# Physical Education: Fitness Courses

## Courses

**PEF 131. Body Sculpting I. 1 Credit.**
Repeatable. Emphasizes muscular endurance training for the upper body, lower body, and abdominals. Dumbbells, soft weights, tubing, steps, small medicine balls, and body resistance challenge every major muscle group in the body. Repeatable once for maximum of 2 credits.

**PEF 132. Body Sculpting II. 1 Credit.**
Repeatable. Intermediate level emphasis on muscular endurance training for the upper body, lower body, and abdominals. Dumbbells, soft weights, tubing, steps, small medicine balls, and body resistance challenge every major muscle group in the body. Repeatable once for maximum of 2 credits.
Prereq: PEF 131 or equivalent.

**PEF 145. F45 Functional Fitness. 1-2 Credits.**
All levels introduction to functional fitness. Learn F45 methodology by combining functional movements, agility, diverse strength and cardiovascular training stimuli ranging from heavier, shorter weight training intervals to light weight endurance sets, allowing the body to constantly grow in functional capacity. All exercises are adaptable.

**PEF 199. Special Studies: [Topic]. 1-5 Credits.**
Repeatable.

**PEF 201. Pilates Matwork I. 1 Credit.**
The physiological and biochemical basis of the Stott Pilates method. Students perform essential matwork exercises using the five basic principles of Pilates exercise to lengthen and strengthen the entire body. Repeatable once for a maximum of 2 credits.

**PEF 205. Pilates Yoga Fusion. 1 Credit.**
Repeatable. This course combines Pilates and Yoga techniques to improve balance and flexibility while building a strong muscular core. Repeatable once for credit.

**PEF 208. Fitness Barre. 1 Credit.**
A fusion of Pilates, yoga and elements of aerobics to deliver a total body workout. Focus on posture, body awareness, strength, flexibility, and balance through low-impact, isometric and dynamic movements using a barre for a prop. All fitness levels, no dance experience necessary. Repeatable once for a maximum of 2 credits.

**PEF 221. CrossFit I. 1 Credit.**
Introduction to highly functional cross-training movements, constantly varied and performed with intensity. Strength, endurance, power, and agility are built in a supportive, team-oriented environment. PE activity courses are repeatable once for credit.

**PEF 222. CrossFit II. 1 Credit.**
Intermediate and advanced dynamic exercises and training progressions. Technique, strength, endurance, power and agility are enhanced. Sequence with PEF 221. PE activity courses are repeatable once for credit.
Pre-requisite: PEF 221 or equivalent experience.

**PEF 241. Group Cycling I. 1 Credit.**
Repeatable. A high intensity workout on a specialized stationary cycle (Startrac V-bike). Designed for beginning to intermediate fitness levels, students exercise to music using a variety of riding techniques. Equipment care, muscular activation and endurance, and cardorespiratory fitness, are covered. Repeatable once for a maximum of 2 credits.

**PEF 251. Fitness Kickboxing. 1 Credit.**
Repeatable. Practice jabs, punches, footwork, and kick patterns adapted from martial arts for the aerobics participant. Features a warm-up, more than 30 minutes of skills training and combinations, a cool-down, and stretching. Repeatable once for a maximum of 2 credits.

**PEF 261. Cardio Fusion. 1 Credit.**
A fusion of aerobic dance, martial arts, and yoga movements, this course focuses on improving strength, cardiovascular fitness, and neuromuscular coordination. Repeatable. All PE activity classes are repeatable once for credit.

**PEF 301. Core and Stretch. 1 Credit.**
Gain physical strength, flexibility, and muscular endurance while learning about physiology and anatomy. Develop personalized training program. Repeatable once for maximum of 2 credits.

**PEF 311. Boot Camp. 1 Credit.**
Sport conditioning drills, running, resistance training, and dynamic core work to improve cardiovascular fitness, muscular endurance, agility, and flexibility. For students with a good base of physical fitness. Repeatable once for credit.

**PEF 321. Zumba. 1 Credit.**
Repeatable. Fitness and dance moves to Latin rhythm and music: salsa, meringue, cumbia, and others. Simple enough for beginners yet can challenge the fitness of advanced exercisers. Repeatable once for credit.

**PEF 326. Fitness Dance. 1 Credit.**
Cardiovascular workout, dance moves and routines to Top Forty hits, music videos, and hip-hop. Typical class features warm-up, 30 minutes of dance, and cool-down. Repeatable once for credit.

**PEF 340. Personal Trainer. 3 Credits.**
Lecture and lab experiences for administering fitness assessments in individual and group settings. Prepares the student for the American Council on Exercise Personal Trainer Certification Exam.

**PEF 342. Group Fitness Instructor Training. 3 Credits.**
Sessions on anatomy, physiology, exercise technique, choreography, cuing, safety, training principles, and legal and ethical issues. Students prepare to take a national certification exam. Practicum experience may follow.

**PEF 344. Eat, Move, and Be Well. 2 Credits.**
For students in need of lifestyle behavior change and guidance who are motivated to use a holistic wellness approach (nutrition, exercise, stress management) to initiate healthy habits. Class includes twice a week 50-minute movement sessions.

**PEF 345. Nutrition and Performance. 3 Credits.**
Explores the influence of nutrition on athletic performance and health. Includes body composition assessment, nutritional analysis, and personal dietary and training behaviors. Risks and benefits of nutritional supplements.

**PEF 347. Nutrition Daily. 1 Credit.**
Learn the foundations of nutrition and how it applies to you, the individual, based on goals, physical make-up, lifestyle and activity. Learn the importance and identification of macronutrients, efficient meal planning and preparation, grocery shopping and navigating nutrition labels.

**PEF 399. Special Studies: [Topic]. 1-5 Credits.**
Repeatable.

**PEF 408. Workshop: [Topic]. 1-5 Credits.**
Repeatable.