

PHYSICAL EDUCATION (PHYED-UH)

PHYED-UH 1001 Foundations of Fitness (0 Credits)

Typically offered Fall and Spring

This course provides students with an introduction to various group class styles and exercise formats. Students will practice and learn about the benefits and characteristics of group classes such as TRX, Fitness Boxing, and Kettlebell Circuit, preparing them to participate effectively in these classes and make informed choices for their fitness routines. Students will also explore the vital role of mindfulness, sleep and nutrition in supporting physical performance, mental well-being and overall health.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1002 Beginner Swimming (0 Credits)

Typically offered Fall and Spring

The beginner swimming course is designed for students who are non-swimmers and those who have little to no skills in the water. This course is designed to help the non-swimmer learn basic water safety skills including instruction of proper body position in the water, floating, treading water, holding breath underwater, and introductory to swim strokes, freestyle and backstroke.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1003 Intermediate Swimming (0 Credits)

Typically offered Fall and Spring

Intermediate Swimming is designed for students who have demonstrated proficiency in treading water for a minimum of 3 minutes in the deep end and are capable of swimming at least 25 meters in all strokes, maintaining a continuous 100-meter swim.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1004 Women's Foundations of Middle Eastern Dance (0 Credits)

Typically offered occasionally

Engage in the enchanting world of Belly Dancing with this Foundations of Middle Eastern Dance course. This course focuses on the dance itself, offering students of all levels a supportive space to embrace the rich traditions and artistic nuances of Belly Dancing. Join us for a lively exploration of this captivating dance form, with added discussions on mindfulness, sleep, and nutrition.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1006 Hip Hop (0 Credits)

Typically offered Fall and Spring

Hip Hop dance is designed for students with an interest in Hip Hop dance/culture. This class introduces students to Hip Hop through movement that includes freestyle dancing, locomotive movements, and choreography.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1008 Scuba - Open Water (0 Credits)

Typically offered occasionally

This is a PADI Certified Open Water Scuba Diving Course. Individuals who successfully complete this class are awarded an internationally recognized certificate in scuba diving. Prerequisites: (1) the ability to swim continuously for 200 meter or 300 meter with mask/fin snorkel; (2) the ability to swim/ float in water too deep to stand in for 10 minutes; (3) confidence in open water, and (4) the completion of a medical questionnaire with physician's consent (5) Students must have previously completed one PE course. PE credit will be awarded upon obtaining a PADI Open Water Dive qualification prior to the end of the class. Given the progressive nature of instruction, students must attend all sessions in the order offered. If a session is missed, the affected student is solely responsible for scheduling and paying for the makeup session. All makeup sessions must be completed prior to the next regularly scheduled session.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

Prerequisites: Student must have completed at least one PE course (PHYED-UH) prior to enrolling.

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1011 Jiu Jitsu (0 Credits)

Typically offered Fall

Jiu Jitsu is a strategic grappling sport where one manipulates an opponent's force against her/himself rather than confronting it with one's own force. Individuals will learn how to apply the fundamental techniques of Jiu Jitsu, including positioning, leverage, joint locks, escapes, submissions, and self-defense.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1012 WO Yopalates (0 Credits)

Typically offered occasionally

Pilates is a conditioning program emphasizing the concepts of core strength and stabilization. Through highly focused and controlled movements, individuals experience increased body awareness, flexibility, coordination, and strength. In the yoga portion of this course, individuals learn the basic disciplines of yoga, focusing on body awareness, beginning yoga postures, breathing, and relaxation skills. Upon successful completion, students understand and are able to demonstrate the basic components of yoga practice, including safe, stable body alignment and classic yoga postures. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1013 Golf (0 Credits)

Typically offered Fall and Spring

This driving range and putting green based golf instruction class is focused on exposing individuals to the basics of golf. In addition to receiving technical instruction on proper grip and swing, individuals learn the history and rules of golf and basic golf etiquette. The class culminates with an on-course experience.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

Prerequisites: Student must have completed at least one PE course (PHYED-UH) prior to enrolling.

