

PHIL 106 (1957) Ethics KRSN PHL1020**

Prerequisite: None

Credit Hours: 3

This course provides a systematic and critical study of values related to human conduct. It focuses on both traditional standards of ethical conduct and qualities of personal character. What we hold to be right or wrong, the basis for believing so, and what we consider to be virtues or vices are examined with an eye to understand our current ethical situation.

Physical Education

PED 101 (0833) Introduction to Physical Education

Prerequisite: None

Credit Hours: 3

Study of history, philosophy, and social significance of physical education. Includes equipment design, calls visitation, and construction of a physical education program.

PED 103 (0771) Care and Prevention of Athletic Injuries

Prerequisite: None

Credit Hours: 3

The study and application of the methods used in athletic training to prevent and to care for injuries specific to athletic participation.

PED 105 (0837) Personal and Community Health KRSN HSC 1020**

Prerequisite: None

Credit Hours: 3

Acquaints students with modern health problems and solutions. Topics are communicable diseases, social health, mental health, and consumer health with a concentration emphasis on lifestyle problems. Course meets requirements for all students interested in teaching, physical education, or nursing.

PED 107 (0814) Community Recreation

Prerequisite: None

Credit Hours: 3

An introductory course in recreation. It provides each student with the basic understanding of leisure time impact upon society and makes each student aware of the importance of off-work activity. Explains how government, state, and local programs function.

PED 109 (0832) Recreational Activities

Prerequisite: None

Credit Hours: 2

This course is designed to meet the need of those students who plan to teach in the junior or senior high school or enter the recreation field. The emphasis is weighed more heavily toward individual participation rather than team, however, both are included. Stress is on the wise use of leisure time activities.

PED 110 Introduction to Exercise Science

Prerequisite: None

Credit Hours: 3

This course is designed to introduce students to the history of exercise science, philosophies, potential careers, and terminology used in exercise science fields. Students will also be introduced to exercise physiology concepts, measures and testing, facility sites and issues, and basic medical precautions.

PED 111 (0772) Athletic Training Practicum I

Prerequisite: PED 103 Care and Prevention of Athletic Injuries

Credit Hours: 2

*Refer to the Placement Testing Procedure 3.22, page 23 ** Refer to Course Transfer, page 17

Students will receive practical athletic training experience as an apprentice with varsity sports programs during practices and games.

PED 114 (1365) Basic Nutrition KRSN HSC1010**

Prerequisite: None

Credit Hours: 3

Principles of normal nutrition. Food values and adequate nutrient allowances for growth and maintenance will be discussed.

PED 115 Personal Training and Fitness Management

Prerequisite: PED 110 Introduction to Exercise Science

Credit Hours: 3

This course will introduce students to the career options of a personal trainer and prepare them for success in that field. Students will learn biometrics, measurements and testing, and exercise planning. Facility design, funding, legal issues, and safety will also be covered in the course.

PED 116 (0773) Lifetime Fitness Concepts

Prerequisite: None

Credit Hours: 1

Lifetime Fitness Concepts is a one hour course offered by the Department of Recreation and Health. It is the objective of this course to present a series of physical fitness related concepts to the general student population with the expectation that the information will enlighten and motivate the students to improve their personal fitness status. The concepts presented will allow the students to become familiar with, and to actually begin to participate in activities and programs which may alter their lifestyles and which could make them healthier more productive people.

PED 117 Training and Conditioning Lab I

Prerequisite: PED 115 Personal Training and Fitness Management

Credit Hours: 1

Students will learn to safely demonstrate and teach proper weight lifting and conditioning exercises. Students will learn basic bio-mechanical movements and terminology. Movements in a single plane and multiple planes will be covered. Students will work with scenarios to modify exercise plans to meet participant requirements to develop progress in exercise. Group exercise planning, plyometrics, and individualized exercised planning will all be demonstrated.

PED 118 (0892) First Aid KRSN HSC1040**

Prerequisite: None

Credit Hours: 2

The purpose of this course is to provide the citizen responder with the knowledge and skills necessary in an emergency to help sustain life, reduce pain, and minimize the consequences of injury or sudden illness until professional medical help arrives. An emphasis is also on prevention of injury and illness.

PED 140 (0829) Theory of Coaching Baseball

Prerequisite: None

Credit Hours: 3

Discussion and participation in pre-season and in-season training methods, skill development and administrative principles in the coaching of baseball.

PED 141 (0920) Theory of Coaching Basketball

Prerequisite: None

Credit Hours: 3

Discussion and participation in pre-season and in-season training drills and development in administrative principles in the coaching of basketball with a concentration emphasis placed on the college level.

PED 142 (0894) Theory of Coaching Wrestling

Prerequisite: None

Credit Hours: 3

*Refer to the Placement Testing Procedure 3.22, page 23 ** Refer to Course Transfer, page 17

Provides for the beginner an extension of basic wrestling. It awards the athlete with credit for physical exercise and mental acquaintance with the rules, strategies, and disciplines of the sport.

PED 162 (0855) Swimming

Prerequisite: None

Credit Hours: 1

Theory and practice in techniques of swimming, designed to fit the individual needs of the student from basic swimming strokes to lifesaving techniques.

PED 171 Zumba

Prerequisite: None

Credit Hours: 1

Zumba Fitness is a dance-fitness program that blends red-hot international music and contagious steps to form a "fitness-dance party" that is downright addictive.

