

Dimensions of Wellbeing Course Description

LECTURE COURSES (KAHHS 1020)

Accepting Your Own Mortality: A Step Toward a Wellness Lifestyle: Death education examines cultural values related to death and dying, considers the processes of grieving a loss and the impediments to successful grieving, and considers how acceptance of one's mortality may shape decision making.

Adventure Recreation Concepts and Wellness: During this course students will be introduced to the six dimensions of well-being through the lens of adventure recreation. Students will gain an understanding on how the aspects of adventure recreation can have a profound impact on an individual's occupational, physical, social, intellectual, spiritual, and emotional health. Students will also learn about adventure recreation history, concepts, types, perceived risks, services sectors, trends, career opportunities, and more. In addition, students will gain exposure in a few adventure recreation activities in an effort to better understand how the six dimensions occur while experiencing these activities.

Choosing Well: Students will learn processes for decision making regarding health products such as insurance coverage, contraceptives, and generic drugs; and health services such as health care providers, cremation, and alternative medicine. Also includes analysis of marketing/media messages and web-based information.

Enjoying the Great Outdoors: This class will introduce students to new outdoor activities in both warm and cold environments to include kayaking, paddle boarding, orienteering, backpacking, cross country skiing, broomball, ice climbing, snow shoeing and others. The students should gain an appreciation for these leisure and recreational activities which should not be costly and available in the local area.

Enhancing Your Wellness through Music: This course is designed to engage students in exploring the many ways music can enhance our overall well-being. Students will be exposed to research investigating the role of music in our lives, as well as various techniques for facilitating and enhancing exercise, relaxation and stress reduction, and other connections between music and wellness. Through active listening and music appreciation students will be provided opportunities to explore the role of music in relation to their wellness goals.

Exploring Wellness Resources: This course will explore various wellness dimensions and their interactions. Students will be introduced to campus and community resources available to them and will participate in several health-related programs.

Fitness and You: This course provides an educational experience for students that will foster developmental change practices, understanding principals guiding behavior change and apply these to everyday life. Students will gain knowledge in specific content area.

Food for Thought: Marketing, Media, and Health: Students will recognize how our food environment and food marketing affects food choices and health. Further understanding of how these food system factors influence individual and community wellbeing as well as overall quality of life will be explored. Students will be able to apply goal setting and media literacy skills in understanding and modifying their personal food choices. The three modules span food system topics of Food and Health, Food Environment, Food marketing and Media, emphasizing the relationships between food, public health, equity and the environment. The material is focused on issues in the U.S. food system but also touches on some of their global implications. In these modules, students will examine how the environments in homes, schools, restaurants, stores and communities can affect what they eat. In the second module, students will explore the effects of food marketing and labeling on food choice, including the influence of brand awareness on their own choices.

Healthy Sexuality: A survey of the psychological, physiological, and behavioral aspects of human sexuality, with particular emphasis on healthy relationships, communication, intended pregnancy, and avoidance of STIs and HIV.

Happiness and Well-Being: Martin E Seligman (2004, 2002), the major proponent of positive psychology, suggests that the aim of this approach to studying human behavior is to build wellbeing. He proposes that the major end of positive psychology is to promote human happiness. According to Seligman, to build one's wellbeing five elements must be taken into consideration. These include: (1) positive emotion, (2) engagement, (3) meaning, (4) positive relationships, (5) and accomplishment. This course will encourage students to gain a knowledge of independent leisure functioning including, the benefits of leisure, the importance of social bonding and cohesion, wellness and fitness, and the movement from a psychology of entitlement to one of individual action and empowerment. To this end, this course offers for exploration various perspectives and elements that provide a framework for understanding the multi-faceted dimensions of human happiness and wellbeing.

