

**PEPD 1050 Theory of Coaching Baseball**

Strategies and methods of coaching baseball will be discussed. Fundamentals of hitting, fielding, base running, pitching, conditioning and throwing will be covered.
(1 cr. hr.)

PEPD 1200 Introduction to Health, Physical Education, & Recreation: The Profession

Includes professional aspects of physical education and recreation philosophy, related career possibilities, history, qualifications for work in the field, educational requirements and sociological perspectives.
(3 cr. hrs.) (Fall).

PEPD 1201 Philosophy, Principles and Organization of Coaching

One of three certification course for those interested in coaching in a New York State public school system and structured to assist coaches in developing an athletic team.
(3 cr. hrs.) (Fall).

PEPD 1202 Introduction to Athletic Training

Prevention and management of athletic injuries. Knowledge and understanding of health care for the recreational and competitive athlete. Organizing and establishing an effective athletic health care system. Techniques for preventing or minimizing sports related injuries. Recognition and management of specific injuries and conditions.
(3 cr. hrs.) (Spring). Fee \$25.

PEPD 1203 Principles of Strength Training

The value of strength training and the means to design and implement a program based on needs and goals. Supportive nutritional guidance.
(3 cr. hrs.) (Spring). Lecture/laboratory.

REPD 1002 Modern Trends in Recreation

Explores the role of leisure in contemporary society. Students analyze and broaden their leisure behavior patterns through analysis of local and national trends. The need and desire for leisure activity over the life span and leisure values are examined.
(1 cr. hr.) (Fall, Spring).

REPD 1202 Introduction to Recreation & Leisure

Concepts of recreation and leisure from historical and contemporary perspectives. An overview of public and private recreation resources and career opportunities. Philosophical, sociological, and psychological views of the role of leisure in the human experience.
(3 cr. hrs.) (Fall).

PFIT Physical Education

Division of Health & Sciences
Faculty: Brian E. Hill, David Rockwell

These courses may be used only to fulfill the activities component of the wellness requirement. See RECC courses also.

Activity Courses**PFIT 1000 Archery I**

Skills, techniques, and safety of target archery. Use of and care of equipment and scoring. Shooting form and correction of individual errors.
(.5 cr. hr.) (Fall, Spring). Lecture/activity. Fee \$25.

PFIT 1001 Badminton

Fundamentals and skills of badminton. Offensive and defensive strategy, terminology, and knowledge necessary to participate.
(.5 cr. hr.) (Fall, Spring). Lecture/activity.

PFIT 1002 Bowling I

Selection of equipment, scoring, the four-step approach, straight ball delivery, and aiming. Basic skills of stance, approach, and follow-through.
(.5 cr. hr.) (Fall, Spring). Lecture/activity. Class held off-campus. Fee \$45.

PFIT 1003 Weight Training for Women

Cardiovascular fitness and techniques of weight training. Discussion of dietary habits, conditioning programs, and psychological approach for maintaining fitness. Planning a personal program in strength, endurance, and body trimming.
(.5 cr. hr.) (Fall, Spring). Lecture/activity.

PFIT 1004 Golf

Fundamentals of golf. Equipment, grip, approach, address, swing, putting, golf terms, rules, and etiquette.
(.5 cr. hr.) (Fall, Spring). Lecture/activity.

PFIT 1005 Self Defense

Martial arts, wrestling, and street fighting techniques in defense against unarmed assailants. Includes a variety of hits, kicks, blocks, and throws, with some emphasis on physical fitness, attitudes, and strategies.
(.5 cr. hr.) (Fall, Spring). Lecture/activity.



