

B12 ASUO COURSE GUIDE

emphasizing the utilization of various skills in actual competitive situations. International competition rules will be introduced.

PE-C 217 KARATE II (1)

AVERAGE CLASS SIZE: 20
PREREQUISITES: KARATE I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: It must be recognized that the development and perfection of fundamental techniques requires many hours of practice. Continue your study of the "Nishiyama method" through in-class training sessions of application and use.

PE-C 219 TAEKWONDO II (1)

AVERAGE CLASS SIZE: 40
PREREQUISITES: TAEKWONDO I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: To expand on Taekwondo I material i.e. expansion on blocks, kicks, forms, and step-sparring.

PE-C 317 KARATE III (1)

AVERAGE CLASS SIZE: 15
PREREQUISITES: KARATE II or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: Persistent practice and training develops rapid-fire responses. Mastery of your skills and techniques is enhanced through emphasis on timing in application presented in this advanced level of study. Experience sports Karate through in-class contests.

Fitness Activities

PE-F 121 YOGA HATHA I (1)

AVERAGE CLASS SIZE: 35
SPECIAL FEES: \$20.00
DESCRIPTION: Hatha Yoga is designed for persons interested in increasing the strength and flexibility of their bodies, as well as developing techniques of concentration and relaxation. Awareness is increased of how breathing patterns affect an individual's state of mind. Emphasis is placed on the application of the course content to everyday living.

PE-F 122 YOGA KUNDALINI (1)

AVERAGE CLASS SIZE: 35
SPECIAL FEES: \$20.00
DESCRIPTION: Energize and relax! Kundalini is the ancient term referring to the energy of awareness and Kundalini yoga is the practice designed to release this energy thus making a person more aware. Also, energy level, health, mental clarity, and emotional balance are heightened. Kundalini yoga exercises combine postures (for strength and flexibility) along with breathing and mind control in one package for increased effectiveness.

PE-F 124 AEROBICS I (1)

AVERAGE CLASS SIZE: 50
SPECIAL FEES: \$20.00

DESCRIPTION: Includes cardiovascular workout plus flexibility and towing exercises. It is intended for those who have not taken an aerobics class before and/or those who desire a less strenuous workout.

PE-F 126 JOG-RUN (1)

AVERAGE CLASS SIZE: 25
SPECIAL FEES: \$20.00
DESCRIPTION: Don't miss a dynamic introduction to the principles and aesthetics of jogging. Develop cardiorespiratory fitness through a progressively applied program of jogging, running, and interval training at various parks and running trails throughout Eugene. Mini lectures cover equipment selection, care and prevention of injuries, basic physiological principles, and various training systems.

PE-F 129 WEIGHT TRAINING I (1)

AVERAGE CLASS SIZE: 35
SPECIAL FEES: \$20.00
DESCRIPTION: Improve your body image and strength fitness! Learn the values and basic techniques of weight training through a program designed to develop overall fitness which includes strength, power, endurance, and flexibility. Don't miss this opportunity to safely develop a body capable of handling everyday tensions and emergencies.

PE-F 221 YOGA HATHA II (1)

AVERAGE CLASS SIZE: 35
PREREQUISITES: YOGA HATHA I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: Students perform intermediate level yoga postures (asanas). Fundamentals of proper posture and body alignment that apply to the asanas are included. Individuals practice different breathing awareness techniques and learn to relax deeply.

PE-F 222 YOGA KUNDALINI (1)

AVERAGE CLASS SIZE: 35
PREREQUISITES: YOGA I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: Enhance creativity and awareness! Focus on the more difficult and strenuous techniques of yoga exercises and sets for developing mental control for better concentration.

PE-F 224 AEROBICS II (1)

AVERAGE CLASS SIZE: 50
PREREQUISITES: AEROBICS I or equivalent
SPECIAL FEES: \$20.00
DESCRIPTION: Participants are encouraged to recognize and appreciate consistency and comfort during an aerobic workout. Students critically analyze components of an aerobics class including the identification of correct exercise technique.

PE-F 226 ROAD RUNNING 10K (1)

AVERAGE CLASS SIZE: 25

PREREQUISITES: JOG-RUN or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: Be ready for the next 10K. The main objective of this course is to help each student develop into a more intelligent runner. Within the framework of a supportive group of fellow students, the class will explore a variety of training methods and running techniques. Many different training areas will be utilized with various types of terrain.

PE-WEIGHT TRAINING II (1)

AVERAGE CLASS SIZE: 35
PREREQUISITES: WEIGHT TRAIN I or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: Additional information beyond Weight Training I is presented and the various lifts/techniques are practiced. The students develop personal programs in consultation with their instructor. The role of weight training in a total fitness program is identified. Whether you are motivated by a strong inner urge to excel in a specialized area or to achieve general fitness goals, this program is for you.

PE-F 324 AEROBICS III (1)

AVERAGE CLASS SIZE: 50

WEEKLY READING: Pages

PREREQUISITES: AEROBICS II or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: Emphasis is on an intense cardiovascular exercise workout. Students challenge themselves to participate at 85% of their M.H.R. Acquired exercise knowledge is applied beyond aerobics to meet personal needs and desires.

PE-F 326 MARATHON TRAINING

AVERAGE CLASS SIZE: 25

PREREQUISITES: 10K or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: The course exposes students to a variety of training methods and running techniques. In addition, appropriate aspects of physiology, psychology, equipment considerations, and weight training are addressed. Start now preparing for the many runs offered in this community.

PE-F 329 WEIGHT TRAINING III (1)

AVERAGE CLASS SIZE: 35

PREREQUISITES: WEIGHT TRAIN II or equivalent

SPECIAL FEES: \$20.00

DESCRIPTION: The class will explore advanced training techniques, exercises, and training routines that will make each individual's program more effective. Training routines for specific sports are also included.

Gymnastics Activities

PE-G 135 TRAMPOLINE I (1)

AVERAGE CLASS SIZE: 22

SPECIAL FEES: \$20.00