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1014 Tennis (0 Credits)

Typically offered Fall and Spring

This class is geared towards novice tennis players and exposes individuals to the basics of tennis. In addition to receiving technical instruction in serve, volley and forehand and backhand strokes, individuals learn the rules of tennis.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1015 Foundations of Triathlon (0 Credits)

Typically offered Spring

Foundations of Triathlon is a dynamic course to introduce students to the fundamental principles and training techniques of triathlon, encompassing swimming, cycling, and running. Through a combination of theoretical knowledge and practical application, students will develop skills in each discipline while exploring the physiological and psychological aspects of multisport endurance racing. This course offers a comprehensive understanding of triathlon training, emphasizing fitness, technique, and race strategy. Prerequisite: Competent in swimming 50 meters unassisted in the deep end.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1016 Women's Swimming (0 Credits)

Typically offered Fall and Spring

The beginner swimming course is designed for students who are non-swimmers and those who have little to no skills in the water. This course is designed to help the non-swimmer learn basic water safety skills including instruction of proper body position in the water, floating, treading water, holding breath underwater, and introductory to swim strokes, freestyle and backstroke. This is a women's course.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1017 Squash (0 Credits)

Typically offered Spring

This course aims to impart the knowledge and competencies essential to having an informed understanding and appreciation of squash. Students are introduced to the basic skills necessary to play the game. No previous experience necessary.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1018 Performance Boxing (0 Credits)

Typically offered Fall and Spring

The aim of this course is to gain a greater understanding of boxing technique and how to adapt authentic boxing training for pure fitness. Boxing for fitness is fun and at the same time builds muscle strength, improves body tone, promotes cardiovascular health, and enhances confidence.

Grading: Ugrd Abu Dhabi Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1019 Foundations of Resistance Training (0 Credits)*Typically offered Fall and Spring*

This course provides students with an understanding of the basic principles of resistance training - specificity, progressive overload, progression and individual variability. Students will gain practical experience using weight machines and free weights while learning proper execution, correct machine setup, training methods and basic programming. This course also emphasizes the importance of nutrition, sleep and mindfulness and how these key factors influence performance and recovery, promoting a holistic approach to fitness and health.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1021 WO Performance Boxing (0 Credits)*Typically offered occasionally*

The aim of this course is to gain a greater understanding of boxing technique and how to adapt authentic boxing training for pure fitness. Boxing for fitness is fun and at the same time builds muscle strength, improves body tone, promotes cardiovascular health, and enhances confidence. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1022 Yoga (0 Credits)*Typically offered Fall and Spring*

Yoga will commence with an introduction to yoga practice, infusing breathing techniques, physical movement, detox, meditation, strength, flexibility & balance conditioning with balance of body and mind. This program will allow students to work within their own individual body's capacity to ultimately let go of any physical or mental barriers.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1023 Badminton (0 Credits)*Typically offered Fall and Spring*

This course is designed to introduce basic badminton skills, techniques, rules and strategies for singles and doubles play with a focus on development of various strokes, serves, and offensive and defensive strategies. No previous experience necessary.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1024 Foundations of Running (0 Credits)*Typically offered Fall and Spring*

Through this course, students will become educated in proper running form and efficient running. Students will learn how to prepare for a race, learn to run for pleasure, and discuss the ways to maintain running as a lifelong habit. Although you do not need anything except running shoes to attend, students will be guided and informed about the latest running technologies that can be used to enhance progress.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1027 Wall Climbing (0 Credits)*Typically offered Fall*

This course provides personalized instruction at a basic level, allowing beginner climbers to develop a solid foundation upon which to build more advanced climbing knowledge and skills.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1028 Indoor Cycling (0 Credits)*Typically offered Fall and Spring*

The purpose of the course is to provide students with proper techniques of cycling and a variety of training methods to maintain or improve cardiovascular and neuromuscular health through instructor guided activities. Principles, techniques, and safety practices of cycling will be taught throughout the course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1030 Women's Yoga (0 Credits)*Typically offered occasionally*

This course will commence with an introduction to the Yoga practice, infusing breathing techniques, physical movement, detox, meditation, strength, flexibility & balance conditioning with balance of body and mind. This program will allow students to work within their own individual body's capacity to ultimately let go of any physical or mental barriers. This is a women's course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1031 Introduction to Sports Medicine (0 Credits)*Typically offered Spring*

This course provides an overview of the various fields of athletic training and sports medicine. Students will learn how to use training equipment and materials, procedures for athletic training and the role of trainers as care providers. They will examine the organization, regulations and ethics that govern this profession.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1037 Open Water Sports (0 Credits)*Typically offered Spring*

This course is taught at the beach, both on the sand and in the water. Topics include basic water safety skills, swimming, and the foundations of stand up paddleboarding (SUP) and kayaking. Students will participate in both dry-land and water based exercises/games for a full body workout. NOTE: Students must know how to swim. All students must be able to pass the advanced swim test prior to the start of the class. Confidence in and around water is a must.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No**Prerequisites:** Student must have completed at least one PE course (PHYED-UH) prior to enrolling.

