# LIFETIME PHYS ACTIVITY PROGRAM (LPAP)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Short Title</th>
<th>Department</th>
<th>Grade Mode</th>
<th>Course Type</th>
<th>Credit Hour</th>
<th>Restrictions</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>LPAP 100</td>
<td>INTRODUCTION TO TENNIS</td>
<td>INTRODUCTION TO TENNIS</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>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.</td>
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<td>INTRODUCTION TO RACQUETBALL, SQUASH, AND BADMINTON</td>
<td>INTRO RACQUET SPORTS</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>An introduction to basic skills and knowledge necessary to play badminton, racquetball and squash at the beginning level.</td>
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<td>INTERMEDIATE TENNIS</td>
<td>INTERMEDIATE TENNIS</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>This class is intended for an intermediate level player. Topics covered include: swing fundamentals, set up, aim &amp; alignment, putting, chipping, and club selection. There is an additional $60 course fee associated with this class.</td>
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<td>LPAP 113</td>
<td>MENTAL TRAINING FOR PERFORMANCE ENHANCEMENT</td>
<td>MENTAL TRAINING</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Lecture</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>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.</td>
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<td>MINDFULNESS: MEDITATION FOR STRESS REDUCTION</td>
<td>MINDFULNESS MEDITATION</td>
<td>Lifetime Physical Activity</td>
<td>Standard Letter</td>
<td>Lecture</td>
<td>1</td>
<td>Enrollment is limited to Undergraduate level students.</td>
<td>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.</td>
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LPAP 116 - INTERMEDIATE SALSA/ CHA CHA
Short Title: INTERMEDIATE SALSA/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
Prerequisite(s): LPAP 109
Description: This is an intermediate level course offering advanced
skills, basic rules, and strategies of a variety of team sports.

LPAP 117 - INTRODUCTION TO OUTDOOR LEADERSHIP
Short Title: INTRO TO OUTDOOR LEADERSHIP
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 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.

LPAP 118 - INTRODUCTION TO TEAM SPORTS
Short Title: INTRO TO TEAM SPORTS
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 an introduction to the
fundamentals of basketball and volleyball including physical performance, participation and written assignments.

LPAP 119 - INTRODUCTION TO TEAM SPORTS OFFICIATING
Short Title: INTRO TEAM SPORTS OFFICIATING
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 help students develop the
techniques and strategies of a variety of team sports.

LPAP 120 - INTRODUCTION TO DISC GOLF/ULTIMATE FRISBEE
Short Title: DISC GAMES
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 course designed to offer an introduction to the
fundamental disc golf and ultimate frisbee 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.

LPAP 125 - INTRODUCTION TO SOCCER
Short Title: INTRODUCTION TO SOCCER
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 105
Description: This course is designed to help students develop the
fundamentals of soccer including physical performance, participation and written assignments.

LPAP 126 - INTERMEDIATE SOCCER
Short Title: INTER SOCCER
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 125
Description: 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.

LPAP 127 - INTRODUCTION TO VOLLEYBALL/BASKETBALL
Short Title: INTRO TO VOLLEYBALL/BASKETBALL
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 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.

LPAP 130 - CONTACT IMPROVISATION
Short Title: CONTACT IMPROVISATION
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 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.
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 course introduces students to various dance movements of Middle Eastern Dance. Students will also 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 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 139 - INTRODUCTION TO BALLROOM DANCE - TANGO AND RUMBA
Short Title: INTRO TO 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.
LPAP 150 - IMPROVISATION DANCE
Short Title: IMPROVISATION 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: 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.

LPAP 151 - THE ALEXANDER TECHNIQUE
Short Title: THE ALEXANDER TECHNIQUE
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: We all have habits of tension that interfere with our natural ease in movement. The Alexander Technique helps us to first recognize our habits and then interrupt them so we can experience greater freedom, strength, and coordination in our movement.

LPAP 152 - INTRODUCTION TO CONTEMPORARY DANCE
Short Title: INTRO TO CONTEMPORARY 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 dance class that introduces students to contemporary dance technique and the performing of dance combinations to music. The class has a progression: core work on the floor; exercises at center; moving across the floor; and movement combinations. The majority of the classes are spent learning dance technique, the history of modern dance and modern dance choreography.

