

PHYSICAL EDUCATION (PHED)

PHED101 Tennis, Beginning

This course is designed for those who have had no formal instruction in tennis. Basic grips and stroke technique will be taught for the forehand, backhand, serve, and volley. Also covered will be equipment selection, court etiquette, and proper scoring of games, sets, and matches. The introduction of basic doubles formation will also be included. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED102 Tennis, Intermediate

This course is designed for those who have taken beginning tennis and have learned the basic grips and strokes. The intermediate group will have a more detailed analysis of stroke technique. Ladder match play will give students the opportunity to learn singles and doubles strategy. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED104 Golf

This course is designed to teach the basic information necessary to play and enjoy the game of golf. Each classroom period is spent teaching beginning golfers to play the game correctly from the start: mastering the pre-swing, fundamentals of grip and aim, addressing the ball, and swing technique. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED106 Fitness, Beginning

This course is designed to meet the needs of the individual interested in establishing a self-paced exercise program. The emphasis of this course is on the development of cardiovascular endurance. Individuals are instructed how to determine personal work-load levels and pace themselves during various classroom aerobic activities. Participants also receive additional instruction in strength training. Cardiovascular activities include fast walking, jogging, aerobic exercise, rope jumping, interval training, and rowing ergometer work. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED107 Inner Game of Golf

Golf is traditionally taught with verbal instruction from the teacher to the student. The students in this class will be taught with learning by feel. Through this unique approach, students will learn that their natural swing is already present within themselves and they simply need to allow it to come out. Through various drills and learning techniques, students will also discover that enjoyment

of golf comes first, success comes second. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED112 Advanced Olympic Weightlifting and Powerlifting

The focus of the class will be on advanced weight room techniques. Half of the quarter will emphasize the art of Olympic weightlifting, including the clean and jerk and the snatch movements. The other half of the quarter will emphasize the art of powerlifting, including the three power movements--squat, deadlift, and bench press. Safety in these advanced techniques is always prioritized.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED118 Strength Training, Introduction

This course is designed for the individual who is unfamiliar with or has had no experience in programs focusing on building body strength. This course includes an introduction to the strength-training facilities at Wesleyan, proper strength-training techniques, and various elementary training programs. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED119 Strength Training, Advanced

This course is designed to meet the needs of students who are sincerely involved in strength training, body building, and/or competitive lifting. The course will include the use of four weight-lifting machines and instruction in competitive lifting techniques. There will also be discussion and demonstration of various progressive resistance modes that develop muscular strength and endurance. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED120 Swimming, Beginning

The objective of this course is to equip students with basic water safety skills and knowledge to make them reasonably safe while in, on, or about the water. We will introduce skills designed to improve stamina and basic coordination and to increase individual aquatic abilities. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED121 Swimming, Advanced Beginner

This course is designed to build upon the skills learned in beginning swimming. Emphasis is placed on improving the overhand crawl stroke with rotary breathing. Students will be introduced to the basic skills needed to learn the backstroke and breaststroke. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED122 Swimming for Fitness

This program is designed for the lap swimmer who is interested in learning and applying cardiovascular conditioning and training to swimming. Instruction is given in breathing exercises and pacing techniques. Individual work-load levels are determined, and self-paced programs are centered around those levels. Various training techniques are discussed and used in the program. A course prerequisite is the ability to swim 25 yards (any stroke) continuously and comfortably. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED123 Lifeguard Training

This course is designed to teach potential lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED124 Squash

This course is geared toward the beginner but may be taken by those who have played some before. Basic grips and strike technique will be taught for the forehand, backhand, serve, and volley. Also covered will be safety precautions, court etiquette, and proper scoring of games and matches. The intermediate player may not get much attention the first two weeks while the beginners learn the basics. The first class of each quarter will meet in the lobby of the Freeman Athletic Center. Students must have their own racket and goggles.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED127 Tabata/Fitness Training

Tabata/fitness training is a program designed to enhance an individual's competency at all physical tasks. The student will perform exercise elements successfully at multiple, diverse, and randomized physical challenges. Areas of fitness will include cardiovascular endurance, stamina, strength, power, speed, balance, agility, and coordination. The start-stop training design is based on 20-second bursts of high-intensity workout followed by a 10-second rest. Each high-intensity burst/rest is repeated 4–8 times. The course will provide challenging workout programs that provide the health benefits of cardiovascular workouts with high- to moderate-intensity training and/or high- to moderate-intensity interval training. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED130 Skating, Beginning

This introduction course to ice skating will include lectures as well as work on ice and covers all basics of skating. Progress is self-paced. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED133 Interval Training

Interval training involves a series of low- to high-intensity exercise workouts interspersed with rest or relief periods. This course includes a variety of cardio drills and resistance training exercises designed to challenge and improve cardio and muscular strength while maintaining a strong core. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED137 Rowing for Fitness

This course is designed to introduce individuals to the use and benefit of rowing as a lifetime fitness activity. Through the use of the Concept II rowing ergometer, students will be taught proper rowing technique, conditioning, injury prevention, and ways to include rowing as a part of an overall exercise program. No previous rowing experience is necessary. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED138 Indoor Cycling

Indoor cycling, as an organized activity, is a form of exercise with classes focusing on endurance, strength, intervals, high intensity (race days), and recovery that involves using a special stationary exercise bicycle with a weighted flywheel in a classroom setting. During the class the instructor simulates the ride. Together you travel on flat roads, climb hills, sprint, and race! This is a truly fantastic cardiovascular class. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED139 Running for Fitness

This course is an introduction to the basic principles of a fitness running program. The training program will be individualized for each student based on individual goals. Topics will include proper training techniques, running gear, injury prevention, and stretching. All levels of running welcome. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**
 Grading: **Cr/U**
 Credits: **0.25**
 Gen Ed Area: **None**
 Prereq: **None**

PHED140 Racketlon

Racketlon combines tennis, badminton, squash, and table tennis into one sport. It is racketsports' answer to other combination sports such as triathlon or decathlon. Very commonly played in Europe, opponents play each of the sports to 21 points, and the winner is the person with the highest total points. Racketlon is also played in a doubles format where teams of two opponents play against each other. This class will introduce students to each of the four racketsports and how to play them in combination within the sport of racketlon.

