

Physical Education (PHYE)

PHYE 110 Lifetime Fitness Physical Activity 1 Credit (1,0)

Physical, psychological, and social benefits of participation in various fitness activities. Concepts of holistic wellness including psychological health, stress management, physical health (nutrition, lifestyle/chronic disease, exercise), occupational health, social health, intellectual health, spiritual health, and environmental health.

Course Offered at: Daytona Beach

PHYE 130 ACE Fitness and Personal Training 3 Credits (3,0)

Principles of exercise physiology, fitness program prescription, anatomy, and the role of a successful personal trainer. Prepares students for the ACE Personal Training Certification Exam.

Course Offered at: Daytona Beach

PHYE 199 Special Topics in Physical Education 1-6 Credit (1-6,0)

Individual, independent, or directed studies of selected topics in physical education.

Course Offered at: Daytona Beach, Prescott