PHYSICAL FITNESS AND
WELLNESS (PFW)

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

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

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

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
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
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
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
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
Physical Fitness and Wellness (PFW)

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 1150A. 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
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

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 1154D. 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
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Physical Fitness and Wellness (PFW)

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 Scuba Diving.
Advanced Scuba Diving.
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