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1038 Distance Running and Road Racing (0 Credits)*Typically offered occasionally*

A course for experienced runners who can already run continuously for 30 minutes and would like to learn more about training, running, workouts and how to prepare for a 10k or half marathon. You will be encouraged to run on your own outside of the 2 x 75 minute classes each week. This is only for advanced runners who have already competed in cross country or road races before coming to NYUAD or while here. This is more advanced than Running 101.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No**PHYED-UH 1040 Women's Foundations of Fitness (0 Credits)***Typically offered Fall and Spring*

This course provides students with an introduction to various group class styles and exercise formats. Students will practice and learn about the benefits and characteristics of group classes such as TRX, Fitness Boxing, and Kettlebell Circuit, preparing them to participate effectively in these classes and make informed choices for their fitness routines. Students will also explore the vital role of mindfulness, sleep and nutrition in supporting physical performance, mental well-being and overall health.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1041 WO Hip Hop (0 Credits)*Typically offered occasionally*

Hip Hop dance is a class designed for students with an interest in Hip Hop dance/culture. This class introduces students to Hip Hop through movement that includes freestyle dancing, locomotive movements, and choreography. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1042 Beginner Ballet (0 Credits)*Typically offered Fall*

The co-ed introductory course will give an overview of the history, anatomy, and the fundamentals of classical ballet. Class will focus on basic ballet technique, proper body alignment, French terminology and musicality. Students will be introduced to elementary barre and center work.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1043 Outdoor Team Sports and Recreational Activities (0 Credits)*Typically offered occasionally*

This course will introduce students to a variety of outdoor team sports and the elements necessary to play them. Those elements include, but are not limited to, skills, offensive and defensive strategies, rules and lots of game play.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No**PHYED-UH 1044 Volleyball (0 Credits)***Typically offered Fall*

This class is designed to help players learn and develop a basic understanding of volleyball. Topics include the basic skills of serving, passing, setting, attacking and blocking. The class will also cover tactical skills of basic volleyball offensive and defensive play and well as the rules and scoring. No previous experience necessary.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1049 WO Indoor Cycling (0 Credits)*Typically offered Fall and Spring*

The purpose of the course is to provide students with proper techniques of cycling and a variety of training methods to maintain or improve cardiovascular and neuromuscular health through instructor guided activities. Principles, techniques, and safety practices of cycling will be taught throughout the course. This is a women-only course

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1053 Beginner Partner Dance (0 Credits)*Typically offered Fall and Spring*

Intro to Partner Dance gives students an overview of 6-7 dances at a beginner level. Students will take two classes each to learn the basic social dance patterns in dances such as Waltz, Tango, Cha-Cha, Swing/Lindy Hop, and Salsa to name a few. We will work on timing, leading and following while dancing with rotating partners throughout each class.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1054 Beginner Pop Choreography (0 Credits)*Typically offered Fall and Spring*

Students will learn choreography from 2-3 well known pop music videos. Each class will begin with a thorough warm-up combining elements of jazz, ballet, and contemporary dance.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1055 Beginner Basketball (0 Credits)*Typically offered occasionally*

Learn the basic fundamentals of basketball while getting fit at the same time. Open to all students (new or familiar) with the sport of basketball. Instruction will be given on basic rules, strategy, skill improvement drills, and game play. This course offers an opportunity for a great workout in a co-ed team setting.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1056 Outdoor Games (0 Credits)*Typically offered Fall and Spring*

Get fit and have fun playing games you love. All the while enjoying fresh air and green grass beneath your feet. Designed to unleash your inner child, this course will introduce students to a variety of outdoor games. Examples include ultimate Frisbee, capture the flag, bubble soccer, European handball, kickball, and so much more. This class is highly active and open to all ability levels.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1057 WO Pilates (0 Credits)*Typically offered Fall and Spring*

