

# Fitness / Adventure / Sport Techniques (FAST)

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**FAST 1010. Aerobic Dynamics. 1 Hour.**

Activity class for students interested in learning the fundamentals of individual fitness. Emphasizes fitness through a variety of cardiovascular formats, muscle conditioning, and flexibility. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Create their own fitness plan. 2. Develop skills related to aerobic training. 3. Develop knowledge and skills related to fitness training safety. Course fee required. FA, SP.

**FAST 1020. Step Workout. 1 Hour.**

Activity course for students to learn a variety of ways to use step training for cardiovascular fitness, as well as muscular conditioning. Designed to teach step aerobics as well as enhance fitness. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Create their own fitness plan. 2. Develop skills related to step workout training. 3. Develop knowledge and skills related to fitness training safety. Course fee required.

**FAST 1030. Barre Sculpt. 1 Hour.**

Activity course for students interested in a workout focused on the total body, with emphasis on sculpting, toning and strengthening. An energetic, upbeat workout choreographed to music. The low impact, high intensity workout is intended for anyone. Techniques may utilize own body weight or weights, bands, implements for resistance. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills related to muscle strength, endurance, balance, flexibility, and posture. 2. Demonstrate the knowledge and skills to perform barre training safely. 3. Demonstrate the ability to apply small controlled movements, isometric holds and high repetition related to barre training.

**FAST 1036. Fitness Dancing. 1 Hour.**

High energy activity course for students interested in developing fitness through dancing. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate the ability to establish appropriate fitness goals. 2. Demonstrate a basic understanding of caloric expenditure, and fitness development associated with the interval training associated with the dancing activities. 3. Demonstrate knowledge of the basic choreography associated with the various dance routines. 4. Demonstrate the knowledge and skills to perform the dance activities safely. Course fee required.

**FAST 1057. Kundalini Yoga. 1 Hour.**

Activity course to introduce students to the movement, meditation, and breath work practices of Kundalini Yoga. Includes study from a text. Presents yoga practices as a technology teaching self-awareness and consciousness. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

**FAST 1058. Intermediate Kundalini Yoga. 1 Hour.**

Activity course for students interested in learning advanced skills in the practices of Kundalini Yoga. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

**FAST 1059. Vinyasa Yoga. 1 Hour.**

Activity course to introduce students to yoga poses that move in unity with breath and meditation. Includes study from a text. Presents yoga practices as a means to increase strength, endurance, flexibility, balance, and focus. Lab fee required. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required. FA, SP.

**FAST 1060. Yoga for Athletic Performance. 1 Hour.**

Course designed for students interested in improving athletic performance and injury prevention. Activities focus on meditation, self-awareness, imagery and breath control. Improvement in flexibility, strength and balance are also a focal point of the curriculum. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension in athletic endeavors. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection as related to athletic performance. Course fee required.

**FAST 1085. Weight Training. 1 Hour.**

Activity course for men and women students interested in learning the fundamentals of weight training. Includes instruction designed to build and strengthen the body. Students will receive supervised practice in various progressive resistance exercises and learn basics of weight training as well as improve their body strength. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Explain the benefit of resistance training for health-related fitness and athletic performance through lecture, class assignments, and class participation, at the developmental and intermediate levels. 2. Explain safety precautions and best practices related to resistance training through lecture, class assignments, and class participation, at the developmental and intermediate levels. 3. Demonstrate appropriate form for performing resistance training activities, through instructor demonstration and class participation, at the developmental and intermediate levels. 4. Create a personal fitness program through academic learning and active class participation, at the developmental and intermediate levels. FA, SP.

