69-005 Rec Sports
Fall and Spring: 3 units
Rec sports is a class that will incorporate sports from our intramural program. The class will focus on a variety of sports including: flag football, soccer, basketball, dodgeball, softball and additional recreational games.

69-101 Racquetball
Fall and Spring: 3 units
This course is designed to aid in developing the fundamental skills involved in racquetball. Techniques, rules and strategy are stressed. It is hoped that the student will develop a reasonable level of proficiency to enable participation on a leisure-time basis.
Course Website: http://www.cmu.edu/athletic/

69-102 Weight Training
Fall and Spring: 3 units
This course is designed to provide the opportunity for the inexperienced student to learn the effectiveness of a carefully planned weight-training program as a method of body development and the contributing benefit to performance in many sports.

69-103 Advanced Recovery & Restoration
Spring: 3 units
This course is designed to provide the opportunity for the physically active student to learn the effectiveness of a carefully planned recovery and restoration techniques as a method of body development and the contributing benefit to performance in many sports.

69-104 Practical Application of Sports Nutrition for Competitive Athletes
Spring: 3 units
This course will cover the following topics: macronutrient overview, specific overview of fats, carbohydrates, and protein, vitamin and minerals, nutritional needs for strength/power and endurance athletes, pre/during/ post training nutritional needs for strength/power and endurance athletes, and other topics. FOR UNDERGRAD STUDENTS ONLY.

69-105 Agility & Circuit Training
Spring: 3 units
This course is designed to train the entire body combining fitness and core body work. We will do jumping and agility exercises to increase explosiveness and foot speed. Circuit training will be used to strengthen your core, arm, and leg muscles and will provide a cardiovascular workout.

69-106 Intro to Recreation
Fall: 3 units
This is a basic level class for first-year students only. This class is designed to teach students various fitness and recreational activities available to them on campus.

69-107 Walking for Fitness
Fall: 3 units
This course is an aerobic conditioning activity. A fast paced walk that is less wear and tear on your joints than what a running program will do.

69-110 Personal Fitness
Fall and Spring: 3 units
This course will be a conditioning course prescribed partially by the individual with assistance from the instructor to insure that the desired results will be achieved or at least pursued correctly. Individual goals will be the main concern. Stretching, aerobics, weight training and nutrition will be discussed.

69-112 Fitness Fusion
Fall and Spring: 3 units
A fun power-packed workout designed to introduce all aspects of fitness. This class combines simple exercises including cardio endurance with dynamic balance and stabilization. The class will fuse fitness while maximizing the benefits offered by training with concise, innovative, and effective exercises for the whole body. Every few weeks another aerobic activity will be added. We will start slowly so you can experience progressions and advance your training. During the fusion of strength, core, and flexibility, we will use a variety of “toys” to enhance your fun and fitness while fusing the total package of mind, body, and spirit.

69-113 Beginning Karate
Fall and Spring: 3 units
Beginning Karate teaches traditional Tang Soo Do (Korean Karate) by Master C. S. Kim and assistant instructors with specific standards and goals designed to help each student maximize potential as an individual, as well as as a martial artist. Students will learn stretching and basic stances as well as blocking, punching, kicking, knee and elbow strikes, and open-handed techniques such as knife-hands. Proper etiquette will also be taught.

69-114 Intermediate Karate
Fall and Spring: 3 units
Intermediate Karate teaches a higher level of the traditional martial arts with specific standards and goals designed to help each student maximize potential as an individual, as well as as a martial artist. Through traditional Tang Soo Do (Korean Karate) taught by Master C. S. Kim and assistant instructors, you will find many opportunities to gain specific knowledge which will apply not only in your martial arts training, but also in the improvement of your daily quality of life.

69-120 Topics in Health and Physical Activity
Fall and Spring: 3 units
This is a weekend course set for March 29th from 4:00 pm-7:00 pm and March 30/31 from 9:00 am-2:00 pm. The course times will be sent via email before the course begins. This course is designed to expose students to a comprehensive overview of what it means to be healthy, including: stress management strategies, healthy eating habits, importance of sleep, and the benefits of various exercise methods. The course will be presented using both a traditional lecture style, and hands-on practice. A few outside speakers will be brought in to speak in their area of expertise. Students should come prepared to exercise.

