LIFESTYLE, SPORT, AND PHYSICAL ACTIVITY (LSPA)

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-level undergraduate courses that can also be taken for graduate credit with permission and additional work assigned
- Those in the 6000s and 8000s are for master's, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

LSPA 1011. Hiking. 1 Credit.
Introduction to hiking as an element of outdoor and environmental education and basic wilderness travel, incorporating elements of outdoor leadership. For beginners and experienced hikers. Visits to DC metropolitan area parks and surrounding regions.

LSPA 1012. Dance Conditioning. 1 Credit.
Dance techniques that develop and improve strength, endurance, flexibility, and coordination. Workouts include the use of the barre, floor mats, and movement across the floor.

LSPA 1013. Latin Dance Conditioning. 1 Credit.
Combines movement with discussion of the folkloric history of Afro-Brazilian/Cuban cultural dance. Strength, flexibility, and the ability to undulate the torso and hips fully and rapidly through dance styles including mambo, rumba, salsa, and samba.

LSPA 1014. Meditation. 1 Credit.
Introduction to and practice of basic meditation techniques and principles.

LSPA 1016. Running. 1 Credit.
Training methods and skills of running using a variety of local routes, terrain, and techniques to improve cardiovascular fitness and running form and speed. No prior experience or training is necessary.

LSPA 1017. Walking for Health. 1 Credit.
Walking for health.

LSPA 1018. Trail Running. 1 Credit.
Instruction in the proper techniques and equipment for trail running. Distance is increased progressively.

LSPA 1019. Outdoor Adventure. 1 Credit.
An introduction to various outdoor activities in and around Washington, DC.

LSPA 1020. Beginning/Intermediate Golf. 1 Credit.
Development of basic golf skills through lectures, demonstrations, drills, and game play. Topics include terminology, rules, and etiquette as well as game formats and strategies.

LSPA 1021. Introduction to Fencing. 1 Credit.
Foil or epee fencing skills for recreation and competition. Footwork, right of way, blade work, bouting, refereeing, and competition formats. For beginners and those looking to reenter the sport.

LSPA 1022. Basketball. 1 Credit.
Basic principles and skills of basketball through drills and practice play. Fundamentals, philosophies of team play, etiquette, and offensive and defensive strategies.

LSPA 1023. Shaolin Kung Fu. 1 Credit.
Training in the Southern Shaolin Kung Fu system to improve health and fitness. Participants build endurance, balance, and strength and learn practical self-defense techniques.

LSPA 1024. Volleyball. 1 Credit.
Skills, strategies, techniques, and rules of the game of volleyball. The values of teamwork and sportsmanship are reinforced through competition.

LSPA 1025. Thai Massage. 1 Credit.
Tradition, techniques, and practice of Thai massage.

LSPA 1026. Karate. 1 Credit.
History, terms, skills, and practice of the martial art karate.

LSPA 1027. Tennis. 1 Credit.
Participants learn a range of skills from basic strokes and terminology to advanced match play strategy.

LSPA 1029. Yoga. 1 Credit.
Introduction to basic poses as well as breathing techniques, deep relaxation, and meditation practices. Improving strength, flexibility, and balance. Using techniques learned in class to help manage stress.

LSPA 1030. Fitness. 1 Credit.
Defining fitness activities and practicing associated skills. Taking heart rate and describing rate of perceived exertion.

LSPA 1031. Weight Training. 1 Credit.
Resistance training for strength, power, and muscular endurance. Purpose and function of equipment, proper form, and development of a weight training program to meet fitness goals. Appropriate for students at all levels.

LSPA 1033. Swimming. 1 Credit.
Beginning students learn basics of the freestyle and butterfly strokes, backstroke, and breaststroke. Advanced students further develop their knowledge of the four strokes to improve swimming endurance.

LSPA 1035. Rock Climbing. 1 Credit.
Introductory level indoor climbing course designed to help participants become safe and knowledgeable climbers; safety systems of belaying, basic knot tying, and basic climbing movements; skills needed to climb independently. Meets off campus.

LSPA 1036. Triathlon. 1 Credit.
Training methods for and practice in the three events of a triathlon: running, cycling, and swimming.

LSPA 1037. Indoor Soccer. 1 Credit.
Basic concepts, rules, and skills as well as technical and tactical aspects of the game of indoor soccer.

LSPA 1038. Racquetball. 1 Credit.
History, rules, and vocabulary of the sport of racquetball. Practice in the skills and drills associated with the game.

LSPA 1039. Cardio Kickboxing. 1 Credit.
Workout based on boxing and martial arts movements designed to Improve health and fitness, including endurance, balance, flexibility, and strength.

LSPA 1040. Self-Defense and Personal Safety. 1 Credit.
Participants develop an understanding of assault and the wide range of options of self-defense; drills in verbal assertiveness, concentration/relaxation, and physical defense; concepts of alignment, balance, and the mechanics of generating force.

