DEPARTMENT MISSION

The Department of Health, Physical Education and Wellness supports the mission of the College, which is to provide a liberal arts education and/or career education or continuing education.

This education aims to prepare students for a life of independence and creative thinking and community participation.

The College seeks to meet the needs of its culturally and linguistically diverse student body so that all students can develop to his or her full potential.

The philosophy of the Department of Health, Physical Education and Wellness reflects the belief that an individual develops in a multi-faceted context. We believe in preparing students in all aspects of growth with a holistic concept of health.

Office: Alumni Gymnasium (AG), Room 300
Phone: 718.289.5268
Website: www.bcc.cuny.edu/Physical-Education/

Chairperson and Professor: Dr. J. Heller
Deputy Chairperson and Professor: Dr. S. Moss
Professors: D. Genova, S. Schwartz
Associate Professor: C. Aleong
Assistant Professors: J. Acevedo, K. Cooper, U. Lysniak, S. Reader, H. Skinner
Lecturers: M. McNichol, E. Gruttadauria
Senior College Laboratory Technician: A. DeJesus
Office Manager: M. Torres
College Assistant: D. Gomez

DEGREE PROGRAMS

Community/School Health Education, A.S.
Dietetics and Nutrition Science, A.S.
Therapeutic Recreation, A.S.

COURSES

Cardiopulmonary Resuscitation (CPR)
Health (HLT)
Health Care Management (HCM)
Physical Education (PEA)
Recreation (REC)
Workplace First Aid Training (WFA)

CLUBS

Dance Workshop: Prof. Kelvin Cooper
Food and Garden Club: Prof. Charmaine Aleong

COMMUNITY/SCHOOL HEALTH EDUCATION

Associate in Science Degree | Transfer Degree
Department of Health, Physical Education and Wellness

Health education is a rapidly growing field that aims to promote health and prevent diseases in individuals, families and communities. Community health educators work in hospitals, health centers, community agencies, schools, business settings and governmental agencies. Health educators impart information about such health issues as heart disease, diabetes, obesity, stress, reproductive health, dependencies and safety. The School Health Educator is a specialist who teaches and promotes health in any educational facility from pre-kindergarten through college. Public, private and parochial schools, as well as colleges and universities, all require trained health educators. The A.S. degree in Community/School Health Education offers a solid foundation for continuing on towards a baccalaureate degree either at The City University of New York or at other colleges and universities. Upon completion of the 60 credit A.S. degree, students may enter a bachelor’s degree program as a third year student or they may seek employment in a community health agency.

Curriculum Coordinator: Mary Lou McNichol

Community/School Health Education Curriculum (Pathways)

60 Credits required for A.S. Degree

Required Core

A. English Composition (6 Credits)
B. Mathematical and Quantitative Reasoning (3 Credits)
C. Life and Physical Sciences
   • BIO 11 General Biology I OR
   • BIO 23* Anatomy and Physiology I (4 Credits)

RESTRICTED ELECTIVE

Select one course from Area A-E.** (3 Credits)

SUBTOTAL 13

Flexible Core

A. World Cultures and Global Issues (3 Credits)
B. U.S. Experience in its Diversity (3 Credits)
C. Creative Expression (3 Credits)
D. Individual and Society (3 Credits)
E. Scientific World
   • CHM 17 Fundamentals of General Chemistry OR
   • BIO 24* Anatomy and Physiology II (4 Credits)

SUBTOTAL 19
Specialization Requirements

- CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
- PEA 12 Elementary Hatha Yoga OR PEA 82 Introduction to Tai Chi Chuan (1 Credit)
- PEA 2 Physical Education (1 Credit)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 94 Human Nutrition (3 Credits)
- Select 2 Courses from the following:
  - HLT 90 Health and Aging
  - HLT 92 Drugs, Society and Human Behavior
  - HLT 93 Human Sexuality
  - HLT 96 Health Education for Parenting
  - HLT 97 Field Work in Community Health Resources 3
  - HLT 89 HIV/AIDS (6 Credits)
- PSY 11 Introduction to Psychology (0-3 Credits)
- SOC 11 Introduction to Sociology (0-3 Credits)
- Restricted Elective (0-6 Credits)
- COMM 20 Public Speaking AND PSY 41 Psychology of Infancy and Childhood OR MODERN LANGUAGE 4 (Select two from the same language)
- FREE ELECTIVES (2-11 Credits)

SUBTOTAL 28

* The curriculum has obtained a waiver to require its students to take CHM 17 and BIO 11 or the sequence BIO 23-BIO 24 in the Common Core.

