

PHYSICAL EDUCATION (PED)

PED101BC / Boot Camp

1 Credit / 2.0 Periods for Lecture & Lab

Vigorous physical and mental conditioning incorporating cardiovascular, core fitness, strength training, and flexibility. Emphasis will be placed on proper body mechanics and safety. Prerequisites: None. Course Notes: PED101BC may be repeated for credit.

Division: Health Science and Public Service

PED101BS / Body Sculpting

1 Credit / 2.0 Periods for Lecture & Lab

Stretch and strengthen. Emphasizes increasing fitness, muscle tone, and body flexibility. Great for reducing stress. Prerequisites: None. Course Notes: PED101BS may be repeated for credit.

Division: Health Science and Public Service

PED101CY / Cycling - Indoor

1 Credit / 2.0 Periods for Lecture & Lab

Basic skills for bike setup and proper body mechanics. Increase leg strength, lung capacity, and metabolism. Prerequisites: None. Course Notes: PED101CY may be repeated for credit.

Division: Health Science and Public Service

PED101FL / Fitness For Life

1 Credit / 2.0 Periods for Lecture & Lab

Learn the basics of designing and implementing a personalized fitness program to meet your needs in the areas of Cardiovascular Fitness, Weight Control, Muscular Strength and Flexibility. Prerequisites: None. Course Notes: PED101FL may be repeated for credit.

Division: Health Science and Public Service

PED101GF / Group Fitness/Aerobics

1 Credit / 2.0 Periods for Lecture & Lab

Group exercise incorporating a variety of equipment to increase respiration, heart rates, strength, and flexibility. Prerequisites: None. Course Notes: PED101GF may be repeated for credit.

Division: Health Science and Public Service

PED101HH / Hip Hop

1 Credit / 2.0 Periods for Lecture & Lab

Basic skills of hip hop with instruction, practice, and performance including proper body mechanics, choreography, and behavioral competencies. Prerequisites: None. Course Notes: PED101HH may be repeated for credit.

Division: Health Science and Public Service

PED101KB / Kickboxing

1 Credit / 2.0 Periods for Lecture & Lab

Techniques to increase muscular endurance and strength, enhance flexibility and increase body awareness and self-confidence. Jabs, kicks, and blocks will be used in this martial arts-based workout. Prerequisites: None. Course Notes: PED101KB may be repeated for credit.

Division: Health Science and Public Service

PED101LD / Latin Dancing

1 Credit / 2.0 Periods for Lecture & Lab

Spicy, energetic style of dance. Cha Cha, Merengue, Salsa, Rumba, and Bolero. Partners rotate. Prerequisites: None. Course Notes: PED101LD may be repeated for credit.

Division: Health Science and Public Service

PED101PC / Physical Conditioning

1 Credit / 2.0 Periods for Lecture & Lab

Exercise program with access to free weights, strength machines and cardio equipment. Prerequisites: None. Course Notes: PED101PC may be repeated for credit.

Division: Health Science and Public Service

PED101PS / Pilates

1 Credit / 2.0 Periods for Lecture & Lab

Mat-based exercise system focused on improving flexibility and strength for the total body. Teaches core control and stabilization while improving postural alignment. Prerequisites: None. Course Notes: PED101PS may be repeated for credit.

Division: Health Science and Public Service

PED101RT / Resistance Training for Improved Sports Performance

1 Credit / 2.0 Periods for Lecture & Lab

Introduction to sport-specific resistance training programs to enhance athletic performance. Includes focus on advanced assessment and sport-related resistance training, including Olympic lifting with a qualified instructor. Prerequisites: None. Course Notes: PED101RT may be repeated for credit.

Division: Health Science and Public Service

PED101SR / Stretch and Relaxation

1 Credit / 2.0 Periods for Lecture & Lab

A mat-based stretching class with guided meditation. Stretching increases flexibility and relieves stress, promoting an overall sense of well being. Prerequisites: None. Course Notes: PED101SR may be repeated for credit.

Division: Health Science and Public Service

PED101ST / Strength Training

1 Credit / 2.0 Periods for Lecture & Lab

Introduction to techniques of basic weight training, concentrating on incorporating an exercise regimen for increased strength. Prerequisites: None. Course Notes: PED101ST may be repeated for credit.

Division: Health Science and Public Service

PED101TC / Tai Chi

1 Credit / 2.0 Periods for Lecture & Lab

Fundamentals of Tai Chi including moves, breathing and meditation. Prerequisites: None. Course Notes: PED101TC may be repeated for credit.