LSPA 1041. Mat Pilates. 1 Credit.
Strengthening and toning all of the body's core muscles through targeted exercises, focusing on specific muscle groups to build core strength. Students bring their own mat.

LSPA 1042. Cardio Conditioning. 1 Credit.
Developing and improving cardiovascular endurance through a variety of aerobic activities.

LSPA 1043. Tai Chi. 1 Credit.
Basic principles of the Chinese internal martial art of tai chi chuan, which uses physical movement, energy awareness, and mental concentration for fun, relaxation, and to improve health.

LSPA 1044. Aikido Self Defense. 1 Credit.
Instruction in and practice of aikido, the Japanese art of self-defense employing locks and holds and using the principle of nonresistance to cause an opponent's own momentum to work against them.

LSPA 1045. Experimental Activities. 1 Credit.
Topics announced in the Schedule of Classes.

LSPA 1046. Taekwondo. 1 Credit.
History, tenets, and practice of the traditional Korean marshal art taekwondo, characterized especially by the extensive use of kicks.

LSPA 1048. Horseback Riding. 1 Credit.
Theory and practice of horseback riding for beginning, intermediate, and advanced level students.

LSPA 1049. Boxing. 1 Credit.
Developing muscular strength, agility, and cardiovascular fitness using boxing skills and techniques; jumping rope, shadow boxing, and sparring; punching and kicking combinations.

LSPA 1050. Backpacking. 1 Credit.
Equipment associated with backpacking. Instruction in safety and first aid skills. Students practice backpacking in various outdoor settings.

LSPA 1052. Cross Training. 1 Credit.
Principles of lifetime physical fitness, using the five major components of fitness: cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

LSPA 1053. Squash. 1 Credit.
Basic strokes, grips, and movement patterns used in the game of squash.

LSPA 1054. Metabolic Effect. 1 Credit.
High intensity-based circuits that combine anaerobic and aerobic training to increase calorie burn during and after the workout.

LSPA 1055. Barre. 1 Credit.
Barre cardio and Garuda barre movement repertoire; barre choreography and movement patterns for building strength and competence; barre cardio and the Lotte Berke method.

LSPA 1057. Zumba. 1 Credit.
Latin-inspired dance fitness class using Latin and international music and dance movements to create a dynamic, exhilarating, and effective cardio workout.

LSPA 1059. Cycling. 1 Credit.
High-intensity cardio class using stationary bikes to simulate real cycling experiences. Students adjust their own resistance and cadence so that beginners and experienced cyclists are challenged in the same class.

LSPA 1060. High-Intensity Interval Training. 1 Credit.
Training the aerobic and anaerobic energy systems and building muscular strength, power, and endurance with short periods of intensive activity followed by periods of rest.

LSPA 1061. Capoeira. 1 Credit.
Introduction to the Afro-Brazilian martial art encompassing elements of music, dance, acrobatics, and martial techniques. Includes interactive events with local Capoeira groups to help develop flexibility, strength, rhythm, and confidence.

LSPA 1062. Conditioning/Weight Training. 1 Credit.
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LSPA 1063. Les Mills BODYPUMP. 1 Credit.
Use barbells to sculpt, tone, and strengthen the body. Low weight loads and high repetition movements are used in muscle group-specific sessions choreographed to sync with music.

LSPA 1065. Introduction to Therapeutic Massage. 1 Credit.
Fundamentals of Swedish massage, including basic techniques, strokes, draping, muscle anatomy, and body mechanics; holistic benefits of therapeutic touch; physiological effects of stress on the body and how massage is used to address these effects.

LSPA 1066. Sports Massage. 1 Credit.
Pre-activity techniques to help improve an athlete's flexibility and post-activity methods to alleviate injuries or keep muscles from tightening.

LSPA 1067. Group Fitness Instructor Training. 1 Credit.
Fundamentals of group exercise instruction geared toward those wishing to become certified group exercise instructors. Participants learn the skills and knowledge to teach a safe, enjoyable, and effective group exercise class.

LSPA 1068. Sports Clinic and Workshops. 1 Credit.
Topics of intensive study and skill development. Consult the Schedule of Classes for specific topics and possible associated fees.

LSPA 1081. Kendo I. 1 Credit.
Kendo I.

LSPA 1082. Kendo II. 1 Credit.
Kendo II.

LSPA 1083. Iaido I. 1 Credit.
Iaido I.

LSPA 1102. Personal Trainer Preparation. 1 Credit.
Students develop knowledge of exercise science, kinesiology, and physiology. Includes practical experience needed to prepare for the American Council on Exercise (ACE) personal trainer certification exam and to become an effective personal trainer.

LSPA 2001. Special Topics. 1-3 Credits.
Topics announced in the Schedule of Classes.