

Choices 2 Course Descriptions

2109 Bench Aerobics: This class offers an intense aerobic workout using benches along with body contouring using dumb bells, body bars and mats. The students enjoy the benefits of their hard work by the end of the semester with loss of body fat, toned muscles and more endurance. The class meets in the dance studio, second floor, Dedman Center. Updated popular CD's inspire the class to groove to the moves! Students leave each class feeling accomplished, invigorated and stress-free!

2110 Jogging: Jogging is an opportunity for those who are interested in improving their cardiovascular endurance by running. Classes vary as to the times and distances to suit personal goals. Students are expected to increase their jogging ability and to set a personal goal for their own running.

2111 Weight Training: Classes are designed to accommodate all levels of weight training experience. Proper mechanics, safety, principles of strength building and with machines and free weights are presented and practiced.

2112 Weight Training – Women: Classes are designed to accommodate all levels of weight training experience. Proper mechanics, safety, principles of strength building and endurance training with machines and free weights are presented and practiced in a friendly setting. Women are encouraged to develop their own training program as the semester progresses.

2113 Individual Fitness: Students develop a personal exercise program utilizing the resources at the Dedman Center. Using some basic principles from contemporary exercise science, the student will test and evaluate their own strengths and weaknesses in terms of health and fitness. The class is designed to accommodate all levels of fitness, and students are encouraged to attempt activities that are outside their realm of experience. Fitness Activities are an opportunity for the student to improve in the areas of cardiovascular endurance, muscular strength and endurance, and flexibility.

2114 Walking: Walking is a great way to achieve physical fitness and control weight. It has become one of the most popular form of aerobic activity because it is easy on the joints. Walks of 2 to 2.5 miles will take place during class times. Students only need to provide a good pair of walking shoes. The course also provides beneficial information on diet and nutrition.

2117 Spinning: Cycling has long been recognized as an outstanding means for developing fitness. Spinning takes place indoors in a controlled, group setting and utilizes specialized indoor cycles. The class is uniquely tailored to suite a wide range of abilities and emphasizes road cycling-inspired training principles at self-directed paces.

2118 Group Fitness: This class exposes students to variety of group fitness activities included but not limited to kick boxing, jogging, Pilates, calisthenics, indoor rowing and non-machine strength training, as well as other group fitness formats. During the "Boot Camp" style class participants will have a chance to enhance their endurance and overall physical fitness.

2122 Rock Climbing: This class will introduce students to the recreational sport of rock climbing. Students will learn safety and technique necessary for successful climbing and have opportunities to climb indoors and outdoors.

2129 Golf: This section is designed to promote golf and introduce new golfers to the game. This class, taught by PGA professionals utilizing state of the art equipment, will provide quality instruction to learn the skills, rules and etiquette of golf. If necessary, equipment will be provided.(Must be a junior or senior with little or no golf experience.)

2131 Mountain Sports: This class focuses on enjoying the amazing activities one can perform in the great outdoors. All the Wellness students participate in several hikes, a river raft trip, a mountain bike trip and a volleyball tournament. They will also be able to choose from other outdoor activities such as: fly-fishing, rock climbing, horseback riding, and a field trip to Ojo Caliente Mineral Springs.

2132 Racquetball: Racquetball classes are held in the racquetball courts of the Dedman Center and are designed to accommodate all levels of physical skill. Rules, safety, skill techniques, strategy and competitive play are progressively introduced throughout the semester. This class is a great opportunity to make friends, get a great workout, have fun and reduce stress.

2135 Table Tennis: This life-time sport activity is exciting and fast-moving. The class will help participants of all levels of expertise to learn and refine their table tennis techniques and gain a greater appreciation for this Olympic, life-time

sport.

2136 Tennis: This class provides instruction in the basic tennis skills of the forehand, backhand, volley, serve, lob and overhead smash. Rules, code of conduct and etiquette are also emphasized. Skill practice and drills are complemented by game experience. This class is a great way to have fun, get fit, learn tennis and socialize. The students meet at the SMU Courts on Dublin and SMU Blvd.

2139 Fly Fishing: Students will learn the techniques and ideology behind the sport of fly fishing, including equipment use, casting, reading a river, safety, fly selection, and the basics of fly tying.

