

# PHYSICAL EDUCATION/ FITNESS (PEFT)

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## PEFT 131, AEROBIC SPINNING 1 (2)

This course is designed to teach a safe and effective aerobic workout by using a stationary bicycle. The group exercise cycling approach will be used to help strengthen the cardiovascular system while developing the major muscles used in cycling. Students will learn how to maintain proper form used throughout the different phases of the cycling workout. This workout can be modified to meet all fitness levels.

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 132, ZUMBA 1 (2)

Zumba is an aerobic workout that blends Latin and International music, using dance moves that create a dynamic and energetic fitness class. This course utilizes cardiovascular interval training to maximize caloric output. The easy to follow routines combine fast and slow rhythms that help to tone and sculpt the entire body.

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 133, T-BOW FITNESS 1 (2)

This fitness class utilizes the versatile T-BOW to effectively train the cardio respiratory system, as well as increase balance coordination, strength and flexibility. The T-BOW can be adjusted to modify exercises for all levels of fitness.

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters

## PEFT 134, ZUMBA TONING FITNESS 1 (2)

Zumba toning combines body-sculpting movements and high-energy Latin-infused Zumba dance moves. Students learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone the trunk, upper body and lower body.

**General Education:** IN5

**Course Entry Requirement(s):** None

## PEFT 135, AQUA AEROBICS 1 (2)

Instructor lead low impact exercise conducted in shallow water. Moving against water engages more muscle fibers because of the water's consistent resistance. Suitable for every fitness level, the water workout helps improve strength, balance, reduce body fat, increase flexibility, and enhance cardiovascular endurance while working the muscles without punishing the joints and bones.

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters

## PEFT 136, CROSSFIT 1 (2)

The goal of CrossFit Programming is to improve general physical skills: cardiovascular/respiratory endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance, and accuracy. "CrossFit is constantly varied, high intensity and functional movements" which can be scaled down or up depending on the individuals fitness levels. Lab fee will be assessed.

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 151, LIFETIME FITNESS 1 (2)

Lifetime fitness is a self-paced aerobic and weight training program designed to improve one's cardiovascular system and muscular endurance utilizing circuit training. Individual exercise programs are designed for special needs. Aerobic and resistance training equipment are available. Can be audited once. A student must be 13 years of age or older to enroll. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 152, LIFETIME FITNESS II 1 (2)

This course is a continuation of Lifetime Fitness (PEFT 151), which is a self-paced aerobic and resistance training program designed to improve one's cardiovascular system and muscular endurance, utilizing circuit training. This course may be repeated up to three (3) times for credit, but can satisfy only one (1) credit for physical education requirement. Can be audited once. Non-credit options are available. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** Prerequisite: PEFT 151

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 153, STRENGTH AND RESISTANCE TRAINING 1 (2)

Designed to provide the fundamentals of correct resistance training techniques variety of tools i.e. weight lifting equipment, dumbbells, tubing, resista-balls, to improve one's muscular fitness. Healthy living topics will be addressed. (A special fee will be assessed.)

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 154, RESISTANCE TRAINING FOR WOMEN 1 (2)

Designed to provide the fundamentals of correct lifting techniques for a variety of resistance tools i.e. weight lifting equipment, dumbbells, tubing, resista-balls, to improve female physique and fitness level. This course is for women only. Healthy living topics will be addressed. (A special fee will be assessed.)

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 155, PERSONAL CONDITIONING 1 (2)

This course is designed to provide instruction in the fundamentals of aerobic and strength conditioning exercises. During self paced workouts, the students will utilize the Fitness Center's resistance training equipment, variety of resistance tools, cardiovascular equipment, and the fieldhouse track. Healthy living topics will be addressed. (A special fee will be assessed.) (CTAG)

**General Education:** IN2, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

## PEFT 161, BODY TONING 1 (2)

This course combines muscle conditioning workout sessions to music consisting of warm-up, body toning exercises, and cool down activities. A variety of resistance tools will be utilized in class (dumbbells, resista ball, body bars, tubing, ankle weights, hand weights, step platforms, etc.). The body toning exercises will improve flexibility, strengthen muscles, and promote muscular endurance. Healthy living topics will be addressed. (A special fee will be assessed.)

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 163, STEP AEROBICS 1 (2)**

Instruction in proper techniques and basic fundamentals of step training for developing cardiovascular endurance and muscle tone. A physically challenging and fun aerobic activity. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall Semester

**PEFT 165, CARDIO-KICKBOXING 1 (2)**

This course is designed to teach safe kickboxing techniques. Exercise sessions consist of kicking and punching exercises. The goals of this class are met by combining low impact, high intensity cardio routines, muscle conditioning exercises and kickboxing techniques. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 166, COMBO KICKBOXING/STEP AEROBICS 1 (2)**

This course is designed to teach safe kickboxing techniques and step aerobics. Exercise sessions consist of kicking and punching exercises performed both on the floor and on the step platform for a total body workout. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Spring Semester

**PEFT 167, PILATES 1 (2)**

The Pilates course incorporates a non-impact exercise routine that is designed to stretch and strengthen the trunk muscles, improve posture and align the body through proper biomechanics. Pilates workouts will be modified according to individual physical capabilities throughout the term. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 168, ABDOMINAL WORKOUT 1 (2)**

An introduction to abdominal exercises which utilize resistance training tools to help strengthen and shape the core muscles of the body's midsection. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 169, PILATES II 1 (2)**

This advanced Pilates course is a continuation of the PEFT 167. It incorporates a variety of resistance tools to enhance this non-impact exercise routine. The class is designed to stretch and strengthen the trunk muscles, improve posture and align the body through proper biomechanics. Pilates II workouts will be modified according to individual physical capabilities throughout the term. (A special fee will be assessed.)

**General Education:** IN5

**Course Entry Requirement(s):** Prerequisite: PEFT 167

**Typically Offered:** Fall Semester

**PEFT 175, WALK, JOG OR RUN 1 (2)**

A self paced course designed to improve cardiovascular health and skill development of the following exercises: walking, jogging or running.

Student's aerobic goals are assessed to create a cardiovascular program designed to assist individual goals. Healthy living topics will be addressed. (A special fee will be assessed.)(CTAG)

**General Education:** IN1, IN2, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Fall and Spring Semesters

**PEFT 176, BEGINNING SCUBA 1 (2)**

The course is designed for intermediate to advanced swimmers to develop skills and knowledge needed to participate in the sport of scuba diving. Classes, which are conducted offsite, are divided into lecture and pool session. In addition to lab fees, students are responsible for purchasing or renting mask, fins, snorkel and wet suit boots. (A special fee will be assessed.)

**General Education:** IN1, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 185, ROPES COURSE 1 (2)**

This indoor and outdoor ropes course engages students in problem solving, decision making, setting goals, developing communication and leadership skills in an atmosphere that is dynamic, challenging, safe and supportive. Application of technical climbing skills will be practiced in a challenge by choice environment. (A special fee will be assessed.)

**General Education:** IN1, IN3, IN5

**Course Entry Requirement(s):** None

**Typically Offered:** Summer, Fall and Spring Semesters

**PEFT 299, INDIVIDUALIZED STUDIES IN PHYSICAL EDUCATION - FITNESS 1-2 (1)**

An in-depth study of areas in physical education through discussion and/or individual research and reading. Topics will vary. Repeatable up to a total of four (4) credit hours. Prerequisite: Second year standing and divisional approval.

**Course Entry Requirement(s):** Prerequisite: Second year standing and division approval.

**Typically Offered:** Offer as required