** No more than two courses in any discipline or interdisciplinary field.

1 Students planning to transfer to Lehman College, or other four-year programs, are strongly advised to take BIO 23 and BIO 24 instead of BIO 11 and CHM 17. If students transferring into this program complete different courses in these areas, they will be certified as having completed the Common Core requirements, but it may not be possible for them to finish their degree within the regular number (60) of credits.

2 Select any physical education course except PEA 12 and PEA 82.

3 Students who are not planning on transferring to a 4 year program in Community Health are encouraged to take this course.

4 Choose from a foreign language at the appropriate level. Both courses must be from the same foreign language.

The program articulates with Lehman College’s B.S. in Health Education as well as with SUNY Empire State.

COMMUNITY/SCHOOL HEALTH EDUCATION (PRE-PATHWAYS)

Associate in Science Degree | Transfer Degree
Department of Health, Physical Education and Wellness

If you began studying at BCC in or after Fall 2013, Pathways applies. Pathways also applies to students who have returned to CUNY after an absence of more than one semester. If you are a continuing student who entered before Fall 2013, you will be able to choose whether you remain with your existing requirements or change to Pathways. You should consult with an academic advisor.

Curriculum Coordinator: Mary Lou McNichol

Community/School Health Education Curriculum

60 Credits required for A.S. Degree

Core Requirements

- ENG 10 Fundamentals of Composition and Rhetoric OR ENG 11 Composition and Rhetoric I (3 Credits)
- CMS 11 Fundamentals of Interpersonal Communication (3 Credits)
- PSY 11 Introduction to Psychology (3 Credits)
- PSY 41 Psychology of Infancy and Childhood (3 Credits)
- SOC 11 Sociology (3 Credits)
- CMS Any 3 credit CMS course excluding CMS 10 (3 Credits)
- MODERN LANGUAGE 3 (8 Credits)
- ENGLISH Any three credit English course (3 Credits)

TOTAL 17

Required Areas of Study

- ART 11 Introduction to Art OR MUS 11 Introduction to Music (3 Credits)
- HLT 91 Critical Issues in Health (2 Credits)
- CHM 17 Fundamentals of General Chemistry I (4 Credits)
- PSY 11 Introduction to Psychology (3 Credits)
- PSY 41 Psychology of Infancy and Childhood (3 Credits)
- SOC 11 Sociology (3 Credits)
- CMS Any 3 credit CMS course excluding CMS 10 (3 Credits)
- MODERN LANGUAGE 3 (8 Credits)
- ENGLISH Any three credit English course (3 Credits)

TOTAL 32

Specialization Requirements

- CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
- PEA 12 Elementary Hatha Yoga OR PEA 82 Introduction to Tai Chi Chuan (1 Credit)
- HLT 94 Human Nutrition (3 Credits)
Select 2 courses from the following:

- HLT 89 HIV / AIDS
- HLT 90 Health and Aging
- HLT 92 Drugs, Society and Human Behavior
- HLT 93 Human Sexuality
- HLT 96 Health Education for Parenting
- HLT 97 Field Work in Community Health Resources

(6 Credits)

TOTAL 11

NOTE: At least two courses must be taken from a list designated as “Writing Intensive” as published each semester in the Registration Guide and Schedule of Classes.

1. Students planning to transfer to Lehman College are advised to take BIO 23 and 24 instead of BIO 11 and CHM 17.
2. Select any physical education course except PEA 12 or 82.
3. The 8 credits must be in the same language. See language requirements in “The Curricula and Programs” section of this catalog.
4. Students who are not planning on transferring to a 4-year program in Community Health are encouraged to take this course.

### DIETETICS AND NUTRITION SCIENCE

**Associate in Science Degree | Joint Degree Program**

Dietetics and Nutrition Science specialists are employed in health and human services settings such as hospitals, nursing homes, adult care facilities, youth agencies, schools and food service establishments. Dietitians and nutritionists assist in preventing disease and treating illness by promoting healthy eating habits. Dietitians may also practice in clinical, community, management and consultant settings.

