PHYSICAL ACTIVITY, WELLNESS AND SPORT (PWS)

PWS 10020  DEVELOPMENT AND CONDITIONING  1 Credit Hour
Introduction to the principles of physical training. Practical application of these principles through a variety of activities.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10035  LIFETIME FITNESS  2 Credit Hours
The role of exercise in enhancing physical fitness. Lectures on principles of planning scientifically sound exercise programs. Laboratory experiences in personal fitness evaluation and exercise routines.
Prerequisite: None.
Schedule Type: Laboratory, Lecture, Combined Lecture and Lab
Contact Hours: 1 lecture, 2 lab
Grade Mode: Standard Letter

PWS 10036  FITNESS WALKING  1 Credit Hour
Introduction to Fitness Walking as a lifetime physical activity through personal cardiovascular fitness.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10095  SELECTED TOPICS: PHYSICAL EDUCATION ACTIVITIES 1-2 Credit Hours
(Repeatable for credit) Selected and varied topics of relevance in physical education basic instruction.
Prerequisite: none.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10101  SCUBA DIVING  1 Credit Hour
Designed to make students a comfortable and qualified diver, capable of conducting recreational dives to shallow depths and deep water diving. Could lead to certification as a PADI open water diver.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10125  BASKETBALL  1 Credit Hour
The course is designed to give students a basic understanding of how to play the game of basketball through active participation. Students are expected to learn and be able to demonstrate the skills and strategies of the game through various practice and competitive activities. Material is presented through class instruction and handouts.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10204  BADMINTON  1 Credit Hour
Instruction in the skills and techniques of the game of Badminton
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10304  BOWLING  1 Credit Hour
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10305  BILLIARDS  1 Credit Hour
Skills, technique, strategy, game knowledge as introduction to billiards (pool), a 'cue' sport; rules and gaming for variations of pocket billiards; practice and class tournament play.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10306  JOGGING  1 Credit Hour
This course is designed to enhance cardiovascular fitness through jogging andor running. The course will focus on a mixture of training techniques including light jogging and interval type workouts. This course will also include supplemental exercises such as core strengthening and stretching. Students will perform basic calculations to determine target heart rate zones. Students will establish fitness goals and select appropriate activities to attain these goals. Pre and Post assessments will allow students to monitor progress towards their fitness goals.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10325  SOCCER  1 Credit Hour
(Repeatable for credit)
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10403  BEGINNING BALLROOM DANCE  1 Credit Hour
This course is designed for the beginning social dance to learn how to partner dance in a recreational setting. Dances include: Foxtrot, Rhumba, Meringue, Swing, Cha Cha.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10413  LATIN SOCIAL DANCE  1 Credit Hour
Presentation of the DVIDA bronze syllabus for Latin dances. Introduction of Latin rhythm dances, which will include the Merengue, Salsa, Rumba, Cha Cha and Samba. Includes proper technique, rhythm of the dance and approximately 10-15 figures for each dance.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 10504  SAND VOLLEYBALL  1 Credit Hour
Basic instruction in Volleyball skills and Sand Volleyball game strategies.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
<th>Description</th>
<th>Prerequisite</th>
<th>Schedule Type</th>
<th>Contact Hours</th>
<th>Grade Mode</th>
</tr>
</thead>
<tbody>
<tr>
<td>PWS 10505</td>
<td>VOLLEYBALL</td>
<td>1</td>
<td>Introduction to the sport of Volleyball through instruction in individual and team skills, team building and game play.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10515</td>
<td>WALLYBALL</td>
<td>1</td>
<td>Basic instruction in Volleyball skill and Wallyball game strategies.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10604</td>
<td>BEGINNING GOLF</td>
<td>1</td>
<td>The student will have the opportunity to develop basic golf skills through lectures, demonstration, drills and game play. The student will also gain knowledge of golf etiquette and other areas as related to the game of golf.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10704</td>
<td>INTERMEDIATE GOLF</td>
<td>1</td>
<td>Learn mechanics and techniques of the full golf swing, pitching, chipping, bunker play and putting. Learn to play better by playing rounds of golf. Learn the basic rules of golf and proper golf etiquette.</td>
<td>PWS 10604</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10904</td>
<td>TENNIS</td>
<td>1</td>
<td>You will be exposed to and utilize basic tennis skills, terms, and principles, with an emphasis on skill development and integration of playing tactics and strategies during match play.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10906</td>
<td>RACQUETBALL</td>
<td>1</td>
<td>Instruction in the skills, techniques and strategies of the game of Racquetball.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 11126</td>
<td>FLAG FOOTBALL I</td>
<td>1</td>
<td>This course is designed to give the students an opportunity to review and practice the basic fundamental skills relative to the game of flag football. Students are expected to be able to demonstrate the skills and strategies of the game through various practice and competitive activities.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 11135</td>
<td>ADVANCED ICE HOCKEY</td>
<td>1</td>
<td>To build on the basic hockey fundamentals, leading to advanced team play and game situations providing deeper insight into the game of hockey.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10612</td>
<td>LIFEGUARD TRAINING</td>
<td>2</td>
<td>Individuals beyond the lifesaving level are prepared to assume the responsibilities of lifeguards at pools or at nonsurf open water beaches.</td>
<td>None</td>
<td>Lecture</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10725</td>
<td>VARSITY SPORTS</td>
<td>1</td>
<td>Designed to focus on advanced varsity sport skill development, to promote techniques and strategies to perform at a high level of competition, and to foster ethical values, sportsmanship and responsible citizenship through practices and game competitions. Designed for the student athlete who meets NCAA eligibility requirements.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 10927</td>
<td>KETTLEBELLS</td>
<td>1</td>
<td>A vigorous introductory physical conditioning course primarily utilizing kettlebells. Exercises designed to enhance strength, power, endurance, and agility will be emphasized. Introductory approach to kettlebell techniques and kettlebell program development.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Standard Letter</td>
</tr>
<tr>
<td>PWS 11126</td>
<td>VARSITY SPORT TRAINING AND CONDITIONING</td>
<td>1</td>
<td>(Repeatable for credit) Designed for sport specific training both in and out of season to produce highly skilled student-athletes through structured programs for immediate performance enhancement and injury prevention and to endure practice and competition. Designed for the student athlete who meets NCAA eligibility requirements.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Satisfactory/Unsatisfactory</td>
</tr>
<tr>
<td>PWS 11125</td>
<td>SPORTS CONDITIONING</td>
<td>1</td>
<td>This course will cover methods and techniques that are used to safely and effectively enhance an individual's athletic performance by increasing speed, strength, endurance, agility and flexibility. This course will cover a variety of training principles, training methods, basic components of fitness and the physiological factors and benefits of exercise to promote a healthy lifestyle. This course is part theory and part practical application.</td>
<td>None</td>
<td>Laboratory</td>
<td>2 lab</td>
<td>Satisfactory/Unsatisfactory</td>
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</table>

