LIFETIME PHYS ACTIVITY PROGRAM (LPAP)

LPAP 100 - INTRODUCTION TO TENNIS
Short Title: INTRODUCTION TO TENNIS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: This class will provide the student with foundational knowledge of tennis skills and rules as well as appropriate sports person-like qualities so that the game can be played with confidence and competence throughout one’s lifetime.

LPAP 104 - INTRODUCTION TO RACQUETBALL, SQUASH, AND BADMINTON
Short Title: INTRO RACQUET SPORTS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: An introduction to basic skills and knowledge necessary to play badminton, racquetball and squash at the beginning level.

LPAP 107 - INTERMEDIATE TENNIS
Short Title: INTERMEDIATE TENNIS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: This class is for the student who already possesses a fundamental knowledge of tennis and is looking to hone and sharpen her/his skills.

LPAP 109 - INTRODUCTION TO FOXTROT AND WALTZ
Short Title: INTRO TO FOXTROT AND WALTZ
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: Course content includes demonstration of and brief lectures on the American Style Foxtrot and Waltz. Students will participate in drills created to improve footwork, arm positioning, leading and following skills.

LPAP 110 - INTRODUCTION TO GOLF
Short Title: INTRODUCTION TO GOLF
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: This class will cover the fundamental skills, rules, and etiquette of golf. There is an additional $90 fee associated with this course. Class will often meet at the Memorial Hermann Park Golf Course. Students are expected to carpool or walk to class on those days.

LPAP 111 - INTERMEDIATE GOLF
Short Title: INTERMEDIATE GOLF
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Prerequisite(s): LPAP 110
Description: This class is intended for an intermediate level player. Topics covered include: swing fundamentals, set up, aim & alignment, putting, chipping, and club selection. There is an additional $60 course fee associated with this class.

LPAP 113 - MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT
Short Title: MENTAL TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: This course will provide a broad overview of sport psychology concepts that are relevant to most performance related activity. Specifically, the class will cover topics designed to enhance performance such as arousal and anxiety regulation, behavior modification, goal setting, leadership and communication skills, intrinsic motivation and self-confidence.