- PFIT 1006 Volleyball**
Knowledge, strategies, and team concepts for co-ed play. A variety of formats, playing styles, and scoring systems introduced.
(.5 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1007 Lifeguard Training**
Develop knowledge and skills to manage aquatic emergencies. Satisfies NYS requirement to become a lifeguard.
(1 cr. hr.) (Spring). *Prerequisite: At least 15 years of age; strong swimming skills. Lecture/activity. Fee \$20.*
- PFIT 1009 Step Aerobics**
Low fitness level for the student who wishes to begin an aerobic program utilizing the heart, lungs, and muscles. Individualized adjustments in step height and use of arms make this program suitable for any student.
(1 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1010 Aerobics**
A prescribed set of exercises performed at the student's own level of intensity progressing until the cardiovascular system can withstand a predetermined level of stress. The result will be a healthier body and a more positive mental outlook.
(1 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1011 Pickleball**
Pickleball is a slowed-down version of tennis and includes some badminton skills and strategies. Skills and techniques for play, strategies, rules, and shot selection. Practice and tournament situations.
(.5 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1012 Basketball**
Lead-up drills and games in all skills, team play, and some strategy. Designed for all levels of ability.
(.5 cr. hr.) (Spring). *Lecture/activity. Credit cannot be earned for this course and any of the following: PFIT 1514, 1515, 1516, 1517, 1518, 1519, 1520, 1521.*
- PFIT 1013 Tai Chi I**
Tai Chi is a form of Chinese martial art and an exercise involving breathing and slow, graceful, and precise body movement to enhance well-being and health. Tai Chi focuses on a balance of the internal and external environment with many exercises to facilitate mental and muscular relaxation and flexibility.
(.5 cr. hr.) (Spring). *Lecture/activity.*
- PFIT 1014 Karate I**
Basic skills including punch, kick, and blocks. History and philosophy behind the martial arts.
(.5 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1015 Intensive Sports Conditioning**
Designed for students involved in an intensive personal or recreational fitness program. Specific and appropriate strength and aerobic conditioning.
(1 cr. hr.) (Fall, Spring, Summer). *Lecture/activity.*
- PFIT 1016 Fitness and Conditioning I**
Specific and appropriate strength and aerobic activity for students in the Criminal Justice program.
(.5 cr. hr.) (ASN). *Co-requisite: WELL 1010. Credit cannot be earned for this course and PFIT 1015. Lecture/activity.*
- PFIT 1017 Fitness and Conditioning II**
Increasing muscular strength and muscular endurance conditioning as they relate to success in law enforcement careers.
(.5 cr. hr.) (Spring). *Lecture/activity.*
- PFIT 1019 Softball**
Builds on the individual's fielding, hitting, and pitching skills and provides drills, team play, and content on strategy. Designed for all levels of ability.
(.5 cr. hr.) (Fall). *Lecture/activity. Credit cannot be earned for this course and PFIT 1510 or PFIT 1511.*
- PFIT 1020 Weight Training for Men**
Techniques to improve physical and cardiovascular fitness. Weight training and a personal program in strength, endurance, and body trimming.
(.5 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 1021 Jogging**
Techniques to develop and maintain cardiovascular and physical fitness. Effect of exercise and maintenance of health through physical activity. Individualized jogging and exercise programs.
(1 cr. hr.) (Fall, Spring). *Lecture/activity.*
- PFIT 2000 Archery II**
Improvement of shooting through the analysis of errors in form. Includes clout, roving, and field techniques.
(.5 cr. hr.) (Spring). *Prerequisite: PFIT 1000. Lecture/activity. Fee \$25.*

**PFIT 2002 Bowling II**

Emphasizes analysis of errors in form. Hook, curve, and additional aiming techniques.
(.5 cr. hr.) (Fall, Spring). Prerequisite: PFIT 1002.
Lecture/activity. Classes held off campus. Fee \$45.

PFIT 2007 Water Safety Instructor

Preparation for qualification as instructor in Red Cross Water Safety. Emphasis is on swimming strokes, life saving skills, and teaching techniques.
(2 cr. hrs.) (Spring). Lecture/activity. Fee \$20.

PFIT 2013 Tai Chi II

Focuses on more advanced techniques with many exercises to help students gain more knowledge about Tai Chi.
(.5 cr. hr.) (Fall, Spring). Prerequisite: PFIT 1013.
Lecture/activity.

PFIT 2014 Karate II

Continuation and further development of skills and forms learned in Karate I.
(.5 cr. hr.) (Fall, Spring). Prerequisite: PFIT 1014.
Lecture/activity.

Intercollegiate Sports

The courses listed below involve highly competitive participation in the sport and require skills beyond the basic level. Competition involves games/matches with area colleges and conference, regional, and tournament play.

PFIT 1500-1501 Soccer I & II for Men

Individual skills are refined, perfected, and integrated into concepts of team play. Season runs from August through October.
(1 cr. hr. ea.) (PFIT 1500 first fall season, PFIT 1501 second fall season). Prerequisite: Soccer skills beyond the basic skill level; PFIT 1500 is a prerequisite for PFIT 1501. Team participation.

PFIT 1502-1503 Soccer I & II for Women

Individual skills are refined, perfected and integrated into concepts of team play. Season runs August through October.
(1 cr. hr. ea.) (PFIT 1502 first fall season; PFIT 1503 second fall season). Prerequisite: Soccer skills beyond the basic level; PFIT 1502 is a prerequisite for PFIT 1503. Team participation.

PFIT 1504-1505 Volleyball I & II for Women

Individual skills are refined, perfected and integrated into concepts of team play. Season runs August through November.
(1 cr. hr. ea.) (PFIT 1504 first fall season; PFIT 1505 second fall season.) Prerequisite: Volleyball skills beyond the basic level; PFIT 1504 is a prerequisite for PFIT 1505. Team participation.

PFIT 1510-1511 Softball I & II for Women

Individual skills are refined, perfected, and integrated into concepts of team play. Season runs February through May.
(1 cr. hr. ea.) (PFIT 1510 first spring season; PFIT 1511 second spring season). Prerequisite: Softball skills beyond the basic skill level; PFIT 1510 is a prerequisite for PFIT 1511. Team participation.

PFIT 1512-1513 Baseball I & II for Men

Individual skills are refined, perfected and integrated into concepts of team play. Season runs February through May.
(1 cr. hr. ea.) (PFIT 1512 first spring season; PFIT 1513 second spring season). Prerequisite: Baseball skills beyond the basic skill level; PFIT 1512 is a prerequisite for PFIT 1513. Team participation.

