PES Course Offerings & Descriptions

**Fall 2010**

*PES classes taken for credit can now be paid for on LOUIE!*

**Abs and More:** This course is targeted to strengthen your abs and back, improve your posture and resistance train your entire body! This class incorporates weights, stability balls, bands, rings, floor work, even your own body weight to ensure that you leave feeling great.

6804 MW 8:00-8:50am Fieldhouse $40 credit/ $60 noncredit

**Aerobics:** This course offers a combination of various aerobic exercises including step aerobics, Pilates, kickboxing, basic aerobic choreography, resistance training, core strengthening and Zumba.

6432 MW 10:20-11:10 Fieldhouse $40 credit/ $60 noncredit

**Basketball:** This course offers individual and team participation in drills, games, tournament play and skill development. Students will obtain the knowledge of current basketball rules and fundamentals including offense and defense positions, dribbling, passing, shooting and rebounding through drills and game play.

6444 TTh 11:10-12:40 1st 8 weeks Rolle Activity Center $35 credit/ $55 noncredit
6646 TTh 11:10-12:40 2nd 8 weeks Rolle Activity Center $35 credit/ $55 noncredit

**Ballet/Jazz/Hip Hop:** This is an all levels dance class that will incorporate techniques and styles of Jazz, Ballet, and Hip Hop. Students will have fun learning small combinations along with the fundamentals of these various dance styles.

6560 MW 3:00-3:50 Rolle Activity Center $35 credit/ $55 noncredit

**Bhangra/Bollywood Workout:** This uses expansive movements of folk dance steps from the Punjab region of India. The steps are simple and joyous. It looks at the dance/aerobic movements from “Bollywood” movies in America. Strengthening major muscle groups is the second strong component of this class. Stabilizers of the trunk, shoulder/arm, gluteals, hamstrings, quadriceps, and spine are targeted, so that individuals may achieve increased strength and endurance.

6696 TTh 11:05-12:35 2nd 8 weeks Rolle Activity Center $40 credit/ $60 non credit

**Body Sculpt:** This course will tone and shape your body through the use of weight and resistance training as well as core work.

6634 TTh 9:00-9:50 Fieldhouse $40 credit/ $60 noncredit
9098 TTh 2:20-3:10 Fieldhouse $40 credit/ $60 noncredit
6808 MW 8:00-8:50 Rolle Activity Center $40 credit/ $60 noncredit

**Cardio Strength:** This course is designed to develop strength and flexibility through resistance training, using weights, bands, stability balls and more. In addition the class will focus on cardiovascular fitness levels through a variety of movement exercises including, basic boot camp drills, step, basic kickboxing and other floor exercises.

6504 TTh 10:00-10:50 Rolle Activity Center $40 credit/ $60 noncredit
CrossFit Bootcamp: This course is a strength and conditioning program built on constantly varied, random, functional and scalable movements executed at high intensities. A high intensity/low volume approach, much like interval training, is most prescribed for the training stimulus, but the exercise sessions can be scaled and modified to the individual’s capabilities. *Transportation is not provided by NAU.*

9446  TTh 7:10-8:00am Summit Health and Fitness $55 credit/ $75 noncredit
9106  TTh 1:30-2:20 Summit Health and Fitness $55 credit/ $75 noncredit
6690  TTh 2:30-3:20 Summit Health and Fitness $55 credit/ $75 noncredit

English Riding Instruction: This course is designed for the novice or beginner who has had little to no riding experience. Students will learn to ride horses utilizing English riding equipment or style. The class will emphasize on control, safety and balance during specific riding arena exercises. The course is held off campus. *Transportation is not provided by NAU.* This class is offered for noncredit only.

Sat 11:00-1:00 (9/11-10/30) Off Campus $520 **Noncredit Only**

Beg/Int Fencing: This course introduces and practices the art of Classical and Modern Style Fencing using the Foil. Emphasis will be given to the classical Italian system. Offensive and defensive strategies will be explored. Intermediate students will further refine their skills.

6564  TTh 8:40-9:30 Rolle Activity Center $50 credit/ $70 noncredit

Fitness & Conditioning: This course is designed to develop realistic personal fitness goals and to design and implement a fitness program focused on these goals using basic training and nutritional principles. (All classes held at the Fieldhouse $45 credit/ $65 noncredit)

6418  MW 9:00-9:50 6424  TTh 9:00-9:50
6442  MW 10:00-10:50 6426  TTh 10:00-10:50
6562  MW 11:00-11:50 6428  TTh 11:00-11:50
6430  TTh 1:10-2:00

Fitness Walking: This course is designed to increase cardiovascular endurance, muscle strength and flexibility. This class is an outdoor based class.