The program in Dietetics and Nutrition Science consists of four semesters of Liberal Arts and Science education and courses directly related to dietetics and nutrition.

The Dietetics and Nutrition Science Associate in Science (A.S.) degree program is a dual/joint degree program with Lehman College’s B.S. degree program in Dietetics, Foods and Nutrition.

Upon successful completion of the curriculum at Bronx Community College, students will automatically be accepted into Lehman College’s Dietetics, Foods and Nutrition Program. At Lehman, students can continue in the specialization of Dietetics, Foods and Nutrition or Food Service and Nutrition. Both programs are designed to prepare students for entry-level positions as dietitians or nutritionists in health-care facilities, community agencies, food service operations and corporations. Students will also be prepared for graduate study in the American Dietetic Association (ADA), which complies with the requirement for the Didactic Programs in Dietetics (DPDs). Students who complete this program can apply for an ADA-accredited dietetic internship. Completion of the internship and option I enables the student to become eligible to take the registration examination in dietetics to become a Registered Dietitian (RD). Option II, Food Service and Nutrition, is a concentration in foods, food service and nutrition for students interested in serving the needs of the food service industry. These professionals may be involved in restaurant catering, community food service and corporate food service.

Curriculum Coordinator: Professor Charmaine Aleong

### Dietetics and Nutrition Science Curriculum (Pathways)

#### 60 Credits required for A.S. Degree

**Required Core**

A. English Composition (6 Credits)
B. Mathematical and Quantitative Reasoning 1 (3 Credits)
C. Life and Physical Sciences 2
- BIO 23 Human Anatomy and Physiology I (4 Credits)
SUBTOTAL 13

**Flexible Core**

A. World Cultures and Global Issues (3 Credits)
B. U.S. Experience in its Diversity (3 Credits)
C. Creative Expression (3 Credits)
D. Individual and Society (3 Credits)
E. Scientific World
- BIO 24 Human Anatomy and Physiology II (4 Credits)

Select one course from Area A-E (3 Credits)

SUBTOTAL 19

**Specialization Requirements**

- CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
- HLT 91 Critical Issues in Health (2 Credits)
- HLT 94 Human Nutrition (3 Credits)
- HLT 99 Health of the Nation (2 Credits)
- HCM 11 The U.S. Health Care Delivery System (3 Credits)
- PEA 51 Stress Management (2 Credits)
- CHM 17 Fundamentals of General Chemistry I (0-4 Credits)
- DAT 10 Computer Fundamentals and Applications (3 Credits)
- PSY 11 Introduction to Psychology (0-3 Credits)
- SOC 11 Sociology (0-3 Credits)
- FREE ELECTIVES (2-11 Credits)

SUBTOTAL 28

1. Students in this curriculum are strongly advised to take MTH 23 to fulfill required Core Area B.
2. NOTE: The program has been given a waiver to require its students to take BIO 23 to fulfill Required Area C and BIO 24 to fulfill Flexible Area E in the Flexible Core.
3. If this course satisfies a Flexible Core Area, free elective credits may be taken.
DEGREE REQUIREMENTS AND EXPLANATION OF CREDIT | 2014-2015 COLLEGE CATALOG

HEALTH, PHYSICAL EDUCATION AND WELLNESS |

DIETETICS AND NUTRITION SCIENCE (PRE-PATHWAYS)

Associate in Science Degree | Joint Degree Program Department of Health, Physical Education and Wellness

If you began studying at BCC in or after Fall 2013, Pathways applies. Pathways also applies to students who have returned to CUNY after an absence of more than one semester. If you are a continuing student who entered before Fall 2013, you will be able to choose whether you remain with your existing requirements or change to Pathways. You should consult with an academic advisor.

