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 Freeman Athletic Center lobby.
Offering: Host
Grading: Cr/U
Credits: 0.25
Gen Ed Area: None
Prereq: None

PHED104 Golf
The 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 preswing, fundamentals of grip and aim, addressing the ball, and swing technique. 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

PHED105 Fencing
Activity will include introduction to foil fencing. Included will be footwork and simple parries and attacks. An introduction to compound attacks and bouting will conclude the course. Videotaping of individual skills will be conducted. Rules and scoring will also be covered. All fencing equipment will be provided. 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

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 the Freeman Athletic Center.
Offering: Host

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 the Freeman Athletic Center.
Offering: Host
Grading: Cr/U
Credits: 0.25
Gen Ed Area: None
Prereq: None

PHED116 Step Aerobics
Step aerobics is a high-intensity, low-impact program that involves stepping onto a platform while simultaneously performing upper-torso movements. The class is designed to improve various components of fitness using a series of specific exercises that adapt to all ability levels. Previous experience in aerobics is required. 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

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
The course will be 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 the Freeman Athletic Center.
Offering: Host
Grading: Cr/U
Credits: 0.25
Gen Ed Area: None
Prereq: None

PHED120 Swimming, Beginning
The course objective is to equip individuals 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 the Freeman Athletic Center.
Offering: Host
PHED121 Swimming, Advanced Beginner
The course is designed to build upon the skills learned in beginning swimming. Emphasis is 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 the 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 utilized in the program. A course prerequisite is the ability to swim four lengths (any stroke) continuously and comfortably. 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

PHED123 Lifeguard Training
To teach 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 the 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

PHED125 First-Year Students' Introduction to Squash
First-year students should take advantage of this opportunity to be introduced to the game of softball squash. In the past few years, first-year students who do well have been able to go on to play for men's and women's squash teams. Anyone with any racket experience, i.e., tennis, badminton, etc., should consider this class. The first class of each quarter will meet in the lobby of the Freeman Athletic Center.
Offering: Host
Grading: Cr/U
This is a combination class that warms up your body with some sun salutations, which 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.
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

PHED465 Education in the Field, Undergraduate
Offering: Host
Grading: OPT

PHED466 Education in the Field, Undergraduate
Offering: Host
Grading: OPT

PHED469 Education in the Field, Undergraduate
Offering: Host
Grading: OPT
Credits: 1.00
Gen Ed Area: None
Prereq: None

PHED470 Independent Study, Undergraduate
Offering: Host
Grading: OPT
Credits: 1.00
Gen Ed Area: None
Prereq: None

PHED492 Teaching Apprentice Tutorial
Offering: Host
Grading: OPT