

# PHYSICAL EDUCATION (PEX)

## PEX 124 - Soccer

Units: 1

Learn the basic skills and rules of soccer. Soccer skills will be developed through completing various drills, games, and game play.

*Term Offered: All Semesters*

## PEX 126 - Intermediate Soccer

Units: 1

Perform the basic fundamentals of soccer such as dribbling, passing, shooting, heading and kicking; identify and describe NJCAA rules and regulations as they pertain to intercollegiate athletics; identify strengths and weaknesses as they relate to game situations; analyze game situations during inter-squad practices.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

## 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: AS NEEDED*

## 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: AS NEEDED*

## 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 169E - Low Back Care Gentle Yoga

Units: 1

This course provides students with tools to improve functional movement and improve the symptoms of low back pain syndrome.

*Term Offered: AS NEEDED*

## 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 180 - Strength Training

Units: 1

Introductory course that gives students a beginning knowledge of machine weights and free weights. Skeletal and muscle anatomy are introduced and the students are shown how they are affected by resistance and weight training. Provides an introduction on how to stay healthy throughout one's life.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

## 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.

*Term Offered: Spring and Fall*

**PEX 184 - Conditioning, Intercollegiate Athletics**

**Units: 1**

Introductory course that teaches the fundamentals of general and sports specific conditioning. All aspects of physical and psychological development are incorporated into this class. Strength, power, speed, acceleration, muscular hypertrophy and endurance, cardiovascular endurance, motor skills, and agility drills are taught and practiced. The class will include general physical preparation sports fitness, plyometrics, agility drills, and sports specific conditioning. The students will learn about the principle of year-round conditioning, including conditioning appropriate to the off-season, preparatory period, pre-competition period and competition period.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

**PEX 193 - Intercollegiate Soccer**

**Units: 1**

TMCC's intercollegiate soccer players will obtain advanced instruction in the essential skills, techniques, offensive and defensive fundamentals, rules, and organizational methods of soccer.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

*Term Offered: All Semesters*

**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*

**PEX 226 - Advanced Soccer**

**Units: 1**

An advanced soccer course designed to teach and develop advanced skills required to compete in intercollegiate soccer.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

**PEX 280 - Advanced Strength Training**

**Units: 1**

An advanced course designed to give students knowledge of advanced lifting techniques on weight machines and free weights. Students will learn how skeletal and muscle anatomy are affected by different lifting practices and develop constructive nutrition plans.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

**PEX 284 - Intermediate Conditioning, Intercollegiate Athletics**

**Units: 1**

Intermediate Conditioning is designed to prepare students to participate in intercollegiate athletics.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*

**PEX 293 - Intermediate Intercollegiate Soccer**

**Units: 1**

Perform basic fundamentals of soccer; identify and describe NJCAA rules and regulations as they pertain to intercollegiate athletics; apply NJCAA rules and regulations to intercollegiate game play; analyze game situations through inter squad practices and intercollegiate soccer games; compare and apply strengths and weaknesses as they relate to game situations; evaluate game performance.

*Enrollment Requirements: Must be a member of the TMCC Intercollegiate Soccer Team or have instructor permission to enroll.*