

Athletics, Physical Education and Recreation Courses

About Course Numbers:

Each Carnegie Mellon course number begins with a two-digit prefix that designates the department offering the course (i.e., 76-xxx courses are offered by the Department of English). 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. Depending on the department, xx-6xx courses may be either undergraduate senior-level or graduate-level, and xx-7xx courses and higher are graduate-level. 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 Archery + Laser Pistol

Fall and Spring: 3 units
TBD

69-097 Introduction to Horseback Riding

Intermittent: 3 units
This full semester course is designed for beginners who want to learn the fundamentals of horseback riding. Through hands-on experience and instruction, students will develop basic riding skills, gain an understanding of horse care, and build confidence in their ability to work with horses. The course covers safety, grooming, tacking up, mounting, and basic riding techniques, including walking, trotting, and basic steering.

69-101 Pickleball

Fall and Spring: 3 units
This course is designed to aid in developing the fundamental skills involved in pickleball. 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 Archery

Spring: 3 units
This course introduces students to the fundamentals of archery. Students will learn proper shooting techniques, archery range safety, and the principles of bow mechanics. By the end of the course, students will have developed the necessary skills to safely and effectively participate in archery, both recreationally and competitively. The course also aims to foster concentration, patience, and physical coordination.

69-107 Walking for Fitness

Fall: 3 units
THIS COURSE IS IN PERSON ONLY FALL 2021. 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 is a fun, high intensity strength training class that focuses on using dumbbells and your body weight to create challenging resistance that targets the upper and lower body, abdominal core, and cardiovascular capacity.

69-112 Fencing

Fall and Spring: 3 units
Coming soon

69-113 Martial Arts

Fall and Spring: 3 units
TBD

69-114 Jiu Jitsu

Intermittent: 3 units
A form of martial arts-this class will teach the basics of Jiu Jitsu.

69-120 Topics in Health and Physical Activity

Fall and Spring: 3 units
This course is a weekend seminar covering a variety of topics and #8212;the dates for this course are March 13-14-15. Time will be sent soon. 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 Padel

Fall and Spring: 3 units
coming soon

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 Team Sports

Fall: 3 units
This course is designed to teach students the skills and foundation in the following three sports: volleyball, soccer and flag football. The course will spend 6-7 classes on each of these sports and rotate to a new one once the skills are developed and students understand the game and can successfully play the game.

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.

69-136 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.

69-139 Indoor Futsal-Soccer

Spring: 3 units
This course is designed to familiarize the student with the rules of futsal (indoor soccer). Skills will be taught on footwork, passing and ball control. Students will engage in scrimmages as well.

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.

69-143 Dodgeball

Spring: 3 units

This class is designed to teach the rules of dodgeball. The students will learn the national rules and play against classmates.

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

69-150 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. A4 Pittsburgh is co-ed!

69-151 Introduction to Yoga

Intermittent: 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 fee from the American Red Cross-the instructor will share this with you upon completion of the course requirements.

69-155 Cardio Fitness/Sculpt

Fall and Spring: 3 units

THIS COURSE IS IN PERSON ONLY FALL 2021. 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 and Emergency Response

Spring: 3 units

coming soon

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

THIS COURSE IS IN PERSON ONLY FALL 2021. 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 and #8212;beginner to advanced and #8212;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 and #8212;beginner to advanced and #8212;all doing the same workout. Bikes are provided. No prior bike experience is necessary. No special footwear required and #8212;bike shoes are welcome and #8212;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 Introduction to Dance

Spring: 3 units

This class will introduce different styles of dance.

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 Intro to Hip Hop and Jazz

Spring: 3 units

This class is designed for those students who would like to learn the basics of hip hop and jazz. They will learn the basics and progression movements in the area of hip hop and jazz dancing. This is for all levels of participants.