LPAP 115 - MINDFULNESS: MEDITATION FOR STRESS REDUCTION
Short Title: MINDFULNESS MEDITATION
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Description: This course is designed to help students cultivate mindfulness by intentionally bringing awareness to the present, and noticing and letting go of judgment, critical thoughts and preconceived ideas. The course consists of instruction in and practice of mindfulness meditations as well as discussion of integrating mindfulness into everyday life.
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Short Title</th>
<th>Department</th>
<th>Grade Mode</th>
<th>Course Type</th>
<th>Credit Hour</th>
<th>Restrictions</th>
<th>Course Level</th>
<th>Prerequisite(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LPAP 120</td>
<td>INTRODUCTION TO DISC GOLF/ULTIMATE FRISBEE</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td></td>
<td>This is a course designed to offer an introduction to the fundamental disc golf and ultimate frisbee skills, basic rules, and team play strategies. The acquisition and understanding of these skills and strategies will be presented through activity and lecture sessions.</td>
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<tr>
<td>LPAP 125</td>
<td>INTRODUCTION TO SOCCER</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td></td>
<td>This is an entry level course offering fundamental soccer skills, basic rules, and team tactics. These basic principles will be presented through active participation and instruction and evaluated through physical performance, participation and written assessment.</td>
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<td>LPAP 126</td>
<td>INTERMEDIATE SOCCER</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td>LPAP 125</td>
<td>This is an intermediate level course offering advanced soccer skills and team tactics. These skills and tactics will be presented through active participation and instruction and evaluated through physical performance, participation and written assignments.</td>
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<tr>
<td>LPAP 127</td>
<td>INTRODUCTION TO VOLLEYBALL/BASKETBALL</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td></td>
<td>This is a beginning level course designed to offer an introduction to the fundamentals of basketball and volleyball including skills, basic rules, and team play strategies. The acquisition and understanding of these skills and strategies will be presented through activity and lecture sessions.</td>
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<tr>
<td>LPAP 130</td>
<td>CONTACT IMPROVISATION</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td></td>
<td>This course is designed to help students develop the physical and perceptual skills basic to the movement of Contact Improvisation including: falling, rolling, responding to touch, momentum and gravity, and developing awareness to the physical environment. Additionally, the course provides an overview of the history of Contact Improvisation and its relevance as a global social dance form.</td>
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<td>CONTACT IMPROVISATION</td>
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<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
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<td>This is an entry level course offering an introduction to Contact Improvisation and its relevance as a global social dance form. The course will establish a foundation for leading groups through active participation and instruction and evaluated through physical performance, participation and written assessment.</td>
</tr>
<tr>
<td>LPAP 117</td>
<td>INTRODUCTION TO OUTDOOR LEADERSHIP</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Lecture/Laboratory</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>Undergraduate Lower-Level</td>
<td></td>
<td>This course will establish a foundation for leading groups in the outdoors. An 8-week class schedule covers leadership theory, risk management and facilitation. The course is supplemented with required outdoor weekend trips to put new skills into practice. There is a $45 fee associated with this course. Instructor Permission Required.</td>
</tr>
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<td>LPAP 119</td>
<td>INTRODUCTION TO TEAM SPORTS OFFICIATING</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
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<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
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<td>This course is designed to offer an introduction to the skills, basic rules, and strategies of a variety of team sports.</td>
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<td>INTERMEDIATE SALSA/ CHA CHA</td>
<td>Lifetime Physical Activity</td>
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<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
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<td></td>
<td>This is a course designed to help students develop the strong interpersonal and communication skills necessary for effective game management.</td>
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<td>INTRODUCTION TO DISC GOLF/ULTIMATE FRISBEE</td>
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<td>This is a course designed to offer an introduction to the fundamental disc golf and ultimate frisbee skills, basic rules, and team play strategies. The acquisition and understanding of these skills and strategies will be presented through activity and lecture sessions.</td>
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<td>Enrollment is limited to Undergraduate level students.</td>
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<td>This is a beginning level course designed to offer an introduction to the fundamentals of basketball and volleyball including skills, basic rules, and team play strategies. The acquisition and understanding of these skills and strategies will be presented through activity and lecture sessions.</td>
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LPAP 131 - INTRODUCTION TO MIDDLE EASTERN DANCE
Short Title: INTRO TO MIDDLE EASTERN DANCE
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This is a beginning level course which will introduce the basic movements of Middle Eastern Dance. Students will also be expected to develop a knowledge and appreciation of Middle Eastern dance as a cultural, communal, and recreational activity. Due to cultural restrictions, this course is for women only.

LPAP 132 - INTERMEDIATE MIDDLE EASTERN DANCE
Short Title: INTER MIDDLE EASTERN DANCE
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 131
Description: This is an intermediate course which will introduce advanced movements of Middle Eastern Dance. Students will also be expected to develop a knowledge and appreciation of Middle Eastern Dance as a cultural, communal, and recreational activity. Due to cultural restrictions, this course is for women only.

LPAP 133 - CAPOEIRA
Short Title: CAPOEIRA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Capoeira is a truly unique art, combining martial arts, dance and music. Students will learn the history, traditions and essential moves and strategies, as well as how to play the music associated with this activity.

LPAP 134 - INDIAN DANCE: FROM CLASSICAL TO BOLLYWOOD
Short Title: INDIAN DANCE
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course focuses on the Bharatanatyam form of dance that is very popular in South India. Bharatanatyam is the oldest of all classical Indian forms and its narrative style is known for its grace, purity, tenderness and statuesque poses.

LPAP 135 - INTRODUCTION TO DANCE
Short Title: INTRODUCTION TO DANCE
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This survey course introduces students to various dance techniques, (e.g. hip-hop, modern, ballet), choreography, improvisation, and performance as fundamental elements in the art of dance. Students will investigate dynamic and expressive methods of dance, and will develop foundational dance abilities including aerobic conditioning, coordination, alignment and dexterity.

LPAP 136 - INTRODUCTION TO LATIN DANCE: MERENGUE AND SAMBA
Short Title: INTRO TO MERENGUE AND SAMBA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Course content includes demonstration of and brief lectures on Merengue and Samba. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 137 - INTRODUCTION TO EAST COAST SWING
Short Title: INTRO TO EAST COAST SWING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Course content includes demonstration of and brief lectures on the East coast Swing, including swing and triple step versions. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.

