HESS 219 Gymnastics (1 credit hours)
Develop basic gymnastics skills on vault, bars, beam, floor, and trampoline. 1) To assist the students in safely learning progressions on each of these events for skill development. 2) To acquire the fitness requirements associated with learning these skills. 3) To identify the hazards and risks associated with gymnastics and 4) To identify basic skills and terminology associated with the sport.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESS 230 Pilates (1 credit hours)
This course will teach the fundamentals of Pilates which are to improve body awareness, increase breathing capacity and improve postural alignment through simultaneous stretching and strengthening movements. The goal of Pilates exercises is to achieve optimal functional fitness. The knowledge and training gained from Pilates will not only benefit an individual in their daily activities, but also improve their performance in any physical activity they choose to participate in.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 235 Beginning Karate (1 credit hours)
Introduction to traditional Japanese karate: kihon (basic punching, striking, blocking, and kicking techniques); kata (formal drills); yakusoku kumite (pre-arranged sparring); and demonstration of ji-yu-kumite (controlled free sparring). Karate uniform required.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 237 Weight Training (1 credit hours)
This is an introductory weight training course in which students will learn the principles of muscular development, as well as development of overall fitness. Free weights, machines, exercise equipment, and body weight exercises will be used to apply these principles. Various training systems and protocols will be introduced along with content of muscular physiological adaptations.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 239 Self Defense (1 credit hours)
Basic self defense and techniques. Skills covered include strikes, blocks, and escapes; plus psychology of general and sexual assault. Physical contact will occur between students and with the instructor as well.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 243 Bowling (1 credit hours)
This is a beginning bowling course in which the students will develop the basic skills necessary to play and enjoy the game of bowling. Technical skills include ball rotation and delivery along with proper foot work. Students will also learn the fundamental rules, basic strategies for throwing a strike ball, general theory for converting spares, and scoring along with bowling etiquette, terminology, rules, and safety precautions. Basic fitness and training principles will be discussed as applicable to the sport of bowling. Additional fee assessed.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 245 Golf (1 credit hours)
This course will provide golf instruction at an introductory level. Coursework will introduce full swing fundamentals, chipping, pitching, and putting fundamentals, rules and etiquette on the golf course, and history of the game. Students will develop an appreciation for the game of golf through practice, play, and time on the golf course. There is a required charge for class meetings held at local golf courses. Refer to the online schedule of classes for the current charge. Students must provide their own transportation to the golf course.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 251 Target Archery (1 credit hours)
Shooting fundamentals, safety, selection, and care of equipment.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer

HESS 252 Skiing/Snowboarding (1 credit hours)
Instruction and experience in the fundamentals of skiing or snowboarding. Emphasis on safety, controlled turns and stops, equipment selections, and pre-season preparation. Slope instruction held at a selected site during winter break. Additional charge assessed for trip with a non-refundable deposit. Refer to the online schedule of classes for program format options, current charges and trip dates. Students are responsible for providing their own transportation. Final grades will not post until the second week of January. In the interim, a grade of LA will be given. December graduating seniors should be aware this will delay graduation clearance and posting of degrees.

GEP Health and Exercise Studies
Typically offered in Fall only

HESS 279 Yoga I (1 credit hours)
This course will emphasize the practice of the eight limbs of yoga at an introductory level. Coursework will include the study of yoga culture, breathing exercises, meditation techniques, and a variety of yogasanas (postures): standing, twisting, balancing, forward bending, backward bending, and inversions. Students will develop the skills required to perform these postures and maintain a safe yoga practice.

GEP Health and Exercise Studies
Typically offered in Fall, Spring, and Summer
HESS 280  Yoga II  (1 credit hours)
This course will build upon material introduced in Yoga I by emphasizing the practice of yoga at an intermediate level. Coursework will require a deeper level of understanding of a variety of yoga postures, breathing techniques, and meditation practices. Yoga philosophy will also be addressed through the study of historical yogic texts such as The Yoga Sutras of Patanjali.

Prerequisite: HESS 279
GEP Health and Exercise Studies
Typically offered in Spring only

HESS 296  Independent Study in Physical Education  (1-3 credit hours)
Independent study in Physical Education will vary according to the specialized topic of interest. Credit and content determined by instructor. Individualized/Independent Study and Research courses require a "Course Agreement for Students Enrolled in Non-Standard Courses" be completed by the student and faculty member prior to registration by the department.

Typically offered in Fall, Spring, and Summer