

# Department of Athletics and Physical Education Courses

## Note on Course Numbers

Each Carnegie Mellon course number begins with a two-digit prefix which designates the department offering the course (76-xxx courses are offered by the Department of English, etc.). Although each department maintains its own course numbering practices, typically the first digit after the prefix indicates the class level: xx-1xx courses are freshmen-level, xx-2xx courses are sophomore level, etc. xx-6xx courses may be either undergraduate senior-level or graduate-level, depending on the department. xx-7xx courses and higher are graduate-level. Please consult the Schedule of Classes (<https://enr-apps.as.cmu.edu/open/SOC/SOCServlet>) each semester for course offerings and for any necessary pre-requisites or co-requisites.

### 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 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 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 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 which will be held in November. Date will be set soon. (Saturday and Sunday roughly 9:00 am-4:00 pm). 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. More information will be sent to students before class begins.

### 69-129 Rape Aggression 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 Sports Officiating**

Fall and Spring: 3 units

The sports officiating class is an introduction to the rules and mechanics for a variety of Intramural Sports. Students will learn how to properly officiate basketball, flag football, soccer, and softball. Class sessions will be a combination of interactive lectures and hands-on game experience.

**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-Brazilian Dance**

Fall: 2 units

Learn movements and dances from West Africa and Brazil. Students will build strength, alignment, and stamina while experiencing the joy of dancing to the exciting and mesmerizing music of these regions.

**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**

Spring: 6 units

The Emergency Medical Technician course enhances students' prior knowledge of Emergency Medicine, and enables students to take the National Registry EMT Certification exam and become certified at the state level. This course is cross-enrolled through the Community College of Allegheny County (CCAC) and will require registration with CCAC prior to the first day of class. This will require an approximately \$250 fee. Due to state laws and classroom hours requirements, all lectures are mandatory. Although listed as a Mini3/Full Semester, this class will begin on Monday, January 12th and have its last meeting on Thursday, March 26th. This class will also meet on Saturday, January 31st and Saturday February 21st from 8:00am-5:00pm. There will be one additional Saturday session for vehicle extraction during the month of March, this date will be announced in class. The following prerequisites are required to enroll in this class: Successful completion of an Emergency Medical Responder course within one year of the beginning of this class; NIMS 100 and 700 level certification (can be taken online); AHA BLS HCP Certification (Can be taken through CMU EMS). Please email [info@cmuems.org](mailto:info@cmuems.org) with any questions you might have.