

PHYSICAL EDUCATION

PED 101 SELF-DEFENSE

0 Lecture 2 Lab 1 Credit Hours(s)

Practical self-defense training offers students an opportunity to learn methods of protection from assault and, where necessary, how to control an attacker. Participants will be taught the practical aspect of self-defense and how to relate their training to an actual attack.

PED 106 INTRO TO WEIGHT TRAINING

0 Lecture 2 Lab 1 Credit Hours(s)

This course is for men and women. It is designed to give the student

fundamental skills of weight training. Emphasis is placed on proper form and technique using a variety of strength training equipment. Exercise using aerobic equipment will also be introduced.

PED 113 INTRODUCTION TO MARTIAL ARTS

0 Lecture 2 Lab 1 Credit Hours(s)

This course will introduce students to a variety of martial arts practices and basic defense strategies. Students will focus on building stamina, instilling confidence and making decisions. Primarily for beginners, this course can act as a refresher to experienced martial artists also. Historical guidelines will be included.

PED 114 STRETCH AND STRENGTHEN

0 Lecture 2 Lab 1 Credit Hours(s)

Stretch and Strengthen is a physical fitness course designed to develop muscular endurance and flexibility. Weights and other types of resistive equipment are used to develop fitness. An emphasis is also placed on the use of stretch and relaxation techniques in the management of stress.

PED 115 CORE CONDITIONING THRU PILATES

0 Lecture 2 Lab 1 Credit Hours(s)

Through lecture, demonstration and actual practice, students will learn basic Pilates movement principles and concepts, the importance of functional strength and flexibility, anatomy and kinesiology and breathing technique. Basic Pilates mat work will be supplemented by the use of additional equipment to enhance the development of balance, skill and core strength.

PED 116 YOGA

0 Lecture 2 Lab 1 Credit Hours(s)

Yoga is an applied science of the mind and body. The primary emphasis of the course will be on general well-being. Students will be exposed to various forms of yoga and will learn gentle stretches, postures designed to keep the body fit, spiritual philosophy, breathing practices, relaxation and meditation.

PED 117 WALKING FOR FITNESS

0 Lecture 2 Lab 1 Credit Hours(s)

Walking is a popular exercise activity that can accommodate a variety of fitness levels. Students will learn about fitness walking as a means of improving health and cardiorespiratory endurance. Proper walking technique as well as race walking and interval programs are incorporated to provide a comprehensive overview of various walking program modalities. Field trips will be incorporated as a means of exploring various walking trails within the Hudson Valley.

PED 118 INTRO TO ROCK CLIMBING

0 Lecture 2 Lab 1 Credit Hours(s)

This course covers the basic essentials of indoor rock climbing. Students will learn to be self-sufficient, capable, and safe indoor climbers. Students will be assessed on their knowledge of belay technique, climbing technique, familiarity with climbing-specific knots, and climbing terms.

Prerequisite: Students must possess an adequate level of physical fitness, which can be indicated by the ability to walk up two flights of stairs without discomfort.

PED 134 PRINCIPLES OF ATHLETICS IN EDU

3 Lecture 0 Lab 3 Credit Hours(s)

Principles, Philosophy, and Organization of Athletics in Education is the foundation course that must be completed by ALL coaches within two years of their initial appointment as a coach. The course covers basic philosophy and principles as integral parts of physical education, athletics and general education; State, local and national regulations and policies related to athletics; legal considerations; function and organization of leagues and athletic associations in New York State; personal standards for the responsibilities of the coach as an educational leader; public relations; general safety procedures; general principles of school budgets, records, purchasing and use of facilities.

PED 135 HLTH SCI APP TO COACHING

3 Lecture 0 Lab 3 Credit Hours(s)

This course is a series of interactive exercises and activities designed to study Health Sciences as they apply to coaching sports. Through these activities, exercises and health application to coaching topics, participants will gain information, organize it for professional and personal use, and apply it to their particular programs. Health Sciences as applied to coaching will also help define: selected principles of biology, anatomy, physiology, kinesiology related to coaching; risk minimization; mixed competition; NYSED selection and classification of athletes; age and maturity of athletes. Prerequisite: PED134.

