

# FITNESS AND HEALTH (FIT)

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## **FIT-1102 Exercise, Fitness, and Weight Control (2 Credits)**

An interdisciplinary approach to the relationship of exercise to health, including nutrition and weight control, stress reduction, and cardiovascular fitness. The course includes classroom work as well as participation in fitness assessment and activities. This course is designed for NON-PE Majors.

**Fulfills General Education Requirement:** FH1

**Typically offered:** As Needed

## **FIT-1106 Floor Hockey (2 Credits)**

Floor hockey for fitness and health. Students will play, practice, and learn how floor hockey can improve strength, endurance and flexibility.

**Fulfills General Education Requirement:** FH1

**Typically offered:** As Needed

## **FIT-1121 Beginning Swimming (2 Credits)**

Basic instruction in swimming for non-swimmers.

**Fulfills General Education Requirement:** FH1

**Typically offered:** As Needed

## **FIT-1122 Water Safety Instruction (2 Credits)**

Students work toward an American Red Cross Water Safety Instructor Certificate. Prerequisite: Advanced swimming ability.

**Typically offered:** As Needed

## **FIT-1123 Fitness Swimming (2 Credits)**

This is a self-paced course designed to enable the student to improve cardiovascular fitness and meet personal fitness goals through swimming. Water safety will be discussed. Meets physical education swimming requirement. Students must be able to complete a 100-yard continuous swim, including 25 yards each of freestyle, backstroke, breaststroke, and one other stroke of the student's choice before enrolling in this course.

**Typically offered:** As Needed

## **FIT-1131 Traditional Japanese Karate (2 Credits)**

Instruction in karate skills. This course is designed for NON-PE Majors.

**Typically offered:** As Needed

## **FIT-1132 Basic Yoga (2 Credits)**

Yoga postures and breath control for enhanced flexibility, strength and endurance to improve mind and body wellness. This course is designed for NON-PE Majors.

**Fulfills General Education Requirement:** FH1

**Typically offered:** As Needed

## **FIT-1141 Fencing (2 Credits)**

Students are introduced to basic fencing techniques, tactics, and conditioning exercises. Students apply their knowledge and skills in a competitive tournament. This course is designed for NON-PE Majors.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1142 Weight Training (2 Credits)**

Create and apply a lifelong weight training fitness plan for all ages and ability levels. Students will learn about weight loss, strength gain, healthy eating, and exercise program design. This course is designed for NON-PE Majors.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1143 Golf (2 Credits)**

Students will learn basic rules and technique of golf. The grip, aim setup and swing will be taught using a putter, irons, woods, and driver. The health and fitness benefits of golf will also be discussed. This course is designed for NON-PE Majors.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1144 Toning and Abdominal Conditioning (2 Credits)**

Toning and abdominal exercise conditioning program that slims, tightens, and firms up the midsection. Exercise, diet, and healthy nutritional tips will be discussed. This course is designed for NON-PE Majors.

**Typically offered:** All Sessions

## **FIT-1145 Dance and Rhythmic Skills (2 Credits)**

Students will experience, learn and engage in basic dance, rhythm, and movement activity that can be used to maintain lifelong health and wellness.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1146 Creative Dance (2 Credits)**

Basic dance choreograph, instruction, learning and practice for everyone. Students create their own dances through an exploration of movement, music and personal expression

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1147 Ballet Introduction (2 Credits)**

A beginner ballet class for all ages and abilities. Basic low intensity ballet movements will be practiced to enhance strength, flexibility, fitness, and overall health.

**Fulfills General Education Requirement:** FH1, FH2

**Typically offered:** All Sessions

## **FIT-1149 Hip Hop Dance (2 Credits)**

Students will learn basic hip hop movements and dance routines. The health and fitness benefits of Hip Hop will be explained.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1150 Basketball (2 Credits)**

Basketball for everyone. Improve your skill and physical health. Emphasis will be placed on basketball as a lifetime fitness and leisure activity.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1152 Exercise Training Techniques and Methods (3 Credits)**

Students gain training experience, improved conditioning, and instructional skills in a wide variety of fitness activities that encompass the aerobic, anaerobic, and muscular system.

**Fulfills General Education Requirement:** FH1

**Typically offered:** All Sessions

## **FIT-1440 Conditioning and Training (3 Credits)**

Fitness, exercise, health and conditioning for everyone. This course will also help to prepare students for federal job standard fitness tests.

**Typically offered:** All Sessions

## **FIT-2000 Lifeguard Certification (2 Credits)**

**Requisite(s):** FIT-1121

Lifeguard training course provides the student with the skills necessary to attain American Red Cross Life Guard Training certification. Such certification includes Lifeguarding, First Aid, Cardio Pulmonary Resuscitation and AED skills. Possession of this certification will allow the recipient to work as a professional lifeguard.

**Typically offered:** Spring Only

**FIT-4990 Fitness Internship (3 Credits)**

Students with advanced standing may intern at approved sites under professional supervision. The student must maintain a comprehensive log of activities to be submitted to the department Chairperson at the end of the enrollment term. Only open to declared Physical Education majors. Internships cannot substitute for major courses within the Education curriculum. Internships must be approved by the Chairperson. 3 credits. Offered as needed.

**Typically offered:** All Sessions