

Exercise and Sport Activity Classes

EXSA 10 Badminton (1)

Students learn the mechanics of the basic skills and practice to improve the execution of a variety of serves, serve returns, clears, drops, drives, and smashes. Strategy for singles, doubles, and mixed doubles play.

EXSA 011 Hiking (1)

An experiential introduction to hiking as an element of outdoor education, environmental education, and basic wilderness travel, incorporating elements of outdoor leadership in the DC Metro area parks and surrounding regions.

EXSA 012 Dance Conditioning (1)

This course is designed to provide students with correct body alignment to execute safe movements through dance conditioning; isolation of major muscle groups and an overall enhance fitness level and life style.

EXSA 014 Meditation (1)

This course provides students with an opportunity to gain a mastery of basic meditation techniques and principles, and use them to enhance the quality of daily life.

EXSA 015 Japanese Swordsmanship (1)

This 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.

EXSA 20 Beginning/Intermediate Golf (1)

All aspects of the game of golf and its rules. Fundamentals of the golf swing, the short game, and course management. On-course experience. Course fee: \$60.

EXSA 21 Foil Fencing (1)

Basic positions and fundamental movements of foil fencing: overview of the entire sport.

EXSA 22 Basketball (1)

Fundamental skills, practice, rules, and scoring.

EXSA 24 Volleyball (1)

Fundamental skills, practice, rules, and scoring.

EXSA 26 Karate (1)

Introduction to Shotokan Karate, with an emphasis on realistic self-defense and development of the mind-body connection. Basic stances, blocks, and strikes of Shotokan.

EXSA 28 Massage (1)

Physiological effects of stress on the muscular system and how massage is used to address these effects. Proper technique and application of Swedish Massage strokes and other related therapies. Course fee \$14.

EXSA 29 Yoga (1)

Introduction to Hatha Yoga; basic postures and breathing.

EXSA 30 (1)

Fitness – Selected Activities

EXSA 31 Weight Training (1)

Weight training techniques and related concepts of anatomy, nutrition, and exercise physiology. Emphasis on safety, form, benefits, and personal goals.

EXSA 33 Swimming (1)

Basic components of swimming and development of proper stroke mechanics in the four styles of swimming freestyle, backstroke, breaststroke, and butterfly.

EXSA 37 Indoor Soccer (1)

Technical and tactical aspects of the sport are addressed.

EXSA 38 Racquetball (1)

Rules, basic skills, and strategies.

EXSA 39 Cardio-Kick-Boxing (1)

Exposure to a variety of hand and foot techniques from boxing and traditional martial arts, with an emphasis on learning to work out at a safe and challenging level for improved strength, flexibility, and cardiorespiratory fitness.

EXSA 40 Self Defense and Personal Safety (1)

Development of an understanding of assault and the wide range of options for self-defense. Drills of verbal assertiveness, concentration/relaxation, and physical defense. Concepts of alignment, balance, and the mechanics of generating force.

EXSA 41 Mat Pilates (1)

Basic understanding of the principles of Pilates, including postural alignment, breathing techniques, strengthening, and stretching.

EXSA 42 Cardio Conditioning (1)

A variety of aerobic activity, including step, high/low, hip-hop, sports training, and power walking. Each class includes a warm-up, aerobic segment, and cool down.

EXSA 43 Tai Chi (1)

Introduction to the art of Tai Chi Ch'uan. Focus on the solo form, which is a series of slow, circular, continuous movements. Tai Chi principles, philosophy, and history. Body alignment, kinetics, and warm up exercises.

EXSA 44 Aikido (1)

Aikido helps participants deal with stressful and threatening situations and defend themselves if necessary in situations where force and violence is imminent.

EXSA 45 Experimental Activities (1)

Topic and amount of laboratory fee (if charged) announced in Schedule of Classes.

EXSA 46 Taekwondo (1)

The fundamental techniques and training regimen of taekwondo, 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.

EXSA 47 Bowling (1)

Basic components and skills for this lifetime sport. Course fee, \$135.

EXSA 48 Horseback Riding (1)

Theory and practice for beginning, intermediate, and advanced level students. Course fee, \$350.

EXSA 53 Squash (1)

Basic rules, skills, and the strategies involved in the game. Equipment fee, \$25.

EXSA 56 Scuba Diving Certification Course (2)

This is an entry-level PADI (Professional Association of Diving Instructors) course, leading to international diver certification. The student is introduced to the techniques and theories of safe diving in pool and lecture sessions. Course fee, \$150.

EXSA 57 Scuba Lab (1)

Open water dive certification lab. Course fee, \$150.

EXSA 60 CPR/First Aid (1)

At the completion of the course the student will be able to address adult, child, and infant choking and perform rescue breathing and CPR techniques as taught by the American Red Cross. Course fee, \$13.

EXSA 65 Introduction to Therapeutic Massage (2)

Basic Swedish massage and deep-tissue techniques.

EXSA 66 Sports Massage (2)

Principles of orthopaedic sports massage, the musculoskeletal conditions that can benefit from it, and performance of these massage techniques. Course fee, \$14.

EXSA 67 Aerobic Instructor Training (2)

Fundamentals of instruction for a group exercise leader. Participants develop the skills needed to teach a safe, enjoyable, and effective group exercise class.

EXSA 68 Sport Clinics and Workshops (1 to 3)

Special intensive study and skill development. There may be a laboratory fee, amount announced in Schedule of Classes.