PED 136 THEORY & TECHNIQUES COACHING

2 Lecture 0 Lab 2 Credit Hours(s)

This course will begin with an introductory phase in which the basic concepts common to all sports will be discussed. Topics will include a history of interscholastic athletics in New York State. The objectives, rules, regulations and policies of athletics, as well as performance skills, technical information, and organization and management practices will also be among the topics covered. The special training and conditioning of the athletes in specific sports, the fitting of equipment, specific safety precautions and officiating methods will also be examined. An internship that will include practical experience as a coach in the specific sport and/or periods of observing other approved coaches will also be required.

Prerequisites: PED134 and PED135.

PED 137 MIND AND BODY WELLNESS

0 Lecture 2 Lab 1 Credit Hours(s)

This course will help the student to discover their natural state of health, energy, and clarity. This course will describe the tools and introduce the activities which foster balance and harmony in life, whether one is healthy or suffering from chronic pain or illness.

PED 138 EXERCISE FOR FITNESS & WT MGMT

0 Lecture 2 Lab 1 Credit Hours(s)

This course provides a well-rounded exercise program that enables students to work on developing all components of fitness through fun and varied workouts while teaching them safety, body awareness, and fitness training principles.

PED 139 WEIGHT TRAINING FOR WOMEN

0 Lecture 2 Lab 1 Credit Hours(s)

This course emphasizes the development of functional strength, muscle mass and continued independence with age for women through the practice of regular strength training. Students will gain confidence in navigating the weight room area and using strength training equipment. Building a weight training program with variety and enhancing skills to adapt it for future needs is a major focus.

PED 145 CARDIO CONDITIONING

0 Lecture 2 Lab 1 Credit Hours(s)

This course utilizes a varied aerobic workout that provides effective conditioning of the muscles, heart, lungs and blood vessels so that the body is strengthened through healthy use. The class offers options for low and high intensity, incorporating sports moves, interval and circuit training, and dance. A segment on muscle endurance and flexibility is also included. The exercise program provides an enjoyable way to work towards a lifetime of physical fitness.

PED 149 T'AI CHI CH'UAN

0 Lecture 2 Lab 1 Credit Hours(s)

T'ai Chi Ch'uan is an ancient martial art form that provides a form of low impact exercise with a focus on achieving balance of mind and body and creating a healthy flow of energy throughout the body. The practice develops coordination and agility and is recognized as an effective stress management technique.

PED 152 HIGH INTENSITY INTERVAL TRNING

0 Lecture 2 Lab 1 Credit Hours(s)

This course will introduce the student to high intensity interval training. This type of training is highly effective in producing increased cardiovascular function, improved muscle tone, increased energy, and improved overall function.

PED 153 TRX TRAINING

0 Lecture 2 Lab 1 Credit Hours(s)

This course will introduce the student to total body resistance training techniques using the TRX system. This course will describe the tools and introduce the activities which allow for a total body training workout including cardiovascular and muscular strength training.

PED 197 FENCING

0 Lecture 2 Lab 1 Credit Hours(s)

The historic art of fencing. Offense and defense with the foil, sabre and epee are taught. Romantic air of Cyrano, Zorro and other great duelers lend to the thrill of learning these skills. Competition, scoring and safety are covered.

PED 202 FITNESS TRAINING PRACTICUM

2 Lecture 3 Lab 3 Credit Hours(s)

A special learning experience for students interested in a comprehensive study of fitness programming. Under the supervision of a faculty member, students act as trainers in the DCC Fitness Center. Study will include safe and effective operation of strength and aerobic exercise equipment, fitness training principles, and the development of individual fitness programs. There are three lab hours to be arranged by the student in addition to the two scheduled lecture hours.

PED 271 SPECIAL STUDY PROJECT I

1 Lecture 0 Lab 1 Credit Hours(s)

A special learning experience designed by one or more students with the cooperation and approval of a faculty member. Proposed study plans require departmental approval. Projects may be based on reading, research, community service, work experience, or other activities that advance the student's knowledge and competence in the field of physical education or related areas. The student's time commitment to the project will be approximately 35-50 hours.

PED 272 SPECIAL STUDY PROJECT II

2 Lecture 0 Lab 2 Credit Hours(s)

Similar to PED 271, except that the student's time commitment to the project will be approximately 70-90 hours.

PED 273 SPECIAL STUDY PROJECT III

3 Lecture 0 Lab 3 Credit Hours(s)

Similar to PED 271, except that the student's time commitment to the project will be approximately 105-135 hours.