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-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- 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 education, environmental education, and basic wilderness travel, incorporating elements of outdoor leadership. For those with less experience with general outdoor recreation as well as more experienced hikers. Visits to D.C. 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; building 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 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.
Trail running.

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

LSPA 1020. Beginning/Intermediate Golf. 1 Credit.
Develop basic golf skills through lectures, demonstrations, drills and game play. The student also gains knowledge of golf etiquette and other areas as related to the game of golf. Fees apply.

LSPA 1021. Introduction to Fencing. 1 Credit.
Foil or epee fencing skills for recreation and competition; footwork, right of way, blade work, boutting, refereeing, and competition formats. For students who are new to fencing or looking to reenter the sport. Materials and equipment fee.

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.
Volleyball.

LSPA 1025. Thai Massage. 1 Credit.
Thai Massage.

LSPA 1026. Karate. 1 Credit.
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.
Introduces beginning students to basic poses as well as breathing techniques, deep relaxation, and meditation practices. Continuing students progress and improve their strength, flexibility, and balance. Using techniques learned in class to help manage stress. Students bring their own mat.

LSPA 1030. Fitness. 1 Credit.
Fitness.

LSPA 1031. Weight Training. 1 Credit.
Beginning students learn and practice resistance training to improve strength, power, and muscular endurance while learning the purpose and function of equipment, proper form, and development of a weight training program to meet fitness goals. Intermediate and advanced students broaden their existing skills and knowledge base.

LSPA 1033. Swimming. 1 Credit.
Beginning students learn the basics of the freestyle and butterfly strokes, backstroke, and breaststroke; students at this level must be comfortable putting their head under water. Advanced students further develop their knowledge of the four strokes to improve swimming endurance; prior to enrollment students at this level should be able to swim a minimum of four lengths without stopping and have a working knowledge of each stroke.

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, as well as the skills necessary to climb independently. Course meets at the Sportrock Climbing Center in Alexandria, VA. Materials and equipment fee.
LSPA 1036. Triathlon. 1 Credit.  
Triathlon.

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.  
Racquetball.

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.  
Japanese art of self-defense using locks and holds and the principle of nonresistance to cause an opponent’s own momentum to work against them. Rather than striking opponents, the focus is on using one’s own energy to gain control of the opponent or to throw them away from one’s body.

LSPA 1045. Experimental Activities. 1 Credit.  
Topic and laboratory fee (if charged) announced in Schedule of Classes.

LSPA 1046. Taekwondo. 1 Credit.  
Taekwondo.

LSPA 1048. Horseback Riding. 1 Credit.  
Course fee.

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.  
Backpacking.

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. Equipment fee.

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 1056. Scuba Diving Certification Course. 2 Credits.  
This is an entry-level PADI (Professional Association of Diving Instructors) course, leading to international diver certification. Course fee.

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. Participants improve skill-related components of fitness, including speed, agility, balance, and flexibility.

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

LSPA 1063. Les Mills BODYPUMP. 1 Credit.  
The Les Mills BODYPUMP strength training course uses 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 the basic techniques, strokes, draping, muscle anatomy, and body mechanics; holistic benefits of therapeutic touch; the physiological effects of stress on the body and how massage is used to address these effects. Materials fee.
**LSPA 1066. Sports Massage. 1 Credit.**
Course fee.

**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. 1-3 Credits.**
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.**
Develops the participant's knowledge of exercise science, kinesiology, and physiology and provides the hands-on, practical experience needed to prepare for the American Council on Exercise (ACE) personal trainer certification exam and become an effective personal trainer.

**LSPA 2001. Special Topics. 1-3 Credits.**
Special topics.