

Physical Education

PHE1013, INTRODUCTION TO PHYSICAL EDUCATION, 3 hours.

Designed to acquaint the student with the theory and practices in the field of physical education.

PHE1191, RUNNING AWARENESS AND JOGGING, 1 hour.

Advanced techniques in running and jogging.

PHE1221, ADVANCED PHYSICAL DEVELOPMENT, 1 hour.

Advanced techniques in weight lifting and calisthenics.

PHE1241, WEIGHT TRAINING/ STRENGTH TRAINING, 1 hour.

Designed to give the advanced physical development student a better understanding of how to use weight training to develop, strengthen & maintain the different muscles in the body. Further, it is designed to teach the advanced student to supervise & give basic direction to beginning weight trainees.

PHE1262, OFFICIATING THEORY AND PRACTICE, 2 hours.

This course will provide the theory, rules and mechanics of officiating the sports of Basketball, Baseball, Softball, Football and Volleyball. The course will also include officiating experience, talking to experts in the field and attending athletic contests to view current officials at work.

PHE1271, TEAM SPORTS, 1 hour.

Volleyball, soccer, touch football; emphasizes conditioning, coordination-ordination and physical fitness.

PHE1011, VARSITY GOLF I

PHE2011, VARSITY GOLF II

PHE1111, VARSITY GOLF III

PHE2111, VARSITY GOLF IV

PHE1451, VARSITY VOLLEYBALL I

PHE2651, VARSITY VOLLEYBALL II

PHE1311, VARSITY VOLLEYBALL III

PHE2451, VARSITY VOLLEYBALL IV

PHE1321, AEROBIC DANCE I

PHE1351, AEROBIC DANCE II

PHE2321, AEROBIC DANCE III

PHE2351, AEROBIC DANCE IV

PHE1421, VARSITY BASKETBALL I

PHE2621, VARSITY BASKETBALL II

PHE1521, VARSITY BASKETBALL III

PHE2231, VARSITY BASKETBALL IV

PHE1431, VARSITY TRACK I

PHE2631, VARSITY TRACK II

PHE1531, VARSITY TRACK III

PHE2731, VARSITY TRACK IV

PHE1401, VARSITY BASEBALL I

PHE2601, VARSITY BASEBALL II

PHE1501, VARSITY BASEBALL III

PHE2701, VARSITY BASEBALL IV

PHE1441, VARSITY SOFTBALL I

PHE2641, VARSITY SOFTBALL II

PHE1641, VARSITY SOFTBALL III

PHE1561, VARSITY SOFTBALL IV

PHE2221, VARSITY FLAG FOOTBALL I

PHE2211, VARSITY FLAG FOOTBALL II

PHE1211, VARSITY FLAG FOOTBALL III

PHE1171, VARSITY FLAG FOOTBALL IV

PHE1391, VARSITY FOOTBALL I

PHE2591, VARSITY FOOTBALL II

PHE1591, VARSITY FOOTBALL III

PHE1231, VARSITY FOOTBALL IV

Students participate in activity and theory training to learn to achieve their highest possible performance. All Varsity courses are for 1 credit hour.

PHE1373, PERSONAL AND COMMUNITY HEALTH T, 3 hours.

Lecture course in health instruction and study of health problems.

PHE1383, RECREATIONAL GAMES, 3 hours.

This course is designed to help introduce our students to various types of recreational games. Also the course will help the students learn to organize, teach and participate in various types of games.

PHE2241, WEIGHT TRAINING/ MUSCULAR ENDURANCE, 1 hour.

PHE2251, WEIGHT TRAINING-CORE TRAINING, 1 hour.

PHE2261, WEIGHT TRAINING FLEXIBILITY, 1 hour.

PHE2463, INTRODUCTION TO EXERCISE SCIENCE T, 3 hours.

This course is designed to expose undergraduate students to important aspects of the exercise science discipline, including areas of study, technology, certifications, professional associations, and career opportunities. A secondary purpose is to help students develop an appreciation for the history of, as well as current and future trends in, exercise science. Finally this course will expose students on how to run and test in an exercise laboratory.

PHE2501, FUNDAMENTALS OF PHYSICAL FITNESS, 1 hour.

This course will acquaint students with

basic knowledge, understanding, and clauses of physical activity related to optimal healthful living. Students will have an opportunity to develop individual exercise programs.

PHE2543, THEORY OF COACHING BASEBALL, 3 hours.

This course is designed to help the student in organizing and managing baseball programs at any level. It will include techniques, team play, and problems and theories of coaching baseball.

PHE2553, FIRST AID: THE CARE AND PREVENTION OF ATHLETIC INJURIES T, 3 hours.

This course explores the fundamentals in prevention and care of injuries related to athletic participation. This course is designed for students in the teaching field with coaching assignments or pursuing the athletic training profession. Tests and a final exam will inform students of the athletic training techniques demonstrated in the course.

PHE2671, LIFETIME FITNESS CONCEPTS, 1 hour.

A course designed to promote life fitness behaviors for the well-being of the individual.

T This course is approved by the Kansas Board of Regents for System Wide Transfer among all Kansas public postsecondary institutions offering an equivalent course. Additional courses may also be eligible for transfer. Please visit the FSCC Registrar to learn more. *Offered on demand only. +Offered in 1 to 3 hour increments.