- **Aquatics**
  PHED 10A - Aquatics: Level I/Beginning Swimming (FH)
  PHED 10B - Aquatics: Level II/Intermediate Swimming (FH)
  PHED 10C - Aquatics: Level III/Masters Swimming (FH)
  PHED 11A - Water Exercise (FH)
  PHED 11B - Aquatic Fitness (FH)
  PHED 11C - Water Awareness (FH)
  P E 26A - Novice Swimming (DA)
  P E 26B - Beginning Swimming (DA)
  P E 26C - Intermediate Swimming (DA)
  P E 26CX - Intermediate Swimming (DA)
  P E 26D - Advanced Swimming (DA)
  P E 26DX - Advanced Swimming (DA)
  P E 6G - Aerobic Swimming (DA)
  P E 6GX - Deep Water Running (DA)
  P E 6F - Deep Water Running (DA)
  P E 6FX - Deep Water Running (DA)

- **Cardiovascular Fitness**
  PHED 22E - Functional Training for the Endurance Athlete (FH)
  PHED 23A - Trail Hiking (FH)
  PHED 23B - Day Hiking (FH)
  PHED 23C - Multi-Day Hiking (FH)
  PHED 26F - Aerobic Tennis (FH)
  PHED 27 - Walk for Health (FH)
  PHED 27A - Run for Fitness (FH)
  PHED 27B - Intermediate Run for Fitness (FH)
  PHED 27C - Intermediate Walk for Health (FH)
  PHED 41 - Indoor Cycling - Spin (FH)
  PHED 41A - Cardio Intervals: Hills and Sprints (FH)
  PHED 41B - Intermediate Indoor Cycling (FH)
  PHED 41C - Intermediate Cardio Intervals - Hills and Sprints (FH)
  P E 3 - Indoor Cycling (DA)
  P E 3X - Indoor Cycling (DA)
  P E 3AX - Outdoor Cycling (DA)
  P E 3AY - Outdoor Cycling (DA)
  P E 6H - Aerobic Power Walking (DA)
  P E 6HX - Aerobic Power Walking (DA)
  P E 12X - Aqua Aerobics (DA)
  P E 6R - Hi-Lo Impact Aerobic Rhythms (DA)
  P E 6RX - Hi-Lo Impact Aerobic Rhythms (DA)
  P E 6Q - Lo Impact Aerobic Rhythms (DA)

- **Combatives**
  PHED 18 - Beginning Tai Chi (Taiji) (FH)
  PHED 18B - Intermediate Tai Chi (Taiji) (FH)
  PHED 18C - Advanced Tai Chi (Taiji) (FH)
  PHED 19B - Kickboxing for Fitness (FH)
  PHED 19C - Intermediate Kickboxing for Fitness (FH)
  PHED 19D - Advanced Kickboxing for Fitness (FH)
  P E 2A - Beginning Karate (DA)
  P E 2AX - Beginning Karate (DA)
  P E 2B - Intermediate Karate (DA)
  P E 2BX - Intermediate Karate (DA)
  P E 2K - Aikido (DA)
  P E 2KX - Aikido (DA)
  P E 2L - Intermediate Aikido (DA)
  P E 2LX - Intermediate Aikido (DA)
  P E 3G - Self-Defense (DA)
  P E 6K - Cardio Kick (DA)
  P E 6KX - Cardio Kick (DA)
  P E 2Q - Tai Chi (DA)
  P E 2QX - Tai Chi (DA)
  P E 2R - Intermediate Tai Chi (DA)
  P E 2RX - Intermediate Tai Chi (DA)

