

# Fitness and Rec Ac Courses

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## **FRA 100 - Lifetime Fitness**

Hours: 1

An overview of the requirements of a lifestyle conducive to fitness and health. Students will participate in a variety of fitness activities and be introduced to topics in nutrition, weight control, cardiovascular conditioning, flexibility, and strength training.

## **FRA 101 - Aerobic Conditioning by Walking or Jogging**

Hours: 1

Fitness development with an emphasis on walking, jogging, and running, including discussion of proper technique and health benefits.

## **FRA 104 - Beginning Triathlon**

Hours: 1

Conditioning and training for triathlon competition, including swimming, running, and bicycling. As a culmination to the course, students will participate in a triathlon sponsored by the class.

## **FRA 105 - Weight Training**

Hours: 1

Strength development through basic exercise and lifting techniques. Theory and beginning techniques in fitness conditioning, body building, and power lifting will be studied.

## **FRA 110 - Beginning Swimming**

Hours: 1

For non-swimmers and those who cannot swim 25 yards (one pool length). Opportunity to learn and improve individual swimming and water survival skills. Introduction to Red Cross swimming strokes with increased endurance and comfort in the water.

## **FRA 120 - Varsity Sport**

Hours: 1

For students participating in intercollegiate sport only.

## **FRA 121 - Badminton**

Hours: 1

Instruction and practice in the fundamentals of the grip, strokes, footwork, court coverage and rules of play. Singles and doubles strategy, offensive and defensive positioning and tournament play will be progressively incorporated. Students will participate in competitive play.

## **FRA 122 - Golf**

Hours: 1

Instruction in the skills, techniques, rules and etiquette of golf on the course. Chipping, pitching, putting, golf strategies, and rules of the game are included. Students will participate in competitive play.

## **FRA 124 - Racquetball**

Hours: 1

Instruction in the basic skills of racquetball including singles and doubles strategy, court etiquette, rules and scoring. Students will participate in competitive play.

## **FRA 125 - Tennis**

Hours: 1

Instruction in the basic tennis skills including grip, foot work, and strokes, such as backhand, forehand, volley and serve. The drop shot, lob, and overhead shots will be introduced, as well as singles and doubles strategies, rules, scoring and court etiquette. Students will participate in competitive play.

## **FRA 130 - Basketball**

Hours: 1

Instruction in basic skills to include ball handling, shooting and passing. Students will learn offensive and defensive techniques, rules, strategy and participate in competitive play.

## **FRA 132 - Soccer**

Hours: 1

Instruction in the individual offensive and defensive skills, game strategy, rules, and team tactics through the use of small-sided games and individual drills. Students will participate in competitive play.

**FRA 133 - Softball**

Hours: 1

This course provides instruction to develop the fundamental skills of throwing, catching, running, hitting, and rules of play of softball as well as individual and team skill development and strategies involved in competitive game situations. Students will participate in competitive play.

**FRA 134 - Volleyball**

Hours: 1

Introduction to the fundamental skills and strategies of organized volleyball including the forearm pass, set, spike, block, dig, and serve. In addition, students will gain an understanding of elementary team strategies. Students will learn to practice effective communication with teammates through participation in competitive play.

**FRA 145 - Mountain Biking**

Hours: 1

This course is designed to instruct students in the basic techniques and safety for mountain biking. The proper use and selection of equipment will be covered. Students are required to participate in one off-campus weekend trip. Equipment is provided.

**FRA 146 - Rock Climbing**

Hours: 1

This course is designed to instruct students in the basic techniques of rock climbing. Covered techniques will include belaying, rappelling, ascents and descents. The proper use of personal climbing equipment and safety concerns will also be covered. Students are required to participate in one off-campus weekend climbing trip. Equipment is provided.

**FRA 148 - Venture Dynamics**

Hours: 1

This course is designed to help students understand how participating in outdoor activities can promote lifelong health and wellness. Participants will experience an enjoyable, safe and informative introduction to outdoor activities including knot tying, belaying, movement technique, and safety procedures in the context of an outdoor ropes course. This course will emphasize a range of topics that include team building exercises, terminology, and conservation.

**FRA 149 - Archery**

Hours: 1

This course is a basic class in target archery and requires no prior knowledge or experience. All equipment is provided. The emphasis is on target archery shooting technique, safety, and the history of archery. Recurve bows and a variety of targets will be used. Grading is based on shooting skill, proper form, and knowledge of the sport.

**FRA 161 - Karate**

Hours: 1

This course emphasizes mental and physical development in the martial art of karate. It includes techniques and philosophies of karate including the harmony of mind, body and spirit, and is designed to develop self-control, physical coordination and self confidence.

**FRA 163 - Social and Popular Dance**

Hours: 1

Instruction in the fundamentals, forms and patterns of social and popular dances. Basic dances develop confidence through practice with a variety of partners as well as an appreciation for cultural and geographical backgrounds.

**FRA 164 - Yoga**

Hours: 1

Instruction in the techniques and benefits of yoga. Learning skills will include postures (asanas), breathing, and relaxation techniques. Improved flexibility, strength, muscle tone, and concentration will be emphasized.

**FRA 189 - Independent Study**

Hours: 0-2

Independent Study - Hours: One to four Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member.

**FRA 197 - Special Topics**

Hours: 1-4

Special Topics. One to Four semester hours. Organized class. May be repeated when topics vary.

**FRA 197P - Special Topic**

Hours: 1-4

Special Topics. One to Four semester hours. Organized class. May be repeated when topics vary.

**FRA 489 - Independent Study**

Hours: 1-4

Independent Study - Hours: One to four Individualized instruction/research at an advanced level in a specialized content area under the direction of a faculty member. Prerequisites: Consent of department head. Note May be repeated when the topic varies.