

LIFETIME PHYS ACTIVITY PROGRAM (LPAP)

LPAP 100 - INTRODUCTION TO TENNIS

Short Title: INTRODUCTION TO TENNIS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This class will provide the student with foundational knowledge of tennis skills and rules as well as appropriate sports person-like qualities so that the game can be played with confidence and competence throughout one's lifetime.

LPAP 101 - STRETCH LAB

Short Title: STRETCH LAB

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: As a basic component of fitness, flexibility is needed to perform everyday activities with a relative amount of ease. To get out of bed, lift objects, or clean our room, we need healthy range of motion around our joints. Over time, our inefficient habits of movement, and the decreased suppleness of muscle tissue that occurs naturally as we age can lead to reduced mobility of joints and compromised body positions. Staying active and stretching regularly reduces the chance of experiencing occasional and chronic musculoskeletal pain and helps prevent this loss of mobility. No previous experience is required and all fitness levels are welcome.

LPAP 102 - PENCAK SILAT: INDONESIAN MARTIAL ARTS

Short Title: PENCAK SILAT

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course will introduce students to the traditional martial arts of Indonesia, also known as pencak silat. Topics include fundamentals of self-defense, physical conditioning, yoga, and traditional dance. Because of its longstanding cultural relevance, pencak silat's history, philosophy and widespread impact will also be explored.

LPAP 103 - TAI CHI SWORD FORM

Short Title: FUNDAMENTALS OF TAI CHI SWORD

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course introduces students to the unique martial art of Tai Chi Sword Form. Designed for individuals of all fitness levels, the class highlights the fundamentals of Tai Chi Sword Form training, Qigong breathing techniques and the history and philosophy of this ancient Chinese practice.

LPAP 104 - INTRODUCTION TO RACQUETBALL, SQUASH, AND BADMINTON

Short Title: INTRO RACQUET SPORTS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: An introduction to basic skills and knowledge necessary to play badminton, racquetball and squash at the beginning level.

LPAP 105 - INTRODUCTION TO SOFTBALL

Short Title: SOFTBALL

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: The purpose of this course is to introduce students to the fundamental skills, rules and strategies associated with the game of slow-pitch softball. Content will focus on technique and developmental drills, offensive and defensive strategies, and the rules and safety precautions necessary for successful participation.

LPAP 106 - GARDENING FOR MENTAL HEALTH AND WELLNESS

Short Title: GARDENING FOR WELLNESS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: There are many health benefits associated with gardening. On average, gardeners live longer than the population as a whole, and have fewer chronic physical and mental disorders. Gardening offers different levels of physical and mental activity and can be adapted to people with any special need. In this course, students are introduced to the basic practices of home gardening and will learn about the physical, mental and environmental benefits of this lifetime activity.

LPAP 107 - INTERMEDIATE TENNIS

Short Title: INTERMEDIATE TENNIS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This class is for the student who already possesses a fundamental knowledge of tennis and is looking to hone and sharpen her/his skills.

LPAP 108 - GYMNASTIC & BODYWEIGHT TRAINING

Short Title: GYMNASTIC/BODYWEIGHT TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to introduce students to the fundamental skills and various health outcomes associated with gymnastics-based fitness training. Students will be exposed to new movement patterns, learn the basic principles of fitness and discover a new way of working out that is both sustainable and effective.

LPAP 109 - INTRODUCTION TO FOXTROT AND WALTZ

Short Title: INTRO TO FOXTROT AND WALTZ
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Course content includes demonstration of and brief lectures on the American Style Foxtrot and Waltz. Students will participate in drills created to improve footwork, arm positioning, leading and following skills.

LPAP 110 - INTRODUCTION TO GOLF

Short Title: INTRODUCTION TO GOLF
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This class will cover the fundamental skills, rules, and etiquette of golf. There is an additional \$90 fee associated with this course. Class will often meet at the Memorial Hermann Park Golf Course. Students are expected to carpool or walk to class on those days.

LPAP 111 - INTERMEDIATE GOLF

Short Title: INTERMEDIATE GOLF
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 110
Description: This class is intended for an intermediate level player. Topics covered include: swing fundamentals, set up, aim & alignment, putting, chipping, and club selection. There is an additional \$90 course fee associated with this class.