Curriculum Coordinator: Professor Charmaine Aleong

Core Requirements

- ENG 10 Fundamentals of Composition and Rhetoric OR ENG 11 Composition and Rhetoric I (3 Credits)
- CMS 11 Fundamentals of Interpersonal Communication (3 Credits)
- HIS 10 History of the Modern World OR HIS 11 Introduction to the Modern World (3 Credits)
- MTH 23 Probability and Statistics (3 Credits)
- BIO 23 Human Anatomy and Physiology I (4 Credits)
- BIO 24 Human Anatomy and Physiology II (4 Credits)

Required Core (20 Credits)

- ART 11 Introduction to Art OR MUS 11 Introduction to Music (3 Credits)
- CHM 17 Fundamentals of General Chemistry I (4 Credits)
- ENG 12 Composition and Rhetoric II OR ENG 14 Written Composition and Prose Fiction OR ENG 15 Written Composition and Drama OR ENG 16 Written Composition and Poetry (3 Credits)
- HLT 91 Critical Issues in Health (2 Credits)
- MODERN LANGUAGE (8 Credits)
  (Choose from a foreign language at the appropriate level. Both courses must be in the same language.)
- PSY 11 Introduction to Psychology (3 Credits)
- SOC 11 Sociology (3 Credits)

Total 26 Credits

Required Areas of Study

- CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
- HLT 94 Human Nutrition (3 Credits)
- HLT 99 Health of the Nation (2 Credits)
- HCM 11 The U.S. Health Care Delivery System (3 Credits)
- DAT 10 Computer Fundamentals and Applications (3 Credits)
- PEA 51 Stress Management (2 Credits)

Total 14 Credits

NOTE: At least two courses must be taken from a list designated as “Writing Intensive.”

Therapeutic Recreation

Associate in Science Degree | Joint Degree Program Department of Health, Physical Education and Wellness

Curriculum Coordinator: Professor Jose Acevedo

Therapeutic Recreation Specialists are employed in health and human services settings such as hospitals, nursing homes, adult day care facilities, youth agencies, drug treatment centers and homeless shelters. They work with people who have a variety of disabilities and health conditions to improve their leisure time skills and their quality of life.

The program in Therapeutic Recreation consists of four semesters of Liberal Arts education and courses directly related to recreation. The Therapeutic Recreation Associate of Science (A.S.) degree program is a joint degree program with Lehman College’s B.S. program in Recreation Education.

Upon completion of the curriculum at Bronx Community College students will automatically be accepted into Lehman College’s Recreation Education Program. At Lehman, students can continue in the specialization of Therapeutic Recreation or Administration. Upon graduation from Lehman College students in Therapeutic Recreation are eligible to take the National Certification Examination for Certified Therapeutic Recreation Specialist (CTRS) administered by the National Council for Therapeutic Recreation Certification. Students in the administration specialization are employed in public parks and recreation agencies, not-for-profit organizations such as P.A.L. and the YMCA, health and fitness centers, camps and sports associations. Upon graduation from Lehman College, students can sit for the national certifying examination for Certified Leisure Professional (CLP) administered by the National Recreation and Park Association.

Therapeutic Recreation Curriculum (Pathways)

60 Credits required for A.S. Degree

Required Core

A. English Composition (6 Credits)

B. Mathematical and Quantitative Reasoning* (3 Credits)

*Students in this curriculum are strongly advised to take MTH 23

C. Life and Physical Sciences**

- BIO 23 Human Anatomy and Physiology I (4 Credits)

** This program has received a waiver to require STEM variant courses to fulfill. Required Core B and Flexible Core E requirements.

SUBTOTAL 13
Flexible Core
No more than two courses in any discipline or interdisciplinary field.
   A. World Cultures and Global Issues (3 Credits)
   B. U.S. Experience in its Diversity (3 Credits)
   C. Creative Expression (3 Credits)
   D. Individual and Society (3 Credits)
   E. Scientific World**
      • BIO 24 Human Anatomy and Physiology II (4 Credits)
      ** This program has received a waiver to require STEM variant courses to fulfill. Required Core B and Flexible Core E requirements.

RESTRICTED ELECTIVE Select one course from Flexible Core A-E (3 Credits)
SUBTOTAL 19

Specialization Requirements
   • CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)
   • REC 93 Introduction to Therapeutic Recreation (3 Credits)
   • REC 94 Recreation: Historical and Philosophical Perspective (3 Credits)
   • REC 95 Program Planning and Leadership in Recreation (3 Credits)
   • PEA 51 Stress Management (2 Credits)
   • HLT 91 Critical Issues in Health (2 Credits)
   • HLT 99 Health of the Nation (2 Credits)
   • HCM 11 The U.S. Health Care Delivery System (3 Credits)
   • PEA Select any Course (1 Credit)
   • PSY 11 Introduction to Psychology (0-3 Credits)
   • RESTRICTED ELECTIVES (1 Credits)
   • FREE ELECTIVES (2-5 Credits)
SUBTOTAL 28