6688  MW 4:30-6:00 (10/4-11/24) Fieldhouse $35 credit/ $55 noncredit

Group Fitness Instructor Training (F.I.T.)
This course is designed to provide theoretical knowledge and practical skills in preparation to become a group fitness instructor. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of class structure, music selection, cueing, injury prevention and designing and implementing appropriate exercises throughout a workout.

9680  TTh 3:30-5:00 1st 8 weeks Fieldhouse $45 credit/ $65 noncredit

Golf: This course will focus on enhancing knowledge and skills of golf. It will work on fundamentals, improvement of skills, etiquette and skills of the game. Classes are held at the Continental Country Club. Transportation is not provided by NAU.

Introduction: 6506  MW 3:30-5:50 1st 8 weeks Off Campus $255 credit/ $275 noncredit
Introduction: 6508  TTh 3:30-5:30 1st 8 weeks Off Campus $255 credit/ $275 noncredit
Intermediate: 6630 MW 9:00-10:30 1st 8 weeks Off Campus $255 credit/ $275 noncredit

Hip Hop / Street Dance: This course will combine basic hip hop and jazz dance choreography with an aerobic workout to achieve a fun, low impact cardiovascular workout. This class is for students of all fitness levels and no prior dance background is required.

6552  MW 7:40-8:30pm Rolle Activity Center $35 credit/ $55 noncredit
6448  TTh 7:10-8:00pm Rolle Activity Center $35 credit/ $55 noncredit
**Horsemanship I:** This course offers students a basic understanding of the various components of horse ownership and care. This course is focused primarily on groundwork and provides an overview of understanding horse psychology, safety techniques and key elements of horse ownership. The course is held off campus. *Transportation is not provided by NAU.* This class is offered for non credit only.

Sat 2:00-5:00  (9/11-10/30)  Off Campus $520 **Noncredit Only**

**Hydrobics:** This course is an instructor led and music driven water aerobics class. It incorporates the water's natural resistance for muscle toning, balance, flexibility, and cardiovascular conditioning. Participants will be exposed to shallow and deep water aerobic exercises.

6802  TTh 9:10-10:00  Wall Aquatic Center $55 credit/ $75 noncredit

**Jazzercise:** The original dance exercise phenomenon! This class offers a blend of jazz dance and exercise science set to your favorite music - Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights, and a stretch finale.

6438  TTh 1:10-2:10  Fieldhouse $35 credit/ $55 noncredit

**Judo:** This course seeks to introduce the basic concepts of judo. It will focus on basic throws and mat work as well as the history of judo and terminology associated with the sport. This course is appropriate for all levels.

6636  TTh 6:30-8:00pm  1st 8 weeks Fieldhouse $30 credit/ $50 noncredit
6638  TTh 6:30-8:00pm  2nd 8 weeks Fieldhouse $30 credit/ $50 noncredit

**Beginning Karate:** This course is an introduction to Karate and its numerous techniques including Shotokan, Kihon, Kata and Kumite. Students will also learn Japanese etiquette, Japanese terminology and the evolution of martial arts and Shotokan Karate.

6650  TTh 6:10-7:00  Rolle Activity Center $30 credit/ $50 noncredit

**Kickboxing:** This class teaches basic kickboxing skills, safety and techniques. Kickboxing routines and combinations are designed to improve cardiovascular health, tone, agility and flexibility. This is an aerobic based course and does not include the martial arts aspect of kickboxing.

6436  MW 3:00-3:50  Fieldhouse $40 credit/ $60 noncredit
6648  TTh 8:00-8:50am  Rolle Activity Center $40 credit/ $ 60 noncredit

**Lap Swim:** This course is geared towards individuals who already possess intermediate to advanced swimming skills. The course allows participants the opportunity to improve fitness through swim training as well as improve their efficiency.

(All classes are held in the Wall Aquatic Center $55 credit/ $75 noncredit)

6458  MW 9:10-10:00
6456  MW 10:20-11:10
6454  TTh 10:20-11:10

**Modern Dance:** This class is an introduction to basic Modern Dance techniques for the general student. Strengthening and stretching exercises will be given to help the student with body integration. Students will learn combinations to develop coordination and musicality. The basic elements of dance; space, time and energy will be applied to improvisational & compositional exercises.

