

PHYSICAL EDUCATION (PHED)

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.

Lecture: 2 hours

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: 1 hour

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: 1 hour

PHED 1420 - Swimming III - Fitness Swimming (1 Credit)

This course will assist efficient swimmers (passed Swimming II) in developing a swimming fitness program or in adapting the life skill of swimming into their current personal fitness program. (Prerequisite: Swimming II or permission)

Lab: 1 hour

Prerequisite(s): PHED 1410

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.

Other: 3 hours

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. 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. This is a Hybrid (online and in-person) course. There are in-water prerequisites that must be completed prior to receiving the online link and attending the remaining in-person sessions. Contact your instructor for additional information once you are registered.

Other: 2 hours

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.

Other: 3 hours

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.

Other: 3 hours

Prerequisite(s): PHED 1610

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: 2 hours

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.

Lecture: 1 hour, Lab: 2 hours

**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.

Lecture: 3 hours

**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

**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

**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

**PHED 1800 - Principles of Exercise Science
(3 Credits)**

This course provides students with the recommendations and rationale necessary to design fitness programs for healthy adults and special populations. The biomechanical aspects of proper exercise performance using strength training machines, free weight equipment as well as cardiorespiratory equipment will be presented. Students will demonstrate a thorough understanding of movement patterns, the variables of training, and the principles of exercise selection by the creation of appropriate exercise programs for different populations.

Lecture: 2 hours, Lab: 3 hours

Prerequisite(s): BIOL 1070 and COMM 1010 and PHED 1610 and PHED 1630 and PSYC 2010

**PHED 2010 - Field Placement Experience - Personal Training
(3 Credits)**

The course is designed to provide students with the opportunity to gain hands-on professional personal training experience by the field placement assignment. This will also provide an opportunity for the student to contribute to the local fitness community. The course will review and reinforce the scope of practice and legal responsibilities of personal trainers.

Lecture: 2 hours, Other: 2 hours

Prerequisite(s): PHED 1610 and PHED 1630 and COMM 1010 and BIOL 1070 and PSYC 2010

Note: PHED 1440 - Lifeguard Training (Blended Learning Course) tests for the following prerequisite abilities during the first course session:

1. Swim 300 yards, continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes, using only the legs. Candidates should place their hands under their armpits.
3. Complete a timed event within 1 minute and 40 seconds:
 - a. Starting in the water, swim 20 yards. Swim goggles are not allowed.
 - b. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
 - c. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface to breathe (or to get a breath).
 - d. Exit the water without using a ladder or steps.