

PED-101 Lab Activity Descriptions

PED 101 Lab INSTRUCTOR	Lab Activity NAME	Lab Activity DESCRIPTION
Barnes, Christian (summer only)		Coming soon...
Bennett, John	Social Dance	Students in this lab section will participate in 1 to 2 days each week of learning a wide variety of social dance forms. All levels of dancers or "want-to-be" dancers are welcome as we explore social dance forms from around the world, e.g., salsa, merengue, waltz, fox trot, shag, international folk dances, etc. Every effort will be made to help individuals incorporate social dance, an excellent lifelong activity, into their lifelong physical activity and wellness plans.
	HONORS: Social Dance	Students in the honors section will learn and participate in the various social dance forms (as described above), while also doing an in-depth study into the relationships of various dance genres from around the world to their own heritage.
Bonetti, Anthony	Beach Volleyball / Conditioning	Students in this lab section will participate in one day of Beach Volleyball (weather permitting) and one day of sport-specific training/conditioning exercises each week (e.g., strength exercises, agility exercises, speed exercises, etc). All levels of volleyball players are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn the basic skills, rules, scoring, and end with participation in a "friendly" 2-on-2 tournament. Explanations of how to incorporate Beach Volleyball into a lifetime physical activity and wellness program will be addressed throughout this lab.

	Indoor Volleyball / Conditioning	Students in this lab section will participate in one day of Indoor Volleyball and one day of sport specific training/conditioning exercises each week (e.g., strength exercises, agility exercises, speed exercises, etc). All levels of volleyball players are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn the basic skills, rules, scoring, and end with participation in a "friendly" 6-on-6 tournament.
	Sport-Specific Conditioning	Students in this lab section will participate in one day of Sport Specific Conditioning and one day of Sport Specific Training exercises each week (e.g., strength exercises, agility exercises, speed exercises, etc). All levels of athletes are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn an appreciation for sport specific training and the dedication required to excel.
Brown, Marquita	Total Body Conditioning	A personal fitness program that includes cardiovascular and strength training. Fitness/power walking, weight machines, and cardiovascular machines are used to develop strength and endurance. An introduction to weight training, basic anatomy and physiology associated with weight training, and safe lifting procedures are studied. The lab time is divided into two parts: 20 minutes cardio and 20 minutes weight training. Students assess personal fitness levels, set personal goals, and work to improve fitness levels. This class is designed to accommodate each individual's fitness level and goals.
	Fitness Walking	This course introduces fitness through walking. It is designed to introduce students to walking as a lifetime activity and to progressively develop cardiovascular endurance by walking. Emphasis is placed on developing correct, safe and effective walking techniques, stretching, conditioning exercises, proper clothing, fluid needs, and injury prevention. Students will monitor and demonstrate improvement in individual fitness walking performance.

Desorbo, Todd	Strength/Water Workouts	<p>Students in this lab section will participate in a total body conditioning and strengthening program 2 days each week with the hopes of continued progress on your own outside and after the class is completed. This class will help you get into shape by developing athletic skills, coordination, and flexibility. From weight training to extreme water workouts, this section will incorporate a variety of unique and challenging moves that will help you to start to slim, strengthen, define, firm, and add muscle mass. AND, you can expect to sweat...a lot.</p>
DuBois, Mait	Tennis/Conditioning	<p>Students in this lab section will participate in one day of tennis and one day of total body conditioning exercises each week (e.g., jogging, push-ups, stair-climbing, crunches, etc.). All levels of tennis players are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn the basic strokes, rules, scoring, and end with participation in a 'friendly' tournament. Explanations of how to incorporate tennis into a lifetime physical activity and wellness program will be addressed throughout this lab.</p>
Ellington, Marc	Swim / Total Body Conditioning	<p>Aerobic swimming and alternative water workouts with a combination of weight training and various dry land exercises.</p>
Ellington, R. Mark	Cardio & Resistance Training	<p>Students in this lab section will have the opportunity to utilize the weight room, track, and group exercise room to improve their individual physical wellness. In the weight room, students will follow a circuit training schedule that includes resistance training, cardio machines, and abdominal workouts. Students will have the freedom to select a resistance program that targets either strength building, or muscular endurance and shaping, based on their individual needs. The track will be used for cardiovascular exercise that includes both aerobic and anaerobic conditioning. Students will also use the group exercise room to participate in additional cardio/resistance activities including step aerobics and yoga.</p>

