PHYSICAL EDUCATION (PHED)

PHED 1100: SCUBA DIVING: 1 Hour(s)
SCUBA DIVING~ There is an additional cost with this course.

PHED 11200: ADVANCED SCUBA DIVING: 1 Hour(s)
ADVANCED SCUBA DIVING~ There is an additional cost with this course. Preerequisite: PHED 11100
Prerequisite: PHED 111 or PHED 11100

PHED 13200: RACQUETBALL: 1 Hour(s)
RACQUETBALL~

PHED 13500: SELF DEFENSE: 1 Hour(s)
SELF DEFENSE~

PHED 14200: GOLF: 1 Hour(s)
GOLF~

PHED 15400: HORSEMANSHIP I: 1 Hour(s)
HORSEMANSHIP I~ Additional Fee for this course.

PHED 15500: HORSEMANSHIP II: 1 Hour(s)
HORSEMANSHIP II~ Additional Fee for this course. Prerequisite: Physical Education 154 or 15400.
Prerequisite: PHED 154 or PHED 15400

PHED 15600: HORSEMANSHIP III: 1 Hour(s)
HORSEMANSHIP III~ Additional Fee for this course. Prerequisite: Physical Education 155 or 15500.
Prerequisite: PHED 155 or PHED 15500

PHED 15700: HORSEMANSHIP IV: 1 Hour(s)
HORSEMANSHIP IV~ Additional Fee for this course. Prerequisite: PHED 15600
Prerequisite: PHED 156 or PHED 15600

PHED 16400: SWIM/STAY FIT: 1 Hour(s)
SWIM/STAY FIT~

PHED 16500: WEIGHT TRAINING I: 1 Hour(s)
WEIGHT TRAINING I~

PHED 16700: WEIGHT TRAINING II: 1 Hour(s)
WEIGHT TRAINING II~ Prerequisite: PHED 165 or 16500
Prerequisite: PHED 165 or PHED 16500

PHED 18000: WKSP: 1 Hour(s)
WORKSHOP~ This workshop will provide the opportunity for students to examine a special topic in Physical Education. Through readings, discussions, and written assignments there will be opportunities to evaluate the topic at issue. Workshops may be taken Pass/No Credit only. Students may take no more than nine workshops for credit toward graduation. Workshops can be used as elective credit only. (For PGS students only.)

PHED 20000: WELLNESS & FITNESS FOR LIFE: 2 Hour(s)
WELLNESS AND FITNESS FOR LIFE~ The study and application of the various contributions of physical activity and wellness concepts in achieving a state of total well-being, which encompasses the physical, mental, emotional, social, and spiritual dimensions of the whole person. Students enrolling in PHED 20000 should also enroll in either 20300 or 20700 in order to have 3 credit hours in the 3-week session. Cross listed with IES 20000.

PHED 20100: AQUATIC STUDIES: 1 Hour(s)
AQUATIC STUDIES~ An exploration of essential skills, knowledge, and social behavior associated with various aquatic sports activities. An emphasis on personal water safety practices and unique benefits of aquatic activities to enhance a wellness state of being.

PHED 20300: FITNESS MANAGEMENT: 1 Hour(s)
FITNESS MANAGEMENT~ An exposure to proper conditioning principles and the means to achieve lifetime fitness through practical application of these principles. Students will have the opportunity to utilize various pieces of equipment and techniques to actively pursue a healthy fitness environment. They will develop physical, emotional, and social well-being through the advantages of a healthy lifestyle, mind, and body. This course should be taken con-currently with PHED 20000.
Corequisite: PHED 20000

PHED 20400: MARTIAL ART FORMS: 1 Hour(s)
MARTIAL ART FORMS~ An exploration of essential skills, knowledge, and social behavior associated with various martial art forms. An emphasis on developing an awareness of the "embodiment" principle of mind, body, and spirit for self-realization, enlightenment, and an inner state of total well-being.

PHED 20500: OUTDOOR PURSUITS: 1 Hour(s)
OUTDOOR PURSUITS~ An exposure to and practical experiences involving physical activities generally performed in the outdoors. An emphasis will be on teaching specific skills necessary to undertake outdoor experiences. The course will be designed around the weather so that appropriate outdoor activities are experienced.

