

PHYSICAL EDUCATION (PHY)

PHY 101: Fitness (1 credits)

This course is designed to facilitate cardiovascular fitness as well as increase muscular strength, endurance, and flexibility. With the combination of high and low impact moves, muscular strengthening and stretching exercises, students will be able to burn calories, increase their muscular strength, endurance, flexibility, and relieve stress. Students are encouraged to work at their own pace by utilizing high or low impact moves when appropriate. This course is based on instructor led group movements, combined with music. Students will learn brief explanations of basic aerobic principles, definitions and guidelines for proper work out techniques.

PHY 102: Yoga I (1 credits)

This course is intended for students who wish to enhance their overall level of physical fitness through yoga. Students will explore the mind/body connection and various breathing techniques designed to reduce stress and cultivate a sense of playfulness. Students will also be able to build their self-esteem and relieve stress. There is no experience necessary when enrolling in this course.

PHY 103: Ab-Core Fusion (1 credits)

Focusing on the core muscle group will help tone and lengthen the abdomen while strengthening the lower back muscles. A strong ab-core will also alleviate the discomfort in the shoulders, back, and sacrum through proper alignment and posture. The entire body benefits from ab-core yoga as tensions and toxins are released from the center of the body.

PHY 104: Hatha Yoga I (1 credits)

Embrace your core strength and flexibility! Enhance energy levels while relieving tensions as you move through core strengthening sequences. The entire body benefits from hatha yoga as stress and toxins are released from the center of the body.

PHY 120: Meditation (1 credits)

This course will explore the methods used across cultures and time to deepen and broaden awareness, as well as relax the nervous system. As an introduction to the practice of meditation, the focus will be on providing students with tools to develop a daily meditation practice. The principal method of meditation explored and practiced will be mindfulness meditation. This practice can lead to many benefits including decreasing anxiety and perceived stress, cultivating compassion, increasing focus, lowering blood pressure, reducing pain, improved quality of sleep, along with an overall sense of well-being. The class will consist of weekly topics, guided meditation videos, group discussions and personal reflections.

PHY 130: Boxing (1 credits)

Learn the basic punches, correct footwork, and basic patterns of movement while getting a great workout. This class will improve your cardiovascular conditioning, core strength, and functional strength. Boxing gloves are required.

PHY 210: Nutrition: Keys to Healthy Living (1 credits)

College is a key time when nutrition habits and attitudes can contribute to the establishment of healthy or unhealthy behaviors that remain for life. In this course students will learn to establish healthy eating habits and attitudes about food in order to apply knowledge to your life now as well as in the future.