

**SCHOOL OF PUBLIC HEALTH AND HEALTH SERVICES
THE GEORGE WASHINGTON UNIVERSITY
DEPARTMENT OF EXERCISE SCIENCE**

Activity Courses:

- 10 Badminton (1)**
Students learn the biomechanics of the basic skills and practice to improve the execution of a variety of serves, serve returns, clears, drops, drives, and smashes. Students also learn the strategy for singles, doubles, and mixed doubles play.
- 20 Beginning/Intermediate Golf (1) Course Fee: \$60**
Introduces students to all aspects of the game of golf, beginning with an understanding of the game itself, and its rules. Students then learn the fundamentals of the golf swing, the short game, course management, and actual on-course experience.
- 21 Foil Fencing (1)**
The general purpose of fencing is to instruct the beginning student in the basic positions and fundamental movements of foil fencing, while providing an overview of the entire sport.
- 22 Basketball (1)**
The student is introduced to basketball techniques, strategies, rules, and scoring.
- 24 Volleyball (1)**
The course is designed to teach the fundamental skills, strategies, rules, and scoring in volleyball.
- 26 Karate (1)**
Introduction to Shotokan Karate with an emphasis on realistic self-defense and development of the mind-body connection. Students become familiar with basic stances, blocks, and strikes of Shotokan.
- 27 Beginning/Intermediate Tennis (1)**
Students are introduced or re-introduced to the basic components and techniques of the sport of tennis. There are opportunities to practice and demonstrate basic tennis skills through drills and match play.
- 28 Massage (1) Course Fee: \$10**
Students learn the physiological effects of stress on the muscular system and how massage is used to address these effects. Students learn proper technique and application of Swedish massage strokes and other related techniques.

- 29 Yoga (1)**
This course is an introduction to Hatha Yoga. Students learn basic postures and breathing for Hatha yoga practice.
- 30 Indoor Jogging (1)**
This course is designed to provide the students with a safe and fun workout in order to improve the student's cardiovascular fitness, strength, flexibility, posture and body awareness. Students will learn the basics of safe jogging/running. Furthermore this course will expose the student to the basic fundamentals of exercise physiology, nutrition, anatomy and physiology related to jogging.
- 30 Indoor Rowing (1)**
This course is designed to provide the students with an energetic, informative, and safe way to train aerobically and anaerobically using indoor rowing machines. Students will learn the basic fundamentals of exercise physiology, nutrition, rowing terminology and biomechanics, and anatomy.
- 30 Japanese Swordsmanship (1)**
The course is designed to provide instruction in the proper use of the Japanese sword and an introduction to the training regimens of kendo and iaido.
- 31 Fitness/Weight Training (1)**
Students are introduced to weight training techniques, anatomy, nutrition, and the exercise physiology that backs up the training that will be done. Safety, form, benefits, and personal goals are discussed as well.
- 32 Aquatic Aerobics (1)**
Students learn the benefits of aquaerobics and basic fitness. Specifically, students strive to maintain maximum working potential for progressively longer intervals during aerobic training and increase the number of repetitions during the toning of specific muscle groups.
- 33 Swimming (1)**
Teaches the basic components of swimming while developing proper stroke mechanics in the four styles of swimming: freestyle, backstroke, breaststroke, and butterfly.
- 37 Indoor Soccer (1)**
Exposes students to the game of soccer. This course will involve a good deal of playing therefore most coaching will be done within the flow of play. Both technical and tactical aspects of the sport will be addressed.
- 38 Racquetball (1)**
Students learn the rules and basic skills of racquetball and the strategies involved in the game.

