

# **PHYSICAL EDUCATION (PEDH)**

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## **PEDH 1008. Progressive Resistance Exercise. (1 Credit)**

A planned fitness training program to increase muscular strength and tone through a planned progressive series of exercises performed on the weight machine and other apparatus.

## **PEDH 3384. Adapted Physical Education and Diversity in Classroom. (3 Credits)**

Consideration is given to the various forms of physical activities whereby full services can be rendered to individuals who, because of physical and mental disabilities, are unable to participate in regular activities. Laboratory experiences are included.

## **PEDH 4480. Major Seminar & Practice. (1 Credit)**

Organization and management of class instruction and group supervision. The student gains experience through service classes and the laboratory school under the supervision of the teaching staff of the physical education department.