Health and Wellness as You Age: The lecture series will provide students with three interconnecting themes to well-being: physical; psychological; and, social. Firstly, it establishes the link between physical health and levels of physical fitness by establishing the significance of understanding where a student's health is in relation to established norms and ways to minimize disease. In other words, knowing and understanding your numbers. The series will then progress into the value of exercise and lifestyle choices on physical and psychological well-being and introduce the student to issues commonly encountered as they progress from one decade to another. Lastly, the series will delve into the act of giving and belonging and the impact of these on well-being. In sum, the series attempts to draw a parallel between physical, psychological and social behaviors and their effect on wellness.

Herbalism and Health: I first learned about different healing plants when going on forest hikes with my Mother. I have a credential in this area also. There is much health information, biology/environmental science, and multicultural information to be conveyed here.

Holistic Approaches to Health: Health is a state of optimal well-being that requires balance between the physical, emotional, intellectual, spiritual, and social aspects of the person. Students will be exposed to knowledge and skills necessary to integrate these aspects in their daily life for optimal health. In addition, topics in holistic medicine will be covered with the goal of helping students become informed consumers.

Leading an Engaged Life: During this course students will learn about the three sectors in our communities, government, for-profit and nonprofit, with a focus on the role of the nonprofit sector. Students will understand the role they have had in the nonprofit sector and their future ability to lead an engaged life through organizations such as food banks, churches, schools, the Y, art centers, museums, parks, community centers, foundations, etc. Student will learn about volunteerism and how it impacts one's health and the healthiness of families and communities.

Leisure Literacy: This course provides an educational experience for students that will promote leisure and recreation literacy and its impact on health and well-being. Students will gain knowledge of personal leisure patterns, recreation and popular culture consumption, and attitudes, behaviors and dispositions towards leisure, recreation and play. The course is designed to provide an underlying knowledge base for wellness dimensions as related to leisure as a way of enhancing one's well-being and improving individual and community quality of life.

Minimizing Disease Risk: This course will focus on minimizing risk for obesity, heart disease and type 2 diabetes by optimizing exercise and nutrition behaviors.

Motivation and Well-Being: This course will focus on motivational strategies that will enhance well-being choices and behaviors. The course will involve theoretical discussion of motivational theory, as well as practical strategies that can be utilized daily for increasing motivation for well-being.

Music and Emotional Wellness: This course will explore the many ways music can be used as a tool in coping with life's situations. Through an exploration of research, theory, and application, students will investigate how music can help individuals deal with stress, pain, anxiety, and other issues that may affect well-being. Students will be asked to reflect on personal experiences and apply their new knowledge of music as a coping resource into their every-day lives.

Personal Fitness Plan Design: This course will emphasize the role of physical fitness and nutrition for the enhancement of personal fitness, nutrition, and health. The course involves the history, trends, program design, and cognitive subject matter related to personal fitness.

Personal Nutrition Philosophy: This course explores a variety of dietary trends and eating patterns that one could adopt as part of a personal nutrition plan. Students will be introduced to factors that influence food related decisions and strategies that make healthy eating easier, gain knowledge of theoretical principles guiding behavior change, and develop deeper understanding of how personal nutrition relate to other dimensions of well-being and everyday life.

Physically Active Lifestyle: This course will explore the meaning, significance and philosophical rationale of physical literacy and apply the concept to physically active lifestyle, from infancy to old age. The term 'physical literacy' describes the motivation, confidence, physical competence, knowledge and understanding that individuals develop in order to maintain physical activity at an appropriate level throughout their life. Through the use of particular pedagogies and the adoption of new modes of thinking, physical literacy promises more realistic models of physical competence and physical activity for a wider population, offering opportunities for everyone to become active and motivated participants.

Physiological Impacts of the Aging Process: This course will provide to the students wide aspects about the aging process in the human being. According to their age, the student will understand the significance of his health in relation with their age, sex, and weight. Knowing and understanding their place related with the physiology of the body, the student will be able to make life changes in their routines; related with the physical fitness, mental health, cardiovascular health and joint structure.