For the Physical Activity, Wellness and Sport (PWS) section, the course codes and titles are detailed above with their respective credits, description, and requirements. The courses are designed to provide students with a variety of activities and knowledge, from the basics to advanced levels, including sports, physical conditioning, and life-saving skills.
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<th>Credit Hours</th>
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<td>PWS 11604</td>
<td>BEGINNING KARATE</td>
<td>1</td>
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<tr>
<td>PWS 11605</td>
<td>INTERMEDIATE KARATE</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11633</td>
<td>JU JITSU</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11634</td>
<td>SELF-DEFENSE</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11663</td>
<td>BEGINNING YOGA</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11664</td>
<td>PILATES</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11665</td>
<td>ZUMBA</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11666</td>
<td>BEGINNING SPINNING</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11667</td>
<td>BOOT CAMP I</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11668</td>
<td>INTERMEDIATE YOGA</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11669</td>
<td>INTERMEDIATE PILATES</td>
<td>1</td>
</tr>
<tr>
<td>PWS 11670</td>
<td>ZUMBA TONING</td>
<td>1</td>
</tr>
</tbody>
</table>

**BEGINNING KARATE**

A karate course designed for students with little or no martial arts or karate experience. This course will involve the training in the philosophy, principles, and techniques of Karate for self-defense, improvement of overall fitness and to give a greater understanding of the art and themselves.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**INTERMEDIATE KARATE**

Continuation of the perfection of basic karate techniques with the main emphasis on kumite (fighting).