6608  TTh 2:00-2:50  Rolle Activity Center $35 credit/ $55 noncredit
**Mountain Bike Ride & Repair:** Single Track riding, here we come! Take Ride & Repair to learn how to tune-up and maintain your bike on your own, and to safely ride the trails around Flagstaff. Course is appropriate for riders of any ability. *Please plan to bring your own bike, but if you do not have one, there are a few that can be reserved/borrowed for the class.*

6420  TTh 9:35-11:05 1st 8 weeks $70 credit/ $90 noncredit

**Pilates:** This course will include many different Pilates techniques that focus on strength, balance and flexibility.

9832  MW 1:10-2:00 Fieldhouse $35 credit/ $55 noncredit
6632  TTh 8:00-8:50am Fieldhouse $35 credit/ $55 noncredit
9102  TTh 3:10-4:00 Rolle Activity Center $35 credit/ $55 noncredit
6654  TTh 9:00-9:50 Rolle Activity Center $35 credit/ $55 noncredit

**Beginning Rock Climbing:** This course is based on technique; you will practice some of the basic skills of rock climbing in an indoor environment. Essential skills such as belaying, rappelling, climbing techniques, rope management and care of equipment will be covered. This course is held at Vertical Relief. Transportation is not provided by NAU.

6412  MW 11:00-12:30 1st 8 weeks Off Campus $180 credit/$200 noncredit
6414  MW 11:00-12:30 2nd 8 weeks Off Campus $180 credit/ $200 noncredit

**Intermediate Rock Climbing:** This course provides an intensive look at the skills of an intermediate rock climber. Although the course is taught indoors, many of the skills taught will be preparing students for outdoor rock climbing. Lessons are arranged according to the ability and experience of class participants.

6416  MW 1:00-2:30 1st 8 weeks Off Campus $195 credit/ $215 noncredit
6498  MW 1:00-2:30 2nd 8 weeks Off Campus $195 credit/ $215 noncredit

**Scuba Diving:** This course teaches its participants basic SCUBA diving skills and principles.

6406  MW 6:00-10:00 8/30-10/1 Wall Aquatic Center $130 credit/ $150 noncredit
6408  MW 6:00-10:00 10/4-11/5 Wall Aquatic Center $130 credit/ $150 noncredit

**Self Defense:** This course is an introduction, understanding and implementation of numerous basic self defense techniques. The class includes effective escape techniques, falling and rolling properly, basic striking techniques, some basic hold downs and how to anticipate rather than react to given situations.

6800  M 6:00-7:30 Rolle Activity Center $30 credit/ $50 noncredit
6568  W 6:00-7:30 Rolle Activity Center $30 credit/ $50 noncredit

**Sports Conditioning:** This course is designed to enhance an athlete’s agility, flexibility, strength, speed, and balance.

6422  MW 1:10-2:00 Fieldhouse $45 credit/ $65 noncredit

**Step Interval:** This class is great for fat burning and includes cardiovascular training on the step mixed with intervals of strength training. A great well-balanced workout.

6660  MW 9:10-10:00 Rolle Activity Center $40 credit/ $60 noncredit

**Step and Sculpt:** This course will provide an efficient and balanced workout that includes cardiovascular endurance as well as muscle conditioning. There will be a gradual build in choreography and intensity as the course progresses.

11319  F 10:45-12:15 Rolle Activity Center $40 credit/ $60 noncredit
**Stretch and Relaxation:** This class is designed to educate participants about the basics of flexibility and improving resistance to athletic injuries through lengthening muscles and increasing joint mobility. This class will also educate participants about relaxation and stress management techniques, breath work, ways to stay focused, centered and grounded. It is a fantastic class for getting through the stresses of daily life with vitality, health and a positive attitude.

6450  MW 12:40-1:30 Rolle Activity Center  $35 credit/  $55 noncredit

**Stretch and Tone:** This course combines resistance training for strength and endurance with stretching to improve flexibility. It also includes balance and relaxation techniques for overall body conditioning.

6838 TTh 1:00-1:50 Rolle Activity Center  $40 credit/  $60 noncredit
9104 TTh 5:10-6:00pm Rolle Activity Center  $40 credit/  $60 noncredit

**Beginning Swimming:** This course teaches the basics of swimming and safety. It is also a great class for students looking to brush up on their swimming skills.

6640  MW 8:00-8:50am Wall Aquatic Center  $55 credit/  $75 noncredit
6692 TTh 8:00-8:50am Wall Aquatic Center  $55 credit/  $75 noncredit

**Tae Kwon Do:** This course is an introduction to beginning International Tae Kwon Do as well as all other levels of International Tae Kwon Do. Students will learn basic Korean etiquette, kicks, blocks, punches and self defense techniques, along with safe and proper stretching.

6686 TTh 9:00-10:30 1st 8 weeks Fieldhouse  $30 credit/  $50 noncredit
6856 TTh 9:00-10:30 2nd 8 weeks Fieldhouse  $30 credit/  $50 noncredit

**Triathlon Training:** This course is designed to provide the beginner through advanced triathlete the skills, knowledge, and fitness to participate in triathlons. This course will provide training opportunities in swimming, bicycling and running. This course will not focus on beginning swimming skills. Participants should provide their own bike.

