

Fall 2011

First 8 weeks (8/22/2011-10/14/11) Second 8 weeks (10/17/11-12/9/11)



PENP 114 501 – Beginning Weight Training & Physical Conditioning — Train and Gain Muscle!

This course provides basic weight training instruction; safe and effective equipment utilization; and basic program design techniques to improve the muscular skeletal system. Students will create and participate in a personalized resistance training program. PENP 114 is a core requirement for the Associate of Science in Health Education degree and the Group Fitness Leadership Certificate.

1st & 2nd 8 Weeks - Monday/Wednesday 10:30am-11:45am

2nd 8 Weeks PENP 115 501 - Intermediate Weight Training Begins 10/17/11-12/7/11



PENP 121 501 - Beginning Belly Dancing — Learn the Ancient Art of Belly Dancing!

Learn beginning steps of belly dancing. The class includes the fundamentals of executing dance steps with accuracy, flexibility, grace, poise, and smooth transitions. PENP 121 is a prerequisite for PENP 122, Intermediate Belly Dance.

1st 8 Weeks - Tuesday 6:00pm-8:30pm



PENP 130 501 - Tai Chi Chuan — Balance, Focus, and Grace!

Tai (Tie) Chi (Chee) Chuan is an elegant, moving meditation with slow, flowing movements that are performed with an emphasis on correct body mechanics and the life force energy – chi. Research has found that Tai Chi improves balance and flexibility, reduces harmful stress hormones, and decreases high blood pressure and enhances the ability to use oxygen efficiently.

1st & 2nd 8 Weeks - Friday 12:00pm-2:00pm

2nd 8 Weeks PENP 131 501 - Intermediate Tai Chi Begins 10/21/11-12/9/11



PENP 136 501 - Personal Defense — Power of Deflection!

Personal Defense offers instruction on the methods of self-defense. Instruction and practice includes the basic techniques of anticipation, assertion and confrontation, conflict de-escalation, and when necessary, protecting oneself from attack. Emphasis is on the avoidance of physical confrontation and the discouragement of an attack through verbal and nonverbal techniques. Learn to maximize your strengths, your body, your speech and your mind to protect yourself.

1st & 2nd 8 Weeks – Friday 2:00pm–4:00pm

2nd 8 Weeks PENP 136 502 - Personal Defense Begins 10/21/11-12/9/11



PENP 140 501 - Beginning Golf (Off Campus) — Swing!

This course uses lectures, demonstrations, and practice time to teach the basic skills needed to play a round of golf, with an emphasis on principles of the full swing, the chip, the putt, basic rules of play, equipment, golf etiquette, and golf terminology.

All classes will meet at Isleta Golf Course and there is a \$33 fee paid directly to Isleta Golf Course.

1st 8 Weeks – Mondays 4:30pm – 6:30pm



PENP 155 501 - Pilates — Precision and Control!

Pilates is a precise method of exercise which focuses on movements designed to lengthen and strengthen the body. This class will focus on the abdominal and back muscles using controlled movements designed to stretch and strengthen muscles, and improve muscular balance in the core stabilizers. Enroll in this course and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilate's student with little or no experience.

1st & 2nd 8 Weeks - Tuesday/Thursday 4:30pm-5:45pm

2nd 8 Weeks PENP 156 501 - Intermediate Pilates Begins 10/18/11-12/8/11



PENP 158 501 - Aerobic Dance I — Create More Energy in Your Body, Mind, and Spirit!

A combination of hi-lo impact moves are used in this class and designed with everyone in mind. The course adheres to the exercise guidelines set forth by the American College of Sports Medicine. The class consists of a complete cardiovascular workout, resistance training and flexibility training components that will tone muscles and burn fat. This class is designed for all levels – everyone will be successful! PENP 158 or PENP 159 is a core requirement for the Associate of Science in Health Education degree and the Group Fitness Leadership Certificate.

1st & 2nd 8 Weeks - Monday/Wednesday 12:00pm-1:15pm

2nd 8 Weeks PENP 159 501 - Aerobic Dance II Begins 10/17/11-12/7/11



PENP 165 501 Beginning Yoga — Use yoga to show your body, mind and spirit some appreciation!

This course will include traditional yoga postures emphasizing flexibility, breathing and relaxation techniques as well as careful attention to alignment in classical yoga poses. Props will be utilized in the course. PENP 165 is a prerequisite for PENP 166. PENP 165 is a core requirement for the Associate of Science in Health Education degree and the Group Fitness Leadership Certificate.