69-129 Rape Agression Defense Systems (RAD)
Fall and Spring: 3 units
Self Defense for Women - is a course specifically designed to increase women's awareness of potential sexual assault and to provide physical techniques to respond to such an act. It is intended for women only because it is believed that the presence of males in class (other than instructors or other authorized persons) can alter the emotional and physical responses of women to class material and thereby hinder their ability to reach course objectives. It is of the utmost importance that women be able to maximize their opportunity to learn in the company of like-minded students. The core of the course is based upon the principles of the Rape Aggression Defense System (R.A.D.) which was conceived and developed by Larry N. Nadeau. His goal in developing R.A.D. is also its motto: "To develop and enhance the options of self-defense, so they may become viable considerations to the woman who is attacked." This course is composed of three sections: risk reduction principles, physical defense techniques, and simulation. Risk reduction principles include a thorough review of personal self-awareness & the environment, whether in the home, neighborhood, or unfamiliar community. Physical defense techniques include the introduction to bodily strikes with hands, kicks with the feet, and defenses against grabs & holds. Simulation is the activity that attempts to incorporate, via physical demonstration, all emotional & physical techniques that have been taught through the acting out of scenarios involving instructors (padded/protected) as attackers, and students (padded/protected) responding to the assault.
69-130 Beginning Tennis
Fall and Spring: 3 units
This course is designed to familiarize the student with the rules of tennis and to develop the skills needed to become proficient for recreational play. During the first half of the course, all tennis strokes will be covered and reviewed in detail. The second half of the course will focus mostly on competitive games and match-play.

69-131 Volleyball
Spring: 3 units
This course is designed to familiarize the student with the rules of volleyball and to develop the skills needed to become proficient for recreational play.

69-132 Advanced Tennis
Fall: 3 units
This course will consist mainly of tennis drills and discussions related to singles, doubles, and match strategy. In addition to being able to successfully execute all tennis strokes, students should also already have significant tennis match experience.

69-134 Beginning Golf
Fall and Spring: 3 units
This course is designed to give the student all the skills necessary to play a satisfactory game of golf. The long game, the short game and putting are covered. It is a leisure time sport that is challenging and can be used by the student for the rest of his/her life.

69-135 Soccer Skills
Spring: 3 units
This course is designed to familiarize the student with the rules of soccer and to develop the skills needed to become proficient for recreational play.

69-136 Basketball Skills
Fall and Spring: 3 units
This course is designed to familiarize the student with the rules of basketball and to develop the skills needed to become proficient for recreational play.

69-137 Ultimate Frisbee
Fall: 3 units
This class is designed to teach basic Frisbee skills. This class is a great conditioning/cardio class with high energy. It is a fun team game to play.

69-139 Indoor Soccer Skills
Spring: 3 units
This course is designed to familiarize the student with the rules of soccer and to develop the skills needed to become proficient for recreational play.

69-140 Squash
Fall and Spring: 3 units
This course is designed to aid in developing the fundamental skills involved in squash. Techniques, rules and strategy are stressed.

69-141 Beginning Soccer
Spring: 3 units
This class is designed for beginner soccer players. This class will teach you soccer skills and techniques to become a better player.

69-142 Beginning Fencing
Spring: 6 units
This course will cover the basic skills needed for fencing with the foil. Footwork, attacks, and defenses will be practiced. Competition rules and strategies will be discussed. Students will fence each other and the instructor in almost every class.

69-143 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed to teach two team sports that are fun and great exercise. Both classes will be taught basic skills to succeed in the games.

69-144 Diamond Sports
Spring: 3 units
This course is designed to familiarize the student with the rules of softball and wiffleball and to develop the skills needed to become proficient for recreational play. Students will play each other or the instructor in almost every class.

69-145 Beginning Softball
Fall and Spring: 3 units
Students will learn beginning softball skills-throwing, hitting, running

69-146 Team Handball
Fall: 3 units
Team Handball or European Handball - This is an introductory level class that will cover the basics of the sport including the rules, organization, and basic game play. Students will be expected to learn the rules and participate in play on a daily basis.

69-150 Beginning Swimming
Fall: 3 units
This basic course is designed to equip the non-swimmer with fundamental skills and knowledge to assure reasonable safety in, on or about the water. Areas covered include the basic swimming strokes, basic diving, safe and efficient entry into the water, and some elementary forms of rescue.