1 If this course satisfies a flexible core area, free electives may be taken.
2 Select from REC 96, any 3 credit HLT, or PEA courses totaling 3 credits

THERAPEUTIC RECREATION (PRE-PATHWAYS)
Associate in Science Degree | Joint Degree Program Department of Health, Physical Education and Wellness

If you began studying at BCC in or after Fall 2013, Pathways applies. Pathways also applies to students who have returned to CUNY after an absence of more than one semester. If you are a continuing student who entered before Fall 2013, you will be able to choose whether you remain with your existing requirements or change to Pathways. You should consult with an academic advisor.

Curriculum Coordinator: Professor Jose Acevedo

Therapeutic Recreation Curriculum
60 Credits required for A.S. Degree

Core Requirements
   • ENG 10 Fundamentals of Composition and Rhetoric I OR ENG 11 Composition and Rhetoric I (3 Credits)
   • CMS 11 Fundamentals of Interpersonal Communication (3 Credits)
   • MTH 23 Probability and Statistics (3 Credits)
   • HIS 10 History of the Modern World OR HIS 11 Introduction to the Modern World (3 Credits)
   • BIO 23 and BIO 24 Human Anatomy and Physiology I and II (8 Credits)

TOTAL 20

Required Areas of Study
   • ENG 12 Composition and Rhetoric II OR ENG 14 Written Composition and Prose Fiction OR ENG 15 Written Composition and Drama OR ENG 16 Written Composition and Poetry (3 Credits)
   • ART 11 Introduction to Art OR MUS 11 Introduction to Music (3 Credits)
   • PSY 11 Introduction to Psychology (3 Credits)
   • HCM 11 The US Health Care Delivery System (3 Credits)
   • HLT 91 Critical Issues in Health (2 Credits)
   • HLT 99 Health of the Nation (2 Credits)
   • PEA Select any Course (1 Credits)
   • RESTRICTED ELECTIVE* (3 Credits)
   • MODERN LANGUAGE** (0-8 Credits)

TOTAL 20-28

Specialization Requirements
   • REC 93 Introduction to Therapeutic Recreation (3 Credits)
   • REC 94 Recreation: Historical and Philosophical Perspective (3 Credits)
   • REC 95 Program Planning and Leadership in Recreation (3 Credits)
   • PEA 51 Stress Management (2 Credits)
   • CPR 10 Cardiopulmonary Resuscitation OR WFA 10 Workplace First Aid Training (1 Credit)

TOTAL 12

FREE ELECTIVES
   • To complete the 60 credit requirement (0-8 Credits)

NOTE: At least two courses must be taken from a list designated as “Writing Intensive” as published each semester in the Registration Guide and Schedule of Classes.
*Select REC 96, any 3 Credit HLT course, or PEA courses totaling 3 credits
** Students who have completed the Modern Language requirement may select courses from Liberal Arts and Science to complete the 60 credit requirement.
COURSES

Cardiopulmonary Resuscitation

CPR 10  1 lab 1 cr  
Cardiopulmonary Resuscitation  
(Does not fulfill PEA requirement)  
Designed to develop basic life support, knowledge and skill in cardiopulmonary resuscitation (clearing obstructed airways and mouth to mouth resuscitation). Students meeting the American Heart Association standards will receive AHA certification.

Health

HLT 20  3 lect 3 cr  
Aspects of Human Sexuality  
This course teaches students about physical, sociological, and psychological aspects of human sexuality. Scientific research on gender, sexual arousal, sexual orientation, sexually transmitted infections, and contraception will be explored. Students will examine cross cultural factors and ethical issues surrounding human sexuality.  
Pre or Corequisite: ENG 02 and RDL 02 if required.

HLT 89  3 lec 3 cr  
HIV / AIDS  
This course is designed to teach the most current body of knowledge in the field of HIV disease. Learners will explore the history, epidemiology, primary, secondary and tertiary prevention strategies as well as controversial issues from the perspective of different stakeholders, locally, nationally and globally.  
Prerequisite: HLT 91.

