

# COURSE DESCRIPTIONS

## UNIVERSITY OF CHICAGO DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

All courses are not offered every quarter

### Archery (PHED 16030)

Prerequisites:

None

Content:

Equipment selection, introduction to freestyle shooting at 50 and 75 feet. At the conclusion of the course students will be able to correct technique and shoot with accuracy.

### Badminton (PHED 16017)

Prerequisites:

None

Content:

An introduction to grip, stance and footwork, serves, overhead strokes, forehand and backhand drives, rules of singles and doubles play, and strategy.

### Ballet – Elementary (PHED 16020)

Prerequisites:

None

Content:

Introduction to exercises a la barre, plie, tendue, degage, addagio. At the conclusion of the course students should possess some proficiency in the listed skills and be able to perform them rhythmically.

### Ballet – Intermediate (PHED 16021)

Prerequisites:

Knowledge of basic ballet exercises.

Content:

Refinement of basic ballet exercises and development of further strength, flexibility, and aesthetic line through introduction of more advanced positions and skills: allegro, tours, jetes.

### **CPR-Professional Rescuer & AED (PHED 16040)**

Prerequisites: American Red Cross course materials - \$13.00.  
Content: Two rescuer CPR, modified jaw thrust, triple airway maneuver, automated external defibrillation.

### **Emergency Response and AED (PHED 16043)**

Prerequisites: CPR-PR&AED. American Red Cross materials-\$34.00.  
Content: CPR/Professional Rescuer review, breathing devices. childbirth, crisis intervention, reaching and moving victims, multiple casualty incidents, automated external defibrillation.

### **First Aid, CPR and AED (PHED 16042)**

Prerequisites: None. American Red Cross course materials - \$15.00.  
Content: Certification from the American Red Cross in cardiopulmonary resuscitation for infants, children and adults; automated external defibrillation and First Aid.

### **Golf – Introduction to the Swing (PHED 16038)**

Prerequisites: None  
Content: Mastering the components of the full swing in golf. Weight transfer, grip, establishment of the swing path, timing, balance.

### **Jazz Dance-Elementary (PHED 16027)**

Prerequisites: None  
Content: Dance warm-ups and rhythmic fundamentals. Introduction to basic dance skills, positions and contemporary jazz techniques.

### **Jazz Dance-Intermediate (PHED 16028)**

Prerequisites: Knowledge of basic dance skills  
Content: Dance warm-up building strength and flexibility. Development of basic dance skills including pirouettes, plies, pas de bourres, and tours with a contemporary style.

### **Lifeguard Training (PHED 12020)**

Prerequisites:	1. Swim 500 yards continuously, 100 yds. crawl, 100 yds. breaststroke, 100 yds. sidestroke and 200 yards choice of strokes. 2. Submerge to a depth of 7 ft, retrieve a 10 lb. weight and return to the surface. 3. Tread water for 2 minutes using legs only. 4. American Red Cross materials - \$24.00.
Content:	Training in the skills required for American Red Cross Lifeguard Certification. A minimum of 27 class hours is required.

### **Modern Dance-Elementary (PHED 16023)**

Prerequisites:	None
Content:	Dance warm-ups and rhythmic patterns. Introduction to modern dance technique fundamentals with simple compositions and improvisations developing strength, flexibility and creativity.

### **Modern Dance-Intermediate (PHED 16024)**

Prerequisites:	Knowledge of dance technique fundamentals and ability to perform rhythmic patterns and simple compositions.
Content:	Dance warm-ups, rhythmical patterns, movement combinations, developing technical dance skills, strength, flexibility and creativity.

### **Personal Fitness-Conditioning (PHED 14031)**

Prerequisites:	None
Content:	An introduction to the concepts and components of sound fitness development. Experience with activities designed to promote cardiovascular fitness, flexibility, strength, and proper nutritional habits.

### **Personal Fitness-Jogging (PHED 14041)**

Prerequisites: None  
Content: Warm-up and flexibility exercises, instruction in proper running technique and developing a running program.

### **Personal Fitness-Step Aerobics (PHED 14021)**

Prerequisites: None  
Content: Introduction to the basic steps and movements as well as to the physiological benefits of step aerobics. Class is a vigorous 45 minute workout including warm-up, aerobic workout and cool down. An optional abdominal workout is conducted at the conclusion of each class period.

### **Personal Fitness-Water Aerobics (PHED 14023)**

Prerequisites: Comfort in shoulder depth water and ability to submerge.  
Content: Introduction to exercises for strength, flexibility and aerobic fitness in the water.

### **Personal Fitness-Weight Training (PHED 14011)**

Prerequisites: None  
Content: Introduction to progressive resistance training on machines and free weights and developing a strength training program. Proper technique is emphasized.

### **Pilates – Introduction (PHED 16061)**

Prerequisites: None  
Content: A series of low-impact flexibility and muscular endurance exercises that facilitate the development of strength and flexibility without bulk. The emphasis is on enhancing core stabilization (abdominals, lower back, hips, thighs, buttocks) and general body toning.

### **Racquetball (PHED 16011)**

Prerequisites: Eye goggles or safety-tempered glasses.  
Content: Grip, footwork, forehand and backhand swing mechanics, serves, lob, ceiling, and passing shots, corner and back wall play, rules.

### **Social Dance-Elementary (PHED 16025)**

Prerequisites: None  
Content: Dances included are the fox trot, cha cha, swing, waltz, rumba, polka.

### **Social Dance-Intermediate (PHED 16026)**

Prerequisites: Some experience with the fox trot, swing, waltz and polka.  
Content: More advanced work with the fox trot, cha cha, swing, waltz, rumba, polka.

### **Swimming-Novice (PHED 12011)**

Prerequisites: None  
Content: Water adjustment, breath holding, prone float and glide, back float and glide, rhythmic breathing, elementary backstroke, front crawl, back crawl and aquatic safety skills, survival float and surface diving.

### **Swimming-Elementary (PHED 12012)**

Prerequisites: Ability to float.  
Content: Elementary backstroke, front crawl, back crawl, sidestroke and aquatic safety skills.

### **Swimming-Intermediate (PHED 12013)**

Prerequisites: Experience with basic strokes (front and back crawl and elementary backstroke)  
Content: Refinement of existing strokes. Introduction to breaststroke, sidestroke, turns, survival skills.

### **Tennis-Elementary (PHED 16014)**

Prerequisites: None  
Content: Grip and ready position, footwork, ground strokes (forehand and backhand), serve, volley, rules of game.

### **Tennis-Intermediate (PHED 16015)**

Prerequisites: Ability to play a full game with full service  
Content: Ground strokes (top spin and back spin), service, volley (forehand, backhand and half-volley), lobs, overhead smash and playing strategy.

### **Yoga – Introduction (PHED 16060)**

Prerequisites: None  
Content: Philosophy, style, principle, and application of yoga focusing on concentration, coordination, flexibility, breathing, and meditation.