PFIT 1514-1515, 1516-1517 Basketball I, II, III, IV for Men

Individual skills are refined, perfected and integrated into concepts of team play. Season runs October through March.
(1 cr. hr. ea.) (PFIT 1514 first fall season, PFIT 1516 second fall season; PFIT 1515 first spring season, PFIT 1517 second spring season.) Prerequisite: Basketball skills beyond the basic level; PFIT 1514 is a prerequisite for PFIT 1516; PFIT 1515 is a prerequisite for PFIT 1517. Team participation.

PFIT 1518-1519, 1520-1521 Basketball I, II, III, IV for Women

Individual skills are refined, perfected, and integrated into concepts of team play. Season runs October through March.
(1 cr. hr. ea.) (PFIT 1518 first fall season, PFIT 1520 second fall season; PFIT 1519 first spring season, PFIT 1521 second spring season). Prerequisite: Basketball skills beyond the basic skill level; PFIT 1518 is a prerequisite for PFIT 1520; PFIT 1519 for PFIT 1521. Team participation.


PFIT 1531-32 Golf I & II (Co-ed)

Individual skills are refined, perfected, and integrated into concepts of team play. Season runs February through May.

(1 cr. hr. ea.) (Spring) Prerequisite PFIT 1531 or instructor consent.

PHIL Philosophy

Division of Communications & Humanities

Faculty: Gregg Caruso, Vincent Lisella

PHIL 1001 Values and Contemporary Society

Deals with “real” and “living” issues in which confrontation of values occurs. Focuses on value conflicts evident in contemporary American life. Student will develop and discuss his/her views with an objective and reasonable attitude.

(1 cr. hr.) (ASN). Cannot be used as a humanities or liberal arts & sciences elective. Meets General Education requirement in Humanities.

PHIL 1010 Introduction to Philosophy

Basic problems and topics of philosophy, e.g., theories of knowledge, reality and art, problems of science, politics, and religion.

(3 cr. hrs.) (Fall, Spring). Prerequisite: Must be eligible to enroll in ENGL 1010. Meets General Education requirement in Humanities.

PHIL 1050 Introduction to Logic

Fundamental tools for rational inquiry and argumentation. Principles of Aristotelian and Symbolic logic with emphasis on development of valid arguments and detection of errors in reasoning.

(3 cr. hrs.) (Fall, Spring). Eligible to enroll in MATH 1015. Meets General Education requirement in Humanities.

PHIL 1100 Critical Thinking

Develops techniques and structures the ability to effectively understand and appraise written and oral arguments.

(3 cr. hrs.) (Fall, Spring). Meets General Education requirement in Humanities.

PHIL 1230 Philosophy of Life

Examines how and why people use a philosophy to deal with life's concerns, for our relationships with society and the world, and our pursuit of a meaningful place within these wider realms.

(3 cr. hrs.) (Fall, Spring). Prerequisite: Must be eligible to enroll in ENGL 1010. Writing in content area. Meets General Education requirement in Humanities.

PHIL 1300 Current Moral Issues

Examines today's important social questions about abortion, euthanasia, drug legalization, racial harmony, free speech, environmentalism, welfare, affirmative action, world hunger and similar issues. Attention to underlying larger philosophical concerns on nature, value, rights, and responsibilities of human beings.

(3 cr. hrs.) (ASN). Meets General Education requirement in Humanities.

PHIL 2010 Introduction to Ethics

Main ethical theories of traditional Western thought. Meanings and validity of value judgments, social consequences of value theory, examination of major traditional moral philosophies, and a survey of contemporary development in ethical theory.

(3 cr. hrs.) (Spring). Prerequisite: ENGL 1010 or any philosophy course. Writing in content area. Upper-level course. Meets General Education requirement in Humanities.

PHIL 2050 American Thought and Values

Major figures and traditions in American thought, including Puritanism, Republicanism, Transcendentalism, Pragmatism, and Naturalism, and such writers as Edwards, Franklin, Jefferson, Thoreau, Emerson, Whitman, Twain, Peirce, James and Dewey.

(3 cr. hrs.) (ASN). Prerequisite: ENGL 1010 or any philosophy course. Writing in content area. Upper-level course. Meets General Education requirement in Humanities.

PHIL 2070 Contemporary Philosophy

Introduction to issues, problems, and modes of thinking in contemporary philosophy. Explores topics of current concern in both the analytic and continental traditions of philosophy. Readings selected from works of contemporary authors such as Russell, Moore, Ayer, Austin, Heidegger, Gadamer, Derrida, and Rorty.

(3 cr. hrs.) (ASN). Prerequisite: ENGL 1010 or another philosophy course. Writing in content area. Upper-level course. Meets General Education requirement in Humanities.

PHIL 2250 Health Care Ethics

Ethical issues arising in medicine, nursing, and other health care professions. Truth-telling and confidentiality, informed consent, fetal vs. maternal rights, euthanasia, the treatment of AIDS, genetic testing and engineering, medical resources, and social health care.

(3 cr. hrs.) (ASN). Prerequisite: ENGL 1010 or any philosophy course. Writing in content area. Upper-level course. Meets General Education requirement in Humanities.