

## SOCIAL

<b>FAST FITNESS (1 CREDIT)</b>		<b>Meets to fit schedule (1 CREDIT)</b>
PHED 125-002	CRN 16620	Fast Fitness is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU. No written assignments required in the 1 credit option.
<b>INDOOR CYCLING</b>		<b>MW 2pm-2:50pm (1 CREDIT)</b>
PHED 125-005	CRN 16527	The purpose of this course is to introduce the student to the activity of indoor cycling. This class will be taught in a progressive manner that will enable students of all ability levels to participate. The workouts used in this class will train cardiovascular endurance and emphasize proper form and technique for an effective, safe, and fun workout.
<b>INDOOR CYCLING</b>		<b>TR 8am-8:50am (1 CREDIT)</b>
PHED 125-029	CRN 16622	The purpose of this course is to introduce the student to the activity of indoor cycling. This class will be taught in a progressive manner that will enable students of all ability levels to participate. The workouts used in this class will train cardiovascular endurance and emphasize proper form and technique for an effective, safe, and fun workout.
<b>TENNIS/GOLF</b>		<b>MW 11am-11:50am (1 CREDIT)</b>
PHED 125-007	CRN 16529	<b>TENNIS:</b> You will learn the fundamentals of playing tennis, rules of the game, basic techniques and skills needed to play a game to tennis. Class will typically begin with individual warm-up, followed by skills practice and game play. All equipment will be provided for those who need them. <b>GOLF:</b> This course will cover the fundamentals of golf. The majority of class time will be spent learning and practicing these fundamentals and basic skills.
<b>BASKETBALL</b>		<b>MW 11am-11:50am (1 CREDIT)</b>
PHED 125-008	CRN 16530	This course will cover the fundamentals of the sport of basketball. The majority of class time will be spent in competitive, full-court scrimmage games.
<b>BASKETBALL/VOLLEYBALL</b>		<b>MW 12pm-12:50pm (1 CREDIT)</b>
PHED 125-009	CRN 16531	<b>BASKETBALL:</b> Covers the fundamentals of the sport of basketball. The majority of class time will be spent in competitive, full-court scrimmage games. <b>VOLLEYBALL:</b> By the end of the course, you should know the basic techniques and abilities needed to carry out a volleyball game. Overall, the course will help develop a greater appreciation for and a skill level in volleyball.
<b>PICKLEBALL/BADMINTON</b>		<b>TR 1pm-1:50pm (1 CREDIT)</b>
PHED 125-010	CRN 16532	<b>PICKLEBALL:</b> The official sport of Washington state is a fun sport that combines many elements of tennis, badminton and ping-pong. This course will teach the fundamentals of the game and increase your skill level. <b>BADMINTON:</b> The course will help develop a greater appreciation and skill level for the game of badminton and be fun along the way. Introduces a new skill and practice of that skill. All equipment is provided.
<b>PICKLEBALL</b>		<b>TR 10am-10:50am (1 CREDIT)</b>
PHED 125-012	CRN 16534	The official sport of Washington state is a fun sport that combines many elements of tennis, badminton and ping-pong. This course will teach the fundamentals of the game and increase your skill level.

<b>VOLLEYBALL - ALL LEVELS</b>		<b>TR 11am-11:50am (1 CREDIT)</b>
PHED 125-013	CRN 16535	By the end of the course, you should know the basic techniques and abilities needed to carry out a volleyball game. Overall, the course will help develop a greater appreciation for and a skill level in volleyball.
<b>SOCCER/FLAG FOOTBALL</b>		<b>MW 12pm-12:50pm (1 CREDIT)</b>
PHED 125-014	CRN 16536	<b>SOCCER:</b> You should know the rules of the game, various techniques, and understand strategies for playing the game. Overall, the course will help develop a greater appreciation and skill level for the game of soccer. Most days will begin with individual warm-up followed by game play. <b>FLAG FOOTBALL:</b> Covers the fundamentals of the sport of flag football, passing, catching, pass patterns, defensive techniques and rules of play; primarily through game play.
<b>BALLROOM DANCE</b>		<b>TR 10am-10:50am (1 CREDIT)</b>
PHED 125-019	CRN 16541	Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance is the focal point of interest.
<b>CATCH THE RHYTHM-DANCE AEROBIC</b>		<b>TR 12pm-12:50pm (1 CREDIT)</b>
PHED 125-020	CRN 16542	Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance is the focal point of interest.
<b>LATIN DANCE</b>		<b>TR 11am-11:50am (1 CREDIT)</b>
PHED 125-021	CRN 16543	Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance is the focal point of interest.
<b>SWING DANCE</b>		<b>TR 1pm-1:50pm (1 CREDIT)</b>
PHED 125-022	CRN 16544	Students will be given a working knowledge of the fundamentals of partnership dancing. Each student should gain the self-confidence to be able to use their dance knowledge in real life situations or dance is the focal point of interest.
<b>DODGEBALL/INDOOR SOCCER</b>		<b>TR 1pm-1:50pm (1 CREDIT)</b>
PHED 125-030	CRN 16550	<b>DODGEBALL:</b> The 5 D's of Dodgeball: Dodge, Duck, Dip, Dive and Dodge. This course covers the fundamentals of the sport of dodgeball, rules of play, techniques; primarily through game play. <b>SOCCER:</b> You should know the rules of the game, various techniques, and understand strategies for playing the game. Overall, the course will help develop a greater appreciation and skill level for the game of soccer. Most days will begin with individual warm-up followed by game play.
<b>FAST FITNESS (IN PERSON)</b>		<b>Meets to fit schedule (2 CREDITS)</b>
PHED 150-001	CRN 16551	Fast Fitness is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU.
<b>FAST FITNESS (IN PERSON)</b>		<b>Meets to fit schedule (2 CREDITS)</b>
PHED 150-002	CRN 16552	Fast Fitness is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU.

**STRENGTH/WEIGHT TRAINING Meets to fit schedule (2 CREDITS)**

PHED 152-001

CRN 16625

Strength/Weight Training is a comprehensive physical fitness course designed to develop strength, flexibility and endurance (cardiovascular and muscular) in an efficient manner through the use of the URC Fitness Center at EWU.