1st 8 Weeks PENP 165 501- Beginning Yoga 08/22/11- 10/12/11

1st 8 Weeks - Monday/Wednesday 9:00-10:30am

1st 8 Weeks PENP 165 502- Beginning Yoga 08/22/11- 10/12/11

1st 8 Weeks - Monday/Wednesday 5:30-7:00pm

2nd 8 Weeks PENP 166 501 - Intermediate Yoga Begins 10/17/11-12/7/11

2nd 8 Weeks - Monday/Wednesday 9:00-10:30am

2nd 8 Weeks PENP 166 502 - Intermediate Yoga Begins 10/17/11-12/7/11

2nd 8 Weeks - Monday/Wednesday 5:30-7pm



PENP 193 506 – Resistance Ball Training – Simplicity of the Ball!

The beauty of exercising with a large, pliable ball lies in its simplicity: the fact that the ball is unstable by form is precisely why it is so effective! This course will require you to create stability and balance from within your own body, while recruiting dozens of muscles in the process. The class will address the physical fitness components of cardio endurance, muscular endurance, muscular strength, and flexibility.

1st 8 Weeks – Tuesday/Thursday 12:00pm-1:15pm

For more information call UNM-Valencia FWEC 925-8830

16 Week Courses 8/22/11-12/9/11



PENP 193 501,502,503 Introduction to Fitness — Commit to be fit!

There is no time like the present to begin a consistent exercise program arranged around your schedule in a clean, fun, and friendly environment. Improve your cardiovascular endurance and muscle strength using a variety of equipment in the Fitness and Wellness Education Center to develop an individual training program. **A mandatory orientation is required for all students enrolled in this class. Please contact the Fitness & Wellness Education Center.**

Arranged With Instructor



PEP 293 501 Methods of Teaching Fitness — Move to the front of the class!

This course provides a strong foundation in teaching group fitness classes, an introduction to exercise science, and designing exercise programs for the general and special populations. The Methods of Teaching Fitness class prepares you to take the national American Council on Exercise Group Fitness Instructor exam. **PENP 293 is a core requirement for the Group Fitness Leadership Certificate**

Tuesday/Thursday 3:00pm-4:15pm

2nd 8 Week Courses 10/17/2011-12/9/11



PENP 177 501 Stretch & Relax — Stretch your muscles and relax your mind!

This course will teach the fundamentals of stretching and relaxation techniques. Students will practice various techniques to enhance flexibility and reduce stress. Let go of the tensions of your day through gentle breath work and stretching movements. This class will focus on stress reduction along with safe and effective flexibility training practices. Let go of the tensions of your day through gentle breath work and stretching movements. This class will focus on stress reduction along with safe and effective flexibility training practices.

2nd 8 weeks Tuesday/Thursday 10:30am-11:45am



PENP 139 501 Karate – Self Defense and Self Control!

Students will receive instruction in the basic skills, blocks, strikes, and kicks of Japanese karate. Through these skills the student will develop self-confidence and self-discipline plus condition the body.

2nd 8 weeks Friday 4:00pm-6:00pm



PENP 193 506 Walking with Poles — Walk it out!

Nordic Walking is a popular way to exercise for every age group. You strengthen your upper body, release shoulder stress, and burn more calories while only working at a low to moderate intensity level – meaning you do not realize how hard you are really exercising. This course will teach you how to walk with poles and utilize a pedometer to improve your fitness level and motivate you to get moving for improved health.

2nd 8 weeks Tuesday/Thursday 12:00pm-1:15pm



PENP 193 506 Move More Be Fit — Take the challenge!

This is an arranged class that will develop cardiovascular, strength and flexibility physical fitness components through participation in a regular exercise program. Assessment of current level of fitness helps students evaluate present status and set goals. Post test shows improvement and areas needing continued emphasis. Proper nutrition, weight management, and healthy lifestyle information is presented. Appropriate for all ages and fitness levels. Students must attend a mandatory orientation the first week of class. Please contact the Fitness & Wellness Education Center.

Arranged with Instructor

Health Education Courses



HED 171 501 Personal Health Management - Health is a personal choice

This course explores mental health, drugs, human sexuality, prevention and control of diseases, nutrition, consumer health, ecology, and how to achieve, maintain, and promote positive health. This course is designed for those considering becoming health majors or minors in school health or community health but is also beneficial to anyone wanting to gain knowledge on how to improve their health.

Online - Arranged



HED 212 501 Fundamentals of Human Sexuality —The Kinsey Reports started us talking about human sexuality. Learn what researchers are saying today.

This course will review the basic knowledge of human sexuality including anatomical, physiological, psychosocial and ethical components. Areas examined are reproduction, contraception, sexually transmitted disease, sexual health, and sexual dysfunctions.

Online - Arranged

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