Physical Education (PHED)

PHED 102  Racquetball (0)
PHED 103  Weight Exercise (0)
PHED 104  Beginning Ballet (0)
PHED 105  Beginning Tennis (0)
PHED 106  Beginning Fencing (0)
PHED 108  Beginning Handball (0)
PHED 110  Aerobics (0)
PHED 111  Zumba (0)
PHED 113  Beginning Jazz (0)
PHED 115  Beginning Riding (0)
PHED 116  Introduction to Horse Management (0)
   This course introduces the basics of handling and caring for horses, including groundwork, grooming, nutrition, veterinary care, and farrier requirements. Though unmounted, this course requires strenuous physical activity managing horses.
PHED 119  Weight Training (0)
PHED 123  Beginning Tap Dance (0)
PHED 124  Basketball (0)
PHED 125  Lifetime of Fitness: Running (0)
PHED 126  Lifetime of Fitness: Swimming (0)
PHED 127  Lifetime of Fitness: Biking (0)
PHED 128  Lifetime of Fitness: Mountain Biking (0)
PHED 129  Lifetime of Fitness: Beginning Golf (0)
PHED 130  Lifetime of Fitness: Beginning Soccer (0)
PHED 131  Lifetime of Fitness: Squash (0)
PHED 132  Lifetime of Fitness: Badminton (0)
PHED 133  Lifetime of Fitness: European Handball (0)
PHED 134  Lifetime of Fitness: Bocce (0)
PHED 135  Lifetime of Fitness: Frisbee Golf (0)
PHED 136  Lifetime of Fitness: Speed and Agility (0)
PHED 137  Lifetime of Fitness: Ultimate Frisbee (0)
PHED 138  Lifetime of Fitness: Change-Bell Ringing (0)
   English Change Ringing is a non-competitive and non-contact team activity performed on the ring of eight bells in Breslin Tower. The ‘exercise,’ as it is commonly known, is highly stimulating intellectually and mildly demanding physically. It develops mental and physical skills in the context of a communal effort. A successful student will acquire the bells handling skills necessary to begin ringing the changes.
PHED 139  Advanced English Change Ringing (0)
   Skill development to ring common English change ringing methods such as hunting, Plain Bob, Grandsire, Steadman, etc. Prerequisite: PHED 138.
PHED 152  Fly Fishing (0)
PHED 153  Introduction to Fishing (0)
   Introduction to fishing includes instruction on the use of various equipment, baiting and setting the hook, and reeling in fish. Instructor will also share information on different types of fishing and how fishing affects the environment.
PHED 154  Beginning Modern Dance (o)
PHED 155  Advanced Beginning Riding (o)
PHED 165  Beginning Jumping (o)
PHED 166  Introduction to Hunter Seat Equitation (o)
PHED 167  Schooling the Hunter (o)
PHED 168  Foundations of Flourishing and Well-Being (o)
Foundations of Well-Being prepares students for academic, personal, and social success by exploring the science and practice of positive psychology to better understand the roots of a happy and meaningful life. The course is experiential and interactive, and students are required to participate in wellness activities both inside and outside of the classroom. Students will gain a clear understanding of the factors and practices that contribute to their own well-being, will be motivated to consistently apply those practices in their daily lives, and experience a sense of belonging and commitment to community well-being.
PHED 170  Stretch and Relax (o)
PHED 171  Introduction to Hatha Yoga (o)
PHED 172  Pilates (o)
The pilates exercise program creates length, strength, and flexibility in the muscles. It promotes body balance and helps to provide spinal support. The program also uses mental focus to improve efficiency of movement while encouraging the control of muscles.
PHED 173  Intermediate Pilates (o)
The intermediate Pilates exercise program encourages length, strength, and flexibility in the muscles. It promotes body balance and helps to provide spinal support. The program also uses mental focus to improve efficiency of movement and muscle control. Prerequisite: PHED 172.
PHED 174  Introduction to Team Sports (o)
Introduction to a variety of team sports such as: volleyball, football, basketball and soccer. Students will learn the rules and practice each sport. Head coaches will serve as guest speakers to share specific experiences and answer questions.
PHED 175  Novice Riding (o)
PHED 180  Sport Aviation (o)
This course teaches the ground school requirements for the private pilot’s license and provides instruction of basic flying skills.
PHED 190  Beginning Bouldering (o)
Bouldering is a type of low-to-the-ground rock climbing that does not utilize ropes or most other technical climbing equipment. Sewanee, with its sandstone crags and bouldering wall is ideally suited to this popular sport. Taught by the Sewanee Outing Program, the course covers the basics of the sport, with special emphasis on safety and fun.
PHED 200  Martial Arts (o)
PHED 204  Intermediate Ballet (o)
PHED 205  Intermediate Tennis (o)
PHED 213  Intermediate Jazz (o)
PHED 214  Pilgrimage to Santiago (o)
Prerequisite: Only open to students admitted to the Sewanee Summer in Spain program.
PHED 215  Intermediate Riding (o)
PHED 216  Advanced Horse Management (o)
This course continues the study of handling and caring for courses, including equine physiology and anatomy, equine behavior and body language, herd behavior, and groundwork. Though unmounted, this course requires strenuous physical activity managing horses. Prerequisite: PHED 116 or one course in equestrian physical education.
PHED 223  Intermediate Tap Dance (o)
Prerequisite: PHED 123 or THTR 123.
PHED 225  Lifetime of Wellness: Golf (o)
PHED 226  Lifetime of Wellness: Tennis (o)
PHED 227  Lifetime of Wellness: Weight Training (o)
PHED 228  Lifetime of Wellness: Beginner to Intermediate Road Biking (o)
PHED 229  Lifetime of Wellness: Recreational Sports (o)
PHED 230  Lifetime of Wellness: Table Tennis (o)
PHED 231  Lifetime of Wellness: Reducing Stress through Meditation and Movement (o)
Through methods of systematic cultivation of awareness of body and mind such as stretching, yoga, body-scan, attention to breathing, sitting and walking meditation, and loving-kindness meditation, this course encourages greater health and well-being. The promotion of greater awareness reduces anxiety, anger, and depression while enhancing psychological resilience, the ability to act effectively under increased short and long-term stress, and energy and enthusiasm for life. Taught in a compressed seven-week format, this course requires daily practice outside of class and student participation in one four-hour weekend class meeting.

