

SOCIAL

FAST FITNESS (1 CREDIT)		Meets to fit schedule (1 CREDIT)
PHED 125-002	CRN 15246	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.
GOLF-ALL LEVELS		TR 1pm-1:50pm (1 CREDIT)
PHED 125-010	CRN 15254	This course will cover the fundamentals of golf. The majority of class time will be spent learning and practicing these fundamentals and basic skills.
PICKLEBALL/BADMINTON		TR 1pm-1:50pm (1 CREDIT)
PHED 125-013	CRN 15257	PICKELBALL: 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. BADMINTON: 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.
VOLLEYBALL - ALL LEVELS		MW 1pm-1:50pm (1 CREDIT)
PHED 125-008	CRN 15252	By the end of the course, you should know the basic techniques and abilities needed to carry out a volleyball game. Helps to develop a greater appreciation for and a skill level in volleyball.
BALLROOM DANCE		TR 10am-10:50am (1 CREDIT)
PHED 125-014	CRN 15258	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.
LATIN DANCE		TR 11am-11:50am (1 CREDIT)
PHED 125-015	CRN 15259	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.
SWING DANCE		TR 12pm-12:50pm (1 CREDIT)
PHED 125-016	CRN 15260	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.
DODGEBALL INDOOR SOCCER		MW 11am-11:50am (1 CREDIT)
PHED 125-005	CRN 15249	DODGEBALL: 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. SOCCER: 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.
FAST FITNESS		Meets to fit schedule (2 CREDITS)
PHED 150-001	CRN 15278	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.
FAST FITNESS		Meets to fit schedule (2 CREDITS)
PHED 150-002	CRN 15279	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 15280	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.