Pilates is a conditioning program emphasizing the concepts of core strength and stabilization. Through highly focused and controlled movements, individuals experience increased body awareness, flexibility, coordination, and strength. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1062 Olympic Weightlifting (0 Credits)*Typically offered Fall and Spring*

This course is designed for those who have little to no experience in weight lifting. Students will learn how to properly perform the two main Olympic lifts; snatch and clean and jerk. Heavy emphasis will be placed on technique and the art of the sport itself. Students will also learn several accessory movements that will support their lifts and make them stronger. For example, squats, dead lifts, and press. Students will learn how to adapt Olympic weightlifting to benefit their current sport, prevent injury and enhance their overall physical wellbeing.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1063 Flag Football (0 Credits)*Typically offered Fall*

The Flag Football Course is specifically designed to help students: develop and refine motor skills and movement patterns as they relate to Flag Football; understand and apply concepts and strategies that will enhance student success in flag football; achieve and maintain a health-enhancing level of physical fitness; and, exhibit responsible personal and social behavior. The goal is for all participants to recognize the value of physical activity for health, enjoyment, challenge and social interaction while learning a safe form of American football.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No**PHYED-UH 1064 WO Olympic Weight Lifting (0 Credits)***Typically offered Fall and Spring*

This course is designed for those who have little to no experience in weight lifting. Students will learn how to properly perform the two main Olympic lifts; snatch and clean and jerk. Heavy emphasis will be placed on technique and the art of the sport itself. Students will also learn several accessory movements that will support their lifts and make them stronger. For example, squats, dead lifts, and press. Students will learn how to adapt Olympic weightlifting to benefit their current sport, prevent injury and enhance their overall physical wellbeing. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1065 WO Jiu Jitsu (0 Credits)*Typically offered Fall*

Jiu Jitsu is a strategic grappling sport where one manipulates an opponent's force against her/himself rather than confronting it with one's own force. Individuals will learn how to apply the fundamental techniques of Jiu Jitsu, including positioning, leverage, joint locks, escapes, submissions, and self-defense. This is a women-only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1066 WO Wall Climbing (0 Credits)*Typically offered Fall*

This course provides personalized instruction at a basic level, allowing beginner climbers to develop a solid foundation upon which to build more advanced climbing knowledge and skills. This is a women's only course however please note that unlike other women's classes this course does not take place in a private setting.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1068 SNAP Basketball (0 Credits)*Typically offered Spring*

SNAP (Special Needs Adaptive Programs) provides inclusive adaptive recreational sports coaching to children with special needs in the Abu Dhabi & UAE community. This program pairs NYUAD student volunteers with young participants of determination as 'buddies', mentoring the children in the sport of Basketball whilst under the direction of NYUAD Physical Health Education instructors. The SNAP program has been developed into a PHE-credited course as part of NYUAD's legacy efforts from the Special Olympics World Games 2019. All interested students are required to complete the application form. Link to application form - <https://forms.gle/EbGp4MC18KVJULHJ8>

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1069 Futsal (0 Credits)*Typically offered occasionally*

Futsal is an exciting, fast-paced small sided (5 v 5) soccer game that is played on a hard surfaced, basketball sized court. The sport is a great skill developer as it demands quick reflexes, fast thinking and pin-point passing. The sport presents many opportunities to score goals often which maximizes active participation and minimizes inactivity and boredom. This course is well suited for beginner and intermediate level players looking to improve fitness, develop skills, and participate in friendly game play competition.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1070 Mindfulness (0 Credits)*Typically offered Fall*

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and resiliency to college students and other young adults. You will learn several skills, including meditation, breathing exercises, guided imagery, body scan, and more. Each of these skills is designed to help you manage stress and enrich your life.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

PHYED-UH 1071 Functional Training (0 Credits)*Typically offered not typically offered*

Functional Training

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1072 Strength Training (0 Credits)*Typically offered not typically offered*

Strength Training

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1073 Healthy Habits (0 Credits)*Typically offered Fall*

