LFA - LIFE FITNESS ACTIVITIES

LFA 1000 Fitness Basics Cr. 1
Students will learn basic concepts of development and maintenance of physical activity and will be exposed to the different fitness opportunities offered locally while engaging in health-promoting and wellness activities. Fitness Basics is designed to allow students to participate in physical activity of their choice at a time and location that best fits their schedule, and is electronically recorded and synced to your instructor using a fitness tracking device (i.e. FitBit, Apple Watch, Garmin, Polar, Movband, and other approved devices). Offered Every Term. Repeatable for 4 Credits

LFA 1020 Individualized Skills Development Laboratory Cr. 1-2
Open only to varsity athletes; varsity athletes may elect only once per year for one credit per sport during the term of competition. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1030 Fitness Infusion Cr. 2
Group exercise combination class that introduces five LFA courses offered in the program: Sculpt, Stretch and Tone; Cardio-Fit Kickboxing; Boot Camp Fitness; Weight Training and Fitness; and Step and Tone. Designed to promote a variety of cardio and resistance training formats. Offered Every Term. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1035 Fitness Trends Cr. 2
A fitness sampler class offering an introduction to top fitness and physical activity trends. Fitness activities will change annually based on health and fitness trends in the industry. Offered Fall, Winter. Repeatable for 4 Credits

LFA 1040 Healthy Lifestyle Basics Cr. 2
A study of healthy eating, physical activity, and other lifestyle strategies to promote healthy living and weight management. Students will examine individual health and wellness, identify healthy behaviors, and develop skills to support a healthy lifestyle. Offered Every Term. Repeatable for 4 Credits

LFA 1100 Swimming: Elementary Cr. 2
Fundamental skills and knowledge in aquatics for beginners. Offered Every Term. Repeatable for 4 Credits

LFA 1210 Pilates Matwork Cr. 2
Total body exercise program using a series of floor exercises to increase strength, flexibility, stamina and concentration. Exercises are selected based on core strengths and stabilization methods. Offered Every Term. Repeatable for 4 Credits

LFA 1220 Cardio-Fit Kickboxing Cr. 2
Time-efficient workout that stimulates the cardiorespiratory and musculoskeletal systems. Structured routines for all fitness levels (basic, intermediate, advanced); utilizes only basic kickboxing techniques. Offered Every Term. Repeatable for 4 Credits

LFA 1230 Basic Toning and Cardio Cr. 2
Total-body resistance exercise program using hand weights, ankle weights, rubber tubing, adjustable step, and other flexible sources of resistance. High-repetition exercises concentrating on proper technique, body alignment, muscular development, sound biomechanical principles. Offered Every Term. Repeatable for 6 Credits

LFA 1235 Water Aerobics Cr. 2
Cardiovascular and muscular endurance and strengthening program using water resistance exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1240 Step and Tone Cr. 2
Cardiovascular and muscular endurance and strengthening program using the adjustable step, rubber tubing, and hand-held weights. Low-impact, high-intensity workout. Energy cost controlled by step height, music tempo, tubing tension, size of weights. Offered Every Term. Repeatable for 4 Credits

LFA 1250 Zumba Cr. 2
Zumba is a fusion of Latin and International music and dance themes; the routines feature easy-to-follow aerobic/fitness interval training with rhythms that tone and sculpt the body. Offered Every Term. Repeatable for 4 Credits

LFA 1275 Water Aerobics Cr. 2
Cardiovascular and muscular endurance program using water resistance exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1280 Piloxing Cr. 2
A study of Pilates, Pilates-inspired movements, and Pilates-inspired exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1290 Sculpt, Stretch and Tone Cr. 2
A study of Pilates, Pilates-inspired movements, and Pilates-inspired exercises performed to music designed to improve strength, flexibility and overall cardiovascular fitness. Performed in shallow water, this class offers basic, structured drills and routines, with low-impact, variable workout intensities, and use of additional resistance devices. Swimming skills not necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1300 Floor Hockey Cr. 2
Analysis, development and practice of fundamental skills, team play, strategies and rules of Floor Hockey. Offered Fall, Winter. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 6 Credits

LFA 1310 Rock Climbing Cr. 2
Provides instruction in the fundamentals of the sport of rock climbing: practical instruction in correct tying of rock climbing knots and other rope work; techniques of safely belaying a climber; and physical climbing techniques. Climbing safety, technique, and equipment will be discussed. No previous experience necessary. Offered Every Term. Repeatable for 4 Credits