**FAST 1088R. Individualized Fitness. 1 Hour.**

Activity course designed for students who desire to begin and sustain a fitness program. Teaches students to manage a fitness program and pursue lifelong fitness goals. Utah Tech University's Fitness Center is equipped with the finest fitness equipment, including dozens of aerobic and strength machines, and it is staffed by trained fitness instructors. Students may receive complete fitness assessments and have one of the instructors help develop a personalized exercise program. Students must attend a general orientation at the beginning of the semester. Thereafter, students use the fitness equipment at times that may be convenient to them to fulfill a required number of hours spent exercising. Repeatable up to 8 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Explain the benefit of resistance training for health-related fitness and athletic performance. 2. Explain safety precautions and best practices related to resistance training. 3. Demonstrate appropriate form for performing resistance training activities 4. Create a personal fitness program. FA, SP, SU.

**FAST 1100. Beginning Tennis. 1 Hour.**

Activity course that provides instruction in the fundamentals of tennis, including basic stroke orientation, rules, and scoring in order to encourage further involvement in tennis. Students will learn tennis with the intent of developing a lifetime leisure and social activity that will give hours of enjoyment as a family, social, and/or competitive activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Tennis. 2. Explain tennis rules, regulations, and court etiquette. 3. Demonstrate strategy pertaining to both offensive and defensive play through lectures, instructor demonstration, and class participation, at the beginning level. 4. Demonstrate sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1101. Intermediate Tennis. 1 Hour.**

Activity course for students interested in expanded, more advanced skill development of strokes and strategy for both singles and doubles play in order to increase their interest in tennis and inspire continued involvement as a social outlet and recreational activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Tennis. 2. Demonstrate advanced strategy pertaining to both offensive and defensive play. 3. Create drills for improving skills and fitness for advancing ability in Tennis. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1110. Racquetball. 1 Hour.**

Activity course for students interested in learning the basics of racquetball, including instruction in serving, returning, and court strategy. Students will learn skills, rules, and proper etiquette as well as improving their skill levels in racquetball. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate skills relative to the game of Racquetball. 2. Describe racquetball rules, regulations, and court etiquette. 3. Demonstrate strategy pertaining to both offensive and defensive play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators through lectures. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1111. Intermediate Racquetball. 1 Hour.**

Activity course for students interested in learning more skills in racquetball. Designed to improve student's racquetball skill, as well as provide activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Racquetball. 2. Demonstrate advanced strategy pertaining to both offensive and defensive play. 3. Create drills for improving skills and fitness for advancing ability in racquetball. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1125. Pickleball. 1 Hour.**

Pickleball is a game similar to tennis, but played on a smaller court with a wiffleball and wooden or composite paddles. It is arguably easier to establish basic skills than tennis; however, the game can become very competitive among advanced players. The course is taught with the intent of students developing a lifetime leisure and social activity that will give hours of enjoyment as a family, social, and/or competitive activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills relative to the game of Pickleball. 2. Develop an understanding of Pickleball rules, regulations, and court etiquette. 3. Develop an understanding of strategy pertaining to both offensive and defensive play. 4. Develop sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1126. Intermediate Pickleball. 1 Hour.**

Activity course for students who have already mastered the basic skills of pickleball. Students interested in this class should have already taken beginning pickleball and/or competed in tournaments. This class is designed to give students more playing time, increase knowledge of pickleball strategy, and improve individual skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills relative to the game of Pickleball. 2. Develop an understanding of Pickleball rules, regulations, and court etiquette. 3. Develop an understanding of strategy pertaining to both offensive and defensive play. 4. Develop sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. FA, SP.

**FAST 1129. Disc Golf. 1 Hour.**

Activity course for students interested in learning basic disc golf skills and knowledge. Designed to teach technique, rules, strategy and course etiquette, as well as provide activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate skills relative to the game of Disc Golf. 2. Describe Disc Golf, regulations, and etiquette. 3. Demonstrate strategy of Disc Golf play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators through lectures. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1130. Beginning Golf. 1 Hour.**

Activity course for students interested in learning the basics of golf, including instruction in the fundamentals of grip, stance, swing, use of various clubs, as well as rules, etiquette, and scoring. Designed to give students playing time at the driving range and on the golf course as well as improving skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Golf. 2. Explain Golf rules, regulations, and etiquette. 3. Demonstrate strategy of Golf play. 4. Demonstrate sportsmanship and respect for players, officials. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1131. Intermediate Golf. 1 Hour.**