PHED 232  Lifetime of Fitness: Les Mills Body Combat (o)
Students participate in a 55-minute high intensity martial arts-inspired group fitness class, produced and choreographed by Les Mills (average number of calories burned is 737).

PHED 233  Lifetime of Wellness: Mindful Self-Compassion (o)
Through meditation, lecture, group exercises, discussion, and informal daily practice, this course provides tools for encouraging self-compassion. Students learn to motivate themselves with kindness and recognize and meet difficult emotions with greater ease. Empirical studies have demonstrated that this class increases compassion to self and others, mindfulness, and life satisfaction while reducing anxiety, depression, stress, and emotional avoidance. Taught in a compressed seven-week format, this course requires daily practice outside of class and student participation in one four-hour weekend class meeting.

PHED 234  Group Blast (o)
Group Blast is cardio training that uses The STEP in highly elective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy.

PHED 240  Hiking on the Western Geology Trip (o)
Prerequisite: Only open to students admitted to the Geology of the Western U.S. Field Trip program.

PHED 251  Scuba (o)

PHED 252  Advanced Scuba (o)
Prerequisite: PHED 251.

PHED 253  Rescue Scuba (o)
Prerequisite: PHED 252.

PHED 261  Road Cycling (o)
A two-day, 150-mile event in middle Tennessee conducted in fall with the Sewanee Outdoor Program. Twenty-five mile training rides, taken three times per week, are led by the SOP and are required to condition for this event.

PHED 262  Alpine Mountaineering Traverse in Colorado (o)
A ten-day Sewanee Outdoor Program winter alpine expedition in Colorado, for which three days are devoted to acclimating hikes in the San Juan mountains; seven days are spent snowshoeing, backpacking, and camping on a thirty-five mile traverse on the continental divide. Requires pre-trip preparation, special instruction, weekly training runs and hikes, and additional fee. Prerequisite: Only open to students admitted to this Outing Program.

PHED 263  Marathon and Half-Marathon Runs (o)
The Sewanee Outing Program gives instruction and facilitates twelve weeks of required training runs in preparation for either Sewanee’s Rocks Roots trail run (22 or 13.1 miles) or Nashville’s Music City Marathon (26.2 or 13.1 miles).

