

PHYSICAL EDUCATION (PEX)

PEX 143 # - Karate

Units: 1-2

Perform basic karate techniques such as blocks, strikes and kicks, and utilize basic stances while performing these skills using form, focus and control.

Term Offered: Spring and Fall

PEX 146 # - Self Defense

Units: 1-2

Enhance your sense of safety and well-being by learning basic self-defense techniques including punches, kicks, grabs and escapes. Increase your awareness of any situation that may be potentially threatening.

Term Offered: Spring and Fall

PEX 149 # - ZUMBA

Units: 1-2

ZUMBA is a program that was inspired by Latin music and dance movements including salsa, merengue, reggaeton, samba, flamenco, and cumbia. ZUMBA also infuses a variety of international styles (e.g. West African, bollywood, and hip-hop). Basic principles of aerobic, interval, and resistance training are incorporated into each workout to maximize caloric output, cardiovascular benefits, and total body toning.

Term Offered: Spring and Fall

PEX 151 # - Boxing

Units: 1-2

Practice the basic techniques and drills of boxing including punches, footwork, speed, balance and agility. Boxing is an exhilarating cardiovascular workout that will promote physical fitness and injury avoidance.

Term Offered: Spring and Fall

PEX 155 # - Fencing

Units: 1-2

Discover the sport and art of foil fencing as you learn the fundamental skills of the sport to include offensive, defensive and counteroffensive techniques along with the international rules governing fencing.

Term Offered: Spring and Fall

PEX 155A # - Fencing, Intermediate/Advanced

Units: 1-2

Develop intermediate to advanced fencing skills and learn to apply these skills to strategy, tactics and techniques for bouts and tournaments. Electric fencing will be included.

Enrollment Requirements: Prerequisite: PEX 155.

Term Offered: Spring and Fall

PEX 169 # - Yoga

Units: 1-2

Yoga is a way of balancing life by uniting body, mind and spirit through the use of postures, movement, breath and breath meditation. Yoga exercises and breathing techniques performed correctly and consistently will promote firm muscles, healthy skin, good posture, flexibility, and coordination. Discover the practice and philosophy of yoga as you develop strength, flexibility and inner awareness through yoga postures and styles, breathing exercises, history, terminology, meditation, relaxation and stress reduction techniques.

Term Offered: Spring and Fall

PEX 169A # - Yoga, Intermediate/Advanced

Units: 1-2

This course is designed for students with previous yoga experience. Students will expand on basic knowledge incorporating more difficult yoga postures (asana) and introducing various breathing (pranayama) techniques. Postures include standing, inverted, back bend, forward bend and twists and all physical movements are adapted to various physical limitations. A maximum of three classes/1-6 credits from 100-199 may be taken during any one semester or summer session except for special programs listed in the class schedule. When beginning, intermediate and advanced classes are scheduled in an activity, the student should consult the department to determine in which level to enroll. A student may enroll in the same class four times for credit.

Term Offered: Spring and Fall

PEX 170 # - Cardio Fitness

Units: 1-2

Gain cardiovascular endurance and discover the benefits of a variety of cardiovascular exercises as you learn how to use proper form and execute movement safely. Coordination and muscle strengthening leads to mind body connection, greater flexibility and increased stamina. Step and floor aerobics, boot camp style cardio, kickboxing, strength training, and outdoor fitness are the major formats covered. Pump iron, use resistance tubing, and utilize other equipment that will contribute to your overall fitness.

Term Offered: Spring and Fall

PEX 172 # - Body Contouring and Conditioning

Units: 1-2

Achieve a total body workout through cardiovascular conditioning, body toning and strength training techniques. Discover a variety of different cardio and toning workouts and learn how to isolate muscles during strength training to benefit your overall fitness and health.

Term Offered: Spring and Fall

PEX 173 # - Circuit Training

Units: 1-2

Explore proper fitness and strength training techniques and fundamentals, while learning a variety of circuit training workout routines and concepts.

Term Offered: Spring and Fall

PEX 174 # - Fitness Principles and Practices

Units: 1-3

Individuals pursuing a certificate in Personal Training or those with an interest in overall health and wellness will learn about the body systems and functions as related to physical activity. Components of health related fitness and principles of physical fitness, nutrition, weight management, stress management techniques and special populations will be explored.

Term Offered: Spring and Fall

PEX 183 # - Weight Training

Units: 1-2

Novice lifters who have limited knowledge of strength training principles and fundamentals will increase knowledge about weight room safety, muscle groups, strength training routines, spotting techniques, nutrition, modes of resistance training and proper workout structure.

Term Offered: Spring and Fall

PEX 183A # - Weight Training Advanced

Units: 1-2

Geared toward intermediate to advanced weight lifters who have knowledge of strength training principles and fundamentals, this course will further enhance techniques learned in the novice program. This course will utilize Canvas as an assist throughout the semester.

Transferability: May not transfer towards an NSHE bachelor's degree

Enrollment Requirements: Prerequisite: PEX 183 or instructor approval.

Term Offered: Spring and Fall

PEX 199 # - Special Topics

Units: 1-2

Various short courses and experimental classes covering a variety of subjects in physical education. The course will be variable credit of one to two depending on the course content and number of hours required. This course may be repeated for up to six credits.

Term Offered: Spring and Fall

PEX 207 # - Total Fitness and Weight Control

Units: 2

Get the tools and information you need to make educated decisions concerning fitness, nutrition and weight control. Topics covered include the principles of fitness, cardiorespiratory endurance, muscular strength and endurance, body composition, nutrition and behavior modification. Class includes both exercise and lecture.

Term Offered: Spring and Fall