PHED 20600: RACQUET SPORTS: 1 Hour(s)
RACQUET SPORTS~ A progressing introduction to racquet sports including historical perspective, fundamentals, rules, drills, strategies, and comparative analysis and techniques for racquetball, tennis, squash, and badminton.

PHED 20700: RECREATIONAL SPORTS: 1 Hour(s)
RECREATIONAL SPORTS~ Students will explore a wide variety of lifetime sports and skills that will develop the emotional, social, and physical aspects of wellness. Students will have an opportunity to cognitively develop an understanding of rules and basic skills of recreational sports.

PHED 21000: KINANTHROPOLOGY,KINESIOLOGY,PE: 4 Hour(s)
KINANTHROPOLOGY KINESIOLOGY AND PHYSICAL EDUCATION~ An introduction. An interdisciplinary inquiry into the study of human performance behavior in contemporary American culture and society. In this context, the course examines physical education, dance and sport performance behavior, its meanings, social contexts, and personal and social resources; employs concepts, principles, theories, and methods of inquiry from various disciplines in the study of kinesiology and physical education; explores the relationship of physical education, dance, sport and contemporary social issues; and examines research studies dealing with the various perspectives of kinesiology, and physical education.

PHED 24400: ATHLETIC TRAINING: 4 Hour(s)
ATHLETIC TRAINING~ Prevention and care of injuries; skills in bandaging, taping and first aid methods; instruction in the application and use of therapeutic equipment. Successful completion of this course also constitutes completion of both the Red Cross Standard Course in First Aid and the Red Cross CPR course.

PHED 28000: SEM: 1-4 Hour(s)
SEMINAR~
PHED 28100: INDEPENDENT STUDY: 1-4 Hour(s)
INDEPENDENT STUDY: Open to all Exercise and Sport Science minors with the consent of the instructor. It affords minor students the opportunity to design their own area of study. A significant research paper is normally required. Prerequisite: permission.

PHED 29800: FIELD EXPERIENCE: 1-4 Hour(s)
FIELD EXPERIENCE~

PHED 32000: KINESIOLOGY: APP BIO-MECHANICS: 4 Hour(s)
KINESIOLOGY APPLIED BIO-MECHANICS~ A systematic approach to the analysis of human movements and experience in applying that knowledge to the evaluation of both the performer and the performance. Includes an analysis of the skeletal, muscular and nervous systems and their roles in determining movement efficiency; and an application of kinesiological principles relative to anatomical structures of the body as functional determinants of movement. Prerequisite: Biology 131 or 13100 or permission.

PHED 38000: SEM:: 1-4 Hour(s)
SEMINAR~

PHED 38100: SPC TPC:: 1-4 Hour(s)
SPECIAL TOPICS~

PHED 41200: PHYSIOLOGY: MUSC ACT & EXER: 4 Hour(s)
PHYSIOLOGY OF MUSCULAR ACTIVITY AND EXERCISE~ This course presents an analysis of the physiological effects of muscular activity and exercise upon the human body during various levels of stress. The primary focus assesses changes in the physiological system of the body relative to neuromuscular, cardiorespiratory, metabolic control and adaptation, and heat and fluid regulation during physical activity. Prerequisite: Biology 131 or 13100 or permission. (Laboratory Required.)

PHED 48100: INDEPENDENT RESEARCH: 1-4 Hour(s)
INDEPENDENT RESEARCH~ Scholarly research and independent investigation in any phase of the discipline of Physical Education Exercise and Sport Science or related sub-disciplines. For students minoring in the discipline who excel in self-direction and intellectual curiosity. A student must submit an outline of the area of research for departmental faculty approval prior to registration. Prerequisites: Five upper division courses or permission. Acceptance into the Exercise and Sport Science minor curriculum.

PHED 49800: INTERNSHIP: 4 Hour(s)
INTERNSHIP~ Developed in consultation with the student's major faculty advisor(s), the internship will be tailored to the interests and needs of the student and can be served in a wide variety of private and public organizations. Hiram College's internship program permits students to bridge the distance between the theory they learn in the classroom and the application of their knowledge. The academic department establishes prerequisites for the application procedure. Students should check with individual departments for specific requirements and guidelines for the experience as they may vary by discipline. Prospective interns work with the faculty advisor who will monitor the experience and grade the academic component of the internship.