

# FITNESS, EXERCISE, & SPORTS (FES)

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## FES 1XX Fitness, Exercise & Sport Transfer Credit (0 Credits)

## FES 2XX Fitness, Exercise & Sport Transfer Credit (0 Credits)

## FES 103 Archery And Bowling (2 Credits)

## FES 104 Spinning (R) (2 Credits)

This is an indoor stationary cycling course. Using specially designed bicycles, participants are guided by instructor, through a simulated outdoor bike ride. Students of all fitness levels, age groups and gender population can participate. This course provides an efficient, low impact, high-energy group workout. The instructor integrates motivational techniques, driving music, camaraderie and visualization tools in one complete mind/body exercise program.

## FES 105 Tai Chi I (2 Credits)

Tai Chi is an ancient art of self-defense practiced by monks during the Sung Dynasty (960-1278 B.C.E.). The practice includes synchronized a series of simple graceful movements promoting fitness, vitality in health and well-being. This course will introduce and expose students to basic cognitive and practical Tai Chi principles.

## FES 107 Aerobic Dance & Conditioning (3 Credits)

Aerobic dance combines exercise with rhythmical activities. This course is designed to help students understand the basis of aerobic fitness and to provide information for developing a program of exercise that best fits the needs of individuals.

## FES 108 Introduction to Paddleball (3 Credits)

## FES 109 Racquetball (2 Credits)

In this course, students develop the skills necessary for active participation in racquetball. Comprehensive information about equipment, rules, tournament competition and strategy for both singles and doubles play is provided.

## FES 111 Yoga I (2 Credits)

Yoga I teaches the union of opposite through basic practices. This course will introduce basic level of physical execution through sequencing of postures while incorporating breathing with postural variation. Students will learn how to integrate basic principles of yoga philosophy through application and practice which supports holistic teaching and learning.

## FES 113 Yoga II (2 Credits)

Yoga II teaches the union of opposites through advanced practices. Students will explore higher levels of physical execution, transitions and sequencing of asanas while effectively incorporating advanced breathing with postural variation and imagery. The transition from practical philosophy to integrated application through continuous practice supports holistic teaching and learning.

**Pre-Requisite(s):** FES 105, Tai chi or FES 111, Yoga

## FES 116 Swimming Level 1 (2 Credits)

This introductory course is designed for those who cannot swim or for those at a beginner's level of swimming. It includes the study and practice of basic swimming strokes and water safety.

## FES 117 Swimming Level 2 (2 Credits)

The study and practice of basic swimming strokes and introduction to springboard diving are offered in this course. The additional skills of floating, treading water, turns, entry into the water and safety are included.

## FES 118 Scuba Open Water Dive Course (3 Credits)

This course is performance based, teaching practical and theoretical aspects of scuba diving. Open Water Dives integrate principles and skills learned in Confined Water Dives as students apply both in the open water dive environment. Students who successfully perform learned skills at a designated dive site can receive International Certification.

## FES 120 Body Workout II (3 Credits)

## FES 121 Pilates Flexibility Methods (3 Credits)

This course is focused on improving posture and eliminating unnecessary tension carried in the body through a system of exercises related to the anatomy and physical dynamics of the body. Students learn to recognize the superficial muscles and their actions by practicing alignment, stretching and massage techniques. Drawing and tracing surface muscles is an integral part of this course.

## FES 123 Step Aerobics I (3 Credits)

This course provides an introduction to a program of exercises designed to improve cardiovascular capacity. Heart rate monitoring and perceived exertion is learned. Elements of a safe and effective workout are stressed during low impact aerobics using step-benches. This course emphasizes cardiovascular endurance and tones the lower body. The function of the muscular, respiratory, and cardiovascular systems as they relate to exercise are covered.

## FES 124 Cardio-Training I (3 Credits)

The emphasis of this course is cardiovascular exercise in a variety of formats. The semester is divided into a minimum of three four-week modules to insure participation in no less than three different aerobic exercise systems. Fitness Center aerobic machines, slides, step aerobics, walking/jogging, water aerobics and circuit training systems are utilized.

## FES 140 Perspectives in Personal Health and Wellness (3 Credits)

A personal approach to health and wellness will be explored through self-assessment and practical application to everyday life. The course will focus on health and wellness concepts important in making informed choices about one's physical, mental, and emotional well-being.

## FES 150 Emergency Personnel Fitness (3 Credits)

This course introduces the students to the physical, cognitive and emotional demands of academy training. The students will be prepared to pass the physical training requirements of various government, state, and city agencies. Lectures and video presentations will be provided to introduce the students to several health and fitness topics, including the principles of exercise, coronary heart disease risk factors, physical readiness, nutrition, and lifetime health for emergency personnel.

## FES 161 Introduction to Tennis (3 Credits)

This course provides a study of the basic introductory skills (grips, strokes, serves, volleys, body positioning and other supplementary strokes), rules, etiquette, scoring and game strategies. History, types of courts, equipment and terminology are also reviewed.