LPAP 138 - INTRODUCTION TO LATIN DANCE - SALSA/MAMBO & CHA CHA
Short Title: INTRO TO SALSA/MAMBO & CHA CHA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Course content includes demonstration of and brief lectures on the American Style Salsa/Mambo and Cha Cha. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.
**LPAP 139 - INTRODUCTION TO BALLROOM DANCE - TANGO AND RUMBA**
*Short Title: INTRO TANGO & RUMBA*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Description: Course content includes demonstration of and brief lectures on the American Style Tango and Rumba. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.*

**LPAP 141 - INTERMEDIATE BALLROOM DANCE**
*Short Title: INTER BALLROOM DANCE*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Prerequisite(s): LPAP 109*
*Description: Course content includes demonstration of and brief lectures on intermediate-level American Style Foxtrot and Waltz. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.*

**LPAP 143 - MUSICAL THEATER JAZZ**
*Short Title: MUSICAL THEATER JAZZ*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Description: This course will focus on fundamental musical theater vocabulary and steps. Students will study musical theater styles from the golden era of Broadway to contemporary shows.*

**LPAP 144 - INTRODUCTION TO COUNTRY WESTERN DANCE**
*Short Title: COUNTRY WESTERN DANCE*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Description: Course content includes demonstration of and brief lectures on the Two Step and Polka. Drills are created to improve footwork, arm positioning, and leading and following skills. Other topics: history of C&W Dance, terminology, proper body alignment, leading and following, and social dance etiquette.*

**LPAP 145 - INTERMEDIATE COUNTRY WESTERN DANCE**
*Short Title: INTER COUNTRY WESTERN DANCE*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Prerequisite(s): LPAP 144*
*Description: Course content includes demonstration of and brief lectures on the intermediate level Two Step and Country Western Polka. Students will participate in drills created to improve footwork, arm positioning, and leading and following skills.*

**LPAP 147 - INTERMEDIATE EAST COAST SWING DANCE**
*Short Title: INTER EAST COAST SWING DANCE*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Prerequisite(s): LPAP 137*
*Description: Course content includes demonstration of and brief lectures on the intermediate level of East Coast Swing, including single step and triple step versions.*

**LPAP 148 - DANCE CHOREOGRAPHY**
*Short Title: CHOREOGRAPHY*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Description: This course teaches basic dance making skills (choreography) for all styles of dance. Units covered will include the creation of inventive movement through improvisation, structures for dance, how to extend your movement ideas, partnering, working with a group, and the selection of dance themes, music, and props. Students will be required to compose short dance studies that will be critiqued in class through codified dance criticism methods then revise work.*

**LPAP 149 - ADVANCED DANCE TECHNIQUE AND THEORY**
*Short Title: ADV DANCE TECH AND THEORY*
*Department: Lifetime Physical Activity*
*Grade Mode: Standard Letter*
*Course Type: Activity Course*
*Credit Hour: 1*
*Restrictions: Enrollment is limited to Undergraduate level students.*
*Course Level: Undergraduate Lower-Level*
*Description: This course helps students to develop an advanced level of dance technique through the study of different dance styles (modern dance, ballet, and jazz dance) with emphasis on understanding the anatomical body, training methods (body therapies), and performance skills. Course taught by dance staff and guest teachers. Instructor Permission Required.*
<table>
<thead>
<tr>
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<th>Course Title</th>
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<th>Department</th>
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<tbody>
<tr>
<td>LPAP 150</td>
<td>IMPROVISATION DANCE</td>
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<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Activity Course</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>The class will focus on expanding students’ creative movement through dance improvisation which will allow for self-discovery, self-experience, and will build composition skills. Each class will focus on improvisational structures, and the elements of dance that will lead to choreography methods.</td>
</tr>
<tr>
<td>LPAP 151</td>
<td>THE ALEXANDER TECHNIQUE</td>
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<td>LPAP 152</td>
<td>INTRODUCTION TO CONTEMPORARY DANCE</td>
<td>INTRO TO CONTEMPORARY DANCE</td>
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<td>LPAP 153</td>
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<td>The class will focus on expanding students’ creative movement through dance improvisation which will allow for self-discovery, self-experience, and will build composition skills. Each class will focus on improvisational structures, and the elements of dance that will lead to choreography methods.</td>
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<td>LPAP 154</td>
<td>INTRODUCTION TO BALLET</td>
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</table>
LPAP 161 - INTRODUCTION TO AQUATIC ACTIVITIES
Short Title: INTRO TO AQUATIC ACTIVITIES
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to offer basic knowledge and skill development in a variety of aquatic activities. Focus will be given to basic swimming and diving techniques as well as competitive, recreational and fitness activities.

