PHYSICAL FITNESS AND WELLNESS (PFW)

PFW 1101. Lifetime Fitness & Wellness.
To develop knowledge, skills, and physical activity behaviors associated with personal fitness and wellness.
about Lifetime Fitness & Wellness
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Lifetime Fitness & Wellness

PFW 1110A. Beginning Aerobics.
Beginning Aerobics.
about Beginning Aerobics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Aerobics

PFW 1110B. Intermediate Aerobics.
Intermediate Aerobics.
about Intermediate Aerobics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Aerobics

PFW 1110C. Gymnastics.
Gymnastics.
about Gymnastics
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Gymnastics

PFW 1110D. Balance & Tumbling.
Balance & Tumbling.
about Balance & Tumbling
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Balance & Tumbling

PFW 1110E. Beginning Jogging & Conditioning.
Beginning Jogging/Conditioning.
about Beginning Jogging & Conditioning
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Jogging & Conditioning

PFW 1110F. Basic Fitness Activities.
Basic Fitness Activities.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1110G. Beginning Weight Lifting.
Beginning Weight Lifting.
about Beginning Weight Lifting
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Weight Lifting

PFW 1110H. Physique Development.
Physique Development.
about Physique Development
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Physique Development

PFW 1110K. Restricted Fitness Activities.
Restricted Fitness Activities.
about Restricted Fitness Activities
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Restricted Fitness Activities

PFW 1125A. Wrestling.
Wrestling.
about Wrestling
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Wrestling

PFW 1130A. Beginning Basketball.
Beginning Basketball.
about Beginning Basketball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Basketball

PFW 1130B. Soccer.
Soccer.
about Soccer
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Soccer
PFW 1135A. Water Aerobics.
Water Aerobics.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1135B. Aquatic-Conditioning.
Aquatic-Conditioning.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140A. Football Varsity.
Football Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140B. Basketball–Men's Varsity.
Basketball–Men's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140C. Basketball–Women's Varsity.
Basketball–Women's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140D. Track & Field–Men's Varsity.
Track & Field–Men's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140E. Track & Field–Women's Varsity.
Track & Field–Women's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1150B. Beginning Bowling.
Beginning Bowling.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1150C. Intermediate Bowling.
Intermediate Bowling.
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140F. Volleyball – Women's Varsity.
Volleyball – Women's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140G. Baseball–Men's Varsity.
Baseball–Men's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140H. Softball–Women's Varsity.
Softball–Women's Varsity.
1 Credit Hour. 0 Lecture Contact Hours. 6 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1140I. Soccer–Women's Varsity.
Soccer–Women's Varsity.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164

PFW 1149. Strutters.
Strutters.
1 Credit Hour. 1 Lecture Contact Hour. 9 Lab Contact Hours.
PFW 1150D. Beginning Golf.
Beginning Golf.
about Beginning Golf
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Golf

PFW 1150E. Intermediate Golf.
Intermediate Golf.
about Intermediate Golf
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Golf

PFW 1150F. Self Defense.
Self Defense.
about Self Defense
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Self Defense

PFW 1150G. Restricted Leisure Activities.
Restricted Leisure Activities.
about Restricted Leisure Activities
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Restricted Leisure Activities

PFW 1154. Leisure/Recreation Activities.
Leisure/Recreation Activities.
about Leisure/Recreation Activities
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Leisure/Recreation Activities

PFW 1154B. Challenge Course Facilitation.
This course provides an overview of leadership theories and skill development for indoor/outdoor challenge course activities, with an emphasis on safety management. Students will develop the skills necessary to facilitate both high and low elements of a challenge course. about Challenge Course Facilitation
1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Challenge Course Facilitation

PFW 1154C. Backpacking.
Backpacking.
about Backpacking
1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Backpacking

PFW 1155A. Beginning Badminton.
Beginning Badminton.
about Beginning Badminton
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Badminton

PFW 1155B. Beginning Fencing.
Beginning Fencing.
about Beginning Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Fencing

PFW 1155C. Intermediate Fencing.
Intermediate Fencing.
about Intermediate Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Fencing

PFW 1155D. Advanced Fencing.
Advanced Fencing.
about Advanced Fencing
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Advanced Fencing

PFW 1155E. Fencing – Epee.
Fencing – Epee.
about Fencing – Epee
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Fencing – Epee

PFW 1155G. Racquetball.
Racquetball.
about Racquetball
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Racquetball
PFW 1155H. Beginning Tennis.
Beginning Tennis.
about Beginning Tennis
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Tennis

PFW 1155I. Intermediate Tennis.
Intermediate Tennis.
about Intermediate Tennis
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Intermediate Tennis

PFW 1155J. Judo.
Judo.
about Judo
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Judo

PFW 1155K. Beginning Karate.
Beginning Karate.
about Beginning Karate
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Beginning Karate

PFW 1155M. Advanced Karate.
Advanced Karate.
about Advanced Karate
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Advanced Karate

PFW 1155N. Pocket Billiards.
Pocket Billiards.
about Pocket Billiards
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: PHED 1164
about Pocket Billiards

PFW 1160A. Beginning Jazz.
Beginning Jazz.
about Beginning Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1147
about Beginning Jazz

PFW 1160B. Intermediate Jazz.
Intermediate Jazz.
about Intermediate Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1148
about Intermediate Jazz
PFW 1180C. Advanced Jazz.
Advanced Jazz.
about Advanced Jazz
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 2147
about Advanced Jazz

PFW 1180D. Beginning Ballet.
Beginning Ballet.
about Beginning Ballet
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1141
about Beginning Ballet

PFW 1180E. Intermediate Ballet.
Intermediate Ballet.
about Intermediate Ballet
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1142
about Intermediate Ballet

PFW 1180G. Beginning Modern Dance.
Beginning Modern Dance.
about Beginning Modern Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1145
about Beginning Modern Dance

PFW 1180H. Intermediate Modern Dance.
Intermediate Modern Dance.
about Intermediate Modern Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1148
about Intermediate Modern Dance

PFW 1180I. Beginning Recreational Dance.
Beginning Recreational Dance.
about Beginning Recreational Dance
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Course Attribute(s): Exclude from 3-peat Processing
Grade Mode: Standard Letter
TCCN: DANC 1122
about Beginning Recreational Dance