

Health and Physical Education

Activity Courses

Our activity courses provide fun ways for students to improve overall health. Check out the variety of courses available!

Group Fitness

Aerobics
Butts and Guts Workout
Weight Training
Yoga

Sports and Recreation

Swimming
Tennis
Volleyball
Basketball
Ballroom Dance
Walk/Jog/Run
Judo/Jujitsu
Karate
Ladies' Self-Defense

HPE 100 - AEROBICS
Semester Hours: 2

Improve cardiovascular fitness, flexibility, muscular strength and endurance, balance, and postural alignment. This class will focus on aerobic activity, specifically in the form of low- and high- impact aerobics. A wide variety of exercises will be included to provide a total-body workout.

HPE 105 - CARDIO DANCE
Semester Hours: 1-2

HPE 109 - SPEED & PLYOMETRIC TRAINING
Semester Hours: 2

HPE 110 - WALK/JOG/RUN
Semester Hour: 1

A beginner and intermediate level course with emphasis placed on giving a positive introduction to walking, jogging, and running as a way to enhance fitness and promote weight control, and to provide a viable option for a lifetime fitness activity.

HPE 111 - BUTTS & GUTS WORKOUT
Semester Hours: 2

HPE 117 - WEIGHT TRAINING
Semester Hours: 2

Learn to safely and efficiently use strength training techniques to reach your fitness goals. Develop the skills needed to create a personalized weight training program.

HPE 120 - SWIMMING
Semester Hour: 1

Learn the basic or progress in your swimming by learning the common swim strokes and techniques. Introduction to conditioning and training and work toward improving skills and endurance bringing higher efficiency in the water.

HPE 127 - LADIES SELF-DEFENSE
Semester Hour: 1

Explore the concepts, strategies, and methods of self defense. Topics and skills include wrist escapes, falling skills, various strikes and kicks, groundwork, weaponry, and escape tactics. Further, an emphasis will be placed on developing and improving situational awareness.

HPE 129 - KUNG FU

Semester Hours: 2

Kung Fu has become one of the most popular forms of martial arts. Students will be introduced to Sil Lum Tao, the first in the three forms of Wing Chun Kung Fu. The name means "little imagination" and refers to the need of the student to use their imagination in the practice and application of techniques.

HPE 130 - KARATE

Semester Hours: 2

Learn karate techniques and acquire skills required to perform these techniques. The objective of Karate is to teach the student defensive skills through various stances and self-defense techniques.

HPE 133 - AIKIDO

Semester Hour: 1

HPE 134 - T'AI CHI

Semester Hours: 2

Learn an ancient Chinese exercise and martial art which is used to develop one's internal energy, health and well-being. The 37 postures of the short form in the Yang style will be executed.

HPE 135 - INTERMEDIATE T'AI CHI

Semester Hours: 2

HPE 136 - YOGA

Semester Hour: 1

HPE 137 - JUDO/JUJITSU

Semester Hours: 2

Judo/Jujitsu provides students with an introduction to the Japanese martial arts of Judo and Jujitsu. Focus will be on both the competition aspect of Judo and the self-defense aspects of each art including throws, take-downs, joint manipulation and chokes.

HPE 140 - BALLROOM DANCE

Semester Hours: 2

An introduction to the most popular smooth and rhythm ballroom patterns danced in America including the Waltz, Fox Trot, Tango, Cha-Cha, Rumba, Samba, Merengue, Bolero, Polka, Swing, and Mambo. Learn the appropriate skills necessary to become a social dancer, including leading, following etiquette and partner dancing.

HPE 142 - SWING DANCE

Semester Hours: 2

HPE 144 - COUNTRY WESTERN DANCE

Semester Hour: 1

HPE 150 - RACQUETBALL

Semester Hours: 2

Learn the basic of racquetball, including rules, equipment and skills. Singles (2 players), Cut throat (3 players) and Doubles (4 players) versions of racquetball will be taught. Double games during class times will be played when both safety and skill level of the players are acceptable to the instructor.

HPE 153 - TENNIS

Semester Hour: 1

Students will learn the fundamentals of tennis including forehand, backhand, serve, volley, footwork, and ground strokes. There will be both singles and doubles play and a class tournament. Highlights include understanding the rules, regulations and strategies of the game.

HPE 156 - GOLF

Semester Hour: 1

Students will understand and learn the basic skills of golf, including rules, proper stance, grip and swing for all clubs. Clubs are available if needed.

HPE 167 - ROCK CLIMBING

Semester Hours: 2

\$100 fee to be paid directly to Rock Climbing facility.

HPE 169 - BASKETBALL

Semester Hour: 1

HPE 170 - VOLLEYBALL

Semester Hour: 1

Learn the fundamentals skills of volleyball including passing, setting, hitting, blocking, and serving with advanced skills in spikes and positioning also being covered. Scrimmage games will be played to practice learned skills. This course will cover the rules of volleyball and its advantage as a lifetime sport, with a focus on skill development.

HPE 174 - BILLIARDS

Semester Hour: 1

HPE 199 - SP TOP:HLTH & PHYS ED

Semester Hours: 1-3

HPE 221 - ADVANCED SCUBA

Semester Hour: 1

Presents skills and knowledge for deep diving (80 + feet). Limited visibility diving, and advanced navigation techniques. Earn YMCA advanced open water certification. Students must provide mask, fins, and snorkel. Cost of open water dives not included in lab fee.

HPE 223 - LIFEGUARD TRAINING

Semester Hours: 2

Certification as a Red Cross approved lifeguard upon successful completion of classroom and in-water instruction and testing.

HPE 224 - WATER SAFETY INSTRUCTOR

Semester Hours: 3

Techniques for teaching infant and pre-school aquatics. The American Red Cross Learn to Swim Program, and Basic Water and Emergency Water Safety courses. Includes pre-test and instructor candidate training course.

HPE 231 - INSTR AIRPLANE(IFR)RATING GR S

Semester Hours: 3

Provides student with knowledge needed for instrument flight instruction air training. Prepares student for FAA Instrument Flying Examination.

HPE 400 - SPECIAL TOPICS - INTERNSHIP

Semester Hours: 3

Innovative internship focused on working with students with disabilities. Observations, participation, and direct instruction and teaching in a middle or high school setting for a prescribed time.