



DO YOU NEED A ONE/TWO CREDIT CLASS? HAVE YOU CONSIDERED A PHYSICAL EDUCATION CLASS?



Classes are offered:

Session 1—16 weeks (Aug 28th—Dec 10th)

Session 2—8 weeks (Aug 28th - Oct 19th)

Session 3 - 8 weeks (Oct 20th - Dec 10th)



- **Yoga - PE 112+ (1 & 2 credits)** Sessions 1, 2, & 3
a Hindu philosophy that teaches a person to experience inner peace by controlling the body and mind
- **Judo - Beginning, Intermediate – PE 150+, PE 151+ Session 2**
An introduction to Judo including the techniques of throws, holdings, lockings, and pinnings. Philosophy and cultural aspects of Sport Judo are also covered.
- **Physical Conditioning - PE 171+— Sessions 2 & 3**
This course addresses the basic principles of progressive weight training. Objectives of the course include knowledge of various weight-training systems, proper use of weight-training equipment, and effective record-keeping to monitor Individual progress.
- **Aerobics - PE 196+ & PE 176+ Sessions 1, 2 & 3**
This course is designed to introduce the student to a complete physical fitness program that strengthens the heart and lungs, and tones up the muscles.
- **Aikido - Beginning, Intermediate and Advanced – PE 146+, PE 147+, PE 148+ Session 2**
Course is designed to introduce the fundamental dynamics of Aikido principle. It contains the fundamental skills in body dynamics, body movements, safety landing, defensive pattern drills, and overall understanding of Aikido as a classical art form.
- **Karate - Beginning, Intermediate and Advanced – PE 142+, PE 143+, PE 144+ Session 2**
This course is designed to give the traditional Karate training ('Art of Empty Hand') to the beginning student. It emphasizes the traditional mode of training with mental and physical discipline. Formal Kata, defensive skills, punches, kicks, and blocking techniques are introduced.
- **Self Defense - Beginning & Advanced – PE 140+ & PE 141+ Session 2**
The student is introduced to the various practical skills and methods of self-defense. Judo, Aikido, Jujutsu, and Karate are combined to explore the most effective means to defend oneself.
- **Zumba- PE 175+ Sessions 2 & 3**
This course is designed to introduce the student to a complete physical fitness program that strengthens the heart and lungs, and tones up the muscles through dance.
- **Pilates - PE 176+ Sessions 2 & 3**
Understand the basic principles of Pilates. Demonstrate the ability of performing beginning and Intermediate Pilates exercises with correct form and technique.