

PHYSICAL EDUCATION/ FITNESS (PEFT)

PEFT 151, LIFETIME FITNESS 1 (2)

Lifetime fitness is a self-paced aerobic and weight training program designed to improve one's cardiovascular system and muscular endurance utilizing circuit training. Individual exercise programs are designed for special needs. Aerobic and resistance training equipment are available. Can be audited once. A student must be 13 years of age or older to enroll. (A special fee will be assessed.)

General Education: GE05

Typically Offered: Summer, Fall and Spring Semesters

PEFT 152, LIFETIME FITNESS II 1 (2)

This course is a continuation of Lifetime Fitness (PEFT 151), which is a self-paced aerobic and resistance training program designed to improve one's cardiovascular system and muscular endurance, utilizing circuit training. This course may be repeated up to three (3) times for credit, but can satisfy only one (1) credit for physical education requirement. Can be audited once. Non-credit options are available. (A special fee will be assessed.)

General Education: GE05

Course Entry Requirement(s): Prerequisite: PEFT 151

Typically Offered: Offer as required

PEFT 155, PERSONAL CONDITIONING 1 (2)

This course is designed to provide instruction in the fundamentals of aerobic and strength conditioning exercises. During self paced workouts, the students will utilize the Fitness Center's resistance training equipment, variety of resistance tools, cardiovascular equipment, and the fieldhouse track. Healthy living topics will be addressed. (A special fee will be assessed.)(CTAG)

General Education: GE05

Typically Offered: Fall and Spring Semesters

PEFT 161, BODY TONING 1 (2)

This course combines muscle conditioning workout sessions to music consisting of warm-up, body toning exercises, and cool down activities. A variety of resistance tools will be utilized in class (dumbbells, resistance ball, body bars, tubing, ankle weights, hand weights, step platforms, etc.). The body toning exercises will improve flexibility, strengthen muscles, and promote muscular endurance. Healthy living topics will be addressed. (A special fee will be assessed.)

General Education: GE05

Typically Offered: Fall and Spring Semesters

PEFT 167, PILATES 1 (2)

The pilates course incorporates a non-impact exercise routine that is designed to stretch and strengthen the trunk muscles, improve posture and align the body through proper biomechanics. Pilates workouts will be modified according to individual physical capabilities throughout the term. (A special fee will be assessed.)

General Education: GE05

Typically Offered: Fall and Spring Semesters

PEFT 175, WALK, JOG OR RUN 1 (2)

A self paced course designed to improve cardiovascular health and skill development of the following exercises: walking, jogging or running. Student's aerobic goals are assessed to create a cardiovascular program designed to assist individual goals. Healthy living topics will be addressed. (A special fee will be assessed.)(CTAG)

General Education: GE02, GE05

Typically Offered: Fall and Spring Semesters

PEFT 185, ROPES COURSE 1 (2)

This indoor and outdoor ropes course engages students in problem solving, decision making, setting goals, developing communication and leadership skills in an atmosphere that is dynamic, challenging, safe and supportive. Application of technical climbing skills will be practiced in a challenge by choice environment. (A special fee will be assessed.)

General Education: GE01, GE02, GE04, GE05

Typically Offered: Summer, Fall and Spring Semesters

PEFT 299, INDIVIDUALIZED STUDIES IN PHYSICAL EDUCATION - FITNESS 1-3 (1)

An in-depth study of areas in physical education presented by discussion and/or individual research and reading. Topics will vary. Repeatable up to six (6) times for a total of six (6) credit hours.

Course Entry Requirement(s): Prerequisite: Second year standing and division approval.

Typically Offered: Offer as required