depending on trip. (2 lab hours)

Selected Topics

PHYS 1820 - 0.5-3 Credits

Introductory exploration and analysis of selected topics with a specific theme indicated by course title listed in college Class Schedule. This course may be taken four times for credit as long as different topics are selected.(.5 to 3 lecture hours, .5 to 3 lab hours)

Fencing I

PHYS 1821 - 1 Credits

Beginning fencing. Topics include the grip, the lunge, parry, riposte, body positions, footwork, and movements for advance and retreat. Rules, etiquette, fencing equipment, scoring, safety, playing courtesies and open bouting are also included. (2 lab hours)

Fencing II

PHYS 1822 - 1 Credits

Builds on the skill of Fencing I by adding more advanced strategies of attack and defend. Footwork and speed drills are done with emphasis on good alignment. Time is divided equally between skill-building drills and practice bouts. Advanced strategies, rules, safety and etiquette are also emphasized. Prerequisite: Physical Education 1821 or equivalent (2 lab hours)

Marksmanship

PHYS 1831 - 1 Credits

Marksmanship skills for police academy trainees. (2 lab hours)

Independent Study

PHYS 1840 - 1-4 Credits

Exploration and analysis of topics within physical education to meet individual student-defined course description, goals, objectives, topical outline and methods of evaluation in coordination with, and approved by the instructor. This course may be taken four times for credit as long as different topics are selected. Prerequisite: Consent of instructor is required (1 to 4 lecture hours)

Rock Climbing

PHYS 1841 - 1 Credits

An introduction to rock climbing, emphasizing basic skills and techniques. Also included: equipment usage, care of equipment, terminology and safety. (2 lab hours)

Downhill Skiing I

PHYS 1851 - 1 Credits

Downhill skiing emphasizing the development of basic skills and an understanding of safety procedures. (2 lab hours)

Downhill Skiing II

PHYS 1852 - 1 Credits

Downhill skiing emphasizing the practice and development of intermediate skiing techniques. Safety procedures and practices are also stressed. Prerequisite: Physical Education 1851 (2 lab hours)

Cross Country Skiing I

PHYS 1854 - 1 Credits

Introduction to cross country skiing skills. Skiing techniques, safety methods, winter survival techniques, care of equipment, orienteering and physical conditioning. (2 lab hours)

Cross Country Skiing II

PHYS 1855 - 1 Credits

A continuation of Cross Country Skiing I skills. Advanced cross country skiing techniques, increased physical conditioning, orienteering and leadership skills. Prerequisite: Physical Education 1854 or equivalent (2 lab hours)

Physical Education

Hatha Yoga I

PHYS 1901 - 1 Credits

Exploration and practice of the yogic system of mind/body awareness and fitness. Students improve muscular strength, endurance, flexibility and concentration. Release of stress and tension through yoga asanas (postures), pranayama (breath control) and meditation. (2 lab hours)

Hatha Yoga II

PHYS 1902 - 1 Credits

A continuation of Hatha Yoga I. Further exploration of the yogic system of mind/body awareness and fitness. Challenging asanas that require higher levels of strength and balance, as well as increased practice of inversions, twists and backbends are covered. The chakra system of energy flow studied with the asana movements. Prerequisite: Physical Education 1901 or equivalent experience (2 lab hours)

Gentle Yoga I

PHYS 1904 - 1 Credits

A hatha yoga class designed to be less stressful on the joints. Asanas (poses) are chosen to emphasize flexibility and relaxation. Meditation techniques and restorative poses are emphasized. (2 lab hours)

Gentle Yoga II

PHYS 1905 - 1 Credits

A continuation of Gentle Yoga I. Prerequisite: Physical Education 1904 with a grade of S or better or equivalent. (2 lab hours)

Vinyasa Flow Yoga I

PHYS 1908 - 0.5 Credits

A type of hatha yoga that links the breath with each movement to create a seamless and easy transition from one pose to the next. (1 lab hour)

Vinyasa Flow Yoga II

PHYS 1909 - 0.5 Credits

A continuation of Vinyasa Flow Yoga I. Prerequisite: Physical Education 1908 with a grade of S or better or equivalent (1 lab hour)

Pilates I (Mat)

PHYS 1911 - 1 Credits

Students participate in a series of stretching and strengthening exercises based on the Joseph Pilates (pil-LAH-teez) method of body conditioning. Designed to develop muscle strength and tone. This is a mat course; machines are not used. (2 lab hours)