## FES 180 Karate-Tae Kwon Do (3 Credits)

This course provides an overview of the history, philosophy, training and practice of the oriental martial art of Tae Kwon Do (Karate). Basic exercises, fundamentals of form, free fighting and self-defense are taught.

## FES 186 Introduction to Golf (2 Credits)

An introduction to the fundamental skills and fundamental theories of golf is offered in this course. Basic golf skills are practiced in the gymnasium and during off-campus visits to local golf courses. There is a trip fee.

**FES 188 Basic Fencing (3 Credits)**

This course, which uses the French foil method, develops students' balance, strength and agility through instruction in parries, beats, and lunges. Bout procedures, techniques and strategies challenge the mind as well as the body. Equipment including vest, glove, mask and foil is provided.

**FES 190 Weight Training Methods (3 Credits)**

This course closely examines the fundamental principles and physiology of weight training as they apply to the general physical fitness goals of students. An individualized weight training program is developed as each student considers training level, technique and personal goals.

**FES 191 Weightlifting/Free Weights (3 Credits)**

This course explores the principles underlying strength training and its relationship to human movement. Each student designs an effective program to strengthen musculature while practicing proper free weight lifting techniques. Periodization theory is taught as a model for strength and power gains.

**FES 196 Introduction to Skiing (3 Credits)**

This course provides basic instruction and supervised practice for a minimum of thirty hours at a local ski area. Skills for skiing, using the American Ski Technique are taught. Standing and walking on skis, falling, snow plowing, step turns and other techniques are practiced. Information on the history of skiing, selection of equipment, physical conditioning, safety, etiquette and a review of racing programs are presented.

**FES 198 Jogging/Walking (3 Credits)****FES 202 Foundations of Physical Fitness (3 Credits)**

The emphasis in this course is on the basic knowledge, understanding and value of physical activity that is especially pertinent today in view of the high incidence of hypo-kinetic disease in American society. Classes are organized in a lecture-lab sequence to aid students in developing a knowledge of how to exercise properly and the reasons for exercise. Each student's exercise and fitness requirements are reviewed and assessed.

**FES 205 Prevention & Treatment of Athletic Injuries (3 Credits)**

This course reviews the practice and theory of athletic training procedures utilized for the immediate and temporary care of trauma, concussions, sprains, abrasions, lacerations and other injuries.

**Pre-Requisite(s):** BIOL 130, BIOL 131, BIOL 236, and BIOL 237.

**FES 207 Introduction to Exercise Science (3 Credits)**

This course provides an introduction to the field of exercise and sport science with particular focus on the key concepts of the sub-disciplines and the diverse range of professional careers associated with physical activity. Students will be exposed to the key issues and challenges of exercise science and sport including the structure of the industry, as well as career opportunities and pathways.

**FES 210 Movement Concepts & Skills (3 Credits)**

This course in basic body mechanics includes general anatomy and the interaction of the neuromuscular system to human movement. Students practice movement patterns designed to develop a more practical understanding of proper skeletal alignment and muscular balances. Emphasis is placed on learning by doing, while students practice techniques to improve balance, stability, flexibility and agility skills.

**FES 211 Abdominal and Core Fitness (2 Credits)**

The focus of this class is improve the functioning of the muscles associated with core strength. Core muscles help to support and stabilize the spine and are largely responsible for generating effective movement and force. Particular focus will be placed on strengthening the abdominal, back, chest, shoulder, and gluteus muscles. Various techniques that include exercise balls, resistance bands, balance boards, and forms of Pilates and yoga will be used to increase strength, flexibility, physical, and mental stamina. Emphasis will also be placed on basic exercise physiology, understanding musculature and movement, and incorporating a lifestyle of wellness.

**FES 217 Life Guarding (3 Credits)**

This course reviews the practical and theoretical techniques needed for life guarding candidates. Certification is awarded by the American Red Cross upon completion of skills and written tests.

**FES 219 Water Safety Instructor (3 Credits)**

An analysis of water skills from the beginning through advanced swimming is the focus of this course. Methods of organization and teaching of skills are reviewed. Red Cross certification is awarded to those who qualify.

**FES 224 Water Conditioning Workout (2 Credits)**

The student will be introduced to an activity that offers an injury-free environment while adding variety to cardiovascular and resistance exercise systems. 1. Water workouts are conducted in waist to chest deep water; thus swimming skills are NOT required. 2. Water acts as a cushion for your weight-bearing joints (buoyancy) and water resistance to movement becomes a natural weight-training machine. 3. Students will be divided into appropriate skills and fitness levels while learning the correct biomechanics of exercising in the water. Goals will be improvement of strength, flexibility and cardiovascular endurance.

**FES 225 Bolly X (3 Credits)**

Bolly X, a Bollywood inspired dance fitness program, combines exhilarating choreography and intensive workouts with upbeat world music. One cardio workout cycles between higher and lower intensity sequences delivering a total body workout.