Special Topics in Wellness: In-depth development and exploration of instructor's selected topics in wellness. Health is a state of optimal well-being that requires balance between all 8 dimensions of the person. Students will be exposed to knowledge and skills necessary to integrate these aspects in their daily life for optimal health. In addition, topics in holistic medicine will be covered with the goal of helping students become informed consumers.

Stress and Coping: This course will focus on understanding the stress response and its relationship to our physiological systems. A variety of stressors will be explored, followed by a detailed look at enhancing our coping skills and strategies. This course focuses on theories, methods and applications of stress and coping research.

Wellness and Community Service (online): This course emphasizes the relationship between engagement in one's community through volunteering and personal fulfillment and wellness. Active community service with peers is an integral part of the course. Course content will be framed with the Social Ecological Model, Social Capital Theory, and the Dimensions of Wellness model to provide students with a hands-on understanding of how individual and community wellbeing are linked.

Wellness: Issues and Insights: Wellness Issues and Insights provides an opportunity to explore a specific wellness theme that is timely and cutting edge. Aspects of wellbeing draw from many academic disciplinary traditions, and this course will explore a focused wellness issue that is current and evolving through examining current research trends, developing critical thinking skills and offering experiential learning opportunities.

Wellness through Aquatics: This course provides an educational experience for students that will promote aquatic fitness concepts and its impact on health and well-being. Students will gain knowledge of fitness patterns, program design and implementation within the aquatic environment. The course is designed to provide an

underlying knowledge base of the history, trends, program design, and cognitive subject matter related to fitness and well-being.

Wellness through Music: Bruce Springsteen: Drawing on the academic labor of Lawrence Kohlberg, Martin Hoffman, and John Gibbs, this course explores how the thinking/music of Bruce Springsteen can increase moral development, thus leading to an increase in various dimensions of wellness. Scores of Bruce Springsteen songs and albums parallel psychological techniques used to increase moral development such as being exposed to two or more beliefs that are contradictory, social perspective-taking by listening to moral dilemmas, gaining empathy with the distress that another person experiences, hypothetical contemplation, and meta-ethical reflection. With six dimensions of wellness outlined, this class will have an in-depth focus on how Springsteen music affects emotional, social, and spiritual wellness.

Your Wellness: This course will explore various wellness dimensions and explore the interactions with students. Students will be introduced to campus and community resources available to students and will participate in several health-related programs.

LAB COURSES (KAHHS 1030)

Australian Rules Football: The content of this course will be the rules, techniques and skills of the sport of Australian Rules Football. The national sport of Australia demands the cardiovascular endurance of middle distance runners, the kicking skills of soccer, and the jumping ability of basketball all in one sport. Students will be charged a fee of \$20 to enroll in this course which covers the use of authentic Australian Rules Footballs.

Backpacking: Students will learn basics of backpacking as well as survival techniques, locations to go in Iowa, LEAVE no TRACE principles and a weekend trip to practice those techniques. Students gain information of trip planning, safety, first aid, cooking, and basic orienteering. Students will also take a trip for real life experience. You will be charged a fee of \$50 to enroll in this course which covers backpacks, transportation, campsite fees, etc.

Ballroom Dance: Students will be introduced to the basics of ballroom dance as a lifetime social/recreational activity that may be done for wellness. Students will learn the basics of Waltz, Foxtrot, Swing, Tango, Rumba, and Cha Cha. Additionally the class will look at issues of posture, alignment, coordination, and leading and following and how these things can relate to their everyday lives. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as music, as well as upkeep of the unique flooring.

Bike Conditioning: This is an introduction course to biking for leisure and exercise. This course is designed for those who are interested in exploring the on/off road bike trails in Cedar Falls. Basic skills are taught including: technique, equipment and clothing selection and safety. This course supports healthy outdoor recreational activity. Class meets on and off-campus. Students are required to have their own bike (on or off road) and bike helmet to register for the course. There is a \$10 lab fee for equipment rental and any off-campus trail expenses.