Division: Health Science and Public Service

PED101TD / Tap Dance

1 Credit / 2.0 Periods for Lecture & Lab

Introduction to Tap a step dance performed with the use of shoes with metal tips making rhythmic sounds. Prerequisites: None. Course Notes: PED101TD may be repeated for credit.

Division: Health Science and Public Service

PED101TX / Suspension Training

1 Credit / 2.0 Periods for Lecture & Lab

Suspension training using TRX or similar equipment. Designed to develop strength, balance, flexibility and core stability. Incorporates a variety of exercises using adjustable positions, stability levels and intensities. Suitable for all skill levels. Prerequisites: None. Course Notes: PED101TX may be repeated for credit.

Division: Health Science and Public Service

PED101YG / Gentle Yoga

1 Credit / 2.0 Periods for Lecture & Lab

Focuses on the use of such props as blankets, blocks, and chairs to modify traditional Yoga poses, enabling participation with moderate effort and without strain; suitable for all levels but especially for students needing a slower pace. Prerequisites: None. Course Notes: PED101YG may be repeated for credit.

Division: Health Science and Public Service

PED101YH / Hatha Yoga

1 Credit / 2.0 Periods for Lecture & Lab

Combination of traditional and flow style yoga that utilizes breathing, yoga poses, relaxation and meditation to create balance and inner peace. Prerequisites: None. Course Notes: PED101YH may be repeated for credit.

Division: Health Science and Public Service

PED101YO / Yoga

1 Credit / 2.0 Periods for Lecture & Lab

Promotion of overall health by strengthening muscles and stimulating glands and organs. Basic postures, breathing and relaxation techniques. Prerequisites: None. Course Notes: PED101YO may be repeated for credit.

Division: Health Science and Public Service

PED101YP / Power Yoga

1 Credit / 2.0 Periods for Lecture & Lab

Yoga postures performed in a dynamic series designed to gain strength, add flexibility, release toxins, This is a vigorous, athletic form of yoga. Prerequisites: None. Course Notes: PED101YP may be repeated for credit.

Division: Health Science and Public Service

PED101YR / Restorative Yoga

1 Credit / 2.0 Periods for Lecture & Lab

Gentle form of Yoga poses utilizing props to create fully supported postures; focuses on relaxation and involves non-rigorous physical activity, providing rest and recovery and promoting the restoration of tranquility; suitable for all levels. Prerequisites: None. Course Notes: PED101YR may be repeated for credit.

Division: Health Science and Public Service

PED101ZU / Zumba Fitness

1 Credit / 2.0 Periods for Lecture & Lab

Uses easy to follow dance movements and high energy music to enhance cardiovascular fitness and to promote self-esteem and confidence in physical movement. Provides an accepting and encouraging atmosphere for students of all levels to participate in a group fitness class. Prerequisites: None. Course Notes: PED101ZU may be repeated for credit.

Division: Health Science and Public Service

PED102HH / Hip Hop - Intermediate

1 Credit / 2.0 Periods for Lecture & Lab

Intermediate level dance instruction and practice in the skills of hip hop. Emphasis on performance including proper body mechanics, choreography, and behavioral competencies. Prerequisites: None. Prior experience recommended. Course Notes: PED102HH may be repeated for credit.

Division: Health Science and Public Service

PED102TD / Tap Dance-Intermediate

1 Credit / 2.0 Periods for Lecture & Lab

Tap dance steps at the intermediate level. Some experience welcomed. Prerequisites: None. Prior experience recommended.

Division: Health Science and Public Service

PED103BS / Body Sculpting

0.5 Credits / 1.0 Periods for Lecture & Lab

Stretch and strengthen. Emphasizes increasing fitness, muscle tone, and body flexibility. Great for reducing stress. Prerequisites: None. Course Notes: PED103BS may be repeated for credit.

Division: Health Science and Public Service

PED103SR / Stretch and Relaxation

0.5 Credits / 1.0 Periods for Lecture & Lab

A mat-based stretching class with guided meditation. Stretching increases flexibility and relieves stress, promoting an overall sense of well being. Prerequisites: None. Course Notes: PED103SR may be repeated for credit.

Division: Health Science and Public Service

PED115 / Lifetime Fitness

2 Credits / 4.0 Periods for Lecture & Lab

Increase personal fitness, strength, and vitality. Current principles of cardiovascular exercise, weight training, flexibility, and balance exercises applicable to lifetime fitness goals. Personalized fitness plans developed and implemented with support of highly trained fitness professionals. Techniques to make sessions more effective and enjoyable. Prerequisites: None. Course Notes: PED115 may be repeated for a total of eight (8) credit hours.

Division: Health Science and Public Service