HLT 90  3 lec 3 cr  
Health and Aging  
This course provides an examination of health promotion, health management and health care in the elderly years. It explores the inter-relationship between the physiological, psychological, social, economic, and cultural dimensions of aging.  
Prerequisite: HLT 91.

HLT 91  2 rec 2 cr  
Critical Issues in Health  
Intended to develop and encourage critical judgment in vital areas of health: mental health, dependencies, human sexuality and nutrition.  
Corequisite: ENG 01 or RDL 01 if required.

HLT 92  3 rec 3 cr  
Drugs, Society and Human Behavior  
Various aspects of drug use and abuse are explored – pharmacological, historical, legal and psychosocial. Emphasis on the roles of the individual and society in dealing with current issues.  
Prerequisite: HLT 91.

HLT 93  3 rec 3 cr  
Human Sexuality  
Consideration of physical, sociological, and psychological aspects of human sexuality with emphasis on development of critical judgment in addressing ethical issues.  
Prerequisite: HLT 91.

HLT 94  3 rec 3 cr  
Human Nutrition  
Introduction to essentials of nutrition education and the relationship of food to the student’s personal goals and life experiences. Students-as-consumers find their choices and responsibilities emphasized by classroom experiments, self-examination and experiential learning. Weight control, changing food requirements in the life cycle, special diets, food labeling, additives, food economics in relationship to health are included.  
Prerequisite: HLT 91 and/or permission of instructor.

HLT 96  3 rec 3 cr  
Health Education for Parenting  
Provides health care information as it relates to child development. Provides parents and others who work with children with resources and coping skills needed to raise a healthy child and to nurture the family unit.  
Prerequisite: HLT 91.

HLT 97  1 sem 5 hrs field work 3 cr  
Field Work in Community Health Resources  
Provides students with firsthand knowledge of the community, its health problems and the forces impacting on them. Offers an opportunity to become involved in identifying and addressing problems.  
Prerequisite: HLT 91 and/or permission of instructor.

HLT 98  1 rec 2 hrs field work 3 cr  
Community Health Resources for Child Care Workers  
Seminar in community health resources for child care workers. Students use their job placement as field work experience and keep weekly logs.

HLT 99  2 rec 2 cr  
Health of the Nation  
Provides an examination of the health status of different populations in the United States. Concepts of epidemiology, health promotion and disease prevention are discussed. The characteristics of special populations are addressed as are some of the major threats to the health, safety and welfare of individuals in society.  
Corequisite: ENG 01 or RDL 01.
Health Care Management

HCM 11  3 rec 3 cr

The U.S. Health Care Delivery System
Examines key issues about the organization and delivery of health and nutrition services. Explores the role of health care professions and occupations, the structure and function of the U.S. health services delivery system, and applications of technology and financial resources.

HCM 12  3 rec 3 cr

Hospital Organization and Management
Overview of management and organization theory with applications to health care settings. Examines conceptual, technical, and human skills as they relate to the management of complex health care institutions.
Prerequisites or Corequisites: BUS 51, HCM 11 and satisfactory completion of 30 credits.

HCM 31  3 rec 3 cr

Community Health Care Management
This course helps students develop the necessary skills to work as a Community Health Worker (CHW). Topics include public health, social determinants of health, health policy, working with culturally diverse clients, health outreach and group facilitation. Students will gain practical information on health advising, conducting client interviews, and presenting health information to groups.
Prerequisite: HLT 91 and HSC 10

Physical Education and Wellness

All students who enroll in PEA classes are strongly advised to get a medical exam and to file the results with Health Services (Loew Hall, 101). All instructors will make the fitness demands of their classes clear. The Department of Health, Physical Education and Wellness assumes no responsibility for students who are not physically fit enough to participate in our classes.

PEA 11  2 rec 1 cr

Fitness for Life
Designed to assist students in evaluating their present level of fitness and to provide opportunities for self-improvement. Selection from the following weight training and aerobic activities: weight training machines, free weights, jogging, fitness games, interval training, treadmills, exercise bikes, and other cardio fitness equipment.

PEA 12  2 rec 1 cr

Elementary Hatha Yoga
Progressive exercises designed to improve flexibility, develop efficient breathing, and apply relaxation techniques. The history of yoga, physiological benefits, stress management techniques, nutritional concepts and body awareness are interwoven to emphasize the integral nature of body and mind.

