

**Physical Education (PENP, PEP)**

**PENP 113: Aikido.** (1) Instruction and practice of the basic skills and techniques of Aikido.

**PENP 114: Weight Training and Physical Conditioning.**

(1) Individual training programs for development of general strength, tone, endurance, and weight control.

**PENP 115: Intermediate Weight Training.** (1) Instruction in advanced weight-lifting principles and techniques as well as fitness related topics.

**PENP120: Nia Dance Fitness.** (1) Instruction and practice in the basic movements in Nia, a fitness program designed to increase participant's strength, endurance, and balance.

**PENP121: Beginning Belly Dance.** (1) Instruction in the basic moving steps and rhythms of the oriental dance.

**PENP122: Intermediate Belly Dance.** (1) Instruction on the isolation and slow movements of Middle Eastern dance, including use of the veil and improvisation.

**PENP 124: Ballroom Dance.** (1) Instruction in the basic movements of social dances such as the fox trot, waltz, lindy, rhumba, tango, and cha-cha.

**PENP 125: Intermediate Ballroom Dance.** (1) Instruction dependent upon experience of students in basic movements of all segments of ballroom dance.

**PENP 128: Beginning Country Western Dance.** (1) Instruction in the basic movements of the waltz, two-step, swing, and polka.

**PENP 129: Intermediate Country Western Dance.** (1) Instruction dependent upon experience of students in basic movements of all segments of Country Western dance.

**PENP 130-131: T'ai Chi Ch'uan.** (1) Instruction and practice in techniques to enhance body awareness, reduces stress, improve balance, and increase strength.

**PENP 132: Beginning Tae Kwan Do.** (1) Instruction in the basic skills, blocks, strikes, and kicks of Tae Kwan Do.

**PENP 133: Intermediate Tae Kwan Do.** (1) Advanced instruction in the basic skills, blocks, strikes, and kicks of Tae Kwan Do.

**PENP 134: Beginning Kung Fu.** (1) Instruction in the basic skills, blocks, strikes, and kicks of Kung Fu.

**PENP 135: Intermediate Kung Fu.** (1) Advanced instruction in the basic skills, blocks, strikes, and kicks of Kung Fu.

**PENP 136: Personal Defense.** (1) Instruction in the basic skills needed to defend one's self against assault.

**PENP 138-139: Karate.** (1) Instruction in the basic skills, blocks, strikes, and kicks of Japanese karate.

**PENP 140: Beginning Golf.** (1) Instruction in basic skills, equipment, rules, etiquette, and shot-making.

**PENP 141: Intermediate Golf.** (1) Instruction emphasizes actual play.

**PENP 143: Beginning Tennis.** (1) Instruction in basic skills and rules of tennis.

**PENP 144: Intermediate Tennis.** (1) Instruction dependent upon skills of students in basic fundamentals. Perfection of strokes.

**PENP 146: Bowling.** (1) Special fees. Instruction and practice in the basic skills of bowling.

**PENP 148: Archery.** (1) Instruction in the basic skills and knowledge of range archery.

**PENP 149: Badminton.** (1) Instruction in basic skills and rules of badminton.

**PENP 155-156: Pilates.** (1) Instruction in movements that increase balance, core fitness, and cardiorespiratory endurance.

**PENP 158: Aerobic Dance I.** (1) Instruction in continuous movement using basic dance steps for improved cardio respiratory endurance.

**PENP 159: Aerobic Dance II.** (1) Instruction in a longer aerobic workout using more advanced dance steps for improved cardio respiratory endurance.

**PENP 161-162: Jogging Fitness.** (1) Individualized running programs for improved cardio respiratory endurance.

**PENP 165: Yoga.** (1) Introduction to five areas of yoga which are particularly significant to the Western World.

**PENP 166: Intermediate Yoga.** (1) Instruction in more advanced techniques of Yoga emphasizing the physical aspects of Hatha Yoga.

**PENP 177-178: Fundamentals of Stretching and Relaxation Techniques.** (1) Instruction and practice of various techniques to enhance flexibility and reduce stress.

**PENP 180-181: Feldenkrais: Awareness Through Movement.** (1) A class to develop and experience a deeper awareness of a person's body and its capabilities.

**PENP 188: Modified Physical Education.** (1) An activity class designed to meet the individual needs of students who require various modifications for exercise.

**PENP 193: Topics.** (1-2) May be repeated for credit, no limit. New activities offered on an exploratory basis.

**PEP 293: Topics.** (1-3) May be repeated for credit, no limit.

**Health Education (HED)**

**HED 164L: Standard First Aid.** (1-3) Preparation in knowledge and skills to meet the needs in situations when basic first aid care is needed. Students eligible for Standard First Aid Certification and CPR Certificate. May be repeated for credit up to 3 credit hours.

**HED 171: Personal Health Management.** (3) Exploration of the major areas of health information pertinent to understanding how to achieve, maintain, and promote positive health. Topics covered include mental health, drugs, human sexuality, prevention and control of diseases, nutrition, consumer health, and ecology.

**HED 209: Education for AIDS Prevention.** (1) This course is designed to familiarize students about the HIV/AIDS epidemic with HIV/AIDS awareness including basic information, prevention, history, compassion, legal issues, testing, and societal implications.

**HED 212: Fundamentals of Human Sexuality.** (3) Basic knowledge about human sexuality including anatomical, physiological, psycho-social, and ethical components. Reproduction, contraception, sexually transmitted disease, sexual health, and sexual dysfunctions are among areas examined.

**HED 247: Consumer Health.** (1) Preparation in knowledge and skills related to consumers of health products and services.

**HED 260: Foundations of Health Promotion.** (3) For those considering becoming health majors or minors in school health or community health. Exploration of the basic philosophy and fundamental practices currently utilized in health education.

**HED 293: Topics.** (1-3) May be repeated for credit, no limit.