LFA 1315 Boxing Conditioning Cr. 2
A time-efficient workout which stimulates the cardio respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic boxing techniques. Boxing skills not necessary. Great for improving cardiovascular endurance. Offered Every Term. Repeatable for 4 Credits

LFA 1320 Total Body Conditioning Cr. 2
Group physical training class that mixes traditional calisthenics and body weight exercises with cardiovascular interval training and strength conditioning. Designed to promote fat loss, camaraderie and team effort. Offered Every Term. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1340 Zero to a 5K Cr. 2
A personalized walking/jogging/running program designed to improve the level of cardio-respiratory condition of the participant, with the ultimate goal of completing a 5K (3.1 miles). Considerations include: nutrition, endurance, strength, proper form and various injury prevention guidelines. Offered Every Term. Restriction(s): Enrollment is limited to Undergraduate level students. Repeatable for 4 Credits

LFA 1420 Dance Fitness Cr. 2
Basic movement techniques to a variety of dance styles for increased cardiovascular fitness. Offered Every Term. Repeatable for 4 Credits
LFA 1460 Yoga Fusion Cr. 2
Total body exercise program blending yoga, strength, core work, and dance to increase strength, flexibility, stamina and concentration. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1470 Mindfulness, Fitness and Stress Management Cr. 2
A variety of physical training methods which integrate a mind-body approach to achieve positive changes in physiological measures of physical fitness. Develop healthy coping habits to prevent or reduce stress. Techniques include but are not limited to exercise, yoga, breathing and meditation, and journaling. Offered Every Term.
Repeatable for 4 Credits

LFA 1480 Yoga Cr. 2
Yoga physical exercises to shape and strengthen the human body. Psychosomatic influences used to develop resistance against stress and to train the body and mind to relax. Utilization of auto-suggestion to influence lifestyle. Offered Every Term.
Repeatable for 4 Credits

LFA 1510 Women's Fitness Cr. 2
Students will be taught a variety of different methods of cardio and strength training in a different setting each week. Principles and benefits of cross training will be addressed through participation in a wide variety of activities in the gym, outside, and in the weight room. Offered Every Term.
Repeatable for 4 Credits

LFA 1520 Kickball/Dodgeball Cr. 2
Analysis, development and practice of fundamental skills, team play, strategies and rules of kickball and dodgeball. Offered Every Term.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 4 Credits

LFA 1530 Basketball: Fundamental Skills Cr. 2
Analysis and practice of fundamental skills, team play, and rules of basketball. Offered Every Term.
Repeatable for 4 Credits

LFA 1540 Basketball: Shooting Skills and Strategies Cr. 2
Analysis and practice of intermediate and advanced shot-making skills and game strategies. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1560 Team Sports Sampler Cr. 2
The analysis, development, and practice of fundamental skills, team play and rules of basketball, volleyball, dodgeball, kickball and other team sports. Offered Winter.
Repeatable for 4 Credits

LFA 1640 Strength Training for Beginners Cr. 2
Analysis and practice of sound weight training techniques; discussion of principles that underlie effective resistance exercise programs leading to improved personal fitness. Offered Every Term.
Repeatable for 4 Credits

LFA 1700 Brazilian Jiu Jitsu Cr. 2
Analysis and practice of fundamental skills, movements, and philosophy of Brazilian Jiu Jitsu as a modern martial art, self-defense, and competitive sport. Offered Every Term.
Repeatable for 4 Credits

LFA 1780 Tai Chi Chuan: Beginning Cr. 2
An ancient Chinese exercise, Tai Chi is a series of postures and transitional movements, used to improve balance, strength, circulation, and relaxation. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 1850 Soccer: Beginning Cr. 2
Fundamental playing skills and basic conditional and tactical aspects of the game of soccer. Rules of the game. Offered Every Term.
Repeatable for 4 Credits

LFA 1992 Volleyball: Beginning Cr. 2
Analysis and practice of skills, team play, strategy, rule interpretation. Offered Fall, Winter.
Repeatable for 4 Credits

LFA 2330 First Aid and CPR Cr. 3
Theory and practice of First Aid and CPR. Students can qualify for national certificates in First Aid and CPR. Offered Every Term.
Course Material Fees: $30

LFA 2560 Freshmen Quests Cr. 2
Designed for incoming freshmen to help facilitate the transition to college life, workload, and expectations. During trips, students will be introduced to many faculty/staff from various departments to learn the keys to achieving a successful college career. Offered Fall.
Restriction(s): Enrollment is limited to Undergraduate level students.
Course Material Fees: $75