

PHYSICAL EDUCATION (PHED)

PHED 1001. Health & Wellness for Living. (3 Credits)

Prerequisite: None. Credit Hours: (3-0-3). An introduction to the factors affecting individual and community health and wellness. Topics include stress management, mental health, human sexuality, alcohol and substance abuse, consumer health issues, chronic diseases, injury prevention, and end of life issues.

PHED 1010. Physical Fitness for Life. (3 Credits)

Prerequisite: None. Credit Hours: (2-1-3). An introduction to fitness and health with an emphasis on physical activity, nutrition, weight management, and health related fitness concepts. Students will have the opportunity to assess their physical fitness, nutrition, and activity patterns and to develop a personalized health and fitness program. Students will be required to participate in a variety of physical fitness activities.

PHED 1015. First Aid/CPR. (1 Credit)

An introduction to the techniques of emergency first aid, cardiopulmonary resuscitation (adult, child, infant) and automatic external defibrillator. Students will have the opportunity to earn certification through the American Heart Association. This course will not satisfy certification requirements for nursing.

PHED 1040. Intro to Physical Ed. (3 Credits)

Prerequisite: Sophomore standing or permission of the instructor. Credit Hours: (3-0-3). An introductory course for physical education majors that explores professional careers, foundations, historical and philosophical principles of physical education, competitive athletics, and the sports industry.

PHED 1101. Jogging. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). An activity class focusing on paced distance running for cardiovascular endurance.

PHED 1103. Wt. Training. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). An introduction to the development of muscular endurance and strength through the use of free weights and fixed weight machines.

PHED 1104. Advanced Wt. Training. (1 Credit)

Prerequisite: PHED 1103 or permission of instructor. Credit Hours: (0-2-1). A continuation of PHED 1103.

PHED 1109. Pacewalking. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). An activity class focusing on walking for cardiovascular endurance.

PHED 1115. Tai Chi. (1 Credit)

Credit Hours: (0-2-1) An activity class focusing on the practice, foundation, and philosophy of Tai Chi.

PHED 1152. Aerobics I. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). An activity class focusing on the development of cardiovascular health, muscular endurance, and flexibility through movement patterns set to music.

PHED 1153. Aerobics II. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). An activity class focusing on the development of cardiovascular health, muscular endurance, and flexibility through movement patterns set to music.

PHED 1201. Begin Tennis. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). For beginners only. Each student must provide his/her own racket and one can of new tennis balls.

PHED 1203. Intermediate Tennis. (1 Credit)

Prerequisite: PHED 1201 or permission of instructor. Credit Hours: (0-2-1). A continuation of PHED 1201.

PHED 1205. Advanced Tennis. (1 Credit)

Prerequisite: PHED 1203 or permission of instructor. Credit Hours: (0-2-1). A continuation of PHED 1203.

PHED 1207. Badminton. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). A racquet sport involving indoor court activity. Each student must provide his/her own badminton equipment as assigned by the instructor.

PHED 1212. Handball. (1 Credit)

PHED 1215. Racquetball. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). Each student is required to provide protective eyewear, a racquet, and one can of new racquetballs.

PHED 1217. Advanced Racquetball. (1 Credit)

Prerequisite: PHED 1215 or permission of instructor. Credit Hours: (0-2-1). A continuation of PHED 1215.

PHED 1219. Pickle Ball. (1 Credit)

Prerequisite: None Credit Hours: (0-2-1). Pickle Ball is a sport played with a special perforated ball on a 20 foot by 44 foot court. The game uses a tennis-style net. Rules are published in the United States of America Pickle Ball Association Rulebook (USAPA).

PHED 1301. Soccer. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). Indoor or outdoor activity.

PHED 1320. Basketball. (1 Credit)

Credit Hours: (0-2-1) Indoor basketball activity class. Class time will include exercise, skill development and competition.

PHED 1324. Softball. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). Each student is required to provide a baseball glove.

PHED 1328. Volleyball. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). Indoor activity.

PHED 1330. Baseball. (1 Credit)

Prerequisite: None. Credit Hours: (0-2-1). Each student is required to provide a baseball glove.

PHED 1401. Archery. (1 Credit)

PHED 1402. Rock Climbing. (1 Credit)

Prerequisite: None Credit Hours: (0-2-1) Basic instruction in climbing techniques for beginner through intermediate climbers. Emphasis is placed on safety, teamwork, and goal accomplishment. Students are required to use harness and helmet as they climb and to use rope connections to a belayer.

PHED 1403. Hiking and Backpacking. (1 Credit)

PHED 1405. Canoeing. (1 Credit)

PHED 1407. Sailing. (1 Credit)

PHED 1501. Begin Swimming. (1 Credit)

Prerequisite: None. For students who can swim less than twelve yards. Credit Hours: (0-2-1). An introduction to the proper techniques in treading water, crawl stroke, back crawl, and development of confidence in a water environment.

PHED 1503. Intermediate Swim. (1 Credit)

Prerequisite: PHED 1501 or permission of instructor. Credit Hours: (0-2-1). A continuation of PHED 1501.

PHED 1504. Lifeguard Training. (1 Credit)

Prerequisite: PHED 1503, ability to swim 500 yards and tread two minutes, or permission of the instructor. Credit Hours: (0-2-1). The American Red Cross Lifeguard Training Program that teaches self-rescue, swimming, assists, escapes, and water accident prevention.

PHED 1510. Scuba Diving. (1 Credit)

Prerequisite: Student must be able to swim. Credit Hours: (0-2-1). A course designed to teach the minimum knowledge and skills necessary to become a certified open water scuba diver.