Activity course for students interested in learning more golf skills. Teaches fundamentals of grip, stance, swing, use of clubs, as well as rules, etiquette, and scoring. Actual practice at the golf course will include putting and driving. Designed to improve student's golf skills, as well as provide activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Golf 2. Demonstrate advanced strategy pertaining to golf skills and play. 3. Create drills for improving skills and fitness for advancing ability in Golf. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1145. Bowling. 1 Hour.**

Activity course for students interested in learning the fundamentals of bowling, including instruction in the stance, approach, release and roll. Designed to give students playing time and gain knowledge of rules, scoring, and etiquette as well as improving skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Bowling. 2. Explain Bowling rules, regulations, and etiquette. 3. Demonstrate strategy of Bowling skills and game play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1146. Intermediate Bowling. 1 Hour.**

Activity course for students interested in continued development of the fundamentals of bowling, including instruction in the stance, approach, release and roll. Designed to give students playing time and gain knowledge of rules, scoring, and etiquette as well as improving skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Bowling 2. Demonstrate advanced strategy pertaining to Bowling. 3. Create drills for improving skills and fitness for advancing ability in Bowling. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1159. Intermediate Vinyasa Yoga. 1 Hour.**

Intermediate Vinyasa Yoga continues the focus on Vinyasa Yoga, which by definition is a series of actions performed with clear intention, in purposeful order, to illuminate conscious awareness. It introduces intermediate flows and progressive postures that require more balance and concentration than the postures covered in Vinyasa. Some of these include, but are not limited to, balance holds, inversions, twists, and integration of these movements into advanced flows. Each class will begin with a warm-up series (breathing/meditation/heat building), then progress to the more physically demanding work series (maintaining heat/building strength/working twists) and finish with a cool down (deeper stretches/inversions/relaxation.) Students will be evaluated through instructor observation and self-assessment. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate all learned poses by vocal cues only. 2. Develop proper body alignment, balance, flexibility and strength. 3. Develop core strength, resulting in graceful movements. 4. Demonstrate inversion work to build upper-body strength, balance, and confidence. 5. Perform a series of beginner to intermediate and advanced yoga poses with proper alignment Improve flexibility. FA, SP.

**FAST 1185. Functional Fitness and Weight Training. 1 Hour.**

Activity course for men and women students interested in learning the fundamentals of fitness and functional weight training. Includes instruction of the 9 Fundamental Functional Movements designed to build and strengthen the body in a holistic way. Students will receive supervised practice in various progressive resistance exercises and learn basics of functional weight training, as well as improve their body strength and overall fitness level. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. At the successful conclusion of this course, students will be able to: 1. Demonstrate proficiency in the 9 fundamental functional movements of cross training. 2. Describe how the 9 fundamental movements relate to all other functional movements. 3. Apply and integrate the methodologies behind cross training, high-intensity-interval-training, and functional fitness into their everyday fitness regimen. FA, SP.

**FAST 1200. Basketball. 1 Hour.**

Activity course for students interested in learning the basics of basketball, including skills such as dribbling, passing, shooting, and team offense and defense, as well as knowledge of the game. Designed to give students playing time, increase knowledge of basketball, and improve individual skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Basketball. 2. Explain Basketball rules, regulations, and court etiquette. 3. Demonstrate strategy pertaining to both offensive and defensive play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. Course Fee required. FA, SP.