LPAP 113 - MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT

Short Title: MENTAL TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course will provide a broad overview of sport psychology concepts that are relevant to most performance related activity. Specifically, the class will cover topics designed to enhance performance such as arousal and anxiety regulation, behavior modification, goal setting, leadership and communication skills, intrinsic motivation and self-confidence.

LPAP 115 - MINDFULNESS: MEDITATION FOR STRESS REDUCTION

Short Title: MINDFULNESS MEDITATION
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to help students cultivate mindfulness by intentionally bringing awareness to the present, and noticing and letting go of judgment, critical thoughts and preconceived ideas. The course consists of instruction in and practice of mindfulness meditations as well as discussion of integrating mindfulness into everyday life.

LPAP 116 - INTERMEDIATE SALSA/ CHA CHA

Short Title: INTERMEDIATE SALSA/CHA CHA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 138
Description: Students will develop increased proficiency at leading and following and creating complex turns/footwork as are commonly utilized in American style salsa and cha cha.

LPAP 117 - INTRODUCTION TO OUTDOOR LEADERSHIP

Short Title: INTRO TO OUTDOOR LEADERSHIP
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture/Laboratory
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course will establish a foundation for leading groups in the outdoors. An 8-week class schedule covers leadership theory, risk management and facilitation. The course is supplemented with required outdoor weekend trips to put new skills into practice. There is a \$45 fee associated with this course. Instructor Permission Required.

LPAP 118 - INTRODUCTION TO TEAM SPORTS**Short Title:** INTRODUCTION TO TEAM SPORTS**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course is designed to offer an introduction to the skills, basic rules, and strategies of a variety of team sports.**LPAP 119 - INTRODUCTION TO TEAM SPORTS OFFICIATING****Short Title:** INTRO TEAM SPORTS OFFICIATING**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course is designed to introduce students to the fundamental rules, regulations, mechanics and strategies required to officiate a multitude of team sports. In addition, students will develop strong interpersonal and communication skills necessary for effective game management.**LPAP 120 - INTRODUCTION TO DISC GOLF/ULTIMATE FRISBEE****Short Title:** DISC GAMES**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This is a course designed to offer an introduction to the fundamental disc golf and ultimate frisbee skills, basic rules, and team play strategies. The acquisition and understanding of these skills and strategies will be presented through activity and lecture sessions.**LPAP 125 - INTRODUCTION TO SOCCER****Short Title:** INTRODUCTION TO SOCCER**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This is an entry level course offering fundamental soccer skills, basic rules, and team tactics. These basic principles will be presented through active participation and instruction and evaluated through physical performance, participation and written assessment.**LPAP 126 - INTERMEDIATE SOCCER****Short Title:** INTER SOCCER**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Prerequisite(s):** LPAP 125**Description:** This is an intermediate level course offering advanced soccer skills and team tactics. These skills and tactics will be presented through active participation and instruction and evaluated through physical performance, participation and written assignments.**LPAP 130 - CONTACT IMPROVISATION****Short Title:** CONTACT IMPROVISATION**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course is designed to help students develop the physical and perceptual skills basic to the movement of Contact Improvisation including: falling, rolling, responding to touch, momentum and gravity, and developing awareness to the physical environment. Additionally, the course provides an overview of the history of Contact Improvisation and its relevance as a global social dance form.**LPAP 131 - INTRODUCTION TO MIDDLE EASTERN DANCE****Short Title:** INTRO TO MIDDLE EASTERN DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This is a beginning level course which will introduce the basic movements of Middle Eastern Dance. Students will also be expected to develop a knowledge and appreciation of Middle Eastern dance as a cultural, communal, and recreational activity. Due to cultural restrictions, this course is for women only.**LPAP 132 - INTERMEDIATE MIDDLE EASTERN DANCE****Short Title:** INTER MIDDLE EASTERN DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Prerequisite(s):** LPAP 131**Description:** This is an intermediate course which will introduce advanced movements of Middle Eastern Dance. Students will also be expected to develop a knowledge and appreciation of Middle Eastern Dance as a cultural, communal, and recreational activity. Due to cultural restrictions, this course is for women only.**LPAP 133 - CAPOEIRA****Short Title:** CAPOEIRA**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Capoeira is a truly unique art, combining martial arts, dance and music. Students will learn the history, traditions and essential moves and strategies, as well as how to play the music associated with this activity.

