

## SOCIAL

<b>FAST FITNESS (1 CREDIT)</b>		<b>Meets to fit schedule (1 CREDIT)</b>
PHED 125-002	CRN 18984	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>BASKETBALL FOR FUN 3 ON 3</b>		<b>TR 11am-11:50am (1 CREDIT)</b>
PHED 125-010	CRN 18992	Get your team ready for spring and summer basketball. 3 on 3 basketball allows students to get more court time to practice skills for any upcoming outdoor competitive basketball events. All ability levels are welcomed.
<b>GOLF-ALL LEVELS</b>		<b>TR 12pm-12:50pm (1 CREDIT)</b>
PHED 125-012	CRN 18994	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>INDOOR CYCLING</b>		<b>MW 2pm-2:50pm (1 CREDIT)</b>
PHED 125-014	CRN 18996	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>PICKLEBALL/BADMINTON</b>		<b>TR 1pm-1:50pm (1 CREDIT)</b>
PHED 125-015	CRN 18997	<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>VOLLEYBALL - ALL LEVELS</b>		<b>MW 12pm-12:50pm (1 CREDIT)</b>
PHED 125-016	CRN 18998	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.
<b>BALLROOM DANCE</b>		<b>TR 10am-10:50am (1 CREDIT)</b>
PHED 125-003	CRN 18985	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 125-004	CRN 18986	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 12pm-12:50pm (1 CREDIT)</b>
PHED 125-0005	CRN 18987	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>MW 11am-11:50am (1 CREDIT)</b>
PHED 125-011	CRN 18993	<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</b>		<b>Meets to fit schedule (2 CREDITS)</b>
PHED 150-01 PHED 150-02	CRN 19014 CRN 19015	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>WALKING FOR FUN</b>		<b>MW 10am-10:50am</b>

PHED 125-017	CRN 18999	The purpose of this class is to teach students how to improve cardiovascular and muscular fitness as well as stress management through fitness walking. Most classes will include a walking course throughout campus and into Cheney. Students will be encouraged to walk at their own pace.
<b>STRENGTH/WEIGHT TRAINING</b>		
<b>Meets to fit schedule (2 CREDITS)</b>		
PHED 152-001	CRN 19016	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.