PHED 264  Canoeing the Rio Grande (o)
This seven-day Sewanee Outdoor Program expedition, in preparation for which weekly training and paddling sessions are required, involves canoeing and camping through eighty-three miles of Lower Canyons in a true wilderness setting along the Mexico-Texas border. Prerequisite: Only open to students admitted to this Outing Program.

PHED 270  T’ai Chi (o)

PHED 272  Fitness and Wellness Instructor Training (o)
This course covers the design and instruction of safe and effective group fitness classes. Students learn how to lead cardio and strength training formats and practice how to safely and effectively use music, equipment, and basic fitness principles. This class is not a certification, but is excellent preparation for a national certification such as ACE or AFAA.
PHED 273  Advanced: Fitness and Wellness Instructor Teaching Seminars (0)
This course is for students who complete PHED 272 and would like to teach fitness classes at the University Wellness Commons. Students learn additional fitness formats, teach fitness classes, and meet as a group to discuss teaching strategies, set-backs, and best practices. Prerequisite: PHED 272.

PHED 303  Water Polo (0)
This course emphasizes fundamental water polo skills (egg-beater, passing, catching, and shooting), as well as the development of game awareness through an exploration of offensive and defensive strategies for set play, counterattack, and man-up/man-down situations.

PHED 304  Advanced Ballet Technique (0)
PHED 306  Advanced Fencing (0)
Prerequisite: PHED 106.

PHED 308  Advanced Handball (0)
PHED 315  Advanced Riding (0)

PHED 325  Canoe Team (0)
PHED 326  Lacrosse (0)
PHED 328  Rugby (0)

PHED 330  Crew Team (0)
PHED 331  Squash Team (0)
PHED 332  Club Tennis (0)
Involves twice-weekly practice sessions and some participation in outside events with other club tennis teams.

PHED 334  Club Ice Hockey (0)
This course emphasizes ice hockey fundamentals such as stick handling, passing, receiving, and shooting as well as team strategy for both offensive and defensive sets. Intermediate to advanced ice skating skills are required as is participation in weekly practice sessions and events with other ice hockey club teams.

PHED 335  Three-Day Eventing (0)
Learn the fundamentals of Dressage, Show Jumping, and Cross Country. Students must provide a horse or lease a horse from the University to compete on the Sewanee Eventing Team. Prerequisite: PHED 215 or PHED 315 or PHED 463.

PHED 350  Skill Training for Emergency Medical Technicians (0)
Emphasis of this course, geared toward the training of Sewanee EMT students, is on practical skills such as bandaging and splinting, proper lifting and moving of patients, and extricating people from car accidents. The course trains students to perform rescue techniques including chest compressions, rescue breathing, and the manual stabilization of fractured limbs. By the end, students are expected to demonstrate competency on all skills required for EMT qualification.

PHED 351  American Red Cross Lifeguard (0)
PHED 352  American Red Cross Lifeguard Instructor (0)

PHED 366  Hunter Seat Equitation (0)
This course is for riders at the advanced level who are interested in furthering their equitation knowledge and skills. Prerequisite: PHED 215 or PHED 315.

PHED 368  Schooling the Jumper (0)
This course is for riders at the intermediate or advanced level who are interested in furthering their knowledge about jumpers. Prerequisite: PHED 215 or PHED 315.

PHED 401  Water Safety Instruction (0)
PHED 403  Advanced Weight Training (0)

PHED 444  Independent Study (0)
To be taken only with explicit permission from the liaison between physical education and the academic program. Prerequisite: Instructor prerequisite override required.
PHED 449  Varsity Cheerleading (o)
PHED 450  Varsity Swimming/Diving (o)
PHED 451  Varsity Tennis (o)
PHED 452  Varsity Baseball (o)
PHED 453  Varsity Basketball (o)
PHED 454  Varsity Golf (o)
PHED 455  Varsity Soccer (o)
PHED 456  Varsity Track and Field (o)
PHED 457  Varsity Lacrosse (o)
PHED 458  Varsity Football (o)
PHED 459  Varsity Field Hockey (o)
PHED 460  Varsity Cross Country (o)
PHED 461  Varsity Volleyball (o)
PHED 462  Varsity Softball (o)
PHED 463  Varsity Equestrian (o)