

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Bowling I

Abbreviation and number: PHED 1110

Current Catalog Description: None

What is being proposed?


Course Description for PHED 1110 (0-2-1)

This course will provide beginning bowling skills and development, with an understanding of rules, regulations and an overview of the history of the sport. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made. (A nominal fee may apply at the activity site.)

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division  Date 4/26/2010

Curriculum Committee  Date 4/27/10

Executive Committee  Date April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Badminton

Abbreviation and number: PHED 1112

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1112 (0-2-1)

This course will provide beginning badminton skills and development, with an understanding of rules, regulations and an overview of the history of the sport. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division *Mandy Pulper* Date *4/26/2010*

Curriculum Committee *Benjamin O. Mitchell* Date *4/27/10*

Executive Committee *Mandy Pulper* Date *April 29, 2010*

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Basketball

Abbreviation and number: PHED 1113

Current Catalog Description: None

What is being proposed?


Course Description for PHED 1113 (0-2-1)

This course will provide beginning basketball skills and development, with an understanding of rules, regulations and an overview of the history of the sport. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.


Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division  Date 4/26/2010

Curriculum Committee  Date 4/27/10

Executive Committee  Date April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Tennis for Beginners

Abbreviation and number: PHED 1114

Current Catalog Description: None

What is being proposed?

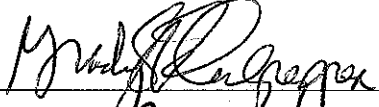
Course Description for PHED 1114 (0-2-1)

This course is designed to develop the basic fundamental skills and understanding of the game of tennis and how it may enhance and improve one's physical, mental and emotional state. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.


Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division  Date 4/26/2010

Curriculum Committee  Date 4/27/10

Executive Committee  Date April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Volleyball

Abbreviation and number: PHED 1116

Current Catalog Description: None

What is being proposed?


Course Description for PHED 1116 (0-2-1)

This course will provide beginning volleyball skills development, with emphasis on the basic fundamentals and rules governing the game with an overview of its history. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division  Date 4/26/2010

Curriculum Committee  Date 4/27/10

Executive Committee  Date April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Figure Control

Abbreviation and number: PHED 1117

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1117 (0-2-1)

This course is designed to provide skilled development in body sculpturing as it relates to physical, mental and emotional development or total fitness. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division

Mindy DeGasper

Date

4/26/2010

Curriculum Committee

Benjamin D. Matthe

Date

4/27/10

Executive Committee

Mindy DeGasper

Date

April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Golf

Abbreviation and number: PHED 1119

Current Catalog Description: None

What is being proposed?


Course Description for PHED 1119 (0-2-1)

This course is designed to provide the student with the fundamental skills and understanding of the game of golf and how it enhances one's physical, mental and emotional state. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made. (A nominal fee may apply at the activity site.)

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division  Date 4/26/2010

Curriculum Committee  Date 4/27/10

Executive Committee  Date April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Bodybuilding

Abbreviation and number: PHED 1122

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1122 (0-2-1)

This course will provide skilled development in body definition and an overview of the history of bodybuilding. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division *Wendy P. Grepper* Date *4/26/2010*

Curriculum Committee *Byron D. Mitche* Date *4/27/10*

Executive Committee *Wendy P. Grepper* Date *April 29, 2010*

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Dance

Abbreviation and number: PHED 1123

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1123 (0-2-1)

This course will provide skill development in rhythms and dancing with emphasis on movement fitness and an overview of the history of dance and dance styles. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division *Myndy Pellegrino* Date *4/26/2010*

Curriculum Committee *Bryan O. Mitchell* Date *4/27/10*

Executive Committee *Myndy Pellegrino* Date *April 29, 2010*

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Physical Fitness I

Abbreviation and number: PHED 1126

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1126 (0-2-1)

This course will provide an understanding that fitness is a physiological or functional capacity that improves the quality of life. Emphasis will be placed on cardiovascular development. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division *Mindy Pulper* Date *4/26/2010*

Curriculum Committee *Benjamin O. Mitchell* Date *4/27/10*

Executive Committee *Mindy Pulper* Date *April 29, 2010*

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Physical Fitness II

Abbreviation and number: PHED 1127

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1127 (0-2-1)

This course will provide weight training skill development with an understanding of cardio-respiratory endurance, muscular strength and nutritional fitness. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division

Myrtle D. Gapper

Date

4/26/2010

Curriculum Committee

Byron D. Murrell

Date

4/27/10

Executive Committee

Myrtle D. Gapper

Date

April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Physical Fitness III

Abbreviation and number: PHED 1128

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1128 (0-2-1)

This course will provide skill development in the area of aerobic fitness, muscle strength, muscle endurance, flexibility and body composition. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: None

Rationale for Proposal: To update course description.

Approved by:

Division

Gudy Pulpepper

Date

4/26/2010

Curriculum Committee

Byron D. Mitchell

Date

4/27/10

Executive Committee

Gudy Pulpepper

Date

April 29, 2010

**Atlanta Metropolitan College
PROPOSAL TO MODIFY AN EXISTING COURSE OR PROGRAM**

Title: Tennis II (Intermediate)

Abbreviation and number: PHED 1129

Current Catalog Description: None

What is being proposed?

Course Description for PHED 1129 (0-2-1)

This tennis course is designed to develop strategies as it relates to the skill level of the student and how it may enhance and improve one's physical, mental and emotional state. For students requiring restrictive activity as recommended by a physician, the appropriate modification of the activity will be made.

Prerequisite: PHED 1114 or Permission of the Instructor.

Rationale for Proposal: To update course description.

Approved by:

Division

Mindy DePegge

Date

4/26/2010

Curriculum Committee

Bryan D. Mitchell

Date

4/27/10

Executive Committee

Mindy DePegge

Date

April 29, 2010