- **Cross Training**
  PHED 47B - Thighs, Abs and Gluteus (TAG) (FH)
  PHED 47C - High Intensity Interval Training (HIIT) (FH)
  PHED 49A - Survivor Training (FH)
  PHED 49B - Boot Camp Training (FH)
  P E 5AX - Spin/Swim Fitness (DA)
  P E 5AY - Spin/Swim Fitness (DA)
  P E 6B - Cross Training (DA)
  P E 6BX - Cross Training (DA)
  P E 6U - Fit Camp (DA)
  P E 6UX - Fit Camp (DA)
  P E 6UY - Fit Camp (DA)
  P E 8 - Total Fitness (DA)
  P E 8X - Total Fitness (DA)
  P E 9 - Cardiovascular and Strength Training (DA)
  P E 9X - Cardiovascular and Strength Training (DA)
• **Cross Training (cont.)**
P E 9Y - Cardiovascular and Strength Training (DA)

• **Flexibility and Stability**
PHED 20A - Beginning Mat Pilates (FH)
PHED 20B - Intermediate Mat Pilates (FH)
PHED 20C - Advanced Pilates (FH)
PHED 21 - Foundations of Yoga (FH)
PHED 21A - Beginning Hatha Yoga (FH)
PHED 21B - Intermediate Hatha Yoga (FH)
PHED 21C - Advanced Hatha Yoga (FH)
PHED 21D - Vinyasa Flow Yoga (FH)
PHED 21E - Restorative Yoga (FH)
PHED 22 - Beginning Full-Body Flexibility (FH)
PHED 22A - Intermediate Full-Body Flexibility (FH)
PHED 22B - Pilates and Yoga (FH)
PHED 22C - Core Conditioning (FH)
P E 11 - Stretching (DA)
P E 11X - Stretching (DA)
P E 2P - Basic Pilates Mat Exercise (DA)
P E 2PX - Basic Pilates Mat Exercise (DA)

• **Individual Sports**
PHED 24 - Introduction to Golf (FH)
PHED 24A - Swing Development for the Experienced Golfer (FH)
PHED 24B - Skills of Golf Course Play (FH)
PHED 24C - Intermediate Golf Course Play (FH)
PHED 24D - Advanced Golf Course Play (FH)
PHED 25A - Swing Analysis (FH)
PHED 25B - Beginning Golf Course Play (FH)
PHED 26 - Beginning Tennis Skills (FH)
PHED 26A - Intermediate Tennis (FH)
PHED 26C - Beginning Doubles Tennis (FH)
PHED 26D - Intermediate Doubles Tennis (FH)
PHED 26E - Advanced Doubles Tennis (FH)
PHED 33 - Beginning Table Tennis (FH)
PHED 33A - Intermediate Table Tennis (FH)
PHED 33B - Intermediate Table Tennis (FH)
PHED 36A - Beginning Archery (FH)
PHED 36B - Intermediate Archery (FH)
PHED 36C - Advanced Archery (FH)
PHED 37 - Beginning Badminton: Singles/Doubles (FH)
PHED 37A - Intermediate Badminton: Singles/Doubles (FH)

• **Individual Sports (cont.)**
PHED 37B - Advanced Badminton: Singles/Doubles (FH)
PHED 42 - Bowling for Fitness (FH)
P E 14A - Beginning Fencing (DA)
P E 14B - Intermediate Fencing (DA)
P E 16A - Beginning Golf (DA)
P E 16B - Intermediate Golf (DA)
P E 10 - Multi-Sport Fitness (DA)
P E 10X - Multi-Sport Fitness (DA)
P E 10Y - Multi-Sport Fitness (DA)
P E 13A - Beginning Badminton (DA)
P E 13AX – Beginning Badminton (DA)
P E 13B - Intermediate Badminton (DA)
P E 13BX - Intermediate Badminton (DA)
P E 13C - Advanced Badminton (DA)
P E 13CX - Advanced Badminton (DA)
P E 21A - Beginning Tennis (DA)
P E 21AX - Beginning Tennis (DA)
P E 21B - Advanced Beginning Tennis (DA)
P E 21BX - Advanced Beginning Tennis (DA)
P E 21C - Intermediate Tennis (DA)
P E 21CX - Intermediate Tennis (DA)
P E 21D - Advanced Tennis (DA)
P E 21DX - Advanced Tennis (DA)