**Prerequisite:** PEB 11604.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**JU JITSU**

Presentation of Ju-Jitsu and Judo techniques for use in self-defense. Includes falling, throwing, grappling, bars, locks, strikes, kicks and defends against various weapons.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**SELF-DEFENSE**

A self-defense course designed for students with little or no martial arts or self-defense background. Physical, verbal, and mental defensive techniques, tactics, and strategies are taught to prepare students for any potentially dangerous situation they may encounter. The course will also improve the student's physical and mental fitness.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**BEGINNING YOGA**

Overview course in yoga, an integrated study of health. Involves the investigation and practice of breathing techniques (pranayama), hatha yoga postures (asana), meditation and relaxation. Also unifies the mind, body and spirit.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**PILATES**

Pilates is a form of fitness endeavors which unite the rhythmic performances and strength with the conditioning principles of the movement sciences.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**ZUMBA**

Zumba® is a fitness program that fuses hypnotic Latin rhythms and easy-to-follow moves and mixes body sculpting movements with dance steps.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**BEGINNING SPINNING**

The Spinning program is based on two major components: health and fitness. Each of these parts is also related to the concept of mind (the health component) and body (the fitness component), and the overall program design is intended as more than a fitness regimen. It encourages Spinning participants to shift and broaden their perspectives by exposing them to new ideas and a variety of training styles and Energy Zones.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**BOOT CAMP I**

This course is designed to acquaint students with an exercise program using calisthenics, resistance training, running, and agility drills. The course will focus on increasing physical fitness, including cardiovascular efficiency, muscular strength, and flexibility. Students will also learn the fundamental principles of physical fitness and their effect on lifelong health and fitness.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**INTERMEDIATE YOGA**

Expansion of Yoga skills, building on knowledge base from Beginning Yoga. Students will explore movement components of anatomy, as related to yoga asanas and understand relationship of asanas to anatomy, creating movement and space.

**Prerequisite:** PSW 11663.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**INTERMEDIATE PILATES**

Intermediate Pilates reviews the fundamentals of the beginner class while moving on to the more challenging exercises and repertoire. Students will review and practice correct technique and form for strength, breathing, fluidity, and endurance for mat Pilates. This class is designed for experienced Pilates students.

**Prerequisite:** PWS 11664.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter

**ZUMBA TONING**

Zumba® is a fitness program that fuses hypnotic Latin and International rhythms with easy-to-follow moves and body sculpting movements to create a dynamic workout. The Zumba Toning® program uses hand held weights to enhance rhythm and tone the muscles, specifically arms, thighs, and abdomen. Zumba Toning is the an ideal way to sculpt the body.