LPAP 134 - INDIAN DANCE: FROM CLASSICAL TO BOLLYWOOD

Short Title: INDIAN DANCE

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course focuses on the Bharatanatyam form of dance that is very popular in South India. Bharatanatyam is the oldest of all classical Indian forms and its narrative style is known for its grace, purity, tenderness and statuesque poses.

LPAP 135 - INTRODUCTION TO DANCE

Short Title: INTRODUCTION TO DANCE

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This survey course introduces students to various dance techniques, (e.g. hip-hop, modern, ballet), choreography, improvisation, and performance as fundamental elements in the art of dance. Students will investigate dynamic and expressive methods of dance, and will develop foundational dance abilities including aerobic conditioning, coordination, alignment and dexterity.

LPAP 136 - INTRODUCTION TO LATIN DANCE: MERENGUE AND SAMBA

Short Title: INTRO TO MERENGUE AND SAMBA

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Course content includes demonstration of and brief lectures on Merengue and Samba. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 137 - INTRODUCTION TO EAST COAST SWING

Short Title: INTRO TO EAST COAST SWING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Course content includes demonstration of and brief lectures on the East coast Swing, including swing and triple step versions. Students will participate in drills to improve footwork, arm positioning, and leading and following skills.

LPAP 138 - INTRODUCTION TO LATIN DANCE - SALSA/MAMBO & CHA CHA

Short Title: INTRO TO SALSA/MAMBO & CHA CHA

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Course content includes demonstration of and brief lectures on the American Style Salsa/Mambo and Cha Cha. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 139 - INTRODUCTION TO BALLROOM DANCE - TANGO AND RUMBA

Short Title: INTRO TO TANGO & RUMBA

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Course content includes demonstration of and brief lectures on the American Style Tango and Rumba. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 141 - INTERMEDIATE BALLROOM DANCE

Short Title: INTER BALLROOM DANCE

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Prerequisite(s): LPAP 109

Description: Course content includes demonstration of and brief lectures on intermediate-level American Style Foxtrot and Waltz. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 143 - MUSICAL THEATER JAZZ

Short Title: MUSICAL THEATER JAZZ

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course will focus on fundamental musical theater vocabulary and steps. Students will study musical theater styles from the golden era of Broadway to contemporary shows.

LPAP 144 - INTRODUCTION TO COUNTRY WESTERN DANCE**Short Title:** COUNTRY WESTERN DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Course content includes demonstration of and brief lectures on the Two Step and Polka. Drills are created to improve footwork, arm positioning, and leading and following skills. Other topics: history of C&W Dance, terminology, proper body alignment, leading and following, and social dance etiquette.**LPAP 145 - INTERMEDIATE COUNTRY WESTERN DANCE****Short Title:** INTER COUNTRY WESTERN DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Prerequisite(s):** LPAP 144**Description:** Course content includes demonstration of and brief lectures on the intermediate level Two Step and Country Western Polka. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.**LPAP 147 - INTERMEDIATE EAST COAST SWING DANCE****Short Title:** INTER EAST COAST SWING DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Prerequisite(s):** LPAP 137**Description:** Course content includes demonstration of and brief lectures on the intermediate level of East Coast Swing, including single step and triple step versions.**LPAP 148 - DANCE CHOREOGRAPHY****Short Title:** CHOREOGRAPHY**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course teaches basic dance making skills (choreography) for all styles of dance. Units covered will include the creation of inventive movement through improvisation, structures for dance, how to extend your movement ideas, partnering, working with a group, and the selection of dance themes, music, and props. Students will be required to compose short dance studies that will be critiqued in class through codified dance criticism methods then revise work.**LPAP 150 - IMPROVISATION DANCE****Short Title:** IMPROVISATION DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** The class will focus on expanding students' creative movement through dance improvisation which will allow for self-discovery, self-experience, and will build composition skills. Each class will focus on improvisational structures, and the elements of dance that will lead to choreography methods.**LPAP 151 - THE ALEXANDER TECHNIQUE****Short Title:** THE ALEXANDER TECHNIQUE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** We all have habits of tension that interfere with our natural ease in movement. The Alexander Technique helps us to first recognize our habits and then interrupt them so we can experience greater freedom, strength, and coordination in our movement.**LPAP 152 - INTRODUCTION TO CONTEMPORARY DANCE****Short Title:** INTRO TO CONTEMPORARY DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This is a beginning dance class that introduces students to contemporary dance technique and the performing of dance combinations to music. The class has a progression: core work on the floor; exercises at center; moving across the floor; and movement combinations. The majority of the classes are spent learning dance technique, the history of modern dance and modern dance choreography.**LPAP 153 - INTERMEDIATE MODERN DANCE****Short Title:** INTERMEDIATE MODERN DANCE**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** An intermediate level modern dance class that incorporates a variety of modern dance techniques. The class places emphasis on correct anatomical alignment, breathe and release, rhythmic and spatial accuracy, and performance commitment. This class is for students who audition for the Rice Dance Theatre and are accepted into the company. Auditions and class registration are held during the second week of classes. Class requirements include participation in a minimum of one rehearsal per week and a dance performance series near the end of the semester.