LPAP 162 - WATER SAFETY INSTRUCTOR
Short Title: WATER SAFETY INSTRUCTOR
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Students will work toward the American Red Cross Water Safety Instructor Certification. $57.00 additional course fee.

LPAP 164 - FITNESS SWIMMING
Short Title: FITNESS SWIMMING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to increase fitness through the sport of swimming. Course includes information regarding fitness, health, stroke mechanics and wellness. The objective of the course is for students to design their own swimming workouts to meet their fitness goals. You must be able to swim at least 300 yards.

LPAP 166 - BEGINNING SWIMMING
Short Title: BEGINNING SWIMMING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to offer basic knowledge and skill for the beginning swimmer. The following strokes and skills will be taught during the class: water entries, floating, rhythmic breathing patterns, front crawl, elementary back stroke, back crawl, deep water exploration, and treading water.

LPAP 169 - TRIATHLON TRAINING
Short Title: TRIATHLON TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to introduce students to triathlon training. Students will participate in a fitness conditioning program comprised of swimming, cycling, and running designed specifically for the completion of a sprint triathlon. Additionally, students will learn about technical aspects of the sport including equipment needs and maintenance, and safety requirements. Equipment needed to take the course: bike, swimsuit, running shoes.

LPAP 170 - YOGA
Short Title: YOGA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course provides a solid foundation in the principals of yoga theory and practice. By incorporating traditional philosophy, physical poses (asana) and breath control (pranayama), this class helps you to discover vitality, flexibility and strength within yourself.

LPAP 171 - TAI CHI
Short Title: TAI CHI
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Translated as Grand Ultimate Boxing, Taijiquan (also Tai Chi Chuan) has five major family styles in practice today. These are the Chen, Yang, Wu, Wu (Hao), and Sun styles. Through kung fu warm ups and a series of special Chen Taiji drills called silk reeling, students will be introduced to a deeper awareness of physical fitness, body movement, and mental clarity. The student will then be taught a basic introductory level form designed to give a taste of what Chen Style Taijiquan has to offer. The students will also be introduced to some Push Hands training (a two person drill) and basic martial applications.
LPAP 172 - INTRODUCTION TO FENCING
Short Title: INTRODUCTION TO FENCING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to introduce the student to the skills and strategy necessary to participate in fencing at the intermediate level.

LPAP 173 - INTERMEDIATE FENCING
Short Title: INTER FENCING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 172
Description: This course is designed to introduce more advanced physical poses, breath control and meditation practice.

LPAP 174 - BEGINNING YOGA TECHNIQUES
Short Title: BEGIN YOGA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 170
Description: This course builds on the primary principles of yoga theory and practice that are learned in basic yoga courses. This class will introduce more advanced physical poses, breath control and meditation techniques.

LPAP 177 - INTERMEDIATE YOGA TECHNIQUES
Short Title: INTER YOGA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Prerequisite(s): LPAP 170
Description: This course builds on the primary principles of yoga theory and practice that are learned in basic yoga courses. This class will introduce more advanced physical poses, breath control and meditation techniques.

LPAP 178 - THE ART OF RELAXATION
Short Title: THE ART OF RELAXATION
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture/Laboratory
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to provide students with an overview of the evolution of relaxation techniques and the various forms they have taken in different cultures across time. Each class will focus on the stress-relieving benefits of and different modalities for relaxation practice.

LPAP 180 - WALK, JOG, RUN
Short Title: WALK, JOG, RUN
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: The purpose of this class is to teach students how to improve cardiovascular and muscular strength and endurance as well as stress management through fitness walking and jogging.

LPAP 181 - PERSONAL FITNESS
Short Title: PERSONAL FITNESS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course exposes students to a program of realistic self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing through the basics of hands-on defense training.