PEA 14  2 lab 1 cr

Aerobic Dance
Students participate in aerobic dance to improve cardiovascular fitness. There is additional mat work to develop toned muscles and flexibility. Course includes information on nutrition, weight management, injury management, and other fitness related concepts.

PEA 15  2 lab 1 cr

Walking, Jogging and Weight Training
Walking, jogging and weight training to develop cardiovascular endurance and muscle toning. Students are placed in individualized programs in jogging and weight training. Course includes information on the benefits of exercise, efficient training principles, posture, and other fitness related concepts.

PEA 16  2 lab 1 cr

Strength and Flexibility Training Through Pilates
Students will learn a challenging series of mat exercises that have proven to be effective for creating long, strong, well-toned, and flexible muscles. Students will study skeletal structures and major muscle groups, so that they may support their exercise routines with efficient alignment and coordinated breathing. The course will include lectures on other fitness related topics.

PEA 21  2 rec 1 cr

Beginning Swimming Level
Basic water safety skills and knowledge to make an individual reasonably safe while in, on, or about the water. Registration limited to non-swimmers.

PEA 22  2 rec 1 cr

Intermediate Swimming Level
Basic elements of good swimming; includes swimming techniques with emphasis upon mastering form and endurance in the front crawl, back crawl, elementary backstroke and deep water survival skills.
Prerequisite: PEA 21 or the ability to swim at least 25 yards using a crawl and/or backstroke.

PEA 23  2 rec 1 cr

Swimming
Intended for students beyond the intermediate swimming level. Emphasis on mastering form and endurance in crawl, back crawl, breaststroke, butterfly and sidestroke. Also covers competitive techniques of swimming, survival skills, and basic skin diving.
Prerequisite: PEA 22 or ability to swim at least 50 yards using a crawl stroke and/or backstroke in deep water.
PEA 24  2 rec 1 cr  
**Lifeguard Training**  
Development of skills and knowledge essential for a person to qualify as a non-surf lifeguard. Successful completion of this course qualifies student for American Red Cross Lifeguard Training Certificate. Students should expect to spend approximately $30 to cover the cost of certification.  
Prerequisite: Ability to swim 500 yards, employing front crawl, breaststroke, elementary backstroke and sidestroke.

PEA 25  1 lect 2 rec 2 cr  
**Water Safety Instructor***  
Course prepares the student to teach American Red Cross Water Safety courses. Successful completion of this course qualifies student for an American Red Cross Water Safety Instructor certificate. Students should expect to spend $30 to cover the cost of certification.  
Prerequisite: Student must be at least 17 years of age and have the ability to perform the American Red Cross swimmer level skills and the elementary backstroke, breaststroke, sidestroke, crawl stroke and back crawl.

PEA 28  2 rec 1 cr  
**Water Aerobics**  
Water exercise geared to improvement of posture, muscle tone and general coordination including strength, flexibility and endurance. Students enjoy the benefits of invigorating exercise without stress in a relaxing pool environment. Open to swimmers and non-swimmers.

PEA 30  2 lab 1 cr  
**Introduction to Volleyball**  
Basic skills related to volleyball: setting, underhand passing, blocking and spiking. Ten strategy and various offensive combinations as well as terminology and rules.

PEA 33  4 rec 7 1/2 wks 1 cr  
**Beginning Tennis**  
Fall semester first 7-1/2 weeks; spring semester last 7-1/2 weeks. Students will be notified of starting date. For beginning players. Skills include the forehand, backhand and serve plus elementary singles and doubles strategy. All equipment furnished by College. Meets two times a week, 2 rec. per session for 7-1/2 weeks.

PEA 41  2 rec 1 cr  
**Techniques of Jazz Dance**  
Basic techniques of jazz dance; development of new dance skills including kicks, turns, pivots, isolations, stretches, and traveling movements that will increase the ability to perform to contemporary music and to express oneself through dancing. Students will also have the opportunity to create original movement, to analyze dance on video, and to write dance critiques.

PEA 46  1 lect 2 rec 2 cr  
**African, Caribbean and Black Dance Forms†**  
Students will learn several African and Caribbean based dances, and develop improved coordination, rhythmic sensitivity, endurance, strength, flexibility, and stamina. They will explore the influence of African dance on the Caribbean, and on the contemporary American dance scene. Students will write papers on the role of African dance, African aesthetics, and related topics.