2144 Scuba: SCUBA classes are held at the Perkins Natatorium and are designed to bring the individual into the underwater world. The course is broken down into three areas: 1/3 academics, 1/3 pool work, and the open water diving at one of the in-state area lakes. You only need basic swimming skills to participate in the class. Classroom presentations of basic physics and physiology, are combined with practical scuba methods and techniques taught and practiced in the relative safety of the pool. An introduction to animal behavior is included in the course so that the diver better understands his own behavior underwater. This approach to diving ensures very special encounters with the animals below. This course is a great way to meet people, reduce stress, and enjoy our planet's oceans. Upon completion of the course the individual will have earned a certification as an open water scuba diver.`

2147 Power Yoga: The word Yoga means "to join or yoke together" the mind and the body. This class focuses on three main areas of Yoga practice: deep breathing, exercise (postures), and meditation. Each class begins with approximately five minutes of deep breathing. The aim of deep breathing is to physically and mentally slow down and ready students for the physical postures and meditation. The exercises are designed to strengthen, stretch and relax the major muscle groups of the body. Deep breathing and exercises prepare the body and mind for meditation. Meditation slows the breathing and allows the mind to focus on a sound or saying that brings peace and healing from everyday stress.`

2148 Aikido: Aikido is a martial art founded in Japan. Students are taught the basics of falling and tumbling and ten basic techniques of self-defense. This art is based on circular movements to avoid clashing with the opponent's strength and energy. The principles of physics are applied to the opponent's skeletal system to lock various joints of the body and thus control the attacker. The techniques, when done correctly, are applied with minimal muscular force. This allows a smaller and weaker person to control a larger opponent.

2149 Karate: The word "karate" means empty hands. Karate is a system of self-defense that consists of blocking or thwarting an attack and counterattacking the opponent by punching, striking or kicking. As a physical art, karate is an excellent form of total body exercise. Karate is based on proper body mechanics in order to develop power and speed of techniques. Flexibility and strength are enhanced through stretching and calisthenics. Self-defense techniques are practiced with partners in numerous real-life situations. Students are encouraged to yell and run if possible in a street confrontation. Fighting is the last resort.

2150 Judo: Judo means "the gentle way." It's a safe combat sport that teaches students to apply maximum efficiency with minimum effort. These techniques allow students to better defend themselves, particularly against stronger opponents. This is accomplished by developing skills that yield to the attacker in order to throw the attacker off balance and gain an upper hand. This course teaches the basic skills of judo while emphasizing that judo is more than just a sport, it is a "way of life." It teaches students to relate to others in more harmonious and effective ways. It's a great opportunity to make new friends, have fun and challenge yourself with new experiences in both physical and spiritual aspects.

2151 Self Defense: Unfortunately crime happens everywhere at any time. Course objective is to teach students how not only to prepare physically but also mentally. You can successfully deter an attack whether you are attacked without warning in your home, in your car, or even in a public place. Based on ancient Japanese Ju-jutsu, this course offers a mix of martial arts experience containing valuable techniques as taught in Aikido, Judo, Kickboxing and various schools of Karate. Included are lessons in blocking, striking, joint locks, release and escape, proper method falling and defense while lying on the ground.

2153 Fencing: You better be "on guard" when you take this class because you will want to learn all the basic movements of this ancient art form of combat. Lessons for correct stance, movements, techniques for the foil and combative strategies as well as training in the rules and judging are covered. This is a great way to get started or to brush up your rusty skills.`

2170 Volunteer Activities: In this class students explore the well being that comes from serving others, and develop skills and knowledge to increase individual effectiveness as a volunteer. Students perform a minimum of 45 hours of volunteer work in a community agency. Class sessions deal with placement, communication with project personnel, problem solving, and reflection on issues raised by the volunteer experience. Also during class sessions report on and discuss the activities that are a part of the Wellness II: Out-of-class experience. Students submit weekly journals and complete a project evaluation at the end of the semester.

3144 Advanced Scuba: Continue your SCUBA education by exploring the many diving specialties. The course is held at Perkins Natatorium. Introductions into Night Diving, Wreck Diving, Search & Recovery, and overhead environments are covered. The course is broken down into three areas: 1/3 academics, 1/3 pool work, and open water diving at one of the in-state area lakes. You must be a certified open water diver to attend this class. The use of advanced equipment, such as lift bags, diver propulsion vehicles, and full-face masks are introduced. It is a great way to meet experienced and exciting divers, not to mention reducing stress. Upon completion of the class the individual will earn an advanced scuba certification.