LPAP 181 - PERSONAL FITNESS
Short Title: PERSONAL FITNESS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course exposes students to a program of realistic self-defense tactics and techniques. It is a comprehensive course for women that begins with awareness, prevention, risk reduction and avoidance, while progressing through the basics of hands-on defense training.
LPAP 182 - WEIGHT TRAINING
Short Title: WEIGHT TRAINING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is designed to provide female students with a
comprehensive understanding of weight and exercise management,
including nutrition/portion control, emotional eating, medical
perspectives and creating sustainable exercise programs. Participants
will gain the necessary skills and understanding for obtaining optimum
health. All classes will feature both lecture and physical activity.

LPAP 183 - WEIGHT TRAINING AND CONDITIONING
Short Title: WEIGHT TRAINING & CONDITIONING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course offers the opportunity to explore a variety of
outdoor activities including camp craft, canoeing, rock climbing and
team building. The class is divided between 8 weeks of instruction
supplemented with required weekend trips to put skills into practice. $45
fee associated with course.

LPAP 185 - CARDIO KICKBOXING
Short Title: CARDIO KICKBOXING
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Kickboxing combines the best of boxing and other martial
arts techniques and brings it to you in an exciting and easy to learn
format. As the name implies, cardio kickboxing involves kickboxing
movements, but with cardiovascular training principles.

LPAP 186 - PILATES
Short Title: PILATES
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: This course is intended to help overweight students gain
a comprehensive understanding of weight and exercise management,
including nutrition/portion control, emotional eating, medical
perspectives and creating sustainable exercise programs. Participants
will gain the necessary skills and understanding for obtaining optimum
health. All classes will feature both lecture and physical activity.

LPAP 187 - GROUP FITNESS
Short Title: GROUP FITNESS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: The purpose of this class will be to provide students a
learning opportunity in the broad area of group exercise.
LPAP 194 - OPEN WATER SCUBA
Short Title: SCUBA
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Students will learn the basics of SCUBA in accordance with P.A.D.I. standards. Topics include diving equipment, physiology, planning and safety, and there will be practical sessions in both pool and open water sites. An additional course fee of $400, which covers the cost of all equipment, and transportation/entrance fees to dive sites, is required.

LPAP 195 - CRITICAL THINKING IN SEXUALITY
Short Title: CRITICAL THINKING IN SEXUALITY
Department: Dean of Undergraduates
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1
Course Level: Undergraduate Lower-Level
Description: CTIS will draw from a public health model of violence prevention to teach students the dynamics of domestic and sexual violence, bystander intervention, healthy relationships and healthy sexuality. This course is only available to first time matriculants in the fall but anyone can register for it in the spring.

LPAP 197 - DISCOVERING PERSONAL WELLNESS: CREATING AWARENESS & DEVELOPING SKILLS FOR BEHAVIOR CHANGE
Short Title: DISCOVERING PERSONAL WELLNESS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Students will discuss the many factors that influence personal well-being, giving particular attention to individual needs and behavior change goals. Major areas to be covered include: time management, coping strategies, healthy relationships, body image, food choices, self-esteem, physical activity, spirituality, environmental awareness, alternative medicine and self-care.

LPAP 198 - NUTRITION
Short Title: NUTRITION
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Lecture
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: The class will consist of lectures and discussions on the science of nutrition.

LPAP 199 - INDEPENDENT STUDY
Short Title: INDEPENDENT STUDY
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Independent Study
Credit Hour: 1
Restrictions: Enrollment is limited to Undergraduate level students.
Course Level: Undergraduate Lower-Level
Description: Independent Study is intended for the student who shows interest in an area of study not offered or who wishes to pursue a discipline in greater depth than possible through the regular curriculum. A contract between the student and the teacher shall define the responsibilities of both student and the teacher, and will specify standards for the successful completion of the project. Department Permission Required.

LPAP 238 - SPECIAL TOPICS
Short Title: SPECIAL TOPICS
Department: Lifetime Physical Activity
Grade Mode: Standard Letter
Course Type: Activity Course, Lecture, Laboratory, Seminar, Internship/Practicum
Credit Hours: 1-4
Course Level: Undergraduate Lower-Level
Description: Topics and credit hours may vary each semester. Contact department for current semester's topic(s). Repeatable for Credit.