**FAST 1201. Intermediate Basketball. 1 Hour.**

Activity course for students interested in learning more skills in basketball. Designed to give students playing time, increase knowledge of basketball, improve individual skill levels, and provide activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Basketball. 2. Demonstrate advanced strategy pertaining to both offensive and defensive play. 3. Create drills for improving skills and fitness for advancing ability in Basketball. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1210. Volleyball. 1 Hour.**

Activity course for students interested in learning the basics of volleyball, including instruction in the fundamentals of service, passing, setting, and spiking, as well as knowledge of the rules of volleyball. Designed to give students playing time, increase knowledge of volleyball, and improve individual skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Volleyball. 2. Explain Volleyball rules, regulations, and court etiquette. 3. Demonstrate strategy pertaining to both offensive and defensive play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators through lectures. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1211. Intermediate Volleyball. 1 Hour.**

Activity course for students who have already mastered the basic skills of competitive volleyball. Students interested in this class should have already taken beginning Volleyball and/or competed in high school or club volleyball. This class is designed to give students more playing time, increase knowledge of volleyball strategy, and improve individual skill level. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Volleyball. 2. Demonstrate advanced strategy pertaining to both offensive and defensive play. 3. Create drills for improving skills and fitness for advancing ability in Volleyball. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1230. Soccer. 1 Hour.**

Activity course for students interested in learning the basics of soccer, including instruction in fundamental skills such as dribbling, heading, shooting, trapping, passing, and defensive knowledge of the game as well as improving their individual skill levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge and skills relative to the game of Soccer. 2. Explain Soccer rules, regulations, and etiquette. 3. Demonstrate strategy pertaining to both offensive and defensive play. 4. Demonstrate sportsmanship and respect for players, officials, and spectators. 5. Identify venues available for recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1231. Intermediate Soccer. 1 Hour.**

Activity course for students interested in expanded, more advanced skill development of soccer. Designed to improve student's soccer skills, as well as provide activity. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate advanced knowledge and skills relative to the game of Soccer. 2. Demonstrate advanced strategy pertaining to both offensive and defensive play. 3. Create drills for improving skills and fitness for advancing ability in Soccer. 4. Identify venues available for competitive and recreational play within the local community and surrounding area. Course fee required. FA, SP.

**FAST 1259. Hatha Yoga. 1 Hour.**

Hatha Yoga is a basic - beginner level yoga class which practices postures to align, strengthen, and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals as we make a full circuit of the body's range of motion with standing postures, twists, backbends, forward folds, and hip openers. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate knowledge of the philosophical principles of Yoga. 2. Demonstrate the ability to create a personal, safe, alignment-based practice. 3. Develop personal awareness through integration of movement, breath, and meditation. Course fee required. FA, SP.

**FAST 1265. Beginning Water Polo. 1 Hour.**

This course is designed for competent swimmers to learn the basics of the sport of water polo. Water polo is a high-energy team water sport that requires endurance, stamina and intermediate swim skills. This course will teach you the rules of the game, strategy and basic techniques needed to play the game. Starting with the simplest of skills and working up to playing practice games in class. This course will be taught mainly in the 7' deep water. The class will provide any equipment needed for game play. This course offers the opportunity to develop skills and interests in a new sport that will bring a lifetime of enjoyment and health through physical exercise in the pool. SP.

**FAST 1285R. Intercollegiate Track & Field. 1 Hour.**

Activity course for student-athletes chosen to compete in intercollegiate track. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission required. FA.

**FAST 1286R. Intercollegiate Women's Swimming. 1 Hour.**

Activity course for women student-athletes chosen to compete in intercollegiate women's swimming. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1287R. Intercollegiate Men's Soccer. 1 Hour.**

Activity course for men student-athletes chosen to compete in intercollegiate men's soccer. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.

**FAST 1288R. Intercollegiate Women's Cross Country. 1 Hour.**

Activity course for women student-athletes chosen to compete in intercollegiate cross country competition. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.

**FAST 1289R. Intercollegiate Men's Cross Country. 1 Hour.**

Activity course for men student-athletes chosen to compete in intercollegiate cross country competition. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.

**FAST 1290R. Intercollegiate Men's Football. 1 Hour.**

Activity course for men student-athletes chosen to compete in intercollegiate men's football. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.