Pilates II (Mat)

PHYS 1912 - 1 Credits

A continuation of Pilates I. Stretching and strengthening exercises based on the Joseph Pilates method of body conditioning. This is a mat course; machines are not used. Prerequisite: Physical Education 1911 with a grade of S or better or equivalent (2 lab hours)

Power Yoga I

PHYS 1921 - 1 Credits

Yoga postures (asanas) are coordinated specifically to the breath and in a continuous flow to not only enhance flexibility, muscular strength and endurance, but also to improve cardiovascular fitness to a further degree than basic yoga. Release of stress through yoga postures, pranayama (breathing), and meditative techniques are also covered. (2 lab hours)

Power Yoga II

PHYS 1922 - 1 Credits

A continuation of Power Yoga I. Increasingly advanced yoga moves (asanas) are coordinated specifically to the breath and in a continuous flow so as to further the components of physical fitness and overall wellness. Emphasis is on a more challenging workout. Release of stress through yoga postures, pranayama (breathing) and meditative techniques. Prerequisite: Physical Education 1921 or equivalent experience (2 lab hours)

NIA Aerobics I

PHYS 1931 - 1 Credits

Physical Education

An introduction to neuromuscular integrative action (NIA) aerobics. A holistic exercise course that combines martial arts, yoga, dance, physical, mental, emotional and spiritual exercises, and conditioning techniques. (2 lab hours)

NIA Aerobics II

PHYS 1932 - 1 Credits

A continuation of NIA aerobics. Further neuromuscular integrative action (NIA) activities provide a unique workout that combines basic conditioning techniques, martial arts, yoga and dance, as well as emotional and spiritual exercises. Prerequisite: Physical Education 1931 or equivalent experience (2 lab hours)

Introduction to Physical Education

PHYS 2200 - 3 Credits

A study of the history and development of physical education and the related areas of recreation, health, safety and athletics. Special emphasis is devoted to the aims and objectives of physical education. (3 lecture hours)

Introduction to Coaching

PHYS 2201 - 3 Credits

Principles, practices and philosophy of sports coaching for students interested in pursuing a coaching career at the youth, interscholastic or intercollegiate level. (3 lecture hours)

Introduction to Athletic Programs

PHYS 2202 - 3 Credits

A study of the organizational management and administration of athletic programs at the elementary, secondary, collegiate and professional levels. Emphasis is on both philosophical and practical aspects of athletics. (3 lecture hours)

Teaching Sports Skills

PHYS 2203 - 3 Credits

Motor learning, educational methods, and effective techniques for teaching sport and physical skills to school-aged children and adults. Experience in applying teaching techniques to others. (3 lecture hours)

Theory and Practice of Baseball

PHYS 2204 - 3 Credits

An introduction to baseball skills in the classroom and on the field covering skill progressions, strategies and teaching pedagogy of all nine positions of the game. (2 lecture hours, 2 lab hours)

Theory and Practice of Soccer

PHYS 2205 - 3 Credits

Knowledge, progressions and skills are emphasized in this fundamental approach to soccer. Offensive progressions include: fundamental skills, offensive moves, position breakdown, team formations and special plays. Defensive progressions include: team concepts, individual concepts, man-to-man defenses, zone defenses and special defensive formations. Team play and rules of the game are emphasized. (2 lecture hours, 2 lab hours)

Theory and Practice of Basketball

PHYS 2206 - 3 Credits

Knowledge, progressions and skills are emphasized in this fundamental approach to basketball. Offensive progressions include: fundamental skills, offensive moves, position breakdown, team offenses and special offenses. Defensive progressions include: team concepts, individual concepts, neutralization of offensive skills, man-to-man defenses, zone defenses and special defenses. Team play and rules of the game are emphasized. (2 lecture hours, 2 lab hours)

Theory and Practice of Football

PHYS 2208 - 3 Credits

Analysis, instruction and demonstration of the fundamental skills in football. A study of the various systems of play and the strengths and weaknesses of each. (2 lecture hours, 2 lab hours)

Sports in Society

PHYS 2210 - 3 Credits

This course will provide the students with a basic understanding of the theories and principles related to sociocultural issues, ethics, and morality in the sports industry. Students will be exposed to the current issues and trends that are prevalent in the sports industry. Topics may include, legal issues, amateur vs. professional athletes, technology and the media, issues related to gender, race, and or sexual orientation, and the globalization of the sports industry. (3 lecture hours)

