

PHYSICAL EDUCATION (PHED)

PHED-100 FITNESS/WELLNESS LAB 1

1 credit hour, 2 contact hours (2 Lab Hours Per Week)

This course is designed for individuals interested in improving total fitness through our super circuit program. This is for students who have little or no workout experience. A qualified instructor will develop a specific program for the student with special health concerns. Will include an individual fitness assessment. Following the scheduled orientation session, students will be allowed to meet course requirements through an open schedule. *1 credit hours/2 billed contact hours*
 Fee: \$25.00

PHED-104 FITNESS/WELLNESS LAB 2

1 credit hour, 2 contact hours (2 Lab Hours Per Week)

Designed for individuals with previous experience and knowledge of an exercise program. This course will include an individual fitness evaluation, analysis of results, and a program using various weight training and aerobic equipment. Following the scheduled orientation session, students will meet course requirements through an open schedule. *1 credit hours/2 billed contact hours*

Requisite(s): Must Complete PHED-100 or PHED-106
 Fee: \$25.00

PHED-105 FITNESS/WELLNESS LAB 3

1 credit hour, 2 contact hours (2 Lab Hours Per Week)

An extension of PHED 104 Fitness/Wellness Lab, but with a greater involvement to maintain/improve physical fitness. Will include an individual fitness evaluation and analysis of results. *1 credit hours/2 billed contact hours*

Requisite(s): Must Complete PHED-104
 Fee: \$25.00

PHED-106 WELLNESS & LIFESTYLE

2 credit hours, 3 contact hours (1 Lecture/2 Lab Hours Per Week)

A course designed to teach the appreciation of the skills necessary to obtain fitness for a lifetime. It will take you from your current level of fitness toward increased cardiovascular endurance, proper weight control, increased strength and flexibility. Wellness and Lifestyle encourages optimal development of the six dimensions of wellness: Physical, intellectual, emotional, social, spiritual and occupational. *2 credit hours/3 billed contact hours*

Requisite(s): Placement beyond or satisfactory completion of ENG-073
 Fee: \$25.00

PHED-107 FITNESS/WELLNESS LAB 4

1 credit hour, 2 contact hours (2 Lab Hours Per Week)

Similar to PHED 105 Fitness/Wellness Lab, but individuals will write and engage in their own personalized fitness program. Will include an individual evaluation and analysis of results. *1 credit hours/2 billed contact hours*

Requisite(s): Must Complete PHED-105
 Fee: \$25.00

PHED-119 AEROBICS I

1 credit hour, 1 contact hour (1 Lecture Hour Per Week)

Instruction will cover the fundamentals of aerobics. This class is designed to assist the student in implementing the fundamentals of aerobic activity in to their lifestyle. Prerequisite: None

PHED-120 AEROBICS II

1 credit hour, 1 contact hour (1 Lecture Hour Per Week)

Instruction will cover the fundamentals of aerobics. This class is designed to assist the student in implementing the fundamentals of aerobic activity in to their lifestyle. Prerequisite: None

PHED-145 PHYSICAL EDUCATION FOR LAW ENFORCEMENT

2 credit hours, 3 contact hours (1 Lecture/2 Lab Hours Per Week)

This course is intended to prepare students for the physical rigors of the Police Academy and physical challenges of a career in criminal justice. It includes an introduction to and practice of the techniques of physical fitness necessary in law enforcement. Students will participate in stretching to increase flexibility, running to improve cardiovascular fitness, various calisthenics and weight training to increase upper and lower body strength as well as a variety of mental emotional health concepts in which to strengthen the mind body spirit connection. Overall health to include mental emotional health, diet, exercise and life span fitness are examined. The class is designed primarily to prepare students for the mandatory Michigan Commission on Law Enforcement (MCOLES) Fitness Agility Test in order to successfully be accepted into the police academy. However, all students are eligible for this course. This class will be offered winter semester. *2 credit hours/3 billed contact hours*

PHED-212 COACHING PRINCIPLES

2 credit hours, 2 contact hours (2 Lecture Hours Per Week)

A course designed to cover the fundamental techniques of coaching major sports. Coaching principles of conditioning, drills, team organization and game strategy will be stressed.

Requisite(s): Placement beyond or satisfactory completion of ENG-073