**FAST 1291R. Intercollegiate Women's Volleyball. 1 Hour.**

Activity course for female student-athletes who play intercollegiate volleyball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.

**FAST 1292R. Intercollegiate Women's Soccer. 1 Hour.**

Activity course for female student-athletes who play intercollegiate women's soccer. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. FA.



**FAST 1293R. Intercollegiate Men's Basketball. 1 Hour.**

Activity course for men student-athletes who play intercollegiate men's basketball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1294R. Intercollegiate Women's Basketball. 1 Hour.**

Activity course for women student-athletes who play intercollegiate women's basketball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1295R. Intercollegiate Men's Golf. 1 Hour.**

Activity course for men student-athletes who play intercollegiate men's golf. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1296R. Intercollegiate Men's Baseball. 1 Hour.**

Activity course for men student-athletes who play intercollegiate men's baseball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1297R. Intercollegiate Women's Softball. 1 Hour.**

Activity course for women student-athletes who play intercollegiate women's softball. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisites: Instructor permission. SP.

**FAST 1298R. Intercollegiate Women's Tennis. 1 Hour.**

Activity course for women student-athletes who play intercollegiate women's tennis. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1299R. Intercollegiate Women's Golf. 1 Hour.**

Activity course for female student-athletes who play intercollegiate women's golf. Only those selected for the team may enroll. Students will benefit from training under a professional coach and from the opportunity to participate in NCAA Division II sports. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team athletic participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. 4. Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Prerequisite: Instructor permission. SP.

**FAST 1300. Beginning Swimming. 1 Hour.**

Activity course for students interested in swimming. Includes instruction and practice in the fundamental elements of swimming and water safety skills emphasizing the basic skills of floating, rhythmic breathing, gliding and kicking, and the forms of the crawl stroke and elementary backstroke. Students will gain knowledge as well as improve their skill level in swimming. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skill at the beginning level necessary for safe water entrance and exit, survival floating, and survival strokes through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. 2. Develop knowledge and skill at the beginning level necessary for efficient swimming through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. 3. Develop knowledge and skills at the beginning level of various swimming strokes through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. 4. Develop a beginning level understanding of the usefulness of swimming in developing aerobic fitness, muscular endurance, and flexibility through demonstration and active participation in a swimming pool through instructor lecture, demonstration, and class participation. FA, SP.

**FAST 1301. Intermediate Swimming. 1 Hour.**

Activity course designed for students interested in learning intermediate aspects of swimming, including the advanced techniques of the four competitive strokes--front crawl, back crawl, breaststroke and butterfly, as well as the two leisure strokes--sidestroke and elementary backstroke. Designed to improve students' skill and fitness levels. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills of at the intermediate level for survival and basic lifesaving skills in the water through demonstration and active participation in a swimming pool. 2. Develop knowledge and skill at the intermediate level necessary for efficient swimming through demonstration and active participation in a swimming pool. 3. Develop knowledge and skills at the intermediate level for performing a variety of swimming strokes through demonstration and active participation in a swimming pool. 4. Create, at the intermediate level, water activities for developing aerobic fitness, muscular endurance, and flexibility through demonstration and active participation in a swimming pool. FA, SP.

**FAST 1311. Paddleboarding. 1 Hour.**

This course is designed as an introductory course to the sport of stand-up paddle boarding. Emphasis is on techniques to increase balance, maneuverability, physical conditioning, safety, and fun. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate techniques for safe and effective paddleboarding for fitness and fun. 2. Illustrate the use of paddleboarding in developing physical fitness, balance, and coordination. 3. Appraise paddleboarding equipment and be able to use it appropriately and effectively. Course fee required.

**FAST 1312. Paddleboard Fitness. 1 Hour.**

Activity course for students who want to challenge their balance and fitness level in a whole new way, on a paddleboard. Students will improve balance, proprioception, cardiovascular health, core stability, and overall strength. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate the use of paddleboarding in developing physical fitness, balance, and coordination. 2. Evaluate paddleboarding equipment for optimal performance. 3. Create a variety of exercises that can be performed on a paddleboard for functional fitness and balance. Course fee required. FA, SP.