6502  F 9:00-11:00 Wall Aquatic Center  $70 credit/  $90 noncredit

**Traditional Dance:** This course will introduce students to a variety of traditional dances including: international folk, American square, country swing and ballroom dances. Gain an appreciation for other cultures as you take part in these social dances. A great class for physical educators, recreation leaders or anyone who wants to have fun!

11717  MW 10:20-11:10 Rolle Gym  $35 credit/  455 noncredit

**Turkish/Egyptian Dance:** This course will teach students to move to ancient rhythms and melodies from the Middle Eastern Cultures, learn Debke Folk Dances and experience independently isolating muscle groups in a way that is unlike any other dance form.

6796 F 12:30-3:30 2nd 8 weeks Rolle Activity Center  $35 credit/  $55 noncredit

**Volleyball:** This course will include games and skill development. Students will utilize their knowledge of current volleyball rules and skills, including assigned positions, passing, setting, hitting, blocking and serving to construct various levels of play. Appropriate for all levels.

6446 MW 8:30-10:00am  1st 8 weeks Rolle Activity Center  $35 credit/  $55 noncredit
9096 MW 8:30-10:00am  2nd 8 weeks Rolle Activity Center  $35 credit/  $55 noncredit

**Western Riding Instruction:** This course is designed for the novice or beginner who has had little to no riding experience. Students will learn to ride horses utilizing Western riding equipment or style. The class will emphasize control, safety and balance during specific riding arena exercises. *Transportation not provided by NAU.* This class is offered for noncredit only.

Sat 11:00-1:00 (9/11-10/30) Off Campus  $520 Noncredit Only
**Beginning Yoga:** Students will become familiarized with the postures, breath patterns and posture sequencing, which are required for the development of the safe, personal practice of yoga.

6440 TTh 10:00-11:30 1st 8 weeks Fieldhouse $35 credit/ $55 noncredit

**Gentle Flow Yoga:** This course will review beginning poses and gently add more advanced poses using the Vinyasa style of yoga.

6644 MW 10:20-11:50 1st 8 weeks Rolle Activity Center $35 credit/ $55 noncredit
6566 MW 10:20-11:50 2nd 8 weeks Rolle Activity Center $35 credit/ $55 noncredit

**Hot Yoga:** This course is in a room heated to the average body temperature of 98.6 degrees. It incorporates a flowing style of yoga sequenced to bring balance between ease and effort while synchronizing physical movement with breath which can be physically challenging. *Transportation not provided by NAU.*

6794 TTh 1:00-2:30 1st 8 weeks Summit Health and Fitness $55 credit/ $75 noncredit
9448 TTh 1:00-2:30 2nd 8 weeks Summit Health and Fitness $55 credit/ $75 noncredit

**Intermediate Yoga:** This course will radically expand your practice through an eight-week session that will teach you to apply five simple principles of alignment to quickly and safely advance to new levels. All categories of poses will be developed, and meditation and breathing practices will be introduced. This class is for students with some yoga experience and a desire to progress.

6798 TTh 11:05-12:35 1st 8 weeks Rolle Activity Center $35 credit/ $55 noncredit

**Intermediate Flow Yoga:** This course focuses on yoga postures which are taken to the next level along with increased mental focus. This class is demanding yet fully rewarding. It is recommended for anyone with a spiritual and athletic disposition. It will also work on training the body to improved levels of fitness and the mind to great levels of concentration.

6452 TTh 10:00-11:30 2nd 8 weeks Fieldhouse $35 credit/ $55 noncredit

**Yoga and Meditation:** This course is an introduction to yoga postures. It will give the beginner a greater understanding of the fundamentals of yoga. This class teaches students about being aware of themselves as well as the world around. The class is for anyone who desires a relaxed state of mind and body, physical strength, mental control and concentration.

6694 MW 4:10-5:40 1st 8 weeks Rolle Activity Center $35 credit/ $55 noncredit
6656 MW 4:10-5:40 2nd 8 weeks Rolle Activity Center $35 credit/ $55 noncredit
6652 F 9:00-10:30 Rolle Activity Center $35 credit/ $55 noncredit

**Zumba:** This course contains Latin dance moves, including salsa, cumbia, mambo and others with an infusion of hip hop into an easy to follow, fun and effective workout. It will also include, warm up techniques, abdominal work, and a cool down, for a fun and exciting workout.

6434 MW 9:10-10:00 Fieldhouse $35 credit/ $55 noncredit
9100 TTh 4:10-5:00 Rolle Activity Center $35 credit/ $55 noncredit
6658 MW 1:50-2:40 Rolle Activity Center $35 credit/ $55 noncredit