- 39 Cardio Kick Boxing (1)**
The emphasis of this course is improved strength, flexibility and cardio-respiratory fitness. Participants will gain exposure to a variety of hand and foot techniques from boxing and traditional martial arts, with an emphasis on each student learning to work out at a safe and challenging level.
- 40 Self-Defense and Personal Safety (1)**
Students should come away from this class with an understanding of assault and a wide range of options for self-defense. Drills include verbal assertiveness, concentration/relaxation, and physical defense. The physical content of the course develops body alignment, balance, and the mechanics of generating force.
- 41 Mat Pilates (1)**
Course is designed to provide the student with a basic understanding of the principles of Pilates, postural alignment, breathing techniques, strengthening, and stretching.
- 42 Aerobics (1)**
Classes may include a variety of types of aerobic activity. Examples include step, high/low, hip-hop, and power walking.
- 43 Tai Chi (1)**
This course introduces the student to the art of Tai Chi, Ch'uan.
The focus is on learning the solo form, which is a series of slow, circular, continuous movements. Students also learn the Tai Chi principles, philosophy, and history. Emphasis is placed on body alignment, kinetics and warm-up exercises.
- 44 Aikido (1)**
Aikido helps students deal with stressful and threatening situations, and defend themselves when necessary in situations where force and violent is imminent.
- 45 Soccer Officiating (1)**
Course covers the basics of soccer officiating. It will cover in detail all 17 Laws of the Game. Satisfactory completion will result in certification as a United States Soccer Federation (USSF) referee and participants will earn one additional local certification for refereeing youth games.
- 45 Hip Hop Conditioning (1)**
This course includes two components. Dance-based aerobic workout followed by a segment of strengthening, toning, and stretching exercises.

- 46 Taekwondo (1)**
The course is designed to provide instruction in the fundamental techniques and training regimen of Taewondo, a Korean martial art. Beginning students become proficient in the techniques required for a promotion to yellow belt. More advanced students receive training appropriate to their rank.
- 47 Bowling (1)**
Students will learn the skills of the lifetime sport of bowling and appreciation of the game.
- 48 Horseback Riding (1) *Course Fee: \$300***
The purpose of this class is to educate the beginner, intermediate, and/ or advanced level student in the theory and practice of horseback riding.
- 49 In-Line Skating (1)**
Students learn to skate and stop in control with confidence.
- 50 Shiatsu (1)**
Shiatsu is a form of self-development that introduces students to an oriental, therapeutic bodywork art complementary to western massage therapies. Students learn movements and exercises drawn from Aikido, Yoga, and Tai Chi Ch'uan.
- 53 Squash (1)**
Students will learn the basic rules and skills of squash and the strategies involved in the game.
- 55 Water Safety Instructor (1) *Course Fee \$10***
This course is the American Red Cross Water Safety Instructor certification course.
- 56 Scuba Diving (2) *Course Fee: \$150 Certification Course***
This is an entry-level PADI OPEN WATER DIVER COURSE leading to International diver certification. The student is introduced to the techniques and theories of safe SCUBA diving in the pool and lecture.
- 57 Scuba Lab (1) *Course Fee: \$150***
Introduction to the techniques and theories of safe SCUBA diving. Upon successful completion of the pool and lecture sessions, the student receives a letter of referral. This form allows the student to participate in the five required open water dives to fulfill the requirements for internationally recognized certification.
- 60 CPR/First Aid (1) *Course Fee: \$16***
At the completion of the course students are able to perform adult, child and infant choking, rescue breathing and CPR techniques as taught by the American Red Cross.

- 61 Lifeguard Training (2) Course Fee: \$10 Certification Course**
This course teaches students the skills and knowledge needed to prevent and respond to aquatic emergencies. Course content and activities prepare lifeguard candidates to recognize and respond quickly and effectively to emergencies and prevent drowning and other incidents.
- 62 Conditioning/Weight Training (2)**
Students learn the fundamentals and theory behind various methods of weight training, cardiovascular fitness, and nutrition.
- 66 Aerobics Instructor Training (2)**
Teaches individuals with no group exercise instructing experience the fundamentals of instruction for a group exercise leader. By the end of this class, students should possess the basic knowledge to teach a safe, fun, and effective group exercise class.
- 67 Personal Leadership Skills in Sport (2)**
This course is designed to allow individuals who are on sport teams the opportunity to explore and develop their leadership qualities.
- 68 Sports Massage (1) Course Fee: \$7**
This course provides an overview of the field of orthopedic sports massage. Students become familiar with the principles of orthopedic sports massage, the benefits of massage related to musculoskeletal conditions, and how to perform these techniques.