

# Physical Education: Fitness (PEF)

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## 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.

**Repeatable 1 time**

#### Additional Information:

General Limitation applies: Activity Course

### 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.

**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.

Repeatable.

**Repeatable 99 times**

### 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.

**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 once for a maximum of 2 credits.

**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. PE activity courses are repeatable once for credit.

**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. PE activity courses are repeatable once for credit.

**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.

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 cardiorespiratory fitness, are covered. Repeatable once for a maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

#### Additional Information:

General Limitation applies: Activity Course

### 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.

**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 once for maximum of 2 credits.

**Repeatable 1 time for a maximum of 2 credits**

### 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.

**Repeatable 1 time for a maximum of 2 credits**

### 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.

**Repeatable 1 time for a maximum of 2 credits**

### 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 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.

**Repeatable 99 times**

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

Repeatable.

**Repeatable 99 times**