LPAP 155 - INTRODUCTION TO BALLET

Short Title: INTRODUCTION TO BALLET

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course will introduce students to the basic principles and steps of ballet technique. It is designed to increase the students' knowledge and understanding of the structure of the human body while engaged in ballet technique. Each student is required to attend a ballet performance during the semester.

LPAP 156 - INTERMEDIATE BALLET

Short Title: INTERMEDIATE BALLET

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Prerequisite(s): LPAP 155 or LPCR 155

Description: This class will introduce students to advanced principles and steps of ballet technique. Students must have dance experience (ballet preferred) to take this class. Students are required to attend a ballet performance during the semester.

LPAP 157 - JAZZ DANCE/HIP HOP

Short Title: JAZZ DANCE/HIP HOP

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: A beginning level dance class that teaches basic technique, performance, dance fitness, alignment, and introduces the stylistic and historical components of jazz dance and hip/hop.

LPAP 159 - LIFEGUARDING

Short Title: LIFEGUARDING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course provides the skills and knowledge to become lifeguard certified. Students will learn to prevent and respond to aquatic emergencies. \$35 book fee. Students must be able to swim at least 300 yards.

LPAP 161 - INTRODUCTION TO AQUATIC ACTIVITIES

Short Title: INTRO TO AQUATIC ACTIVITIES

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course is designed to offer basic knowledge and skill development in a variety of aquatic activities. Focus will be given to basic swimming and diving techniques as well as competitive, recreational and fitness activities.

LPAP 164 - FITNESS SWIMMING

Short Title: FITNESS SWIMMING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course is designed to increase fitness through the sport of swimming. Course includes information regarding fitness, health, stroke mechanics and wellness. The objective of the course is for students to design their own swimming workouts to meet their fitness goals. You must be able to swim at least 300 yards.

LPAP 165 - INTERMEDIATE FITNESS SWIMMING

Short Title: INTERMEDIATE FITNESS SWIMMING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Prerequisite(s): LPAP 164

Description: This intermediate course is designed to increase fitness through the sport of swimming. Course includes information about health, stroke mechanics and wellness. Students will design their own swimming program based on self-selected goals for the semester. Students must be competent swimmers.

LPAP 166 - BEGINNING SWIMMING

Short Title: BEGINNING SWIMMING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course is designed to offer basic knowledge and skill for the beginning swimmer. The following strokes and skills will be taught during the class: water entries, floating, rhythmic breathing patterns, front crawl, elementary back stroke, back crawl, deep water exploration, and treading water.

LPAP 169 - TRIATHLON TRAINING

Short Title: TRIATHLON TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to introduce students to triathlon training. Students will participate in a fitness conditioning program comprised of swimming, cycling, and running designed specifically for the completion of a sprint triathlon. Additionally, students will learn about technical aspects of the sport including equipment needs and maintenance, and safety requirements. Equipment needed to take the course: bike, swimsuit, running shoes.

