

Department of Athletics and Physical Education Courses

About Course Numbers:

Each Carnegie Mellon course number begins with a two-digit prefix that designates the department offering the course (i.e., 76-xxx courses are offered by the Department of English). Although each department maintains its own course numbering practices, typically, the first digit after the prefix indicates the class level: xx-1xx courses are freshmen-level, xx-2xx courses are sophomore level, etc. Depending on the department, xx-6xx courses may be either undergraduate senior-level or graduate-level, and xx-7xx courses and higher are graduate-level. Consult the Schedule of Classes (<https://enr-apps.as.cmu.edu/open/SOC/SOCServlet/>) each semester for course offerings and for any necessary pre-requisites or co-requisites.

69-005 Archery + Laser Pistol

Fall and Spring: 3 units
TBD

69-097 Introduction to Horseback Riding

Fall and Spring: 3 units
This full semester course is designed for beginners who want to learn the fundamentals of horseback riding. Through hands-on experience and instruction, students will develop basic riding skills, gain an understanding of horse care, and build confidence in their ability to work with horses. The course covers safety, grooming, tacking up, mounting, and basic riding techniques, including walking, trotting, and basic steering.

69-101 Pickleball

Fall and Spring: 3 units
This course is designed to aid in developing the fundamental skills involved in pickleball. Techniques, rules and strategy are stressed. It is hoped that the student will develop a reasonable level of proficiency to enable participation on a leisure-time basis.

Course Website: <http://www.cmu.edu/athletic/>

69-102 Weight Training

Fall and Spring: 3 units
This course is designed to provide the opportunity for the inexperienced student to learn the effectiveness of a carefully planned weight-training program as a method of body development and the contributing benefit to performance in many sports.

69-103 Archery

Spring: 3 units
This course introduces students to the fundamentals of archery. Students will learn proper shooting techniques, archery range safety, and the principles of bow mechanics. By the end of the course, students will have developed the necessary skills to safely and effectively participate in archery, both recreationally and competitively. The course also aims to foster concentration, patience, and physical coordination.

69-104 Practical Application of Sports Nutrition for Competitive Athletes

Spring: 3 units
This course will cover the following topics: macronutrient overview, specific overview of fats, carbohydrates, and protein, vitamin and minerals, nutritional needs for strength/power and endurance athletes, pre/during/post training nutritional needs for strength/power and endurance athletes, and other topics. FOR UNDERGRAD STUDENTS ONLY.

69-105 Agility & Circuit Training

Spring: 3 units
This course is designed to train the entire body combining fitness and core body work. We will do jumping and agility exercises to increase explosiveness and foot speed. Circuit training will be used to strengthen your core, arm, and leg muscles and will provide a cardiovascular workout.

69-106 Intro to Recreation

Fall: 3 units
This is a basic level class for first-year students only. This class is designed to teach students various fitness and recreational activities available to them on campus.

69-107 Walking for Fitness

Fall: 3 units
THIS COURSE IS IN PERSON ONLY FALL 2021. This course is an aerobic conditioning activity. A fast paced walk that is less wear and tear on your joints than what a running program will do.

69-110 Personal Fitness

Fall and Spring: 3 units
THIS COURSE IS IN PERSON ONLY FALL 2021. This course will be a conditioning course prescribed partially by the individual with assistance from the instructor to insure that the desired results will be achieved or at least pursued correctly. Individual goals will be the main concern. Stretching, aerobics, weight training and nutrition will be discussed.

69-112 Fencing

Fall and Spring: 3 units
Coming soon

69-113 Martial Arts

Fall and Spring: 3 units
TBD

69-114 Intermediate Karate

Fall and Spring: 3 units
Intermediate Karate teaches a higher level of the traditional martial arts with specific standards and goals designed to help each student maximize potential as an individual, as well as a martial artist. Through traditional Tang Soo Do (Korean Karate) taught by Master C. S. Kim and assistant instructors, you will find many opportunities to gain specific knowledge which will apply not only in your martial arts training, but also in the improvement of your daily quality of life.

