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.

69-101 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.

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 assure 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.

69-129 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 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.

69-152 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.

69-153 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."

69-154 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.

69-155 African-Caribbean 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 strengths, 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.

69-156 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.

69-157 African-Caribbean 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.

69-158 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.

69-159 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.

69-160 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.

69-161 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.

69-162 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.

69-163 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.

69-164 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.

69-165 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.

69-166 Belgian Outdoors
Fall and Spring: 2 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.

69-167 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.

69-168 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.

69-169 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.

69-170 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.

69-171 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.

69-172 Floor Hockey/Dodgeball
Spring: 3 units
This class is designed for students looking to explore the campus surroundings while biking. Helmets are required. Bikes will be provided by Athletic Department.