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

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 60 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 historical swordsmanship).

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 more information, check the website below.

See the reverse side for a list of courses.

(over)
## Physical Activity Courses

### Aerobics and fitness
- PHED 105 Aerobics/Basic Conditioning
- PHED 175 Fitness Walking
- PHED 108 Weight Train/Body Condition

### 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
- PHED 193 Competitive Latin and Ballroom Dance

### Martial arts
- PHED 138 Brazilian Jiu-Jitsu
- PHED 139 Brazilian Jiu-Jitsu II
- PHED 103 Fencing
- PHED 184 Historical Swordsmanship
- 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 183 Krav Maga: Intermediate
- 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 183 Geocaching
- PRLS 122 Horsemanship: Introduction
- PRLS 192 Horsemanship: Intermediate
- PRLS 170 Kayaking: Intro to Whitewater Kayaking
- PRLS 173 Kayaking: Basic Coastal Kayaking
- PRLS 174 Kayaking: Open Water Coastal Kayaking
- PRLS 184 Mountain Biking: Introduction

### Racquet sports
- PHED 177 Badminton: Introduction
- PHED 165 Racquetball: Introduction
- PHED 166 Racquetball: Advanced
- PHED 151 Tennis: Introduction
- PHED 153 Tennis: Intermediate

### Rock climbing
- PRLS 116 Indoor Rock Climbing: Introduction
- 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 102 Soccer: Introduction
- PHED 182 Soccer: Intermediate
- PHED 174 Volleyball: Introduction

### 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