

# Phys Education Activity (PEMA)

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## Courses

### **PEMA-105. Beginning Swimming. 1 Hour.**

The course is designed for participants with little or no swimming ability or experience. Students will acquire basic swimming and water safety skills.

### **PEMA-110. Yoga For Beginners. 1 Hour.**

The course is designed for participants with little or no yoga experience. Students will acquire basic yoga skills and practice yoga poses.

### **PEMA-115. Meditation For Stress, Anxiety, And Mental Clarity. 1 Hour.**

In this course students will practice a range of meditative techniques ranging from guided meditation, mantra meditation, silent sitting and yoga nidra-deep dreamless yoga sleep. Each class will consist of practice and reflection. Outside class work will include select readings to assist students in understanding the benefits of meditation. Students will develop their own practice using a practice guidebook of their own making.

### **PEMA-152. Judo And Self-Defense. 1 Hour.**

Examination and practical application of judo and self-defense techniques. Special emphasis on proper training methods, physical conditioning, teaching techniques, and rules and regulations in contests.

### **PEMA-161. Badminton. 1 Hour.**

Introduction to basic skills: clear shots, serves, drop shots, smashes, offensive and defensive strategies. Rules, singles and doubles; tournaments.

### **PEMA-162. Bowling. 1 Hour.**

Theory and practices; rules, regulations, skill practice, tournament play and handicapping and coaching.

### **PEMA-163. Golf. 1 Hour.**

Instruction designed for beginning and experienced golfers in proper use of woods; long, middle, and short iron shots; putting, and specialty shots. Etiquette and rules of golf; visitation to driving range and golf course.

### **PEMA-166. Recreational Games. 1 Hour.**

Choosing, teaching and organizing informal recreational activities, including non-traditional, creative activities, sedentary, competitive and cooperative play situations.

### **PEMA-172. Basketball. 1 Hour.**

This course will cover the basic skills of basketball including dribbling, passing, and shooting as well as offensive and defensive strategies. Students will be introduced to small game play and team strategies. They will gain a basic understanding of basketball rules and officiating. Students will achieve proficiency in the fundamentals of basketball.

### **PEMA-203. Weight Training. 3 Hours.**

Basic principles of weight training and its effects on the body; proper lifting and training technique, individualized programs for general fitness or athletics, isometrics and safety procedures.

### **PEMA-210. Lifeguard Certification American Red Cross. 2 Hours.**

This course is designed to teach the skills required to become an American Red Cross Lifeguard. This will include swimming skills in order to perform lifeguarding skills, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillation (AED). Students who qualify may be certified as a Lifeguard. Student must pass a pre-course swimming skills test and meet all the requirements by the American Red Cross Lifeguard Course in order to be certified. This will include attendance at a minimum of 25 hours in class and passing the written and skills exams.

### **PEMA-215. Water Safety Instructor Certification American Red Cross. 2 Hours.**

This course is designed for physical education students and other professionals who will be expected to teach aquatics. It includes progressive swimming instruction, observation, and participation in other aquatic activities and peer teaching. Students who qualify may be certified as Water Safety instructors (WSI). Students must pass a pre-course swimming skills test and meet all the requirements by the American Red Cross WSI in order to be certified. This will include attendance at a minimum of 32 hours in class.

### **PEMA-332. Fundamentals Of Yoga Philosophy And Practice. 3 Hours.**

Introduction to the philosophy and practice of yoga. The philosophical view will be based on Pantanjali's yoga system. In addition, proper breathing techniques, nutrition, positive thinking, relaxation, concentration and stress management will be covered.

### **PEMA-334. Philosophy And Practice Of Yoga II. 3 Hours.**

This course builds on PEMA-332: Fundamentals Of Yoga Philosophy And Practice. Through reading, discussion, and practice the following will be covered: anatomy and body systems in relation to advanced yoga asana, advanced yoga asana practice, overcoming obstacles to develop your own personal practice and teaching of advanced asana yoga, historical concepts of Western and Vedic ideas, and metaphors present in Eastern thinking.

**Prerequisite:** PEMA-332 with a minimum grade of C.