<p>Elliott, Steve (summer only)</p>	<p>Health Related Physical Activity Individual / Team Sports</p>	<p>Students in this Summer lecture / lab combination section will participate in alternating days of physical activity and lectures. For example, students will engage in various physical activities on Mondays and Wednesdays, and attend lectures in class on Tuesdays and Thursdays (no Friday classes in summer school). Goal setting assignments and individualized fitness prescription plans will be designed to promote physical activity during out-of-class time. The focus of the labs will change each week during the 5-week summer semester. An example schedule might be: Week 1 – Total Body Conditioning (Weights Room); Week 2 – Cardiovascular Endurance Activities (Outside); Week 3 – Racquet Sports (Pickleball and Tennis); Week 4 – Fitness Walking / Interval Training (Outside); Week 5 – Team Sport Activities (Team Handball, Flag Football, Ultimate Frisbee, Soccer, ect). This course is geared for students of all skill levels. Activities will be individualized to meet student needs.</p>
<p>Forrester, Dan</p>	<p>Strength Walk/Jog Group Exercise</p>	<p>Strength Training for the novice. This class includes instruction on basic lifting techniques, muscle groups, safety considerations, and an introduction to a variety of different types of lifts and exercises.</p> <p>Walk/Jog. Students will assess their fitness levels at the beginning of the semester and then set goals to improve as a result of the implementation of a personal walk/jog program.</p> <p>Group Exercises & Games. Class involves participation in activities/games to improve strength, flexibility, aerobic, and anaerobic capacities.</p>
	<p>Beginning Swimming</p>	<p>Beginning Swimming is for beginning swimmers who do not know how to swim or have very poor swimming skills. The class will cover skills such as floating, crawl stroke, elementary backstroke, backstroke, breast stroke, treading water and aqua fitness. There is a strong fitness component to this lab activity, but you can be a non-swimmer or a triathlete and still benefit from taking this lab section.</p>
	<p>Triathlon Training</p>	<p>This class focuses on improving swim stroke technique, swim workouts, track workouts, stretching techniques, and strength training to improve performance in triathlons and overall fitness.</p>
	<p>Total Body Conditioning</p>	<p>Total Body Conditioning involves participation in a variety of activities to improve strength, flexibility, and aerobic capacity.</p>

Ho, Cindy	Golf/Conditioning	<p>Students in this lab section will participate in 2 days of golf activities each week (e.g., putting, chipping, pitching, full swing, etc.). All levels of golf players are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn the basic skills, rules, scoring and golf etiquette. Explanations of how to incorporate golf into a lifetime physical activity and wellness program will be addressed throughout this lab. Students will also participate in total body conditioning exercises (e.g., walking, jogging, stair work, sit ups, resistance band exercises, jump roping, etc.) during inclement/rain days throughout the semester.</p>
Honeycutt, Larry	Strength Walk/Jog Group Exercise Swim/Water Activities	<p>Students will participate in four (4) different activities rotating throughout the semester (fall/spring: every 4 weeks, 6-8 labs; summer rotation varies). Activities include weight training, walk/jog, step aerobics, and basic swim and water activities. The idea is to expose students to a variety of physical activities to help enhance and promote a healthy lifestyle.</p>
Lambert, Jeanne	Individual Physical Activity (online lab section)	<p>See the Individual Physical Activity description under Sidman, Cara.</p>
McCall, Leah Colvin, Leah (name listed in banner)	Individual Physical Activity (online lab section)	<p>See the Individual Physical Activity description under Sidman, Cara.</p>

<p>Sidman, Cara</p>	<p>Individual Physical Activity (online lab section)</p>	<p>Students are required to participate in cardiovascular, muscular, and flexibility activities on their own, keep detailed, accurate daily logs, and provide proof of physical activity. You must participate in the following minimum number of days/week and minutes/day (based on national health recommendations), although you may choose the specific type (and maximum amount) of physical activities to perform for each (depending upon personal goals and enjoyment):</p> <p>A. Cardiovascular (3-5 days/wk, 30-60 minutes/day; 10-min bout minimum) - e.g., jogging, cycling, swimming, group exercise, etc.</p> <p>B. Resistance/Muscular (2 days/wk, 20-60 minutes/day) - e.g., free weights, machines, conditioning class, push-ups, crunches, etc.</p> <p>C. Flexibility (5-7 days/wk, 10-60 minutes/day, 10-min bout minimum) - e.g., yoga, Pilates, Tai-Chi, static stretching, etc.</p>
	<p>HONORS: Wellness Activities</p>	<p>Students in this combined lab/lecture section will view one online lecture each week, and participate in two days of wellness activities (i.e., from each dimension - physical, spiritual, social, emotional, and intellectual) and class discussions. The objective is to expose students to completely new activities that facilitate a holistic approach to better health and quality of life. Through participation in these activities and through course assignments, students will practice and improve self-management skills that are important for the development of a personalized physical activity and wellness program (i.e., self-assessment, goal setting, planning, journaling, overcoming barriers, decision-making, developing positive attitudes and beliefs). By the end of the semester, students will know how to maximize their potential, given their unique set of skills, abilities, and genetic predisposition, to not only reduce disease risk, but to enhance overall function, vitality, self-efficacy, and outlook. Students will learn ways to balance all the wellness dimensions, overcome obstacles, and distinguish credible health/wellness information. Overall, students in this honors PED-101 section will experience first-hand the multi-dimensional, integrated nature of wellness, and reflect on how we are each distinct individuals with dynamic needs that can be met through active engagement in self-care behaviors, an attitude of personal responsibility, and a temperament of resilience.</p>