PED 172 Kickboxing

Prerequisite: None

Credit Hours: 1

Kickboxing is practiced for self-defense, fitness or as a contact sport. Originally developed in Japan, it's a sport that combines Karate, Muay Thai and boxing and uses punching, kicking, knee and elbow strikes and defense.

PED 176 Dance Appreciation (Cheerleading)

Prerequisite: None

Credit Hours: 1

Students will learn the fundamentals of spirit squad performance. This course is designed to introduce and develop fitness and conditioning through various methods of cardiorespiratory and muscular training techniques. Different principles of total fitness will be discussed. May be taken for credit four times to apply towards graduation.

PED 185 (0809) Lifesaving

Prerequisite: None

Credit Hours: 2

Instruction in lifesaving enabling students to take care of themselves and to safely aid or rescue anyone in danger of drowning, when rescue is humanly possible.

PED 189 (0853) Rules and Officiating

Prerequisite: None

Credit Hours: 3

This course covers the rules of football, basketball, tennis, and wrestling. Students are exposed to the proper mechanics of officiating these sports.

PED 193 Yoga

Prerequisite: None

Credit Hours: 1

Emphasis in this course will be placed on the fundamental yoga postures for students with a level of knowledge and skill from beginner to intermediate, in the practice of yoga. Students will connect the postures to breath flow with the goals of enhancing flexibility, muscle tone and overall physical and mental wellness. The classes are designed to teach yoga practice and to encourage students to continue yoga practice at home and throughout their lives. Vinyasa, Hot, Yin and Restorative methods are the primary type of yoga method presented, but will also include variations from other yoga styles.

PED 195 Weightlifting

Prerequisite: None

Credit Hours: 1

Weightlifting is designed to allow the student to learn to strength train using proper form.

*Refer to the Placement Testing Procedure 3.22, page 23 ** Refer to Course Transfer, page 17

PED 196 Crossfit Training

Prerequisite: None

Credit Hours: 1

Crossfit is a constantly varied combination of functional movements: weightlifting, gymnastics and cardio.

PED 198 Watercolor Painting

Prerequisite: None

Credit Hours: 1

Watercolor is an excellent activity for hand/eye coordination, finger dexterity, and stress relief. Students will be exploring the techniques of watercolors and experimenting with various techniques and methods including wet on wet, dry on wet, mat framing, and how to prepare the watercolor paper for painting. They will also learn about setting up a palette, the relationship of colors, simple color mixing, etc.

PED 199 Jewelry Making

Prerequisite: None

Credit Hours: 1

Jewelry Making is an excellent activity for hand/eye coordination, finger dexterity, and stress relief. In this hands-on course, students will explore the world of jewelry making while creating five or six pieces of jewelry and learning the basics of jewelry design and materials, color theory, and different media and techniques used in the making of jewelry.

PED 200 Knitting and Crocheting

Prerequisite: None

Credit Hours: 1

Knitting and Crocheting are excellent activities for hand/eye coordination, finger dexterity, and stress relief. Students in this course will create apparel, household needs, gifts and useful items using traditional knitting techniques. They will continue to preserve a skill while making one of a kind treasures. They will also learn the rich history of knitting and crocheting and their relevance for today's culture.

Varsity Sports

PED 120 (0784) Varsity Baseball I

Prerequisite: None

Credit Hours: 1

PED 121 (0785) Varsity Baseball II

Prerequisite: Varsity Baseball

Credit Hours: 1

PED 122 (0801) Varsity Basketball I

Prerequisite: None

Credit Hours: 1

PED 123 (0802) Varsity Basketball II

Prerequisite: Varsity Basketball I

Credit Hours: 1

PED 129 (0918) Varsity Softball I

Prerequisite: None

Credit Hours: 1

PED 130 (0790) Varsity Softball II

Prerequisite: Varsity Softball I

Credit Hours: 1

*Refer to the Placement Testing Procedure 3.22, page 23 ** Refer to Course Transfer, page 17

PED 131 (0780) Varsity Volleyball I

Prerequisite: None

Credit Hours: 1

PED 132 (0781) Varsity Volleyball II

Prerequisite: Varsity Volleyball I

Credit Hours: 1

PED 133 (0824) Varsity Wrestling I

Prerequisite: None

Credit Hours: 1

PED 134 (0825) Varsity Wrestling II

Prerequisite: Varsity Wrestling I

Credit Hours: 1

PED 210 (0786) Varsity Baseball III

Prerequisite: Varsity Baseball II

Credit Hours: 1

PED 211 (0787) Varsity Baseball IV

Prerequisite: Varsity Baseball III

Credit Hours: 1

PED 214 (0803) Varsity Basketball III

Prerequisite: Varsity Basketball II

Credit Hours: 1

PED 215 (0804) Varsity Basketball IV

Prerequisite: Varsity Basketball III

Credit Hours: 1

PED 220 (0791) Varsity Softball III

Prerequisite: Varsity Softball II

Credit Hours: 1

PED 221 (0792) Varsity Softball IV

Prerequisite: Varsity Softball III

Credit Hours: 1

PED 222 (0826) Varsity Wrestling III

Prerequisite: Varsity Wrestling II

Credit Hours: 1

PED 223 (0827) Varsity Wrestling IV

Prerequisite: Varsity Wrestling III

Credit Hours: 1

Physical Science

All 5 Credit Hour Physical Science courses include a Lab.

PHSC 101 (0901) Physical Geology KRSN PSI1030

Prerequisite: Reading Essentials

*Refer to the Placement Testing Procedure 3.22, page 23 ** Refer to Course Transfer, page 17