69-120 Topics in Health and Physical Activity

Fall and Spring: 3 units
This course is a weekend seminar covering a variety of topics and #8212;the dates for this course are: March 14-15-16, the instructor will provide classroom and more updates as the class prepares to begin. This course is designed to expose students to a comprehensive overview of what it means to be healthy, including: stress management strategies, healthy eating habits, importance of sleep, and the benefits of various exercise methods. The course will be presented using both a traditional lecture style, and hands-on practice. A few outside speakers will be brought in to speak in their area of expertise. Students should come prepared to exercise.

69-129 Padel

Fall and Spring: 3 units
coming soon

69-130 Beginning Tennis

Fall and Spring: 3 units
This course is designed to familiarize the student with the rules of tennis and to develop the skills needed to become proficient for recreational play. During the first half of the course, all tennis strokes will be covered and reviewed in detail. The second half of the course will focus mostly on competitive games and match-play.

69-131 Volleyball

Spring: 3 units
This course is designed to familiarize the student with the rules of volleyball and to develop the skills needed to become proficient for recreational play.

69-132 Advanced Tennis

Fall: 3 units
This course will consist mainly of tennis drills and discussions related to singles, doubles, and match strategy. In addition to being able to successfully execute all tennis strokes, students should also already have significant tennis match experience.

69-134 Beginning Golf

Fall and Spring: 3 units
This course is designed to give the student all the skills necessary to play a satisfactory game of golf. The long game, the short game and putting are covered. It is a leisure time sport that is challenging and can be used by the student for the rest of his/her life.

69-135 Soccer Skills

Spring: 3 units
This course is designed to familiarize the student with the rules of soccer and to develop the skills needed to become proficient for recreational play.

69-136 Basketball Skills

Fall and Spring: 3 units
This course is designed to familiarize the student with the rules of basketball and to develop the skills needed to become proficient for recreational play.

69-137 Ultimate Frisbee

Fall: 3 units
This class is designed to teach basic Frisbee skills. This class is a great conditioning/cardio class with high energy. It is a fun team game to play.

69-139 Indoor Futsal-Soccer

Spring: 3 units
This course is designed to familiarize the student with the rules of futsal (indoor soccer). Skills will be taught on footwork, passing and ball control. Students will engage in scrimmages as well.

69-140 Squash

Fall and Spring: 3 units
This course is designed to aid in developing the fundamental skills involved in squash. Techniques, rules and strategy are stressed.

69-141 Beginning Soccer

Spring: 3 units
This class is designed for beginner soccer players. This class will teach you soccer skills and techniques to become a better player.

69-142 Beginning Fencing

Spring: 6 units
This course will cover the basic skills needed for fencing with the foil. Footwork, attacks, and defenses will be practiced. Competition rules and strategies will be discussed. Students will fence each other and the instructor in almost every class.

69-143 Dodgeball

Spring: 3 units
This class is designed to teach the rules of dodgeball. The students will learn the national rules and play against classmates.

69-144 Diamond Sports

Spring: 3 units
This course is designed to familiarize the student with the rules of softball and wiffleball and to develop the skills needed to become proficient for recreational play. Students will play each other or the instructor in almost every class.

69-145 Beginning Softball

Fall and Spring: 3 units
Students will learn beginning softball skills-throwing, hitting, running

69-146 Team Handball

Fall: 3 units
Team Handball or European Handball - This is an introductory level class that will cover the basics of the sport including the rules, organization, and basic game play. Students will be expected to learn the rules and participate in play on a daily basis.

69-150 Beginning Swimming

Fall: 3 units
This basic course is designed to equip the non-swimmer with fundamental skills and knowledge to assure reasonable safety in, on or about the water. Areas covered include the basic swimming strokes, basic diving, safe and efficient entry into the water, and some elementary forms of rescue.

