

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 biomechanical 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 and CPR 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 189 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.

Physical Science

All 5 Credit Hour Physical Science courses include a Lab.

PHSC 101 (0901) Physical Geology KRSN PSI1030

Prerequisite: None

Credit Hours: 5

Physical Geology studies planet Earth and its physical, chemical and biological attributes. Emphasis will be on the mid-continent geographic region and Kansas in particular. Locally minerals, rocks and hydrological systems will be investigated.

PHSC 103 (1910) Introduction to Astronomy KRSN PHY1020**

Prerequisite: None

Credit Hours: 5

A study via instruction and laboratory experiences of the historical developments in astronomy from ancient times; the theoretical and empirical foundations of astronomy; the composition and mechanics of the solar system, stellar systems, and galactic systems; and introduction to observational astronomy and cosmology.

PHSC 105 (1911) Physical Science KRSN PSI1010**

Prerequisite: None

Credit Hours: 5

A survey course that emphasizes physics, chemistry, earth science, and astronomy. Designed for the student whose concentration is not in a science or engineering field, but who needs to fulfill a laboratory science requirement.

*Refer to the Placement Testing Procedure 3.22, page 22 **Refer to Course Transfer, page 17