Physical Education

Theory and Practice of Track and Field

PHYS 2224 - 3 Credits

Track and field coaching and teaching theories including skill technique for each event, season and daily practice preparation, and coaching methodology. Sprints, relays, hurdles, middle distance, shot put, discus, javelin, hammer, long jump, triple jump, high jump, pole vault and the multi-events are covered. (2 lecture hours, 2 lab hours)

Theory and Practice of Volleyball

PHYS 2230 - 3 Credits

Analysis, instruction, demonstration and teaching progression of the fundamentals of volleyball for the physical education major, player and/or future coach. Teaching and coaching methods, offensive and defensive systems and strategies, history and rule interpretations are included. (2 lecture hours, 2 lab hours)

Theory and Practice of Fastpitch Softbal

PHYS 2233 - 3 Credits

An introduction to fastpitch softball skills in the classroom and on the field covering skill progressions, strategies and teaching pedagogy of all nine positions of the game. (2 lecture hours, 2 lab hours)

Skin and Scuba Diving

PHYS 2238 - 3 Credits

Development of skills for floating weightless in the campus' 15-foot deep pool. Safety and survival underwater skills are achieved in classroom and pool sessions. Stresses understanding the environment, diving equipment and limitation of the individual. Successful completion of this course prepares the student for open water scuba diving. Scuba equipment is provided. Prerequisite: Demonstrate comfort in the water with reasonable swimming proficiency. (2 lecture hours, 2 lab hours)

Skin and Scuba Diving II

PHYS 2239 - 3 Credits

A continuation of Physical Education 2238. Refinement of previously learned skills and introduction to advanced skills. Prerequisite: Physical Education 2238 with a grade of S or better and/or certification and/or consent of instructor (2 lecture hours, 2 lab hours)

Introduction to Sport Psychology

PHYS 2240 - 3 Credits

An examination of the psychological reasons for people participating in various types of competitive and non-competitive sports. Application of psychological concepts to improve the athlete's personal growth and development with attention to the coach's role in accomplishing these objectives. Topics covered include: attainment of optimal arousal level, improvement of concentration, mental rehearsal for events, positive reinforcement, goal setting, relaxation techniques, and self fulfillment through non-competitive sports. (3 lecture hours)

Lifeguard Training

PHYS 2244 - 2 Credits

Students are trained and prepared to fulfill the requirements of the American Red Cross Life Guard Training certification. Topics include water safety, accident prevention, assist and rescue techniques, and the job requirements of a lifeguard. American Red Cross cards will be issued to those who qualify. Must be able to pass a swimming skills test at the beginning of class. Prerequisite: Swimming test at the discretion of the instructor. (Swimming skills at the level of "Swimmer" of the American Red Cross program recommended) (1 lecture hour, 2 lab hours)

Living With Health

PHYS 2251 - 3 Credits

Personal and community health issues. Achieving overall wellness and implementing behavior changes through knowledge of current health research. Major topics may include: stress management, anxiety and mood disorders, relationships, nutrition, physical fitness and exercise, weight management, drug use and abuse, cancer, cardiovascular diseases, AIDS and other sexually transmitted diseases. (3 lecture hours)

CPR Training

PHYS 2253 - 1 Credits

Cardiopulmonary resuscitation (CPR) for adult, child and infant. Automatic external defibrillator (AED) training. (2 lab hours)

First Aid and CPR

PHYS 2254 - 3 Credits

Physical Education

The value and need for training in emergency first aid, cardiopulmonary resuscitation and automatic external defibrillators are emphasized with certification granted upon successful completion of the course. (3 lecture hours)

Care and Prevention of Athletic Injuries

PHYS 2255 - 3 Credits

Introduction to the responsibilities and duties of an athletic trainer including basic fundamentals and techniques, injury care and prevention, injury recognition, emergency care, supportive strapping and wrapping techniques, ordering of supplies, budgeting and the general operation of a training room facility. (3 lecture hours)

Applied Procedures and Techniques

PHYS 2256 - 3 Credits

Training room techniques and procedures. Applications to both hands-on practice and competitive field experience under the supervision of certified athletic trainers. (1 lecture hour, 4 lab hours)

Athletic Taping Techniques

PHYS 2257 - 1 Credits

Study and practice of supportive strapping, wrapping and taping techniques. Emphasis on proper techniques and appropriate injury situations requiring added support. (2 lab hours)

