

# PHYSICAL EDUCATION (PHED)

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**PHED 1101. Yoga. 1 Hour.**

This is an introductory level Yoga class. The Hatha Yoga class is designed to improve functional fitness, flexibility and muscle awareness. This is achieved by providing professional guidance on basic "asanas" or poses, focusing on all muscles involved in those poses, proper breathing and relaxation.

**PHED 1102. Pilates. 1 Hour.**

This course will center on the Pilates method of body conditioning which consists of stretching and strengthening exercises. These exercises were developed and demonstrated by Joseph H. Pilates. Benefits from this practice are improvements in strength, flexibility and proper posture.

**PHED 1103. Physical Conditioning. 1 Hour.**

This course will provide basic knowledge in the area of physical conditioning and introduce methods and/or techniques of achieving a more desirable physical condition which can be incorporated into daily life and adopted as a positive life changing behavior.

**PHED 1104. Tennis. 1 Hour.**

This is an introductory level course to the sport of tennis. Students will be introduced to the rules of the game, how to keep score and a basic understanding of how to play the game. A physical component is included in the course.

**PHED 1105. Golf. 1 Hour.**

This is an introductory level course to the sport of golf. Students will be introduced to the rules of the game, how to keep score, and a basic understanding of how to play the game. A physical component is included in the course.

**PHED 289. Independent Study in Physical Education. 1 Hour.**

This course provides individual instruction. Students may repeat the course when topics vary.