69-151 Introduction to Yoga
Fall and Spring: 3 units
This course is designed for the beginning yoga student who wants to gain a solid foundation of yoga poses and the benefits a yoga practice has to offer. The course is also for those who have experience in Yoga and want to practice and improve their basic skills.

69-153 Lifeguard Training
Spring: 3 units
This class is the American Red Cross Lifeguard Training course. Students who complete certification will be eligible to be employed as lifeguards. Attendance is required. There will be a $90.00 fee for this class from the American Red Cross. This fee will be deducted from the student's account once the status of the student is "enrolled and attending this class."

69-155 Cardio Fitness/Sculpt
Fall and Spring: 3 units
A total body fitness class for men and women that incorporates stretching for flexibility, exercises for strength and movement to increase cardiovascular improvement.

69-156 First Aid/CPR
Spring: 3 units
A basic course in treatment and care of injuries in emergency situations. Topics will include legal liability, prevention of injuries, nutrition and cardiovascular conditioning. The course will conclude with theoretical and practical application of cardiopulmonary resuscitation. Upon completion of the course students will receive Red Cross Certification. There will be a fee for this class of $15.00. This fee will be deducted from the student's account.

69-157 Swimming Stroke Improvement
Fall: 3 units
This course is designed to provide the student with the opportunity to learn the elements of good swimming. A wide range of strokes, basic diving, safety, endurance, and versatility in the water will be covered for all students. Experienced swimmers will have the opportunity to perfect their strokes.

69-160 Swim-Fit
Fall and Spring: 3 units
Must be able to complete a 1000 yard swim (40 laps) prior to entering the class; this is not a learn-to-swim class. Pre and post timed swims, deep water treading, lap swimming interval training. Average workout is around 2000 yards.

69-165 Cycling Core
Fall and Spring: 3 units
Indoor cycling classes are riding on a stationary bike while getting a great workout, experiencing several styles of training, and listening to music. All are welcome—beginner to advanced—you set the workout pace to various intensities. This course is for those participants who want to gain knowledge and experience of riding for endurance, speed work, race training, strength training, and/or visionary riding. Each class will be formatted to take the rider to their levels of advancement—beginner to advanced—all doing the same workout. Bikes are provided. No prior bike experience is necessary. No special footwear required—bike shoes are welcome—and tennis shoes at least are a must. Come along for the ride of a lifetime while having fun and getting into shape.

69-167 Beginning Ballroom Dance
Spring: 2 units
This class provides an overview of six American Style Ballroom Dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, Swing. Participants will learn three or four basic step patterns in each dance, the timing of each pattern, leading and following principles and the unique characteristics of each dance. At the end of this course, participants will be able to dance comfortably at a social dance. It is recommended that suede bottomed dance shoes be worn, but not required.
69-175 African-Brazil Dance  
Fall: 2 units  
This class incorporates African-Modern dance technique (specifically elements of Dunham and Horton technique) and applies it to dance movements from West Africa, Haiti, and/or Brazil. Students will build strength, alignment, and stamina while experiencing the joy of dancing to the exciting and mesmerizing music of these regions. Open to non-drama and drama majors.

69-176 Non-Majors Jazz  
Spring: 3 units  
This class is designed for those students who would like to continue their study in jazz but are not enrolled in the CFA department. They will learn the basics and progression movements in the area of jazz dancing. This is for all levels of participants.

69-195 Emergency Medical Technician 1  
Fall and Spring: 12 units  
The Emergency Medical Technician provides students with a basic knowledge of Emergency Medicine, and enables students to take the National Registry EMT Certification exam and become certified at the state and national level. This course is cross-enrolled through the Community College of Allegheny County (CCAC) and will require registration with CCAC on the first day of class. This will require a fee, which has yet to be determined. Due to state laws and classroom hours requirements, all lectures are mandatory with very few exceptions. This class will meet on around 2 Saturdays, which will be announced on the first day of class. This class is also offered in two parts. The first part (69-195) is offered during mini-2 and the second part (69-195) is offered during the full spring semester. You must attend both parts in order to be eligible to take the National Registry EMT Certification exam. Please email info@cmuems.org with any questions you might have.