• **Physical Meditation**
P E 2Y – Hatha Yoga (DA)
P E 2YX - Hatha Yoga (DA)
P E 2D – Power Yoga (DA)
P E 2DX – Power Yoga (DA)
P E 2E – Flow Yoga (DA)
P E 2EX – Flow Yoga (DA)
P E 2F – Yoga/Pilates Combo (DA)
P E 2FX – Yoga/Pilates Combo (DA)
P E 2G – Yoga for Relaxation (DA)
P E 2GX – Yoga for Relaxation (DA)

• **Strength Development**
PHED 14 - Nutritional Assessment/Fitness (FH)
PHED 45 - Fitness for Life (FH)
PHED 45A - Foundations of Strength and Conditioning (FH)
PHED 45C - Circuit Training (FH)
PHED 46 - Weight Lifting for Health and Fitness (FH)
PHED 46A - Core Flow Strength Training (FH)
PHED 46B - Advanced Weight Lifting Health/Fitness (FH)
• **Strength Development (cont.)**
  P E 4 - Strength Development (DA)
  P E 4X - Strength Development (DA)
  P E 4Y - Training for Muscular Endurance (DA)
  P E 4YX - Training for Muscular Endurance (DA)
  P E 6D - Body Sculpting (DA)
  P E 6DX - Body Sculpting (DA)
  P E 6V - Core Conditioning (DA)
  P E 6VX - Core Conditioning (DA)

• **Team Sports (cont.)**
  P E 33E – Soccer Level 3 (DA)
  P E 33EX – Soccer Level 3 (DA)
  P E 33F – Soccer Level 4 (DA)
  P E 33FX – Soccer Level 4 (DA)
  P E 33J - Futsal: Level I (DA)
  P E 33JX - Futsal: Level I (DA)
  P E 33K - Futsal: Level II (DA)
  P E 33KX - Futsal: Level II (DA)
  P E 33L - Futsal: Level III (DA)
  P E 33 LX - Futsal: Level III (DA)
  P E 33M - Futsal: Level IV (DA)
  P E 33MX - Futsal: Level IV (DA)

• **Team Sports**
  PHED 13 - Beginning Water Polo (FH)
  PHED 13A - Intermediate Water Polo (FH)
  PHED 13B - Advanced Water Polo (FH)
  PHED 13C - Water Polo-Game Skills (FH)
  PHED 28 - Slow Pitch Softball (FH)
  PHED 31A - FUTSAL-Indoor Soccer Beginning (FH)
  PHED 31B - FUTSOL-Indoor Soccer Intermediate (FH)
  PHED 31C - FUTSOL-Indoor Soccer Advanced (FH)
  PHED 31D - Tournament FUTSOL-Indoor Soccer (FH)
  PHED 32C - Soccer - Game Skills (FH)
  PHED 38A - Basketball Fundamentals (FH)
  PHED 38B - Basketball Game Skills (FH)
  PHED 38C - Beginning Basketball (FH)
  PHED 38D - Intermediate Basketball (FH)
  PHED 38E - Advanced Basketball (FH)
  PHED 39 - Indoor Soccer (FH)
  PHED 40 - Beginning Volleyball (FH)
  PHED 40A - Intermediate Volleyball (FH)
  PHED 40B - Advanced Volleyball (FH)
  PHED 40C - Volleyball: Game Skills (FH)
  P E 1H - Team Sport – Basketball (DA)
  P E 1HX - Team Sport – Basketball (DA)
  P E 33A - Soccer (DA)
  P E 33AX – Soccer (DA)
  P E 33I - Indoor Soccer (DA)
  P E 19A - Beginning Volleyball (DA)
  P E 19AX - Beginning Volleyball (DA)
  P E 19B - Intermediate Volleyball (DA)
  P E 19BX - Intermediate Volleyball (DA)
  P E 19C - Advanced Volleyball (DA)
  P E 19CX - Advanced Volleyball (DA)
  P E 19T - Tournament Volleyball (DA)
  P E 33D – Soccer Level 2 (DA)
  P E 33DX – Soccer Level 2 (DA)