**FES 230 Bokwa Fitness (3 Credits)**

Bokwa dance, a unique approach to group fitness exercise, is rapidly spreading across the globe. Students of all abilities draw letters and numbers with their feet while performing an energizing and fun cardio workout routine together to the latest popular music, whilst the instructor teaches using Bokwa hand sign language.

**FES 231 Bokwa Punch and Strike (3 Credits)**

Bokwa Punch and Strike is loaded with intensity and effective moves allow participants to build an energetic workout. A serious power and strength format for both genders, yet fun and addictive, combines the Bokwa rhythms of popular music based on regular Bokwa dance level 1 structured steps.

**FES 240 Sports Officiating (3 Credits)**

The course will provide the student with insight into the field of sports officiating from the viewpoint of the participants, the official, and the public/media. Various sports and officiating strategies will be presented throughout the semester. Students will gain an increased knowledge and appreciation of the different aspects of sports.

**Pre-Requisite(s):** FES 124 and FES 190

**FES 241 Self: I as Body (3 Credits)**

Course is divided into two broad components that bridge a creative and scientific approach to understanding self-identity and the human form. Students study anatomy, the human nude and engage in physical activity. This course connects knowledge, creativity and somatic experience to explore the human form and identity.

**FES 296 Intermediate Skiing (2 Credits)**

This course is designed for those with a basic knowledge of and skill in skiing who desire to improve their ability.

**FES 302 Contemporary Sport & Fitness Activities (3 Credits)**

The course provides broad exposure to various contemporary sport and fitness activities in which today's society participates.

**FES 303 Athletic Practicum (3 Credits)**

This course is a laboratory experience in dealing with the practical work related to athletic training. Students participate in taping and wrapping techniques that will aid in the prevention and rehabilitation of athletic injuries.

**Pre-Requisite(s):** FES 205 Prevention and Treatment of Athletic Injuries

**FES 306 Foundations of Sport and Leisure Studies (3 Credits)**

This course analyzes the nature, scope and significance of sport and leisure in today's society. Students are given the opportunity to trace the history and the evolution of theories of sport and leisure as influencing factors facing the individual and society.

**FES 310 Sport in American Society (3 Credits)**

The study of sport in society as it affects humanities' development, form of expression, systems and the inter-relationships of sport with other elements of culture are the themes of this course.

**FES 315 Structural Kinesiology (3 Credits)**

This course examines the fundamental anatomical analysis of human movement and sports skills. The course exposes students to the field of athletic training, physical therapy, and other medical specialties, and gives a straightforward view of human anatomy and its relation to movement. This is a required course for the students in the Exercise Science Major, and those completing a Minor in Fitness, Exercise and Sports.

**Corequisite:** BIOL 236 A&P I

**FES 320 Sports Nutrition (3 Credits)**

A broad overview of the physiological aspects of nutrition and exercise programs are provided in this course. Proper selection of food for different age groups and genders is discussed. Physiological aspects of exercise and its effect on the cardiovascular system, metabolism, obesity and weight control are reviewed. Selection of type, intensity and frequency of an exercise program for children, women, middle-aged and senior citizens is considered.

**FES 343 Behavioral Patterns in Sport (3 Credits)**

This course includes an examination of behavioral patterns relating to individuals and groups. Topics treat various roles/positions in the sport industry such as athlete, coach, spectator, etc. Behavior resulting from articulation between various individuals and/or groups is also covered.

**FES 407 Responding to Emergencies (3 Credits)**

Core knowledge and materials that introduce students to a basic understanding of the human body under normal and adverse conditions are reviewed in this course. The nature, cause and first aid care for emergency health procedures are reviewed. American Red Cross Standard First Aid Certification and C.P.R. Certification may be earned.

**FES 409 Organization & Administration of Recreational Programs (3 Credits)**

This course examines the techniques and practices pertaining to the organization and administration of sport and recreational services. It covers a variety of procedures such as activity formats, planning, program development and other managerial procedures.

**FES 412 Methods and Materials of Teach (3 Credits)**

This course is a study of various methods for organized instruction and planning in recreational sports using available equipment and facilities. Motivational, promotional awards and tournament systems are studied along with safety procedures.

**FES 420 Foundations of Kinesiology (3 Credits)**

This course examines the fundamental anatomical analysis of human movement and sports skills. This is a required course for the students completing a Minor in Fitness.

**Pre-Requisite(s):** BIOL 130, BIOL 131, BIOL 236, and BIOL 237.

**FES 421 Physiological Foundations of Exercise (3 Credits)**

This course focuses on the application and interpretation of the principles of physiology involved in vigorous muscular activity. Current research in athletics training programs is reviewed as well as laboratory experience demonstrating these principles.

**FES 422 Exercise Physiology (3 Credits)**

This course examines the structure and function of skeletal muscles, energy sources, oxygen requirements for muscular activity and fitness assessment, and exercise prescriptions. This is a required course for the students completing the Fitness Minor.

**Pre-Requisite(s):** BIOL 130, BIOL 131, BIOL 236, and BIOL 237