**Prerequisite:** None.

**Schedule Type:** Laboratory

**Contact Hours:** 2 lab

**Grade Mode:** Standard Letter
PWS 11684 BALL PILATES 1 Credit Hour
Ball Pilates, "Pilates on an Exercise Ball" is very similar to other Pilates classes in that it incorporates many mat and equipment-based exercises. Adding the ball increases your mind-body awareness, core strength, balance and flexibility as you perform the work on an unstable base of support.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 11904 BEGINNING ICE SKATING 1 Credit Hour
This course will give the beginner an introduction to the basics of ice skating with a focus on safe technique and the development of the basic skills of ice skating. Students will learn the fundamentals of balance, movement and safety on the ice.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 12204 BASIC FIGURE SKATING 1 Credit Hour
This course will give the intermediate skater an introduction to the disciplines of figure skating and basic figure skating terminology. Students will learn figure skating fundamentals and how to use previously developed skills to achieve proficiency in more difficult skills.
Prerequisite: PWS 11904.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 12205 BEGINNING BROOMBALL 1 Credit Hour
Broomball is a recreational ice game played in an ice rink. Skills, tactics and plays are similar to those used in ice hockey.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 12424 EXERCISE AND WEIGHT CONTROL 1 Credit Hour
The course aims to educate the student on differing types of exercise styles currently available to assist in living a healthy lifestyle. The student will also learn ideal dietary requirements required to compliment the variety of exercise components. This course will teach how to combine this information to create a nutritional and training plan to meet current goals for this course. Students will pre-test and post-test physical fitness components in order to successfully assess how a change in a nutrition and exercise can contribute to living a healthy lifestyle.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 12425 NAUTILUS EXERCISES 1 Credit Hour
This course will cover the proper use and weight training equipment. This course will also cover the instruction of proper weight training techniques for a safe and effective weight training program. Functional training and isolation training will be discussed and practiced, so that the student will benefit from both types of strength training exercises. The course is part theory and part practical application.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13003 DANCE EXERCISE 1 Credit Hour
Dance Exercise is a form of fitness, which unites the rhythmic performance, and energy of dance with the conditioning principles of the movement sciences. In addition to the physical exercise, students will also learn about the basic methodology behind an exercise class, a general history of dance exercise, and its relevance in the fitness industry today. Students should leave the course with knowledge of basic exercise and nutrition principles that can be applied in their personal exercise programs.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13008 INTERMEDIATE VOLLEYBALL 1 Credit Hour
Introduction of advanced playing systems and strategies in volleyball while emphasizing individual skill performance.
Prerequisite: PWS 10505.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13010 JUDO–FUJITSU 1 Credit Hour
Presentation of Jujitsu-Judo techniques for use in self-defense. This will include falling skills, throwing, grappling, come-along, as well as strikes and kicks and defenses against various weapons.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13012 BACKPACKING 2 Credit Hours
Trip planning and leadership, equipment and clothing selection, safety considerations, search and rescue, environmental ethics, map and compass, weekend backpacking trip. Student must supply equipment.
Prerequisite: Special approval.
Schedule Type: Lecture
Contact Hours: 4 lecture
Grade Mode: Standard Letter

PWS 13013 INTRODUCTION TO PERSONAL TRAINING 3 Credit Hours
Introduction to the business of personal training including career opportunities, professionalism, client assessment, training and nutrition. Students will be able to conduct a fitness evaluation and discuss strategies for overcoming common fitness barriers. The business development of personal training will be included in the curricula.
Prerequisite: None.
Schedule Type: Lecture
Contact Hours: 4 lecture
Grade Mode: Standard Letter
PWS 13016  CYCLING  1 Credit Hour
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13022  CAMPING  2 Credit Hours
Basic camping skills including: toolcraft, ropcraft, fire building, cooking, campsite management, equipment selection, safety considerations, environmental ethics, and map and compass for use on weekend trip. Students must supply own clothing and shelter.
Prerequisite: Special approval.
Schedule Type: Laboratory
Contact Hours: 4 lecture
Grade Mode: Standard Letter

PWS 13028  INTRODUCTION TO KAYAKING  1 Credit Hour
Basic paddling skills learned in a pool environment and then experienced in open lakes and whitewater situations.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13030  BEGINNING ROCK CLIMBING  1 Credit Hour
Basic instruction in safe rope handling, knots, conditioning, climbing technique, belaying, anchor systems and rappelling.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13036  INDOOR CYCLING  1 Credit Hour
Covers the knowledge and skills that are needed for understanding and participating in an indoor cycling program. Also covers the components of fitness and the physiological factors and benefits of exercise to promote a healthy lifestyle.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13040  CARDIO KICKBOXING  1 Credit Hour
Covers the knowledge and skills that are needed to understand and participate in Cardio Kickboxing. Also covers the components of fitness and the physiological factors and benefits of exercise to promote a healthy lifestyle. This course is part theory and part practical application.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13041  HARDCORE ABS  1 Credit Hour
Examines methods and techniques that improve abdominal and back strength, mechanics and the ability to dynamically stabilize. The student masters total body movement that occur through all three planes of motion. The exercises are performed on a stable and unstable surface for greater balance challenge. Equipment is used to increase resistance to intensify the work load. Improves core strength and activities of daily living.
Prerequisite: None.
Schedule Type: Laboratory
Contact Hours: 2 lab
Grade Mode: Standard Letter

PWS 13093  VARIABLE TITLE WORKSHOP IN EXERCISE, LEISURE AND SPORT  1-2 Credit Hours
(Repeatable for credit) Workshop in exercise, leisure and sport activities topics vary.
Prerequisite: None.
Schedule Type: Workshop
Contact Hours: 1-3 other
Grade Mode: Satisfactory/Unsatisfactory