
PHYSICAL EDUCATION PERFORMANCE CENTERED

PEM 1109, Circuit Training Circuit Training

2 hrs., 1 cr.,

(Offered fall, spring, and summer). This course is designed for the development and maintenance of physical fitness through regular participation in a continuous sequence with a variety of activities such as cardiovascular exercise, calisthenics, weights, bands, balls, and weight-bearing exercises.

PEM 1116, Lifetime Fitness Lifetime Fitness

2 hrs., 1 cr.,

This course is designed to improve or maintain strength and fitness levels through cross training. Activities such as weight training, land aerobics, water aerobics, walking and jogging are included. Emphasis is on fitness and proper exercise techniques.

PEM 1121, Yoga Yoga

2 hrs., 1 cr.,

(Offered fall, spring, and summer). Performance and application using a series of yoga basic movements, breathing, and concentration techniques designed to enhance body awareness, flexibility, balance, and allow the mind to be focused and centered.

PEM 1131, Weight Training Weight Training

2 hrs., 1 cr.,

(Offered fall and spring). This course is designed to improve or maintain strength and fitness levels through weight training. Emphasis is on fitness and proper use of weight equipment.
