

PEM: Physical Education Activities: Performance Centered, Land Courses

Courses

PEM 1116 Body Shaping I

College of Health, Department of Movement Sciences and Health

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 1121 Yoga I

College of Health, Department of Movement Sciences and Health

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 2114 Cycle Fit

College of Health, Department of Movement Sciences and Health

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

College of Health, Department of Movement Sciences and Health

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 3905 Directed Study

College of Health, Department of Movement Sciences and Health

1-12 sh (may be repeated indefinitely for credit)