

Physical Activity Courses

College of Education and Human Development
School of Recreation, Health, and Tourism

Enroll in a one-credit or more fitness, sport, or outdoor activity class!



Open to all Mason students, faculty, and staff

Looking for a great work out? A stress reliever? A way to lose weight? An excuse to get outdoors, learn a new sport, or get together with friends?

Choose from **more than 50 courses** offered each semester by the Physical Activity for Lifetime Wellness program. Available to students, faculty, and staff at George Mason University, the courses range from the traditional (like yoga, pilates, soccer, and karate) to the adventurous (such as snowboarding, rock climbing, and pistol marksmanship) to the intriguing (like underwater hockey and krav maga).

Most courses are geared toward beginners, meet for half a semester, and offer one or two academic credits.

Have fun, learn something new, earn a few credits, and do something good for your body and your self! To register, go to Patriot Web and search for courses with a [PHED] or [PRLS] prefix. For information about course credits, check the website at rht.gmu.edu/programs/palw.

Aerobics

- PHED 105 Aerobics/Basic Conditioning

Aquatics and water sports

- PHED 255 Scuba Diving: Basic
- PHED 110 Swimming: Beginning
- PHED 150 Swimming: Intermediate
- PHED 159 Swimming: Advanced
- PHED 158 Underwater Hockey

Bowling and golf

- PHED 162 Bowling: Introduction
- PHED 167 Bowling: Advanced Concepts/Strategies
- PHED 140 Golf
- PHED 144 Golf: Intermediate

Dance

- PHED 113 Latin Dance
- PHED 107 Social Dance
- PHED 127 Social Dance II

(over)

Physical Activity for Lifetime Wellness program

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On the web at
rht.gmu.edu/programs/palw



The School of Recreation, Health, and Tourism is one of the fastest growing schools at George Mason University, with renowned faculty, cutting-edge research, six laboratories and centers, 20 academic programs, and a diverse student body of more than 1,000 undergraduate and graduate students each year. RHT is part of Mason's College of Education and Human Development.

Study what moves you.

Martial arts

- PHED 138 Brazilian Jiu-Jitsu
- PHED 139 Brazilian Jiu-Jitsu II
- PHED 103 Fencing
- PHED 145 Judo for Men and Women: Beginning
- PHED 169 Judo for Men and Women: Intermediate
- PHED 163 Karate
- PHED 164 Karate: Intermediate
- PHED 179 Krav Maga: Introduction
- PHED 134 Self Defense for Men and Women
- PHED 135 Self Defense for Men and Women II
- PHED 136 Tae Kwon Do
- PHED 137 Tae Kwon Do: Intermediate
- PHED 147 Tae Kwon Do: Advanced

Other outdoor

- PRLS 120 Backpacking: Introduction
- PRLS 110 Exploring Outdoor Adventures
- PRLS 115 Fly Fishing: Introduction
- PRLS 122 Horsemanship: Introduction
- PRLS 170 Kayaking: Introduction to Whitewater Kayaking
- PRLS 173 Kayaking: Basic Coastal Kayaking
- PRLS 174 Kayaking: Open Water Coastal Kayaking

Racquet sports

- PHED 165 Racquetball: Introduction
- PHED 151 Tennis: Introduction
- PHED 153 Tennis: Intermediate

Rock climbing

- PRLS 116 Introduction to Indoor Rock Climbing
- PRLS 117 Rock Climbing

Skiing and snowboarding

- PRLS 190 Downhill Skiing
- PRLS 191 Snowboarding

Shooting

- PRLS 124 Pistol Marksmanship
- PRLS 119 Trap and Skeet Shooting
- PRLS 121 Trap Shooting: Intermediate

Team sports

- PHED 120 Basketball: Introduction
- PHED 176 Cricket: Introduction
- PHED 102 Soccer: Introduction
- PHED 182 Soccer: Intermediate
- PHED 174 Volleyball: Introduction

Weight training

- PHED 108 Weight Train/Body Condition

Yoga and pilates

- PHED 181 Meditation: Introduction
- PHED 131 Pilates: Introduction
- PHED 178 Pilates: Intermediate
- PHED 149 Tai Chi
- PHED 160 Tai Chi: Intermediate
- PHED 129 Yoga: Introduction
- PHED 130 Yoga: Intermediate