Canoeing: Introduction to canoeing is designed for individuals new to the sport, or for those with a variety of paddling experiences who want to improve general knowledge and techniques in canoeing. This course will allow students a clear progression of skill development including: equipment knowledge, safety and rescue, paddling concepts, paddling strokes, paddling maneuvers and much more. The instruction of this course will be guided by the six dimensions of well-being.

Circuit Training: This course exposes the student to all facets of the circuit training workout including goal setting, safe exercise selection, execution of workouts, cross training and recovery. It encompasses a blended conditioning approach for building well-rounded fitness through cardiovascular and muscular activity. Within a group circuit conditioning format in various campus the student will design their individual total body conditioning program options. You will be charged a fee of \$6 to enroll in this course which covers heart rate monitors and straps.

Couch to 5K” Challenge: The “Couch to 5k” Challenge is designed for students of all fitness and activity levels who are interested in increasing their physical activity level through the completion of a 5 kilometer run. Running is one method of enhancing physical wellbeing, one of the six Dimensions of Wellness. Students will assess their own physical activity levels and set goals for their personal 5k regarding mode (exclusively running or running/walking) and approximate time of completion. In groups, students will train with increasing intensity to reach their 5k goal. The course will culminate with a 5k event on campus. Upon completion of the course, students will be able to identify how increasing their physical activity through running or walking can impact them intra- and inter-personally as well as connect them with their community and environment. Students will also gain an understanding of safety and proper technique while walking and running, both indoors and outdoors. Students are required to provide their own running-appropriate footwear that is in good condition for running at least twice per week. A lab fee of \$10 is required to cover the costs associated with the use of pedometers and heart rate monitors.

Fencing: Students will be introduced to the sport of fencing. Introductory and intermediate level foil skills will include legwork and blade work. Students will participate in recreational and competitive bouts. All equipment will be provided. You will be charged a fee of \$20 to enroll in this course which will provide you with beginner fencing equipment including mask, foil, gloves, and jacket.

Floor Barre: The term Floor Barre describes the various methods ballet masters have developed to help professional classical dancers improve their technique, line, and career longevity, but anyone can find benefits from the experience. Students will practice exercises designed to locate and strengthen the muscles of the inner thighs, abdomen, and pelvic floor, as well as the intrinsic muscles of feet. Central principles of the practice also include learning to recruit deep muscles to rotate at the hip joint and to relax muscles that cross the sacroiliac joint. You don't have to be a dancer to notice the difference attentive practice of Floor Barre can make. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as mats, blocks and rollers, as well as upkeep of the unique flooring.

Folk Dance: This course will introduce students to cultures of other countries through movement and dance. Allowing students to participate in these cultures and gain a better understanding and appreciation of others' customs and beliefs developed over centuries of time. This course will increase coordination, motor skills, and rhythmic abilities through a non-competitive atmosphere that promotes cooperation, teamwork, and having an overall enjoyable time with fellow classmates. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment, as well as upkeep of the unique flooring.

Golf (online): This course includes video instruction for proper golf grip, stance, backswing, downswing, follow-through, short game, putting, problem shots, proper club for fairway distance, rough, greens, sand traps, etc. It also teaches golf terminology, rules, and etiquette, and requires 45 holes of golf over three to four months. Students must submit a signed (by golf professional) scorecards from a minimum of five games to receive credit. A round analysis chart (included in packet) will also be required. Students must have access to a computer, tablet or phone for recording of each individual's golf swing for self-analysis (Pre-analysis and Post-analysis) and sending those segments to the instructor for additional feedback.

Half Marathon Training: This course is designed for students with the ability to run at least 3 miles and who are interested in increasing their physical activity level through running. In groups, students will train with increasing intensity to reach their half marathon goal. Upon completion of the course, students will be able to identify how increasing their physical activity through running can impact them intra- and inter-personally. It will also provide them with a training plan to reach their half marathon goal. Students are required to provide their own running-appropriate footwear and athletic attire that is in good condition for running. A lab fee of \$10 is required to cover the costs associated with the use of pedometers and heart rate monitors.