LPAP 153 - INTERMEDIATE MODERN DANCE
Short Title: INTERMEDIATE MODERN 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: An intermediate level modern dance class that incorporates a variety of modern dance techniques. The class places emphasis on correct anatomical alignment, breathe and release, rhythmic and spatial accuracy, and performance commitment. This class is for students who audition for the Rice Dance Theatre and are accepted into the company. Auditions and class registration are held during the second week of classes. Class requirements include participation in a minimum of one rehearsal per week and a dance performance series near the end of the semester.

LPAP 154 - INTERMEDIATE BALLET
Short Title: INTERMEDIATE BALLET
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 dance class that teaches basic technique, the history of ballet and steps of ballet technique. Students must have dance experience (ballet preferred) to take this class. Students are required to attend a ballet performance during the semester.

LPAP 155 - INTRODUCTION TO BALLET
Short Title: INTRODUCTION TO BALLET
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 155 or LPCR 155
Description: This course will introduce students to advanced principles and steps of ballet technique. Students must have dance experience (ballet preferred) to take this class. Students are required to attend a ballet performance during the semester.

LPAP 156 - INTERMEDIATE BALLET
Short Title: INTERMEDIATE BALLET
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 introduce students to advanced principles and steps of ballet technique. Students must have dance experience (ballet preferred) to take this class. Students are required to attend a ballet performance during the semester.

LPAP 157 - JAZZ DANCE/HIP HOP
Short Title: JAZZ DANCE/HIP HOP
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: A beginning level dance class that teaches basic technique, performance, dance fitness, alignment, and introduces the stylistic and historical components of jazz dance and hip/hop.

LPAP 159 - LIFEGUARDING
Short Title: LIFEGUARDING
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 the skills and knowledge to become lifeguard certified. Students will learn to prevent and respond to aquatic emergencies. $35 book fee. Students must be able to swim at least 300 yards.
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 171 - 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: Fencing is a fast paced sport that develops mental agility and focus. This class will teach students the fundamentals of movement, bladework, and basic strategies in foil. Course goals are to compete at a beginner level and to understand the history and rules of the sport. Students will use exercises, drills, and bouts to develop their abilities and meet these goals.

LPAP 174 - INTERFENCING
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 the student to the skills and strategy necessary to participate in fencing at the intermediate level.

LPAP 175 - INTRODUCTION TO MARTIAL ARTS
Short Title: INTRO TO MARTIAL ARTS
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 the basic principles of Martial Arts. Students will learn the philosophy and physical conditioning components associated with this martial arts form with a particular emphasis on reflex development, timing, eye-hand coordination, balance and a sense of well-being.

LPAP 176 - SELF DEFENSE FOR WOMEN
Short Title: SELF DEFENSE FOR WOMEN
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 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: Class will consist of brief lectures on health and fitness topics. Students will be exposed to activities that may be incorporated into an individualized personal fitness program. The goal of this course is to motivate the students to include physical activity as an integral part of his/her lifestyle.
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
beginning level course designed to offer an introduction to the
fundamentals and beginner/intermediate classic weight training
movements, but with cardiovascular training principles.

LPAP 183 - WEIGHT TRAINING & 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: The class will consist of brief lectures and discussions on
topics related to weight training. Students will be exposed to several
different types of weight training techniques throughout the semester
that may be incorporated into an individual’s personal fitness program.

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: This is a beginning level course designed to offer an
introduction to the fundamentals and beginner/intermediate classic
kickboxing 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 designed to provide the theoretical and
practical skills necessary to achieve a national certification in group
fitness instruction. The student will develop and lead group fitness
routines as well as learn the general principles of anatomy, exercise
science, and biomechanics. $30.00 additional course fee.

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 190 - INTRODUCTION TO OUTDOOR RECREATION
Short Title: INTRO TO OUTDOOR RECREATION
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 191 - GROUP FITNESS INSTRUCTOR TRAINING
Short Title: GROUP FITNESS 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: This course is designed to provide the theoretical and
practical skills necessary to achieve a national certification in group
fitness instruction. The student will develop and lead group fitness
routines as well as learn the general principles of anatomy, exercise
science, and biomechanics. $30.00 additional course fee.

LPAP 192 - EXERCISE AND WEIGHT MANAGEMENT
Short Title: EXERCISE & WEIGHT MANAGEMENT
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 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 193 - WEIGHT TRAINING FOR WOMEN
Short Title: WEIGHT TRAINING FOR WOMEN
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
non-intimidating environment in which they can learn the fundamental
principles of resistance training, the focus of the course will be on safe
lifting practices, exercise variation/manipulation, and program design.
### 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.