The quality of our lives often depends on the quality of our habits. Few things can have a more powerful impact on your life than improving your daily habits. Yet, when it comes to building habits most of us don't know where to start. Prevailing wisdom tells us to set specific, actionable goals. But yet when it comes to healthy habits like sleep, exercise, meditation, journaling, and eating well, most of us fall short. This is because we try to change the wrong thing and we try to change our habits in the wrong way. In this course you will learn about behavior change, how to break bad habits, and make good habits stick. Finally, you will learn how to follow through on what you set out to do, whether you're feeling motivated or not.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1074 Beginner Tap Dance (0 Credits)*Typically offered Fall*

This is an introductory level tap dance class suited to absolute beginners. You will learn tap dance terminology, technique, and steps from the basics while developing confidence, mental concentration, physical coordination and musicality. Each class will include a warm-up focusing on technique, instruction in basic steps, and progress into simple choreography.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1075 First Aid & CPR (0 Credits)*Typically offered Fall*

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants in a variety of different contexts. You will engage in a combination of readings, lectures, and hands-on skill practice to gain a solid understanding of and confidence in responding to various medical emergencies. Upon successful completion of this class you will receive a certificate for Adult and Pediatric First Aid/CPR/AED that meets most workplace requirements for such training.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1076 Women's Zumba (0 Credits)*Typically offered Fall*

Beginner Zumba Fitness is a fusion of Latin and international inspired music and dance movements creating a dynamic, exhilarating and exciting effective fitness program. The routines feature four traditional dances which include Salsa, Merengue, Cumbia and Reggaeton. The word Zumba itself comes from a Colombian word meaning to move fast and have fun. Therefore, a strong emphasis will be placed on having fun with easy to follow dance steps. This course uses a mixture of fast and slow rhythms and is perfect for reducing stress, clearing your mind, and exploring your creative side. No prior dance experience necessary. This is a women's course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1078 Beginner Waltz (0 Credits)*Typically offered Fall*

Learn how to dance across the dance floor like Fred and Ginger in this Waltz class for absolute beginners. No previous dance experience is required. We will learn basic waltz steps, following and leading skills, and progress into learning a choreographed waltz in a few different waltz styles including the formal Viennese waltz, European waltz, American waltz, and some informal social waltzes. You do not need a partner to take this class! To help you understand the roles of leading and following, we rotate partners every few minutes in class.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1079 Barre Fit (0 Credits)*Typically offered Fall*

Barre Fit is a cardio and strength-training class that combines elements of ballet, light resistance, and cardiovascular fitness at the barre. It offers exercises that can be modified for many different levels of fitness and doesn't require any previous fitness or dance experience. Working to a 135 BPM energizing music playlist for a full 60 minutes followed by 15 minutes of stretching and cool down, Barre Fit helps to increase your cardio endurance while also focusing on strengthening, lengthening, and stretching the body from top to bottom.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1080 Cricket (0 Credits)*Typically offered Fall*

Learn the basic fundamentals of cricket in a relaxed outdoor atmosphere. Instruction will be given on basic rules, strategy, skill improvement drills, and game play. This course offers an opportunity for a great workout in a co-ed team setting. Please note this course is designed specifically for beginners.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1082 Holistic Nutrition (0 Credits)*Typically offered occasionally*

This course is designed to empower students with tangible tools and resources and to gain a better understanding of one's relationship with nourishment. Students will build their knowledge base on the intersectionality behind nourishment and our food system, eating attitudes, preferences, and staying in tune with their gut health. This course will teach you how to sift through nutrition facts from fiction and build nourishing eating patterns unique to each one's balance, which helps support one's lifelong journey in wellbeing at NYUAD and beyond.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1083 WO Running (0 Credits)*Typically offered occasionally*

Through this course, students will become educated in proper running form and efficient running. Students will learn how to prepare for a race, learn to run for pleasure, avoid injury, and discuss the ways to maintain running as a lifelong habit. Please note that unlike other women-only classes this course does not take place in a private setting.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1084 High Intensity Training (0 Credits)*Typically offered Fall*

