

Course Descriptions

Health and Physical Education- Activity

HPEA 1121 Body Mechanics

Theory and practice of aerobic and weight training activities with learning experiences designed to promote fitness assessment strategies with focus on diet, weight management, stress and other nutrition and health issues.

HPEA 1221 Weight Training

Instruction and participation in the use of free weights and various weight machines for the purpose of developing muscular strength and endurance.

HPEA 1231 Advanced Strength Training & Conditioning

This course will cover the essential principles of strength training and conditioning. It will also include instruction, demonstration and practical experience with free weights and various weight machines.

Instructor permission only.

HPEA 1251 Team Sports I

The fundamental skills, team play, game strategy, rules and history of flag football and volleyball.

HPEA 1281 Team Sports II

Fundamental skills, team play, game strategy, rules and history of softball and basketball.

HPEA 1361 Individual Sports I

Fundamental skills, game strategy and rules of racquetball.

HPEA 1371 Individual Sports II

Brief history of each of the games is followed by instruction and practice in the fundamental techniques of badminton and aerial tennis.

HPEA 1401 Beginning Swimming

For non-swimmers. Adjustment to water, float, tread, standing dive and elementary lifesaving skills. Basic strokes: elementary back, American crawl, sidestroke, back crawl and breast stroke.

HPEA 1411 Intermediate Swimming

Review of beginning strokes and skills. Additional skills: surface dives, turns, underwater swimming and lifesaving assists. Additional strokes: overarm side, inverted breast and trudgens.

HPEA 1421 Life Guard Training

Senior lifesaving. Leads to the Red Cross life saving certificate. For swimmers who can swim 100 yards demonstrating the following fundamental strokes: elementary back stroke, crawl, side and breast stroke.

HPEA 1431 Water Safety Instruction

Lecture, demonstration, and practice in nine styles of swimming, diving, and lifesaving skills, as well as skill and knowledge in class organization and teaching techniques. Prerequisite: Hold a current American Red Cross Lifesaving Certificate.

HPEA 1441 Swimming Fitness & Water Exercise

A course designed to promote cardiovascular fitness, muscular strength and endurance, and flexibility through participation in rhythmic water exercise.

HPEA 1511 Cheerleading

Credit given for a full semester of participation in cheerleading and/or pom poms.

HPEA 1521 Outdoor Recreation

HPEA 1531 Introduction to Self Defense

HPEA 1541 Karate

HPEA 1551 Physical Fitness

Will provide improvement of muscular strength and endurance in the major muscle groups of the body through progressive resistive exercise. Emphasizing development of cardiovascular fitness.

HPEA 1561 Yoga

HPEA 2021 Beginning Golf

Development of fundamental skills and study of rules; history, general rules and specific rules of match and stroke play with an analysis of fundamentals; practice in techniques of pitching, driving and putting.

HPEA 2031 Beginning Bowling

The fundamental skills of bowling instruction in stance, approach, delivery, aiming and follow through.

Practice in etiquette, scoring terminology and forms of competition.

HPEA 2220 Lifetime Sports

An introduction to various recreational type sports that will have lifetime value.

HPEA 2221 Intermediate Golf

Review of beginning skills; practice in putting, chipping, iron play and woods; detailed study of rules and etiquette; strategies of identifying and managing Golf Course Challenges. Prerequisite: HPEA 2021 Beginning Golf or equivalent knowledge of grip, stance, alignment and swing.

HPEA 2281 Beginning Tennis

Development of fundamental skills of tennis and study of the rules and strategy; history, rules and scoring with an analysis of fundamentals; practice in techniques of serving, forehand and back-hand strokes, lobbing and court positioning, including that of doubles play.

HPEA 2381 Cardio Circuit Fitness

Types of stretching exercises and when to use them; weight training; aerobics endurance training; step aerobics; water aerobics; production of positive changes in heart, blood vessels and lungs.

HPEA 2382 Scuba

An entry-level certification course that requires approximately 32 hours of instruction. In order to earn SCUBA certification, you will participate in classroom sessions and practice essential diving skills in a pool. The final test will include a written exam and an open water dive. Upon completion, you will receive a YMCA recreational level certification card that identifies you as a trained SCUBA diver, allowing you to purchase and rent SCUBA equipment, participate in advanced training and explore the other 70% of the world. Prerequisites: Students must be able to swim and tread water per YMCA guidelines.

HPEA 2451 Western Swing Dance

Fundamental skills in line dances, couple dances, two step, shuffle, waltz and swing.

HPEA 2461 Square Dancing