

PHYSICAL EDUCATION (PHED)

PHED 101 - Lifetime Activities (0 Hours)

Such as Aikido, tai chi, yoga, yin yoga, guided meditation, yoga fusion, and recreational sports.

PHED 103 - Aquatics (0 Hours)

Such as scuba diving.

PHED 104 - Conditioning and Wellness (0 Hours)

Such as zumba, walking, weight training, indoor cycling, Pilates, and pickleball.

PHED 105 - First Aid/CPR/AED (0 Hours)

First Aid/Basic Life Support (CPR/AED)

PHED 111 - Varsity Sport Participation (0 Hours)

Varsity Sport Participation.

PHED 205 - EMT Basic Level Cert I (3 Hours)

Emergency Medical Technician is a pre-hospital medical certification recognized by the Commonwealth of Virginia and the National Registry of EMT's (NREMT). Students will take this lecture/practical intensive course which is designed as part one of a three-course series, including a 20-hour externship (EMT Basic II) and make academic progress by completing all course work to the satisfaction of the instructors. Students will be eligible to take the practical and written portions of the NREMT and Virginia EMT exams to become certified as a practicing BLS (Basic Life Support) Emergency Medical Technician, following successful completion of all course work within a single academic year (EMT I, II, and III) and approval of the instructors.

Prerequisite(s): PHED 105 (CPR/AED) or equivalent

PHED 206 - EMT Basic Level Cert II (1 Hour)

Emergency Medical Technician is a pre-hospital medical certification recognized by the Commonwealth of Virginia and the National Registry of EMT's (NREMT). Students will take this course which is designed as part two of a three-course series. The J-Term course will cover some additional core hours for the EMT and will prepare students with the necessary skills for Pre-Hospital Clinical Rotations. Students will be eligible to take the practical and written portions of the NREMT and Virginia EMT exams to become certified as a practicing BLS (Basic Life Support) Emergency Medical Technician, following successful completion of all course work within a single academic year (EMT I, II, and III) and approval of the instructors.

Prerequisite(s): PHED 205

PHED 207 - EMT Basic Level Cert III (3 Hours)

Emergency Medical Technician is a pre-hospital medical certification recognized by the Commonwealth of Virginia and the National Registry of EMT's (NREMT). Students will take this lecture/practical intensive course which is designed as part three of a three-course series, including a 20-hour externship (EMT Basic II) and make academic progress by completing all course work to the satisfaction of the instructors. Students will be eligible to take the practical and written portions of the NREMT and Virginia EMT exams to become certified as a practicing BLS (Basic Life Support) Emergency Medical Technician, following successful completion of all course work within a single academic year (EMT I, II, and III) and approval of the instructors.

Prerequisite(s): PHED 206