High Intensity Training connects students to movement using a variety of instructional fitness sessions that will enhance students health and wellbeing when actively participating in fitness activities. HUA encourages students to investigate and apply movement concepts and select strategies to achieve personal fitness outcomes. HUA is built upon teamwork and helps students develop personal and social skills that establish and maintain respectful relationships. HUA promotes personal and community safety and inclusivity when training in group environments. By the end of this course students will be able to demonstrate control and accuracy when performing specific movement sequences and skills in fitness sessions. Students will be able to confidentially apply exercise sequences and movement concepts to compose individual fitness sessions. Students will be able to understand the impact of fitness on personal wellbeing and the value of relationships in the fitness community.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1085 WO The Science of Happiness (0 Credits)*Typically offered Fall and Spring*

This course explores the foundations of a happy and meaningful life through a combination of scientific research and practical application. Students will delve into some of the most intriguing and actionable insights from Positive Psychology, learning how to incorporate these findings into their daily lives. The course emphasizes the PERMA model, which illustrates that true happiness is deeply connected to positive emotions, engagement, strong social relationships, meaning, and accomplishment. Each week, students will participate in activities designed to enhance well-being. These include gratitude practices, goal setting, relationship building, yoga & meditation, identifying character strengths, achieving flow, and journaling.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1086 WO High Intensity Training (0 Credits)*Typically offered occasionally*

High Intensity Training connects students to movement using a variety of instructional fitness sessions that will enhance students health and wellbeing when actively participating in fitness activities. HUA encourages students to investigate and apply movement concepts and select strategies to achieve personal fitness outcomes. HUA is built upon teamwork and helps students develop personal and social skills that establish and maintain respectful relationships. HUA promotes personal and community safety and inclusivity when training in group environments. By the end of this course students will be able to demonstrate control and accuracy when performing specific movement sequences and skills in fitness sessions. Students will be able to confidentially apply exercise sequences and movement concepts to compose individual fitness sessions. Students will be able to understand the impact of fitness on personal wellbeing and the value of relationships in the fitness community.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1087 Beginner's Soccer (0 Credits)*Typically offered Fall and Spring*

Beginner's Soccer will equip students with the basic fundamentals of soccer, from the technical aspects and understanding of the game to the health benefits and positive impact the sport can have on their overall wellbeing. Open to all students with minimal soccer experience. Instruction will be given on basic rules, strategy, skill improvement drills, and game play.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1088 Women's Tennis (0 Credits)*Typically offered Fall*

This class is geared towards novice tennis players and exposes individuals to the basics of tennis. In addition to receiving technical instruction in serve, volley and forehand and backhand strokes, individuals learn the rules of tennis.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1089 Zumba (0 Credits)*Typically offered Fall*

Beginner Zumba Fitness is a fusion of Latin and international inspired music and dance movements creating a dynamic, exhilarating and exciting effective fitness program. The routines feature four traditional dances which include Salsa, Merengue, Cumbia and Reggaeton. The word Zumba itself comes from a Colombian word meaning to move fast and have fun. Therefore, a strong emphasis will be placed on having fun with easy to follow dance steps. This course uses a mixture of fast and slow rhythms and is perfect for reducing stress, clearing your mind, and exploring your creative side. No prior dance experience necessary.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1090 WO Intermediate Swimming (0 Credits)*Typically offered occasionally*

Intermediate swimming is a course designed for students who are comfortable treading, floating and swimming in deep water, can swim front crawl with rotary breathing and can swim basic backstroke and breaststroke. Students learn drills for skill improvement. Emphasis is on body form, stroke efficiency, and conditioning in all the strokes. This is a women's only course.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1091 Mixed Martial Arts (0 Credits)*Typically offered January term*

The aim of the Beginner Mixed Martial Arts (MMA) course is to gain a greater understanding of techniques used across various combat sports. The course will cover the fundamentals of body awareness, grappling, judo, kick-boxing, and cage control. This course will cover the technical progression scheme for MMA for both recreational and amateur athletes as per International MMA Federation (IMMAF) standards. Upon completion of this course, attendees will have a solid understanding of the International MMA Federation rules and Unified Rules of MMA that promote the safe, beneficial, and responsible practice of mixed martial arts. This course has no prerequisites and will take an approach for absolute beginners and progressively advance over the weeks and culminate in a final practical assessment. Course attendees will undergo a final assessment and have the opportunity to be given a technical grade and certification from the UAE MMA Federation.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1092 Contemporary Dance (0 Credits)*Typically offered Fall and Spring*

