

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: 2-4 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 and or 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 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 10505 VOLLEYBALL 1 Credit Hour

Introduction to the sport of Volleyball through instruction in individual and team skills, team building and game play.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 10604 BEGINNING GOLF 1 Credit Hour

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.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 10904 TENNIS 1 Credit Hour

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.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 10906 RACQUETBALL 1 Credit Hour

Instruction in the skills, techniques and strategies of the game of Racquetball.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11126 FLAG FOOTBALL I 1 Credit Hour

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.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11325 ADVANCED ICE HOCKEY 1 Credit Hour

To build on the basic hockey fundamentals, leading to advanced team play and game situations providing deeper insight into the game of hockey.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11327 KETTLEBELLS 1 Credit Hour

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.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11425 VARSITY SPORTS 1 Credit Hour

(Repeatable for credit) 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.

Prerequisite: Special approval.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Satisfactory/Unsatisfactory

PWS 11426 VARSITY SPORT TRAINING AND CONDITIONING 1 Credit Hour

(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.

Prerequisite: Special approval.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Satisfactory/Unsatisfactory

PWS 11435 SPORTS CONDITIONING 1 Credit Hour

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.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11604 BEGINNING KARATE 1 Credit Hour

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

PWS 11633 JU JITSU 1 Credit Hour

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

PWS 11634 SELF-DEFENSE 1 Credit Hour

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

PWS 11663 BEGINNING YOGA 1 Credit Hour

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

PWS 11664 PILATES 1 Credit Hour

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

PWS 11665 ZUMBA 1 Credit Hour

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

PWS 11666 BEGINNING SPINNING 1 Credit Hour

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

PWS 11667 BOOT CAMP I 1 Credit Hour

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

PWS 11673 INTERMEDIATE YOGA 1 Credit Hour

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: PWS 11663.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 11674 INTERMEDIATE PILATES 1 Credit Hour

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

PWS 11675 ZUMBA TONING 1 Credit Hour

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 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 basic skills 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 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 12324 WEIGHT TRAINING 1 Credit Hour

This course is designed to teach students the correct technique in lifting with machines, free weights and body weight in a safe and effective manner. Students learn scientific methods (macrocycle, mesocycle and microcycle) on how to correctly design a resistance training workout based around desired goals of strength, endurance, hypertrophy, power and speed. Students will be tested on the application of their knowledge by having to design an 8 week training planning with specific training principles used.

Prerequisite: None.

Schedule Type: Laboratory

Contact Hours: 2 lab

Grade Mode: Standard Letter

PWS 12325 WOMEN'S WEIGHT TRAINING 1 Credit Hour

A basic course in the use of equipment in an average weight room and its application towards the development of strength and power.

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-JUJITSU 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 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, ropecraft, 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