As a capstone experience, the class will play both a singles and a doubles racketlon. Previous racketsport experience will be valuable in this class, but is not required. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED142 Yoga for Fitness

This yoga class is designed to improve the health, performance, and mental acuity of students interested in improving their level of fitness. The class will blend balance, strength, flexibility, and power in a fitness format. This practical and user-friendly style of yoga is accessible, understandable, and achievable by individuals at any level of fitness. Attendance is required. The first class in each quarter will meet in the lobby of Freeman Athletic Center Lobby. This class meets in the second quarter.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED145 Indoor Cycling and Yoga

This is a combination class that warms up your body with some sun salutations, strengthens your lower body with a cycling ride, and then stretches your hard-worked muscles with yoga asanas. Yoga and indoor cycling are natural complements to one another because each exercise has a mental and a physical component and trains your body while developing mind/body awareness. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED147 Hatha Yoga

This is a beginning yoga class with no previous experience needed. The class will consist of 26 postures and two breathing exercise aimed at improving your posture and alignment, balance, and strength. Posture and exercise covered: Warm-up: Standing Deep Breathing - Pranayama (Sanskrit), Half Moon Pose - Ardha-Chandrasana (Sanskrit), Awkward Pose - Awkward Pose (Sanskrit), Eagle Pose - Garurasana (Sanskrit), Balancing, Standing Head to Knee - Dandayamana-Janushirasana (Sanskrit), Standing Bow Pose - Dandayamana-Dhanurasana (Sanskrit), Balancing Stick - Tuladandasana (Sanskrit).

Stretching: Standing Separate Leg Stretching Pose -Dandayamana-Bibhaktapada-Paschimotthanasana (Sanskrit), Triangle Pose - Trikanasana (Sanskrit), Standing Separate Leg Head to Knee Pose - Dandayamana-Bibhaktapada-Janushirasana (Sanskrit), Focus Tree Pose - Tadasana (Sanskrit), Toe Stand - Padangustasana (Sanskrit), Dead Body Pose - Savasana (Sanskrit), Wind-Removing Pose - Pavanamuktasana (Sanskrit)

Spine Strengthening, Sit up - Pada-Hasthasana (Sanskrit), Cobra Pose - Bhujangasana (Sanskrit), Locust Pose - Salabhasana (Sanskrit), Full Locust Pose - Poorna-Salabhasana (Sanskrit), Bow Pose - Dhanurasana (Sanskrit). Opening: Fixed Firm Pose - Supta-Vajrasana (Sanskrit), Half Tortoise Pose - Ardha-Kurmasana (Sanskrit), Camel Pose - Ustrasana (Sanskrit), Rabbit Pose - Sasangasana (Sanskrit), Spine-Twisting Pose - Ardha-Matsyendrasana(Sanskrit), Blowing in Firm Pose - Kapalbhathi in Vajrasana(Sanskrit). Bring a mat, towel, and your own water. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED152 Outdoor Hiking

Hiking is merely walking on a footpath, whether on a neighborhood path or a more adventurous trail that involves some climbing. Hiking is a moderate cardiovascular activity. Common benefits include weight loss, prevention of osteoporosis, decreased blood pressure, and relief of back pain. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED155 Speed Agility Plyometric Training

Learn to increase your cardio by speed and quickness. Agility training focuses on foot speed, quickly changing direction and improving reaction to visual cues. Plyometrics is an explosive movement to build muscle. The two will be combined to enhance the over all body conditioning. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED157 Pickleball

Pickleball is a paddle sport with combined elements of tennis, badminton, and ping pong, and played on a doubles badminton court. The net is similar to a tennis net, but is two inches lower. The game is played with a hard paddle that is similar to table tennis and usually made up of graphite or composite. The ball is comparable to a whiffle ball.

The game can be played in either singles' or doubles' matches. For new players, the basics of the sport are easy to learn. Typically, one session of three or four games is all that it takes to grasp the basics.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED159 Cross Training Fitness

This class will use dynamic warm-up, dynamic flexibility, bodyweight, dumbbells, free weights, kettlebells, interval training, cardio/fitness machines, aquatic training, core training, and neuromuscular training in a fun, progressive way so students have a variety of ideas to implement to stay fit for life. The first class of each quarter will meet in the lobby of Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**

PHED170 Sculling

This course is designed for those students that have completed the introductory Rowing for Fitness course (PHED137). It gives them the opportunity to take these skills to the water and learn a fitness activity that can last a lifetime. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **PHED137**

PHED201 Practicing Mindfulness Techniques During Activity

This course will provide students with an introduction to mindfulness and teach them mindfulness tools they can use to better self-regulate their emotional states and manage the stress-reaction cycle so many college students find themselves in.

Mindfulness can be brought to any activity. In this course, students will practice different mindfulness techniques through various types of physical activity such as walking meditation, yoga, and time in nature, to name a few. Part lecture, part activity class, students will acquire skills that aid in reducing stress caused by many of life's major stressors: time, people, sleep, work/academics, roles, food, pain, change, fear, panic, and anxiety.

Offering: **Host**

Grading: **Cr/U**

Credits: **0.25**

Gen Ed Area: **None**

Prereq: **None**