Healing Herbs and Human Health: Hikes and botanicals hunts with demonstration labs on how to extract the herbs, make creams, decoctions, etc. Physical activity with ethnoscience labs and some talks about traditional beliefs, stories, can happen here, etc. You will be charged a fee of \$10 to enroll in this course which covers sample collection containers.

Holistic Health Applications: Through hands-on activities, students will gain practical skills to promote their physical, emotional, intellectual, spiritual, and social well-being. Students will learn how to apply a holistic perspective to their daily life and practice strategies to enhance health in each aspect. Goal-setting and self-reflection skills will be included. You will be charged a fee of \$20 to enroll in this course which covers the cost of demonstration supplies such as naturopathic and traditional remedies/foods and aromatherapy oils.

Jazz Dance: Students will explore the basic steps and techniques of many different jazz dance forms and the eras they were established in. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as music, as well as upkeep of the unique flooring.

Jazz/Modern: This exciting movement course builds beginning level skills in both jazz and modern dance technique. Explore the roots of these styles and where they began, as well as, all the way through developments still seen today through our many sources of media. Activities will further include a variety of movements including floor work, standing, and combination phrases to bring attention to kinesthetic awareness and giving each student the confidence to create their very own choreography! These techniques will improve a student's strength, posture, coordination, and overall well-being. No matter your skill level, you are all dancers! You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as music, as well as upkeep of the unique flooring.

Lifestyle Yoga: The lab will incorporate yoga exercises of breathing, flexibility, balance, strength, endurance and relaxation. The lab allows the student to learn and design a personal lifestyle yoga program for greater health, wellness and mental awareness. You will be charged a fee of \$20 to enroll in this course which covers mats, balls, blocks, belts, etc.

Karate: Students will learn basics of Tae Kwon Do which will prepare them to pursue higher ranks in local clubs in the world. This will include the first two Katas (forms) of Tae Kwon Do. This course introduces the students to the techniques, rules, and strategies of karate. You will be charged a fee of \$20 to enroll in this course which covers boards and belts.

Kickboxing: Kickboxing is an addictive workout combining shadow boxing, kickboxing, sports drills, and sparring. This is an interval-based workout for full-body toning! You will be charged a fee of \$10 to enroll in this course which covers heart rate monitors and straps.

Managing Your Wellness With Technology: Students will develop an understanding of available wellness technologies and how to incorporate them into their lifestyle. The course will provide the knowledge of how to choose appropriate technology to fit one's needs. Additionally, students will learn how to assess their wellness beyond that provided by the technology.

Modern Dance: Students will learn the principles of Laban as well as Bartenieff Fundamentals to increase body awareness, strength, and flexibility. Focus will be on the Laban "Effort Actions" as well as the Bartenieff body connections. Students will learn how these principles can be applied to aspects of their lives from running hurdles to playing a clarinet to sitting properly at their desks. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as music, as well as upkeep of the unique flooring.

Net Games: This is an introduction course to various net games. The primary emphasis for this beginning course will focus on skill development, strategy and rules for selected net and wall games. Single and doubles play will be covered for tennis, badminton, pickle-ball, racquetball and volleyball. The laboratory experience will provide students a different activity each week and while promoting healthy active lifestyles. You will be charged a fee of \$20 to enroll in this course which covers cost of game equipment.

Nia: This course focuses on Nia, which fuses movements and concepts from yoga, tai chi, tae kwon do, aikido, jazz, and modern dance. By connecting to sensations, students will gain a greater understanding of their mind, body, and spirit. You will be charged a fee of \$20 to enroll in this course which covers music and sound equipment.

