PHYSICAL EDUCATION PERFORM (PEM)

PEM 1109 Circuit Training
Credit Hours: 1
This course is designed for the development and maintenance of physical fitness through regular participation in a continuous sequence of a variety of activities such as cardiovascular exercise, calisthenics, weights, bands, balls, and weight-bearing exercises.

PEM 1114 Cycle Fitness
Credit Hours: 1
This course is designed for students to participate in indoor cycling group workouts. Students will learn the proper use of cycle bikes for a safe and effective workout. Students will learn basic instruction techniques and cardiovascular endurance through stationary cycling.

PEM 1121 Yoga
Credit Hours: 1
This course is designed to teach basic yoga movements and positions which contribute to flexibility, strength, and relaxation.

PEM 1131 Weight Training
Credit Hours: 1
This course offers instruction and practice in the proper techniques for developing strength, endurance, and flexibility. Emphasis is placed on the application of scientific principles and methods used to build, improve, and maintain proper muscular fitness and body composition. Students will learn appropriate weight lifting techniques through hands-on experience, participation, and guidance. This course may be taken for maximum credit of 99.

PEM 1141 Aerobics
Credit Hours: 1
Introduces the student to various forms of aerobic movement designed to improve cardiovascular endurance. This course may be taken for maximum credit of 99.

PEM 1176 Kickboxing
Credit Hours: 1
This course is designed to provide a total workout to improve cardiovascular endurance, coordination, balance, concentration, agility, and muscle tone using punches, kicks, combinations, aerobic activity, and light weights.