The Science of Nutrition

PHYS 2258 - 3 Credits

Fundamentals of human nutrition. Basic biochemistry and physiology of all nutrients. Topics include anatomy and physiology of digestion, nutritional requirements and metabolism. Supplements, diets, and exercise applications are also addressed. (3 lecture hours)

The Science of Physical Fitness

PHYS 2260 - 2 Credits

Basic exercise physiology principles as applied to the development of personal and professional fitness programs. Major topics include muscle cell physiology, energy metabolism during exercise, nutrition for fitness, cardiovascular training, and muscular conditioning. (2 lecture hours)

Applied Kinesiology

PHYS 2261 - 3 Credits

Functional anatomy and physiology essential to those in fitness and physical education professions. Special emphasis on the musculoskeletal system. Includes basic biomechanics and movement analysis for exercise and sport applications. (3 lecture hours)

Fitness Instructor Training-Group

PHYS 2262 - 2 Credits

Application of exercise and teaching principles for leading group exercise classes. Practical experience in leading a variety of fitness classes in preparation for teaching and/or national certification. (1 lecture hour, 2 lab hours)

Fitness Instructor Training-Personal

PHYS 2263 - 2 Credits

Application of exercise and teaching principles for personal fitness instruction. Practical experience in leading a variety of exercise methods and techniques in preparation for teaching and/or certification. (1 lecture hour, 2 lab hours)

Sports Mechanics for Coaches

PHYS 2264 - 2 Credits

Provides an understanding of sport science, the mechanics of human movement, and their application to athletic performance. Addresses sport protocols, coaching techniques, and kinesiology. (2 lecture hours)

Biophysical Foundations/Human Movement

PHYS 2265 - 2 Credits

Provides an understanding of anatomical, mechanical, physiological, neural, and psychological bases of human movement. (2 lecture hours)

Introduction to Sports Marketing

PHYS 2270 - 3 Credits

This course will cover the basic theories and principles of sports marketing and communications from sports and recreational facilities to professional and amateur sports. Reveals how to study

and understand the market, develop a marketing strategy, clarify a sports organization's needs and goals, and implement marketing plans through sponsorship, fundraising, licensing, pricing, promotions, advertising, broadcasting and sales. (3 lecture hours)

Special Project

PHYS 2800 - 1-3 Credits

Special project courses in physical education cover topics not otherwise covered by general education courses and other courses in the Catalog for the Physical Education discipline, while building upon academic knowledge and skills acquired in introductory-level Physical Education classes. These courses require direct experience and focused reflection in an in-depth study of a specific physical education topic and/or the critical analysis of contemporary issues in physical education. They are targeted to self-selected students with an interest in the subject matter and involve active participation. The course delivery incorporates an experiential component of no less than 50 percent but not to exceed 75 percent. This experiential component may include field studies, interdisciplinary learning, and/or the practical application of more complex physical education concepts, theories, principles and methods with a specific focus. All courses require an orientation session to deliver academic and experiential information (syllabus, academic requirements, field preparation, logistics, etc.) Prerequisite: At least one course in Physical Education or consent of instructor

Experimental/Pilot Class

PHYS 2840 - 1-6 Credits

Exploration and analysis of topics within Physical Education. This course is used to pilot a proposal for a permanent discipline course. This course may be taken four times for credit as long as different topics are selected. Prerequisite: Consent of instructor is required

Internship (Career & Technical Ed)yCoop Ed/Internship Occup

PHYS 2860 - 1-4 Credits

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.

Internship (Career & Technical Ed)yCoop Ed/Internship Occup

PHYS 2863 - 3 Credits

Course requires participation in Career and Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 225 clock hours for three semester credit hours. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.

Internship Advanced (Career & Tech Ed)

PHYS 2865 - 1-4 Credits

Continuation of Internship (Career and Technical Education). Course requires participation in Career & Technical Education work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.

Internship (Transfer)

PHYS 2870 - 1-4 Credits

Course requires participation in work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.

Internship - Advanced (Transfer)

PHYS 2871 - 1-4 Credits

Continuation of Internship (Transfer). Course requires participation in work experience with onsite supervision. Internship learning objectives are developed by student and faculty member, with

approval of employer, to provide appropriate work-based learning experiences. Credit is earned by working a minimum of 75 clock hours per semester credit hour, up to a maximum of four credits. Prerequisite: 2.0 cumulative grade point average; 12 semester credits earned in a related field of study; students work with Career Services staff to obtain approval of the internship by the Associate Dean from the academic discipline where the student is planning to earn credit.