

PHYSICAL EDUCATION (PHED)

PHED 1110 Dance 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1230 Individual Sport 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1290 Team Sport 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1310 Swim I 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation.

[View Course Outcomes](#)

PHED 1320 Aqua Fit 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1410 Yoga 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1430 Pilates 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1510 Training 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1620 Fitness 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1630 Career Fitness 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 10 credits.

[View Course Outcomes](#)

PHED 1670 Aerobics 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

[View Course Outcomes](#)

PHED 1830 Running 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation.

Repeatable: up to 4 credits

[View Course Outcomes](#)

PHED 1910 Outdoor Experience 1 Credit (1)

Individual sections vary based on topic content; audience; type or level of participation. Repeatable: up to 6 credits.

Learning Outcomes

1. Varies

[View Course Outcomes](#)

PHED 2996 Topics in Physical Education 1-3 Credits

Specific subjects to be announced in the Schedule of Classes. Each offering will carry appropriate subtitle. Repeatable: up to 6 credits.

[View Course Outcomes](#)