LPAP 170 - YOGA

Short Title: YOGA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course provides a solid foundation in the principals of yoga theory and practice. By incorporating traditional philosophy, physical poses (asana) and breath control (pranayama), this class helps you to discover vitality, flexibility and strength within yourself.

LPAP 171 - TAI CHI

Short Title: TAI CHI
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Translated as Grand Ultimate Boxing, Taijiquan (also Tai Chi Chuan) has five major family styles in practice today. These are the Chen, Yang, Wu, Wu (Hao), and Sun styles. Through kung fu warm ups and a series of special Chen Taiji drills called silk reeling, students will be introduced to a deeper awareness of physical fitness, body movement, and mental clarity. The student will then be taught a basic introductory level form designed to give a taste of what Chen Style Taijiquan has to offer. The students will also be introduced to some Push Hands training (a two person drill) and basic martial applications.

LPAP 172 - INTRODUCTION TO FENCING

Short Title: INTRODUCTION TO FENCING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Fencing is a fast paced sport that develops mental agility and focus. This class will teach students the fundamentals of movement, bladework, and basic strategies in foil. Course goals are to compete at a beginner level and to understand the history and rules of the sport. Students will use exercises, drills, and bouts to develop their abilities and meet these goals.

LPAP 173 - INTERMEDIATE FENCING

Short Title: INTER FENCING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 172
Description: This course is designed to introduce the student to the skills and strategy necessary to participate in fencing at the intermediate level.

LPAP 175 - INTRODUCTION TO MARTIAL ARTS

Short Title: INTRO TO MARTIAL ARTS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to introduce students to the basic principles of Martial Arts. Students will learn the philosophy and physical conditioning components associated with this martial arts form with a particular emphasis on reflex development, timing, eye-hand coordination, balance and a sense of well-being.

LPAP 176 - SELF DEFENSE FOR WOMEN

Short Title: SELF DEFENSE FOR WOMEN
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course exposes students to a program of realistic self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing through the basics of hands-on defense training.

LPAP 177 - INTERMEDIATE YOGA TECHNIQUES

Short Title: INTER YOGA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 170
Description: This course builds on the primary principles of yoga theory and practice that are learned in basic yoga courses. This class will introduce more advanced physical poses, breath control and meditation techniques.

LPAP 178 - THE ART OF RELAXATION

Short Title: THE ART OF RELAXATION

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Lecture/Laboratory

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This course is designed to provide students with an overview of the evolution of relaxation techniques and the various forms they have taken in different cultures across time. Each class will focus on the stress-relieving benefits of and different modalities for relaxation practice.

LPAP 180 - WALK, JOG, RUN

Short Title: WALK, JOG, RUN

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: The purpose of this class is to teach students how to improve cardiovascular and muscular strength and endurance as well as stress management through fitness walking and jogging.

LPAP 181 - PERSONAL FITNESS

Short Title: PERSONAL FITNESS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Class will consist of brief lectures on health and fitness topics. Students will be exposed to activities that may be incorporated into an individualized personal fitness program. The goal of this course is to motivate the students to include physical activity as an integral part of his/her lifestyle.

LPAP 182 - WEIGHT TRAINING

Short Title: WEIGHT TRAINING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: The class will consist of brief lectures and discussions on topics related to weight training. Students will be exposed to several different types of weight training techniques throughout the semester that may be incorporated into an individual's personal fitness program.

LPAP 183 - WEIGHT TRAINING AND CONDITIONING

Short Title: WEIGHT TRAINING & CONDITIONING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Students will be exposed to several different types of weight training and cardiovascular conditioning techniques throughout the semester that may be incorporated into an individual's personal fitness program.

LPAP 185 - CARDIO KICKBOXING

Short Title: CARDIO KICKBOXING

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Kickboxing combines the best of boxing and other martial arts techniques and brings it to you in an exciting and easy to learn format. As the name implies, cardio kickboxing involves kickboxing movements, but with cardiovascular training principles.

LPAP 186 - PILATES

Short Title: PILATES

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: This is a beginning level course designed to offer an introduction to the fundamentals and beginner/intermediate classic Pilates mat work exercises. The acquisition and understanding of these exercises, their goal, and intent will be presented through activity and lecture sessions and will be evaluated through physical performance, participation, and written assessment.