<p>Spahr, Gregory</p>	<p>Beginning Fencing</p>	<p>Students in this lab section will learn foil fencing from the ground up with all equipment provided. All levels of fencers are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Students will learn history, basic footwork and bladework, tactics, rules, refereeing, some epee and sabre, and participate in a 'friendly' tournament. Fencing will be related to outside and lifelong wellness in conjunction with the lecture classes.</p>
<p>Sprecher, Jim</p>	<p>Mini-Marathon</p>	<p>Mini-Marathon is an introduction to the lifetime activity of jogging. Students of all levels and abilities learn how to become better, more efficient runners. Our goal is to improve the aerobic and anaerobic energy systems, improve running efficiency through drills, as well as strength and flexibility development. We encourage, and stress individual development to meet the goals and desires of the students.</p>
	<p>Circuit Training</p>	<p>Circuit Training is a class adapted from the Eastern Europeans, which uses a variety of activities to develop the five biomotor abilities: 1) strength, 2) speed, 3) endurance, 4) flexibility, and 5) coordination. Through the use of general strength, elastic strength, strength endurance, agility, and mobility, students will participate in well rounded total body workouts.</p>
<p>Todd, Marsha</p>	<p>Strength Walk/Jog Group Exercise</p>	<p>During the strength activity, students will learn the proper way to use weights and cardiovascular equipment. The instructor will assist the students in developing a workout routine to meet their individual fitness goals. During the walk/jog activity, students will participate in self-assessment activities, interval training and proper walking and/or running techniques. During the group exercise activity, students will participate in yoga, circuit training, resistance classes, and cardio classes. All levels of fitness are welcome from beginners to advanced, as the instructor will accommodate your needs as best possible. Explanations of how to incorporate these activities into a lifetime physical activity and wellness program will be addressed throughout this lab.</p>

	<p>Beginning Yoga/Strength</p>	<p>This PED-101 lab section will include one day of resistance training and one day of yoga each week. The yoga class is designed for those who are new to yoga, and will focus on basic postures, yogic breathing, and relaxation techniques. During the strength class, students will have the choice to use free weights, cable machines and/or dumb bells in the strength training center (in Hanover). Cardiovascular activity is also an option to provide variety and supplement in-class workouts. The equipment available includes elliptical trainers, recumbent bikes, stationary bikes, and treadmills. Overall, students in this lab section will be able to learn and participate in a basic yoga practice, while demonstrating variety and progression in their resistance/cardiovascular routines (including workouts outside of class) to create a well-balanced physical activity program.</p>
	<p>Individual Physical Activity (online lab section)</p>	<p>See the Individual Physical Activity description under Sidman, Cara.</p>
<p>Widener, Jason</p>	<p>Tai Chi</p>	<p>In this lab section, students will be studying Chen Style Tai Chi. The Chen style is the historic root of Tai Chi from which other modern styles have evolved. The class will include meditation and breathing exercises, stretching and strengthening movements, Chen style foundation building; and we will learn the Chen 18 essential movement form. Through the practice of Tai Chi, the class will address the dimensions of wellness presented in your PED 101 lectures and learn ways to connect your practice to the goal of optimum health and wellness throughout your life.</p> <p>Jason Widener practices and teaches Chen Style Tai Chi under the direction of Master Wang Haijun, 12th generation official lineage holder. Jason is a black belt in Aikido and practices Zen; he teaches Chen Tai Chi classes at Open Sky School of Martial Arts, Duke University and UNC Wilmington as well as private lessons.</p>