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

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 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 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 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
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>Lecture Contact Hours</th>
<th>Lab Contact Hours</th>
<th>Course Attribute(s)</th>
<th>Grade Mode</th>
<th>TCCN</th>
</tr>
</thead>
<tbody>
<tr>
<td>PFW 1140I</td>
<td>Soccer–Women’s Varsity</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1149</td>
<td>Strutters</td>
<td>1</td>
<td>1</td>
<td>9</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1150B</td>
<td>Beginning Bowling</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1150D</td>
<td>Beginning Golf</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1150G</td>
<td>Restricted Leisure Activities</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1154A</td>
<td>Golf–Men’s Varsity</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1154B</td>
<td>Challenge Course Facilitation</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td>PHED 1164</td>
</tr>
<tr>
<td>PFW 1154C</td>
<td>Backpacking</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155A</td>
<td>Tennis–Women’s Varsity</td>
<td>1</td>
<td>0</td>
<td>6</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155B</td>
<td>Beginning Tennis</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155G</td>
<td>Racquetball</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155H</td>
<td>Beginning Volleyball</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155N</td>
<td>Pocket Billiards</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155P</td>
<td>Golf – Women’s Varsity</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
<tr>
<td>PFW 1155Q</td>
<td>Varsity Cheerleaders</td>
<td>1</td>
<td>0</td>
<td>2</td>
<td>Exclude from 3-peat Processing</td>
<td>Standard Letter</td>
<td></td>
</tr>
</tbody>
</table>
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 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