

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 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: MATH 100 Intermediate Algebra with a "C" or equi

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.

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

PHSC 105 (1911) Physical Science KRSN PSI1010**

Prerequisite: MATH 096 Beginning Algebra or higher

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. Not open to those who have any college credit in chemistry or physics.

Physics or Engineering

All 5 Credit Hour Physics courses include a Lab.

PHYS 201 (1931) College Physics I KRSN PHY1010**

Prerequisite: MATH 115 College Algebra (C or better)

Credit Hours: 5

Physics I is the study of translational and rotational motion, force, work, mechanical and thermal energy, linear and angular momentum, and fluid mechanics using the tools of algebra and trigonometry.

PHYS 203 (0901) Engineering Physics I KRSN PHY1030**

Prerequisite: Concurrent enrollment in or completion of MATH 130 Calculus I

Credit Hours: 5

Physics I is the study of translational and rotational motion, force, work, mechanical and thermal energy, linear and angular momentum, and fluid mechanics using the tools of algebra, trigonometry, and calculus.

PHYS 205 (1932) College Physics II KRSN PHY2020**

Prerequisite: MATH 125 Trigonometry and PHYS 201 College Physics I

Credit Hours: 5

Physics II is the continuation of Physics 201 using the tools of algebra and trigonometry. Topics covered in this course will include electricity and magnetism, waves, optics, and an introduction to modern physics.

PHYS 208 (0902) Engineering Physics II KRSN PHY2030**

Prerequisite: Concurrent enrollment in or completion of MATH 131 Calculus II.

Credit Hours: 5

Physics 208 is the continuation of Physics 203 using the tools of algebra, trigonometry, and calculus. Topics covered in this course will include electricity and magnetism, waves, optics, and an introduction to modern physics.

Political Science

POLS 105 (2270) American Government KRSN POL1020**

Prerequisite: None

Credit Hours: 3

A general, systematic study of the development and structure of the American national government, with emphasis on the actual workings. Serves as a foundation for other political science courses.

POLS 106 International Relations KRSN POL1030**

Prerequisite: None

Credit Hours: 3

Study of significant events, forces and trends in national and international affairs, with an emphasis on interpretation of those current events.

The course will look at International Relations as a discipline and look at the conflicts and cooperation between different nation states, their leaders and how they relate to one another.

Students will study history, geography, military power, terrorism, military and political conflicts and various nations positions on international topics.

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