**PEM: Physical Education Activities: Performance Centered, Land Courses**

**Courses**

**PEM 1116  Body Shaping I**  
3 sh (may not be repeated for credit)  
Designed to introduce body shaping exercises to students to help improve overall physical fitness, improve cardiorespiratory endurance, and help reduce body fat. This entry level class will cover yoga, Pilates, cardio karate, water aerobics, step aerobics, and basic training. Students will exercise using various types of equipment.

**PEM 1120  Cardio Weightlifting and Endurance**  
3 sh (may not be repeated for credit)  
Emphasizes the development of cardiovascular and muscular endurance through the use of free weights, weight machines, and cardio exercises. The exercises are based on the principle of circuit training through different exercise stations.

**PEM 1121  Yoga I**  
3 sh (may not be repeated for credit)  
Designed to train the student in basic Hatha yoga techniques. An ancient method of exercise as well as a method of spiritual meditation. the physical yoga training will occur during the class periods and there will be a learning module on-line for the student to complete. Each class will be a significant physical challenge. Students of all athletic abilities are encouraged to take the course.

**PEM 1122  Yoga II**  
3 sh (may not be repeated for credit)  
Prerequisite: PEM 1121  
Designed to further the education and practice of Hatha Yoga. Advanced postures will be explored and the healing significance to each will be explained. Class meetings will be more strenuous than the Yoga I meetings. Strength moves and postures will be emphasized. Participants can enter Yoga II after completion of Yoga I or with the permission of the instructor. Students will be encouraged to develop their own potential abilities and style.

**PEM 1162  Latin Cardio Groove**  
3 sh (may not be repeated for credit)  
A Latin dance class that focuses on building fitness through the blending of Latin dance styles from the Merengue to Salsa with fitness techniques. The class is designed for non-dancers, dancers, and athletes.

**PEM 1165  Hula Fit I**  
3 sh (may not be repeated for credit)  
A beginning level hula dance class that focuses on building fitness through the use of Hawaiian and Tahitian Hula dance training and fitness techniques. Designed for non-dancers, dancers, and athletes.

**PEM 2114  Cycle Fit**  
3 sh (may not be repeated for credit)  
Students will participate in indoor cycling group workouts. Students will learn the proper use of cycle bikes for a safe and effective workout. Students will learn basic instruction techniques that will lay the foundation for learning to become a Cycle Fit instructor.

**PEM 2126  Yoga Fitness**  
3 sh (may not be repeated for credit)  
Students will learn information on the background of yoga, the many different types of yoga and the health benefits of participating in yoga fitness. The class includes a physical component in which students will participate in yoga fitness classes, designed to slowly progress through various sequences and poses of increasing difficulty as the semester advances. In addition, students will learn basic instruction techniques that will lay the foundation for learning to become a yoga fitness instructor.

**PEM 2127  Pilates**  
3 sh (may not be repeated for credit)  
Students will participate in Pilates classes to condition the core muscles of the body. The classes are designed to slowly progress through various exercises of increasing difficulty as the semester advances. In addition, the students will learn basic instruction techniques that will lay the foundation for learning to become a Pilates instructor.

**PEM 2128  Pilates II**  
3 sh (may not be repeated for credit)  
Continuation of the exercises of Joseph H. Pilates. Expanding on the principles of movement within the Pilates environment from intermediate to advanced mat exercises with the use of small props.

**PEM 2179  Boot Camp Fitness**  
3 sh (may not be repeated for credit)  
Students will participate in Boot Camp classes that will include aerobic exercise and anaerobic drills to improve endurance, strength, power, and agility. Classes will be designed to slowly progress through various exercises and drills of increasing difficulty as the semester advances. In addition, students will learn basic instruction techniques that will lay the foundation for learning to become a Boot Camp instructor.

**PEM 2323  Rock Climbing**  
2 sh (may not be repeated for credit)  
Survey of the principles of bouldering, rappelling, and top-rope rock climbing. Skills include climbing techniques, belaying, knot tying, anchor systems, self-rescue, and equipment. This is an experiential course, so a high degree of class participation is mandatory. Most days will involve climbing. Skills are practically tested at the Climbing Center and on the required weekend outdoor climbing trip.

**PEM 2444  Shotokan Karate**  
1 sh (may be repeated for up to 3 sh of credit)  
Examines the background and methods involved in karate and emphasizes traditional Japanese style known as Shotokan Karate. Offers the student instruction that will enable him/her to participate in regional, national, and international collegiate events including tournaments, special training clinics, weekend camps, and interaction with Shotokan Karate clubs and organizations at other universities. While learning self-defense techniques through physical practice and training, the student will learn the significance of mental discipline and health benefits involved in the practice of Shotokan Karate. Graded on satisfactory / unsatisfactory basis only.
PEM 2445  Shotokan Karate II
1 sh (may not be repeated for credit)
Prerequisite: PEM 2444

Advanced instruction in the traditional Japanese style of Shotokan Karate for students who have basic knowledge and experience with this style of Karate. Opportunities are provided for students to build on their experience and skill levels. Graded on satisfactory / unsatisfactory basis only.

PEM 2446  Shotokan Karate III
1 sh (may not be repeated for credit)
Prerequisite: PEM 2445

Advanced instruction at the third level for students who have beginning skills in Shotokan Karate. Opportunities will be provided to allow students to continue to build their skill levels and prepare for introductory competitive activities. Graded on satisfactory / unsatisfactory basis only.

PEM 3905  Directed Study
1-12 sh (may be repeated indefinitely for credit)