Personal Conditioning: Students will experience the process of improving their fitness level through participation in a personal conditioning program. This program will be designed for each student and will focus on cardiorespiratory, strength, and flexibility components of fitness. At the end of the semester, students will create their own personal fitness program. You will be charged a fee of \$10 to enroll in this course which covers heart rate monitors and straps.

Racquetball: The purpose of the racquetball class is to develop proper technique/skills for playing the game. Topics covered will be safety, history, footwork, body alignment, forehand, backhand, serves, ceiling shots, court markings, rules, shot selection and court etiquette. Also, covered will be reading the angles and directional

alignment of all shots. You will be charged a fee of \$20 to enroll in this course which covers goggles, balls, and racquet rental.

Rock Climbing: Students will learn basics of rock climbing belaying rappelling as well as safety precautions preparing them to pursue the sport in the outdoors. This course introduces the students to the techniques, rules, and safety measures of rock climbing. Students will become belay certified and have an opportunity to climb and rappel from various structures. You will be charged a fee of \$50 to enroll in this course which covers shoe rental, ropes, harnesses, etc.

Sand Volleyball: The purpose of this class is to develop proper technique/skills for playing the game. Topics covered will be footwork, body alignment, passing, digging, spiking, serving, setting, blocking and court etiquette. Students will also learn the rules of the game as well as the strategies involved in doubles and full court play. You will be charged a fee of \$20 to enroll in this course which covers cost of game equipment.

Skin and Scuba Diving: The purpose of the PADI Scuba is the most widely recognized and respected diving certification in the world. Upon successful completion of the course, you will receive a lifetime of wonderful adventures with the PADI Open Water Scuba Diver Certification. This course will focus on safety in and under the water. The skills taught within the PADI course will all be performed with direct supervision. All students (students' not requesting open water certification as well as those requesting certification) will be required to complete all five (5) knowledge reviews and the five (5) quizzes. You will be charged a fee of \$20 to enroll in this course. As safety is the utmost importance and because the activity is an equipment intensive program, the fee will cover the use, repair and replacement of the snorkeling as well as the scuba unit equipment.

Snowshoe/XC Skiing: This is a beginning course on snowshoeing and cross country skiing. This course is designed for those who are interested in learning about snowshoeing and cross country skiing as a popular form of recreation. Basic skills are taught including: technique, equipment and clothing selection and safety. This course supports healthy outdoor recreational activity during the winter. Class meets on and off-campus. There is a \$20 lab fee for equipment rental and any off-campus trail expenses.

Soccer Skills and Technique: The purpose of this course is to develop proper skills/techniques for playing soccer. The course is designed to teach students beginning soccer skills/techniques to more advanced soccer skills/techniques. Students will learn the rules of the game as well as strategies involved in development of the game and the impact of the soccer as a World sport on overall well-being. Topics covered in this course will be footwork, dribbling/controlling, passing/ receiving, advance ball manipulation, team offense/defense, and formation. You will be charged \$20 to enroll in this course which covers balls and soccer tops rental.

Stunts and Tumbling: Students will be introduced to tumbling skills. Beginner and intermediate tumbling skills will include various rolls, handstands, cartwheels, and more advanced tumbling skills for those with previous experience. Safety and skill progressions will also be emphasized. All equipment is provided. You will be charged a fee of \$10 to enroll in this course which covers cost of panel mats, spotting mats and devices, and equipment updates.

Swim Conditioning: The purpose of this course is to teach methodologies, proper skill techniques and games within the aquatic classroom. Upon completion of this course, students will be able to utilize and adapt progression drills and skills from this course into their classroom. Emphasis is placed on the teaching of the skills and drills by lead up progressions along with methodologies and instructional techniques. A lab fee of \$10 is required to cover the costs associated with the usage of swim fins, heart rate monitors, straps, water belts, masks and snorkels.

