

COURSES

PED 101 SELF-DEFENSE

0 Lecture Hours 2 Lab Hours 1 Credit Hour

Practical self-defense training offers students an opportunity to learn methods of protection from assault and, where necessary, how to control an attacker. Participants will be taught the practical aspect of self-defense and how to relate their training to an actual attack.

PED 106 INTRO TO WEIGHT TRAINING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course is designed to give the student fundamental skills of weight training. Emphasis is placed on proper form and technique using a variety of strength training equipment. Exercise using aerobic equipment will also be introduced.

PED 113 INTRODUCTION TO MARTIAL ARTS

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course will introduce students to a variety of martial arts practices and basic defense strategies. Students will focus on building stamina, instilling confidence and making decisions. Primarily for beginners, this course can act as a refresher to experienced martial artists also. Historical guidelines will be included.

PED 114 STRETCH AND STRENGTHEN

0 Lecture Hours 2 Lab Hours 1 Credit Hour

Stretch and Strengthen is a physical fitness course designed to develop muscular endurance and flexibility. Weights and other types of resistive equipment are used to develop fitness. An emphasis is also placed on the use of stretch and relaxation techniques in the management of stress.

PED 115 CORE CONDITIONING THRU PILATES

0 Lecture Hours 2 Lab Hours 1 Credit Hour

Through lecture, demonstration and actual practice, students will learn basic Pilates movement principles and concepts, the importance of functional strength and flexibility, anatomy and kinesiology and breathing technique. Basic Pilates mat work will be supplemented by the use of additional equipment to enhance the development of balance, skill and core strength.

PED 116 YOGA

0 Lecture Hours 2 Lab Hours 1 Credit Hour

Yoga is an applied science of the mind and body. The primary emphasis of the course will be on general well-being. Students will be exposed to various forms of yoga and will learn gentle stretches, postures designed to keep the body fit, spiritual philosophy, breathing practices, relaxation and meditation.

PED 117 WALKING FOR FITNESS

0 Lecture Hours 2 Lab Hours 1 Credit Hour

Walking is a popular exercise activity that can accommodate a variety of fitness levels. Students will learn about fitness walking as a means of improving health and cardiorespiratory endurance. Proper walking technique as well as race walking and interval programs are incorporated to provide a comprehensive overview of various walking program modalities. Field trips will be incorporated as a means of exploring various walking trails within the Hudson Valley.

PED 118 INTRO TO ROCK CLIMBING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course covers the basic essentials of indoor rock climbing. Students will learn to be self-sufficient, capable, and safe indoor climbers. Students will be assessed on their knowledge of belay technique, climbing technique, familiarity with climbing-specific knots, and climbing terms. Prerequisite: Students must possess an adequate level of physical fitness, which can be indicated by the ability to walk up two flights of stairs without discomfort.

PED 137 MIND AND BODY WELLNESS

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course will help the student to discover their natural state of health, energy, and clarity. This course will describe the tools and introduce the activities which foster balance and harmony in life, whether one is healthy or suffering from chronic pain or illness.

PED 138 EXERCISE FOR FITNESS & WT MGMT

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course provides a well-rounded exercise program that enables students to work on developing all components of fitness through fun and varied workouts while teaching them safety, body awareness, and fitness training principles.

PED 139 WEIGHT TRAINING FOR WOMEN

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course emphasizes the development of functional strength, muscle mass and continued independence with age for women through the practice of regular strength training. Students will gain confidence in navigating the weight room area and using strength training equipment. Building a weight training program with variety and enhancing skills to adapt it for future needs is a major focus.

PED 145 CARDIO CONDITIONING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course utilizes a varied aerobic workout that provides effective conditioning of the muscles, heart, lungs and blood vessels so that the body is strengthened through healthy use. The class offers options for low and high intensity, incorporating sports moves, interval and circuit training, and dance. A segment on muscle endurance and flexibility is also included. The exercise program provides an enjoyable way to work towards a lifetime of physical fitness.

PED 149 T'AI CHI CH'UAN

0 Lecture Hours 2 Lab Hours 1 Credit Hour

T'ai Chi Ch'uan is an ancient martial art form that provides a form of low impact exercise with a focus on achieving balance of mind and body and creating a healthy flow of energy throughout the body. The practice develops coordination and agility and is recognized as an effective stress management technique.

PED 152 HIGH INTENSITY INTERVAL TRNING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course will explore the concepts and techniques of high-intensity interval training (HIIT). Students will be introduced to activities specific to HIIT that focus on improving cardiovascular health, muscle tone, metabolic function, energy output, and overall functional ability.

PED 153 TRX TRAINING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

This course will explore the concepts and techniques of total body resistance training (TRX) using the TRX suspension trainer system. Students will be introduced to activities that focus on bodyweight exercises that allow for a full-body workout that can target cardiorespiratory endurance, muscular strength, endurance and power, flexibility, balance training, and core stability.

PED 197 FENCING

0 Lecture Hours 2 Lab Hours 1 Credit Hour

The historic art of fencing. Offense and defense with the foil, sabre and epee are taught. Romantic air of Cyrano, Zorro and other great duelers lend to the thrill of learning these skills. Competition, scoring and safety are covered.

PED 202 FITNESS TRAINING PRACTICUM

2 Lecture Hours 3 Lab Hours 3 Credit Hours

A special learning experience for students interested in a comprehensive study of fitness programming. Under the supervision of a faculty member, students act as trainers in the DCC Fitness Center. Study will include safe and effective operation of strength and aerobic exercise equipment, fitness training principles, and the development of individual fitness programs. There are three lab hours to be arranged by the student in addition to the two scheduled lecture hours.

PED 271 SPECIAL STUDY PROJECT I

1 Lecture Hour 0 Lab Hours 1 Credit Hour

A special learning experience designed by one or more students with the cooperation and approval of a faculty member. Proposed study plans require departmental approval. Projects may be based on reading, research, community service, work experience, or other activities that advance the student's knowledge and competence in the field of physical education or related areas. The student's time commitment to the project will be approximately 35-50 hours.

PED 272 SPECIAL STUDY PROJECT II

2 Lecture Hours 0 Lab Hours 2 Credit Hours

Similar to PED 271, except that the student's time commitment to the project will be approximately 70-90 hours.

PED 273 SPECIAL STUDY PROJECT III

3 Lecture Hours 0 Lab Hours 3 Credit Hours

Similar to PED 271, except that the student's time commitment to the project will be approximately 105-135 hours.