PEA 47  2 lab 1 cr  
**Beginning Salsa**  
Students will master beginning Salsa dance steps so that they may feel comfortable in social dance situations. Dance technique will include the basic step and variations, handholding positions, leading and following techniques, rhythmic accuracy, turn patterns and shines. Students will also learn about the history of Salsa dancing and music, and its current worldwide influence.

PEA 51  1 lect 2 lab 2 cr  
**Stress Management**  
Lectures focus on discussions of psychological and behavioral approaches to stress management. These include utilizing time management techniques, learning to recognize distorted stress inducing thought patterns, and incorporating effective communication skills. Lab work combines a variety of relaxation and exercise techniques which teach the student to combat the negative physical effects of stress. The final project for the course is student development of a personal stress management plan to best address individual needs.  
Corequisite: ENG 01 or RDL 01 if required.

PEA 71, 72, 73   1 cr hour arranged  
**Varsity Athletics**  
Students may enroll in one or more of the following intercollegiate athletic courses and receive up to three credits for work in such courses. Admission to each course, which is based on tryouts and permission of the instructor, may be used to fulfill PEA requirements. Students opting to receive credit are required to participate in games, scrimmages, conditioning programs, practices, ongoing individual and team analysis, post-season tournament play, written assignments, team and individual statistics and a final examination. Students who wish to participate without course credit may do so.  
Baseball (Men)  
Basketball (Men and Women)  
Indoor Track and Field (Co-ed)  
Outdoor Track and Field (Co-ed)  
Soccer (Men)  
Soccer (Women)  
Softball (Women)  
Tennis (Men and Women)  
Volleyball (Women)  
Wrestling (Men)
### PEA 81
**Techniques of Self-Defense**
Introduction to the skills and techniques of martial arts (judo, karate, jiu-jitsu and aikido) for the purpose of understanding their value for self-defense.

### PEA 82
**Introduction to Tai Chi Chuan**
Basic movements and beginner level forms of the Yang School of Tai Chi Chuan, ancient Chinese exercise system consisting of slow, rhythmical movements engaged in for health, meditation and self-defense by men and women of all ages. The movements are non-strenuous, easy to do and are intended to bring greater harmony to mind and body.

### Therapeutic Recreation

#### REC 93
**Introduction to Therapeutic Recreation**
Provides an overview of therapeutic recreation programs provided in clinical or community settings for the physically, mentally, socially or emotionally disabled. This course examines basic concepts and models of service with field observations.

**Prerequisite:** ENG 01 and RDL 01 if required.
**Corequisite:** ENG 02 or RDL 02 if required.

#### REC 94
**Recreation: Historical and Philosophical Perspective**
Reviews the historical development of recreation and leisure, and examines theories of play, recreation and leisure. It includes an exploration of the functions of organized recreation in the US today and enables individuals to develop a personal philosophy of leisure.

**Prerequisite:** REC 93.

#### REC 95
**Program Planning and Leadership in Recreation**
This course is designed to explore concepts, techniques, and strategies in recreational program planning, scheduling and operation in public, voluntary, therapeutic, and commercial settings. Basic principles and practices in group leadership.

**Prerequisite:** REC 94

#### REC 96
**Introduction to Alternative Therapies in Therapeutic Recreation**
An exploration of alternative therapies for special needs individuals. Program planning and use of various modalities (art, recreation activities) will be emphasized. Alternative modalities using DVD’s, virtual field visits, and role-playing activities to describe rehabilitation, hospital, recreation, and community-based service will be used.

**Prerequisite:** REC 93.

### Workplace First Aid

#### WFA 10
**Workplace First Aid Training**
Designed to provide individuals in the workplace with First Aid, CPR for Professional Rescuer, and Automated External Defibrillator (AED) knowledge and skills necessary to recognize and determine basic emergency care for injuries and sudden illnesses until advanced medical personnel arrive and take over. This course will contain first aid skills and knowledge in blood borne pathogen exposure, treatment for wounds, broken bones, and head and spinal injury and burns. This course will also include CPR training in rescue breathing obstructed airway, and performance of cardiopulmonary resuscitation, Bag-Valve Mask, and two-rescuer skills.

**Corequisite:** ENG 01 and RDL 01 if required.