PHED 1511. Fitness Swimming. (1 Credit)

Prerequisite: PHED 1503 or permission of instructor Credit Hours: (0-2-1) An activity class focusing on the principles and practice of distance and interval conditioning workouts.

PHED 1521. Water Aerobics I. (1 Credit)

Prerequisite: PHED 1501 or permission of instructor Credit Hours: (0-2-1) An activity class focusing on the development of cardiovascular health, endurance, and flexibility in an aquatic environment.

PHED 1522. Water Aerobics II. (1 Credit)

Prerequisite: PHED 1501 or permission of the instructor Credit Hours: (0-2-1) An activity class focusing on the development of cardiovascular health, endurance, and flexibility in an aquatic environment.

PHED 1551. Water Basketball. (1 Credit)

Prerequisite: None Credit Hours: (0-2-1). An aquatic basketball activity course designed to improve cardiovascular endurance in a competitive setting.

PHED 1998. Participation Varsity Ath I. (1 Credit)

Prerequisite: Must be a member of a Gordon State College Varsity Athletic Team during the first year of athletic practice and competition. Students are not allowed to enroll in Phed 1998 and Phed 1999 concurrently. Credit Hours: (0-2-1) This course recognizes the fitness, knowledge, and skill development associated with participation of student athletes in intercollegiate athletics. This course meets GSC Phed requirement for one credit hour of activity in Area G. Student must be a member of a varsity intercollegiate athletic team. Student athlete must also be in the first year of athletic competition.

PHED 1999. Participation Varsity Ath II. (1 Credit)

Prerequisite: Must be a member of a Gordon State College Varsity Athletic Team during the second year of athletic practice and competition. Students are not allowed to enroll in Phed 1998 and 1999 concurrently. Credit Hours: (0-2-1) This course recognizes the fitness, knowledge, and skill development associated with participation of student athletes in intercollegiate athletics. This course meets GSC Phed requirements for one credit hour of activity in Area G. Student must be a member of a varsity intercollegiate athletic team. Student athlete must also be in the second year of athletic competition.

PHED 2100. Personal Health. (3 Credits)

Prerequisite: None. Credit Hours: (3-0-3). Lots of things affect your health. Identifying and understanding these things can tell us how we can best maintain our health, and also how we can help make this a healthy environment for others around us. This course looks at determinants of personal health from a perspective that's very different from how most people imagine a personal health course.

PHED 2110. Introduction to Public Health. (3 Credits)

This is an introductory course for students interested in public and community health. The course introduces students to the core foundational concepts for continuing study in the areas of public and community health. This course surveys the history, philosophies, and underlying practice of public health. This course involves community and campus interaction.

PHED 3000. Introduction to Nutrition. (3 Credits)

Credit Hours: (3-0-3) Basic facts and principles of human nutrition are presented. Study includes the physiological and psychological factors of food intake and utilization with emphasis on nutrition education for dietary improvements of groups and individuals. Emphasis is placed on the science of nutrition and the study of micro and macro nutrients.

PHED 3110. Intro to Health Promotion. (3 Credits)

Credit Hours: (3-0-3) This is a fundamental course in the concepts essential to understanding health education as a discipline. Competencies and career opportunities related to school and community health education will be discussed. This course will also explore the nature of health education and health promotion through discussion of health and wellness, principles of education and learning, as well as models and theories of behavioral changes.

PHED 3500. Rural Health. (3 Credits)

Prerequisites: PHED 2110 Credit Hours: (3-0-3) Overview of differences in health statuses, resources, and outcomes in rural communities in the U.S. from a population health perspective with special emphasis on rural health issues in the state of Georgia.

PHED 3505. Epidemiology and Biostatistics. (3 Credits)

Prerequisites: Must have declared a major in Physical Education, Health & Wellness. Core mathematics must be completed with a grad of "C" or better. Credit Hours: (3-0-3) A comprehensive resource for undergraduate students in health related degree programs. This course will provide a unique focus on completing the casual picture of epidemics. Students will learn to identify casual factors and modes of transmission with the assistance of statistical tools and biomedical information. Students will also learn to manage and analyze epidemiologic data and then design and implement appropriate research studies. This course will include a full description of Healthy People Initiatives with a focus on Healthy People 2020.

PHED 3600. Contemporary Health Issues. (3 Credits)

Prerequisite: Junior Standing Credit Hours: (3-0-3) A study of current health problems of major concern in the U.S., their antecedents and the role of the education system in their mitigation. Topics will vary from semester to semester. Topics include, but are not limited to, Vaping, Opioid Addiction, Health Disparities and Inequity, Depression, Global Warming and the effect on Human Health, LGBTQ Health Issues, Women's Health Issues, and Aging.

PHED 4010. H&W Program Evaluation. (3 Credits)

Prerequisite: None Credit Hours: (3-0-3) Provides students with the theoretical and practical bases for program evaluation. Students will develop basic skills in a variety of approaches to evaluation, including techniques that are suitable to evaluating health promotion, community health improvement, and related health and social service programs. Course learning will be synthesized through design of an evaluation framework and methodology for a relevant program.

PHED 4100. Grant Writing. (3 Credits)

Prerequisite: Senior status in the program Credit Hours: (3-0-3) This course introduces students to grant seeking, writing, and administration in the broad field of Public Health. Basic search tools will be introduced and students will gain experience in writing to the required format of grants in the area of Health.

PHED 4900. Internship. (4 Credits)

Prerequisite: Senior Status Credit Hours: (0-12-4) Field experience in an appropriate agency or occupational setting where the student can gain practical experience in health services.

PHED 4910. Senior Research Project. (4 Credits)