Swing Dance: Students will learn the basics of East and West Coast styles of Swing as a lifetime social/recreational activity that may be used for wellness. Class will focus on not only learning steps but also the principles of posture, alignment, and working with a partner. You will be charged a fee of \$20 to enroll in this course which covers the cost of dance studio equipment such as music, as well as upkeep of the unique flooring.

Tennis: The purpose of this class is to develop proper technique/skills for playing the game. Topics covered will be footwork, body alignment, forehand, backhand, volley, lob, smash, and serves, court markings, and court etiquette. Students will also learn the rules of the game and the strategies involved in singles and doubles play. You will be charged a fee of \$20 to enroll in this course which covers balls and racquet rental.

Total Body Conditioning: This course exposes the student to all facets of the workout including goal setting, safe exercise selection, execution of workouts, cross training and recovery. It encompasses a blended conditioning approach for building well-rounded fitness through cardiovascular and muscular activity. Within a group conditioning format the student will design their individual total body conditioning program options. You will be charged a fee of \$10 to enroll in this course which covers heart rate monitors and straps.

Triathlon Training: This course is designed for students who have interest to become familiar (or more familiar) with multisport racing and desire to improve or maintain their fitness through a Triathlon Training program of running, cycling, and swimming. Emphasis in this course is placed upon flexibility, strength, sound nutritional habits, development of the student's cardiovascular system and basic knowledge of the triathlon race process. Students are required to provide their own running-appropriate footwear, athletic attire, bicycle helmet, bicycle and swim attire (to include goggles). A lab fee of \$10 is required to cover the costs associated with the use of aquatic equipment and heart rate monitors.

TRX and Kettlebells: This course will introduce students to the TRX suspension trainer and kettle-bells. Students be taught how to properly set up the TRX and learn numerous movements on the suspension trainer. Kettlebell movements will be taught and programmed with the TRX for a total body workout. You will be charged a fee of \$20 to enroll in this course which covers straps, carabineers, mats, belts, and maintenance and replacement of equipment.

Volleyball (Beginning): The focus of this course is to allow students the opportunity to develop skills and techniques for the game. The game is made up of many different components, all in which we will cover. The components covered will be footwork, passing, setting, attacking, blocking, serving. Other topics covered that are important to the game of volleyball are court markings, rules of the game, and court etiquette. You will be charged a fee of \$20 to enroll in this course which will cover the cost of game equipment.

Water Sports: This class is designed to increase your awareness of sports and physical fitness activities done in the water. You will gain knowledge about water sports done around the world and unique ways of using the pool to stay fit. Each week you will learn and participate in a new activity that can be done at any pool. Some of these activities may include underwater hockey, paddle boarding, capture the flag, ultimate frisbee, and many more. This class will provide you with opportunities to learn how to maintain your personal fitness using games and activities. You will be charged a fee of \$20 to pay for equipment that is used during the class.

Weight Training: The focus of the course centers on recreational weight lifting. Students will learn various resistance training exercises to target individual muscle groups. Additionally, topics in nutrition and programming will be covered. You will be charged a fee of \$20 to enroll in this course which covers belts, mats and maintenance and replacement of equipment.

Wellness Reflections through Music: This course will explore the practical ways that music can be used to improve your wellbeing. We will utilize a number of different techniques involving music, and students will reflect on the results. Students will be challenged to incorporate the benefits of music into their everyday life.

Winter Skills: This is an introduction to winter skills course that will allow students to gain the proper foundation needed to learn and improve on winter skills. Basic terminology, hard skills such as cross country skiing, snowshoeing, ice skating, snow shelters, first aid, proper clothing, and basic mountaineering will be introduced during this course. You will be charged a fee of \$20 to enroll in this course which covers snowshoes and cross country skis maintenance.

Zumba: This course will explore the different styles of Latin dance including: Salsa, Merengue, Cumbia, and Reggeton. Students will learn basic Zumba movements, routines, and music. At the end of this course, students will be able to put together their own routine. This course does not require any prior dance experience.