

# PEM: PE ACT/LAND PERFORMANCE

Courses	Credit(s)	Contact	Lab
PEM 1121C. YOGA. YOGA Students will learn the fundamentals of a complete yoga practice by studying postures, breathing exercises, history, and principles of the yoga method. This course will provide yoga skills to assist in improving overall health and wellness.	2	0	2
PEM 1131C. STRENGTH TRAINING I. STRENGTH TRAINING I This course offers instruction and practice in proper weight training techniques on a variety of equipment. Students will learn to design and implement a safe and effective weight training program tailored to their own fitness goals based on application of exercise science principles and methods. (Special Fee: \$28.00).	2	0	1
PEM 1132C. STRENGTH TRAINING II. STRENGTH TRAINING II Prerequisite: PEM 1131C or department approval. This course reviews and offers advanced instruction and practice in proper weight training techniques on a variety of equipment for continued improvement. Students will design and implement a safe and effective weight training program tailored to their own fitness goals based on application of exercise science principles and methods. (Special Fee: \$28.00).	2	0	1
PEM 1171. DANCE AEROBICS. DANCE AEROBICS Program of physical fitness based on popular aerobic exercises choreographed to music. Individual exercise programs designed for people of all ages.	2	0	2
PEM 1173. HIP HOP DANCE I. HIP HOP DANCE I Hip Hop Dance is a form of art that allows one to express feelings and emotions. The hip hop dance class is designed to develop the student's body and special awareness and improve their coordination, balance, flexibility, concentration, endurance, and rhythm skills.	2	2	0
PEM 1174. HIP HOP DANCE II. HIP HOP DANCE II Prerequisite: PEM 1173 Students will review the fundamental hip hop dance skills and will focus on choreography. Participants will learn proper techniques of executing specific steps (position, timing and style), how to memorize dance combinations, and proper stretching techniques. The course will improve eye-foot coordination, eye- hand coordination, agility, concentration, balance, and flexibility.	2	2	0
PEM 1176C. KICKBOXING. KICKBOXING Designed to improve cardiovascular endurance, coordination, balance, concentration, agility, and muscle tone. (Special Fee: \$10.00).	2	0	2
PEM 1405. SELF DEFENSE FOR WOMEN. SELF DEFENSE FOR WOMEN Practical self-defense techniques designed for women. Techniques do not require strength but rely on dynamics of motion. Designed to increase awareness of danger and develop protective responses. Develops self-confidence and self-esteem.	2	2	0
PEM 1441. KARATE I. KARATE I Application and understanding of learned techniques in "Empty Hand Way" (Karate Do). Emphasizes basic movement skills, safety regulations, rules and basic oriental terminology related to sport.	2	2	0

PEM 2104C. PERSONAL FITNESS AND WELLNESS. 3 1 3

PERSONAL FITNESS AND WELLNESS This course will assist the student in implementing a personal fitness program based on exercise science principles and methods. Students will perform workouts each class in the fitness center to improve the health-related components of physical fitness: cardiovascular endurance, muscular strength and endurance, flexibility and body composition. Students will also develop an awareness that a positive healthy lifestyle can enhance quality of life and decrease risk of disease. Wellness topics covered include: nutrition, stress management, weight management and disease prevention. (Special Fee: \$19.00).

PEM 2122C. YOGA II. 2 0 2

YOGA II Prerequisite: PEM 1121C Students will build upon the fundamentals of the practice learned in Yoga I and learn intermediate level poses and breathing exercises and expand on the history and principles of the discipline. This course will provide more intermediate level yoga skills to assist in improving overall health and wellness.

PEM 2163C. ZUMBA FITNESS. 2 2 2

ZUMBA FITNESS An exercise class designed around dancing to a blend of Latin and international rhythms, with a goal that everyone can follow. Utilizes interval training that alternates fast and slow rhythms for an effective cardiovascular workout while also exercising the primary muscle groups. Dancing experience is not required. Intended benefits include improved coordination, flexibility, concentration and endurance, as well as a total body workout.

PEM 2169C. KICKBOXING II. 2 0 2

KICKBOXING II Prerequisite: PEM 1176C This course is an enhanced cardio kickboxing class designed to further improve cardiovascular endurance, coordination, balance, concentration, agility and muscle tone, while increasing student knowledge and skills of mixed martial arts techniques and combinations.

PEM 2177C. KICKBOXING II. 2 0 2

KICKBOXING II Prerequisite: PEM 1176C This course is an enhanced cardio kickboxing class designed to further improve cardiovascular endurance, coordination, balance, concentration, agility and muscle tone, while increasing student knowledge and skills of mixed martial arts techniques and combinations.

PEM 2442. KARATE II. 2 2 0

KARATE II Prerequisite: Departmental approval For students who wish to attain skills in various forms of kata while performing fundamentals of Karate Do in complex patterns of simulated defensive situations.