69-151 Introduction to Yoga

Fall and Spring: 3 units
THIS COURSE IS IN PERSON ONLY FALL 2021. This course is designed for the beginning yoga student who wants to gain a solid foundation of yoga poses and the benefits a yoga practice has to offer. The course is also for those who have experience in Yoga and want to practice and improve their basic skills.

69-153 Lifeguard Training

Spring: 3 units
This class is the American Red Cross Lifeguard Training course. Students who complete certification will be eligible to be employed as lifeguards. Attendance is required. There will be a fee from the American Red Cross-the instructor will share this with you upon completion of the course requirements.

69-155 Cardio Fitness/Sculpt

Fall and Spring: 3 units
A total body fitness class for men and women that incorporates stretching for flexibility, exercises for strength and movement to increase cardiovascular improvement.

69-156 First Aid and Emergency Response

Spring: 3 units
coming soon

69-157 Swimming Stroke Improvement

Fall: 3 units
This course is designed to provide the student with the opportunity to learn the elements of good swimming. A wide range of strokes, basic diving, safety, endurance, and versatility in the water will be covered for all students. Experienced swimmers will have the opportunity to perfect their strokes.

69-160 Swim-Fit

Fall and Spring: 3 units
Must be able to complete a 1000 yard swim (40 laps) prior to entering the class ; this is not a learn-to-swim class. Pre and post timed swims, deep water treading, lap swimming interval training. Average workout is around 2000 yards.

69-165 Cycling Core

Fall and Spring: 3 units
Indoor cycling classes are riding on a stationary bike while getting a great workout, experiencing several styles of training, and listening to music. All are welcome and #8212;beginner to advanced and #8212;you set the workout pace to various intensities. This course is for those participants who want to gain knowledge and experience of riding for endurance, speed work, race training, strength training, and/or visionary riding. Each class will be formatted to take the rider to their levels of advancement and #8212;beginner to advanced and #8212;all doing the same workout. Bikes are provided. No prior bike experience is necessary. No special footwear required and #8212;bike shoes are welcome and #8212;and tennis shoes at least are a must. Come along for the ride of a lifetime while having fun and getting into shape.

69-167 Beginning Ballroom Dance

Spring: 2 units

This class provides an overview of six American Style Ballroom Dances: Foxtrot, Waltz, Tango, Cha Cha, Rumba, Swing. Participants will learn three or four basic step patterns in each dance, the timing of each pattern, leading and following principles and the unique characteristics of each dance. At the end of this course, participants will be able to dance comfortably at a social dance. It is recommended that suede bottomed dance shoes be worn, but not required.

69-175 African-Brazil Dance

Fall: 2 units

This class incorporates African-Modern dance technique (specifically elements of Dunham and Horton technique) and applies it to dance movements from West Africa, Haiti, and /or Brazil. Students will build strength, alignment, and stamina while experiencing the joy of dancing to the exciting and mesmerizing music of these regions. Open to non-drama and drama majors.

69-176 Non-Majors Jazz

Spring: 3 units

This class is designed for those students who would like to continue their study in jazz but are not enrolled in the CFA department. They will learn the basics and progression movements in the area of jazz dancing. This is for all levels of participants.

69-195 Emergency Medical Technician 1

Fall and Spring: 12 units

The Emergency Medical Technician provides students with a basic knowledge of Emergency Medicine, and enables students to take the National Registry EMT Certification exam and become certified at the state and national level. This course is cross-enrolled through the Community College of Allegheny County (CCAC) and will require registration with CCAC on the first day of class. This will require a fee, which has yet to be determined. Due to state laws and classroom hours requirements, all lectures are mandatory with very few exceptions. This class will meet on around 2 Saturdays, which will be announced on the first day of class. This class is also offered in two parts. The first part (69-195) is offered during mini-2 and the second part (69-195) is offered during the full spring semester. You must attend both parts in order to be eligible to take the National Registry EMT Certification exam. Please email info@cmuems.org with any questions you might have.