

## **APPH 1050 Activity Section Descriptions**

### **Cardio Conditioning**

Cardio Conditioning sections focus on cardiovascular conditioning and functional training. Students will focus on individual improvement in muscular endurance and cardiovascular endurance through learning the use of various strength and cardiovascular equipment/exercises. Students will be instructed how to increase exercise intensity as the semester progresses. Flexibility and injury prevention techniques are also incorporated into the course activities.

### **Fitness 101**

Fitness 101 sections focus on strength training, cardiovascular conditioning, and flexibility. Students will focus on individual improvement in muscular strength and cardiovascular endurance through learning the use of various strength and cardiovascular equipment/exercises. Students will be instructed how to increase exercise intensity as the semester progresses. Flexibility and injury prevention techniques are also incorporated into the course activities.

### **Introduction to Outdoor Recreation**

Outdoor Recreation sections focus on introducing students to outdoor recreational activities and the skills necessary to participate in these activities. Students will receive instruction and participate in activities such as paddle boarding, climbing, backpacking, and kayaking, and practice skills such as orienteering and backcountry cooking. Students will understand the role of recreational activity in maintaining a balanced, healthy lifestyle.

### **Running**

Running sections focus on individual improvement in cardiovascular endurance by regular and progressive runs. Students are instructed how to increase the distance and times of runs as the semester progresses. Appropriate running form and attire are addressed. Flexibility and injury prevention techniques are also incorporated into the course activities.

### **Weight Training**

Weight training sections focus on individual improvement in fitness by regular and progressive workouts. Students are instructed how to improve muscular strength/endurance as the semester progresses with an emphasis on the use of free weights and dumbbells. Appropriate form is addressed. Cardiovascular training, mobility, flexibility, and injury prevention techniques are also incorporated into the course activities.

### **Yoga**

Yoga sections provide an introduction to Yoga as a strategy for physical activity and stress relief. The course includes traditional Yoga postures emphasizing flexibility, balance, breathing, meditation, and relaxation techniques as well as careful attention to alignment in classical poses. Students will be provided with a working knowledge of Yoga positions, the benefits associated with Yoga, and the knowledge to engage in Yoga to promote a balanced, healthy lifestyle.

### **Yoga and Mindfulness**

Yoga and Mindfulness sections promote physical and mental health through yoga exercises and meditation practices. Classes emphasize muscular endurance and flexibility while relieving tension and improving posture, balance, and mobility. Students will be instructed in breathing techniques and various methods of meditation and relaxation to reduce stress and develop body-awareness and mindfulness.