

# Physical Education (PHY ED)

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## Courses

**PHY ED 101. Swimming I. 1 Credit.**

Fundamental swimming, basic water survival skills, and safety for students with minimum to no swimming ability.  
Spring.

**PHY ED 117. Cardiopulmonary Resuscitation. 1 Credit.**

Causes and effects of respiratory, cardiac and circulatory insufficiency and arrests are explored as well as appropriate emergency care responses. Students develop resuscitation skills on adult, child and infant mannequins. American Red Cross or American Heart Association certification available.  
Fall Only.

**PHY ED 118. Relaxation Thru Yoga. 1 Credit.**

This course is designed to allow students to participate in yoga. Various yoga routines are developed to emphasize strength, flexibility, balance, coordination, and relaxation.  
Fall Only.

**PHY ED 121. Personal Conditioning. 1 Credit.**

Principles of exercise physiology as they relate to participation in calisthenics and exercise with light apparatus. Develops conditioning programs appropriate for life-long fitness.  
Spring.