

PHED (Physical Education)

PHED 1210 - Team Sports

(1 Credit)

This course introduces students to the basic skills for team oriented sports, including the rules and strategy of the games. Special emphasis is placed on the enjoyment of these team sport activities in a recreational environment.

PHED 1400 - Swimming I-Primary Skills

(1 Credit)

This course focuses on helping students feel comfortable in the water in order to enjoy the water safely. For students who have little or no experience. - Lab Fee: \$10

PHED 1410 - Swimming II-Stroke Development

(1 Credit)

This course is designed for those who have experience in the water and would like to work on development of the key strokes. Additional water safety skills are presented. - Lab Fee: \$10

PHED 1430 - Water Safety Instructor

(3 Credits)

This course will teach American Red Cross candidates to teach the infant and preschool aquatics program and the seven levels of the Learn-to-Swim Program. (Prerequisite: permission of instructor) - Lab Fee: \$20

PHED 1440 - Lifeguard Training

(2 Credits)

This course is designed to teach lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Lifesaving materials of the American Red Cross are included to meet requirements for the state of Rhode Island. - Lab Fee: \$20

PHED 1610 - Essentials of Physical Fitness

(3 Credits)

This course focuses on the components of physical fitness. Lectures are focused on nutrition, cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility. Students will be active participants in the development of individualized fitness programs.

PHED 1620 - Advanced Physical Fitness and Wellness

(3 Credits)

A continuation of PHED 1610, this course provides more comprehensive and advanced techniques of fitness. Emphasis is placed upon personal responsibility for lifestyle changes to foster wellness.(Prerequisite: PHED 1610) - Lab Fee: \$20

PHED 1630 - Weight Training and Sports Conditioning I

(2 Credits)

This introductory course provides a foundation of knowledge, skills and techniques in resistance training as well as an opportunity for the creation of an individualized training program. - Lab Fee: \$20

PHED 1645 - Kettles and Ropes

(2 Credits)

This course incorporates kettlebells, suspension bodyweight training and wave velocity training in an overall cardiorespiratory and strength training program. Students are responsible for creating a training program to meet their functional strength, endurance and cardiorespiratory needs.

PHED 1665 - Advanced Weight Training

(3 Credits)

This course will provide an opportunity for the development and achievement of performance goals attained by the application of advanced lifting techniques. Olympic lifts, functional fitness, agility training and sprinting will be incorporated into the periodized training plan. Lecture: 2 hours, Lab: 2 hours

PHED 1670 - Athletic Performance Enhancement

(3 Credits)

The purpose of this course is to introduce basic psychological concepts and principles with special reference to motor performance, learning motor skills, perception and emotion in sport situations. The study of numerous psychological parameters pertinent to the prospective athletic coach, teacher, parent and student-athlete are investigated. - Lab Fee: \$20

PHED 1700 - Prevention and Care of Athletic Injuries and First Aid

(3 Credits)

This course will introduce techniques for conditioning, taping and bandaging as they relate to the prevention and care of athletic injuries. Lecture: 2 hours, Lab: 1 hour - Lab Fee: \$20

PHED 1720 - Real Coaching

(3 Credits)

Designed for teachers who coach, coaches who teach and others who lead sports, this course provides an analysis of the operational, managerial, physiological, social, ethical and moral aspects of coaching. Those currently coaching or with aspirations of coaching at the secondary level or intercollegiate level will find this course particularly useful. Lecture: 3 hours - Lab Fee: \$20

PHED 1730 - Sport & Recreation Operations

(3 Credits)

This course is designed to introduce students to the broad range of administrative responsibilities involved in conducting sports and recreation programs. Those with aspirations of pursuing a career in sport administration should find this course particularly useful. Lecture: 3 hours