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, and rules of 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 11436  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
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**Description:**
- **EXERCISE AND WEIGHT CONTROL**: 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
- **NAUTILUS EXERCISES**: 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
- **DANCE EXERCISE**: 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
- **INTERMEDIATE VOLLEYBALL**: 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
- **JUDO-JIJITSU**: 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
- **BACKPACKING**: 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
- **CYCLING**: 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
- **CAMPING**: 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
- **INTRODUCTION TO KAYAKING**: 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
- **BEGINNING ROCK CLIMBING**: 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
- **INDOOR CYCLING**: 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
- **CARDIO KICKBOXING**: 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
- **HARDCORE ABS**: 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