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, Garmen, 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 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 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 Fall, Winter.
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 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 Intermittently.
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 Winter.
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 Fall, Winter.
Restriction(s): Enrollment is limited to Undergraduate level students.
Repeatable for 6 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 Spring/Summer.
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 Intermittently.
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 Intermittently.
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 Intermittently.
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 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 Basics Cr. 2
Application and practice of the basics of strength training for healthy living. Students will describe the benefits of strength training and its impact on the body related to injury prevention and recovery, and optimal functioning in everyday life. Students will demonstrate correct exercise techniques and perform prescribed strength training plans. Offered Every Term.
Repeatable for 4 Credits

LFA 1642 Advanced Strength Training Cr. 2
This course is intended to help students develop in-depth knowledge of strength training principles, including specific types of conditioning, diverse training programs, strength training injury prevention and recovery, and functional fitness. The class is intended for students who already have basic knowledge and skill in strength training. Offered Every Term.
Repeatable for 4 Credits

LFA 1660 Healthy at Home Cr. 2
Students will learn the foundations of healthy eating, enhanced physical, mental and emotional functioning, and the benefits of a healthy weight for disease prevention. Students will also gain competency in various lifetime fitness activities to improve strength, cardiovascular functioning, balance and stability, and flexibility. The course is intended to provide practical education for healthy living at home, requiring minimal equipment or specialized facilities, or advanced knowledge or skill in dietetics, exercise, or 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 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.
Fees: $30