LPAP 187 - GROUP FITNESS

Short Title: GROUP FITNESS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course

Credit Hour: 1

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: The purpose of this class will be to provide students a learning opportunity in the broad area of group exercise.

LPAP 190 - INTRODUCTION TO OUTDOOR RECREATION**Short Title:** INTRO TO OUTDOOR RECREATION**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course offers the opportunity to explore a variety of outdoor activities including camp craft, canoeing, rock climbing and team building. The class is divided between 8 weeks of instruction supplemented with required weekend trips to put skills into practice. \$60 fee associated with course.**LPAP 192 - EXERCISE AND WEIGHT MANAGEMENT****Short Title:** EXERCISE & WEIGHT MANAGEMENT**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Lecture/Laboratory**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course is intended to help overweight students gain a comprehensive understanding of weight and exercise management, including nutrition/portion control, emotional eating, medical perspectives and creating sustainable exercise programs. Participants will gain the necessary skills and understanding for obtaining optimum health. All classes will feature both lecture and physical activity.**LPAP 193 - WEIGHT TRAINING FOR WOMEN****Short Title:** WEIGHT TRAINING FOR WOMEN**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** This course is designed to provide female students with a non-intimidating environment in which they can learn the fundamental principles of resistance training, the focus of the course will be on safe lifting practices, exercise variation/manipulation, and program design.**LPAP 194 - OPEN WATER SCUBA****Short Title:** SCUBA**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Activity Course**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Students will learn the basics of SCUBA in accordance with P.A.D.I. standards. Topics include diving equipment, physiology, planning and safety, and there will be practical sessions in both pool and open water sites. An additional course fee of \$500, which covers the cost of all equipment and transportation/entrance fees to dive sites, is required.**LPAP 195 - CRITICAL THINKING IN SEXUALITY****Short Title:** CRITICAL THINKING IN SEXUALITY**Department:** Dean of Undergraduates**Grade Mode:** Standard Letter**Course Type:** Lecture**Credit Hour:** 1**Course Level:** Undergraduate Lower-Level**Description:** CTIS will draw from a public health model of violence prevention to teach students the dynamics of domestic and sexual violence, bystander intervention, healthy relationships and healthy sexuality. This course is only available to first time matriculants in the fall but anyone can register for it in the spring.**LPAP 197 - DISCOVERING PERSONAL WELLNESS: CREATING AWARENESS & DEVELOPING SKILLS FOR BEHAVIOR CHANGE****Short Title:** DISCOVERING PERSONAL WELLNESS**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Lecture**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Students will discuss the many factors that influence personal well-being, giving particular attention to individual needs and behavior change goals. Major areas to be covered include: time management, coping strategies, healthy relationships, body image, food choices, self-esteem, physical activity, spirituality, environmental awareness, alternative medicine and self-care.**LPAP 198 - NUTRITION****Short Title:** NUTRITION**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Lecture**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** The class will consist of lectures and discussions on the science of nutrition.**LPAP 199 - INDEPENDENT STUDY****Short Title:** INDEPENDENT STUDY**Department:** Lifetime Physical Activity**Grade Mode:** Standard Letter**Course Type:** Independent Study**Credit Hour:** 1**Restrictions:** Enrollment is limited to Undergraduate level students.**Course Level:** Undergraduate Lower-Level**Description:** Independent Study is intended for the student who shows interest in an area of study not offered or who wishes to pursue a discipline in greater depth than possible through the regular curriculum. A contract between the student and the teacher shall define the responsibilities of both student and the teacher, and will specify standards for the successful completion of the project. Department Permission Required.

LPAP 238 - SPECIAL TOPICS

Short Title: SPECIAL TOPICS

Department: Lifetime Physical Activity

Grade Mode: Standard Letter

Course Type: Activity Course, Internship/Practicum, Laboratory, Lecture, Seminar, Independent Study

Credit Hours: 1-4

Restrictions: Enrollment is limited to Undergraduate level students.

Course Level: Undergraduate Lower-Level

Description: Topics and credit hours may vary each semester. Contact department for current semester's topic(s). Repeatable for Credit.