

PFW 1101. Lifetime Fitness & Wellness.

To develop knowledge, skills, and physical activity behaviors associated with personal fitness and wellness.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1110A. Aerobic Conditioning.

This course covers a variety of aerobic conditioning formats.

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 1110B. Group Fitness.

This course will include various types of aerobic/cardio exercise formats.

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 1110C. Gymnastics.

Gymnastics.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1110D. Balance & Tumbling.

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

PFW 1110E. Beginning Jogging & Conditioning.

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

PFW 1110F. Fitness Conditioning.

This course covers basic fitness conditioning principles and 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.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1110K. Restricted Fitness Activities.

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

PFW 1114A. Principles and Practice of Cross-Training.

This course is designed for students prepared to undertake advanced physical training to achieve advanced fitness goals. Students perform cross-training, survey the exercise science foundations of cross-training, test and design a personalized evidence-based programs.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing|Topics

Grade Mode: Standard Letter

PFW 1114B. Military Physical Fitness Training.

This course is designed to expose students to a military-style physical fitness program of running, calisthenics and cross training. It is designed to test and improve students' physical fitness levels and prepare them to take and pass the official Air Force Physical Fitness Assessment.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing|Topics

Grade Mode: Standard Letter

PFW 1114C. Ranger Challenge Military Fitness Training.

This course is designed to expose students to vigorous and challenging military style conditioning for special events of elite military units like the Army Rangers. The course will prepare students to compete for the opportunity to represent Texas State Army ROTC program during the annual national Ranger Challenge competition.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing|Topics

Grade Mode: Standard Letter

PFW 1114D. YMCA Lifeguard Training.

This course provides the knowledge and skill necessary to be lifeguard. Successful students will be certified in ASHI for lifesaving, CPR Pro, and basic first aid. Students must pass a physical skills test prior to the class and must be at least 16 years of age.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing|Topics

Grade Mode: Credit/No Credit

PFW 1125A. Wrestling.

Wrestling.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1130A. Beginning Basketball.

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

PFW 1130B. Soccer.

Soccer.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

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

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

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

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

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

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

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

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

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

PFW 1140I. Soccer-Women's Varsity.

Soccer-Women's Varsity.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

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

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

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

PFW 1150D. Beginning Golf.

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

PFW 1150F. Self Defense.

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**PFW 1150G. Restricted Leisure Activities.**

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**PFW 1154. Leisure/Recreation Activities.**

Leisure/Recreation Activities.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.**Course Attribute(s):** Exclude from 3-peat Processing|Header**Grade Mode:** Standard Letter**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 skills necessary to facilitate either high or low elements of a challenge course. May be repeated once with different emphasis for credit.

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**PFW 1154C. Backpacking.**

Backpacking.

1 Credit Hour. 0 Lecture Contact Hours. 1 Lab Contact Hour.**Course Attribute(s):** Exclude from 3-peat Processing**Grade Mode:** Standard Letter**PFW 1155A. Indoor Racket Sports.**

This course provides an introduction to badminton, racquetball, and pickleball.

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 1155B. Beginning Fencing.**

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**PFW 1155D. Advanced Fencing.**

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**PFW 1155G. Racquetball.**

Racquetball.

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

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**PFW 1155I. Intermediate Tennis.**

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**PFW 1155J. Judo.**

Judo.

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

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**PFW 1155M. Advanced Karate.**

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**PFW 1155N. Pocket Billiards.**

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

PFW 1160B. Beginning Volleyball.

Beginning Volleyball.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1160C. Intermediate Volleyball.

Intermediate Volleyball.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1165A. Golf–Men’s Varsity.

Golf–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

PFW 1165C. Tennis–Women’s Varsity.

Tennis–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

PFW 1165D. Golf – Women’s Varsity.

Golf – Women’s Varsity.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1165E. Varsity Cheerleaders.

Varsity Cheerleaders.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1180J. Beginning Recreational Dance.

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

PFW 1190A. Canoeing.

Canoeing.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1190B. Beginning Swimming.

Beginning Swimming.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1190C. Intermediate Swimming.

Intermediate Swimming.

1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1190F. Beginning Scuba.

Beginning Scuba.

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 1201. Advanced and Master Scuba Diving.

Students will gain advanced level scuba diving skills. Prerequisite:

PFW 1190F with a grade of "D" or better.

2 Credit Hours. 1 Lecture Contact Hour. 3 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1204. Underwater Photography.

Underwater Photography.

2 Credit Hours. 1 Lecture Contact Hour. 3 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter

PFW 1301. Social and Behavioral Dimensions of Physical Fitness and Wellness.

Students will explore the role of physical activity in a healthy and productive society. The course focuses on social and cultural influences on motivation, values and beliefs related to physical activity, as well as the impact of physical activity on individual, community, and population.

3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.

Course Attribute(s): Soc & Behav Sciences Core 080

Grade Mode: Standard Letter

PFW 2301. Rescue SCUBA Diver /Diving First Aid for Professional Divers.

This course trains divers in the knowledge and skills needed to manage risks and effectively handle limited in-water problems and diving related emergencies. The rescue portion includes assists, transports, surface rescues and rescues from depth involving both boat- and shore-based skin and scuba divers. The first aid portion includes duty of care and emotional response, dive emergency preparation, response and assessment, Oxygen first aid, AED, CPR for the healthcare professional, secondary care, and hazardous marine life injuries/first aid. Students with a SCUBA Diver or Advanced SCUBA Diver certification from another agency or institution will be accepted provided the student's diving. Prerequisite: PFW 1190F or PFW 1201 or equivalent any with a grade of "C" or better.

3 Credit Hours. 2 Lecture Contact Hours. 2 Lab Contact Hours.

Course Attribute(s): Exclude from 3-peat Processing

Grade Mode: Standard Letter