This all-level contemporary dance class will focus on body awareness, improvisation, musicality, choreography and technique. Students will grow in their performance skills as members of dynamic group choreography and as soloists. Through constructive self, peer and teacher-led feedback, students will hone their skills as contemporary dancers.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1093 Muay Thai (0 Credits)*Typically offered Fall*

This course will teach a dynamic martial art of Muay Thai that combines striking techniques with clinching and kicks and provides a challenging and exhilarating physical workout while promoting discipline, mental focus and self-defense skills. Students will not only develop their Muay Thai skills, but also cultivate holistic habits that contribute to their physical and mental fitness, promoting a well-rounded approach to their overall development.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1094 Tai Chi (0 Credits)*Typically offered Spring*

"Tai Chi" is a scientifically proven health practice that incorporates principles of coordinated movement, deep diaphragmatic breathing, and the cultivation of calm and mental focus. Tai Chi kinetically explores how to navigate and transform conflict and life challenges, neutralizing negative force while maintaining one's core balance and self-control. Drawing from the ancient cultural treasure of Traditional Chinese Medicine (TCM) and philosophy, Tai Chi empowers students to develop healthy life habits, attitudes, and skills that enhance their effectiveness as global leaders. This class is suitable for all levels.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1095 All Levels Hip Hop (0 Credits)*Typically offered occasionally*

Open to BEGINNER, INTERMEDIATE and ADVANCED hip-hop dancers. This all level hip-hop class will focus on freestyle, choreography, musicality and elements of stage performance. Students will grow in their performance skills as soloists and as members of dynamic group choreography.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1096 Women's Contemporary Dance (0 Credits)*Typically offered all terms*

This all-level women's contemporary dance class will focus on body awareness, improvisation, musicality, choreography and technique. Students will grow in their performance skills as members of dynamic group choreography and as soloists. Through constructive self, peer and teacher-led feedback, students will hone their skills as contemporary dancers.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1097 Falconry - Emirati Heritage Sports (0 Credits)*Typically offered Spring*

In 1977, the late Sheikh Zayed has come to epitomize in his own treatise Falconry as a sport, our Arab Heritage, how much "falconer" is not a profession, but rather a way of being, a way of thinking. What has been called "the sport of the kings" and has been part of royal education for centuries globally, aims to create a transformation of both the trainee (the falcon) and the trainer (the falconer). Both entities are required to modify their instinctual behavior, learning to transform their "natural" instincts to an end that is still connected to their nature, but far superior. This requires us to constantly refine, hand in hand, both our intellectual faculties and our physical abilities. Drawing on fitness including nutrition, stress management, and physical fitness from a holistic and natural approach, this course explores one of the world's oldest art of self-training our mind and our body in connection with the world that surrounds us. By taming and training the most noble of birds, humans are able to tame and train the noblest animal ourselves.

Grading: Ugrd Gallatin Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1098 Indoor Games (0 Credits)*Typically offered occasionally*

This course covers a variety of activities that can be played indoors, such as badminton, volleyball, futsal, basketball. The course aims to teach the rules and skills needed for each game, and often includes strategies and tactics for success. Students will develop increased awareness around topics such as sportsmanship, teamwork, and fair play. In addition to the above, students will learn about the PHE health competencies - sleep, nutrition, physical activity, and mindfulness.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1099 Table Tennis (0 Credits)*Typically offered occasionally*

This course will introduce students to the rules and basic strokes such as forehand and backhand. It then progresses to advanced techniques like spin and footwork, and includes drills to improve accuracy and consistency. The course also covers service, return of serve and strategies for singles and doubles play.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1100 Olympic Handball (0 Credits)*Typically offered occasionally*

This course introduces players to the basics of the sport. It covers the rules, court layout, ball-handling, and fundamental techniques such as passing, shooting and dribbling. Students also learn offensive and defensive strategies, team communication, and positioning. The course may include practice drills and game play to improve overall performance.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1101 Women's Foundations of Resistance Training (0 Credits)*Typically offered occasionally*

This course provides students with an understanding of the basic principles of resistance training - specificity, progressive overload, progression and individual variability. Students will gain practical experience using weight machines and free weights while learning proper execution, correct machine setup, training methods and basic programming. This course also emphasizes the importance of nutrition, sleep and mindfulness and how these key factors influence performance and recovery, promoting a holistic approach to fitness and health.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1102 Indoor Water Sports (0 Credits)*Typically offered occasionally*

