Physical Education: Fitness (PEF)

Courses

PEF 131. Body Sculpting I. 1 Credit.
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 1 time
Additional Information:
General Limitation applies: Activity Course

PEF 132. Body Sculpting II. 1 Credit.
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.
Requisites: Prereq: PEF 131 or equivalent.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEF 199. Special Studies: [Topic]. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PEF 205. Pilates Yoga Fusion. 1 Credit.
This course combines Pilates and Yoga techniques to improve balance and flexibility while building a strong muscular core.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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.
Requisites: Pre-requisite: PEF 221 or equivalent experience.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEF 241. Group Cycling I. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEF 251. Fitness Kickboxing. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEF 321. Zumba. 1 Credit.
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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

PEF 323. Line Dancing. 1 Credit.
Fundamentals of non-partner line dancing routines in country western style, including steps, vocabulary, wall changes, tags, restarts, dances in contra, dances in phrase, musical interpretation, footwork, and sequencing of approximately 20 different routines.
Repeatable 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 1 time for a maximum of 2 credits
Additional Information:
General Limitation applies: Activity Course

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 343. Wellbeing Coach Training. 2 Credits.
This course will prepare students to sit for a national Health Wellness Coaching Certification Exam (American Council on Exercise). Practical experience will be provided as a regular portion of the course.

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 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 350. Sleep and Stress Strategies for Wellbeing. 1 Credit.
Learn about your sleep, stress and recovery including basic physiology, psychology and practices you can put into action to improve your overall health and wellbeing.

PEF 399. Special Studies: [Topic]. 1-5 Credits.
Experimental course - topic varies.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course

PEF 408. Workshop: [Topic]. 1-5 Credits.
An intensive experience, limited in scope and time, in which a group of students focus on skills development rather than content mastery.
Repeatable 99 times
Additional Information:
General Limitation applies: Activity Course