Indoor Water Sports is designed to empower students with the knowledge to become more proficient in aquatic movements and sports. This course will include water polo, water volleyball, paddle boarding, aqua fitness using weighted props and fun interactive team games. Students must feel comfortable in the shallow end of the pool.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1103 Foundations of Weight Lifting (0 Credits)*Typically offered Fall*

This course focuses on developing a comprehensive understanding of weight lifting techniques, proper form and safe training practices. Students will engage in practical training sessions where they will practice the 5 fundamental lifting movements (squat, hinge, push, pull and rotation - using free weights and barbells. Students will also explore how mindfulness practices, proper nutrition and adequate sleep are essential components complementing weight lifting, supporting optimal performance, muscle recovery and overall well-being.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1104 Salsa (0 Credits)*Typically offered Fall and Spring*

Discover the rhythmic world of Salsa in this engaging class. Delve into the vibrant origins and cultural significance of salsa dancing as it fosters strong communal bonds. Throughout the course, students will also master the essential foundations and techniques of salsa dance.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1105 Strength & Conditioning Trainer Diploma I (0 Credits)*Typically offered occasionally*

This course is a gateway to becoming a Strength and Conditioning (S&C) coach and will qualify participants with a Level 3 S&C Trainer Diploma - an internationally recognized vocational coaching qualification that will allow practitioners to coach and design programs for individuals and groups across a diverse spectrum of sports. The course will introduce key aspects of S&C training and cover coaching fundamentals including anatomy, physiology, kinesiology, training safety, and program design theory in both individual and group coaching environments.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 1106 Strength & Conditioning Trainer Diploma II (0 Credits)*Typically offered occasionally*

This course is a gateway to becoming a Strength and Conditioning (S&C) coach and will qualify participants with a Level 3 S&C Trainer Diploma - an internationally recognized vocational coaching qualification that will allow practitioners to coach and design programs for individuals and groups across a diverse spectrum of sports. The course will introduce key aspects of S&C training and cover coaching fundamentals including anatomy, physiology, kinesiology, training safety, and program design theory in both individual and group coaching environments.

Grading: Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2001 Intercollegiate Badminton (0 Credits)

Typically offered Fall

Participate as a team member in the Intercollegiate Badminton team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2003 Intercollegiate Basketball (0 Credits)

Typically offered Fall

Participate as a team member in the Intercollegiate Basketball team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2005 Intercollegiate Cricket (0 Credits)

Typically offered occasionally

Participate as a team member in the Intercollegiate Cricket team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2007 Intercollegiate Soccer (0 Credits)

Typically offered Fall

Participate as a team member in the Intercollegiate Soccer team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2009 Intercollegiate Table Tennis (0 Credits)

Typically offered Fall

Participate as a team member in the Intercollegiate Table Tennis team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2010 Intercollegiate Table Tennis (0 Credits)

Typically offered occasionally

Participate as a team member in the Intercollegiate Table Tennis team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

PHYED-UH 2011 Intercollegiate Volleyball (0 Credits)

Typically offered occasionally

Participate as a team member in the Intercollegiate Volleyball team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 2013 Intercollegiate Swimming (0 Credits)

Typically offered occasionally

Participate as a team member in the Intercollegiate Swim team.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3001 Intercollegiate Badminton II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Badminton team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3003 Intercollegiate Basketball II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Basketball team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3005 Intercollegiate Cricket II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Cricket team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3007 Intercollegiate Soccer II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Soccer team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3009 Intercollegiate Table Tennis II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Table Tennis team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3011 Intercollegiate Volleyball II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Volleyball team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3013 Intercollegiate Swimming II (0 Credits)

Typically offered occasionally

Participate as a returning team member in the Intercollegiate Swimming team for at least one (1) additional season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

PHYED-UH 3014 Intercollegiate Track & Field (0 Credits)

Typically offered Fall

Participate as a team member in the Intercollegiate Track and Field team for at least one (1) season.

Grading: Ugrd Abu Dhabi Phy Ed Pass/Fail

Repeatable for additional credit: No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education