**FAST 1313. Paddleboard Yoga. 1 Hour.**

This class will teach yoga safety and technique on a paddleboard for optimizing mindful exercise and balance. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate methods to ease anxiety & tension. 2. Demonstrate methods to improve posture & balance. 3. Demonstrate methods to improve mind & body awareness and connection. Course fee required.

**FAST 1315. Aquatic Fitness. 1 Hour.**

Course introduces aerobic conditioning principles designed to develop the cardiovascular-respiratory systems, strength and coordination. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop knowledge and skills at the beginning and intermediate level for safe entrance and exit from the pool through demonstration and class participation. 2. Demonstrate knowledge of factors associated with the development of aerobic endurance, muscular strength and endurance, flexibility and body composition at the beginning and intermediate level through lecture, demonstration and class participation. 3. Demonstrate the ability to perform aquatic exercises at the beginning level for the development of aerobic endurance, muscular strength and endurance, flexibility and body composition through demonstration and class participation. 4. Demonstrate the ability to create an aquatic exercise program at the beginning and intermediate level for the development of health-related physical fitness enhancement through lecture, demonstration, and class participation. FA, SP.

**FAST 1359. Yin Yang Yoga. 1 Hour.**

Yin Yang Yoga teaches basic postures and breathing exercises that derive from ancient India. Students are encouraged to enjoy the feelings of rejuvenation and steadiness that arise from Yin Yang Yoga practice. This style stretches and targets both the deep connective tissues between the muscles and the fascia throughout the body. The aim is to increase circulation in the joints and improve flexibility as the poses stretch and exercise the bone and joint areas. It also helps us to regulate the body's flow of energy. Slow down, move from noise to silence, from agitation to calm, and from complexity to simplicity. Engage the body's natural healing power as you actively nourish and harmonize the body's vital life force or chi as the whole body rests and opens with long held poses. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate basic understanding of Yin Yang Yoga 2. Demonstrate a variety of movements to improve balance, strength, and coordination. 3. Demonstrate knowledge of the uses of Yin Yang Yoga. Course fee required. FA, SP.

**FAST 1407. Self Defense. 1 Hour.**

An introductory course in self defense designed to develop self-awareness and self-defense options. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Evaluate circumstances that could pose a threat to well-being. 2. Demonstrate ability to utilize optimal options for escape or self defense. 3. Demonstrate knowledge and skills in defense maneuvers. Course fee required.

**FAST 1410. Tai Chi. 1 Hour.**

An activity course in beginning Tai Chi, providing a foundation to Tai Chi philosophy and practice. Students will learn how to achieve optimum health and wellness, as well as the martial art applications of Tai Chi. The class will also focus on the history, philosophy and training of Tai Chi. **\*\*COURSE LEARNING OUTCOMES (CLOs).** At the successful conclusion of this course, students will be able to: 1. Identify aspects of Tai Chi participation conducive to improving mind & body connection. 2. Discuss the history and philosophy of Tai Chi training. 3. Demonstrate methods to ease anxiety & tension. 4. Demonstrate methods to improve posture & balance. 5. Create a personal routine, for self-improvement of mind & body awareness. Course fee required. FA, SP.

**FAST 1527. Introduction to Climbing. 1 Hour.**

The course is designed for first time and begging climbers. The course will cover site management, safety and risk mitigation, vocabulary, history of climbing, equipment - it's proper use and maintenance, bouldering, belaying for tope rope, belay transfers, belay pick offs, anchors & anchor building, rappelling, cleaning anchors and other teachable moments. The students are required to bring a harness to class each time and climbing shoes if desired (very helpful). All other equipment is provided by the department. Please note that this course is held outside for the majority of the time and participants should dress appropriately, bring necessary fluid and food and a positive attitude. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Identify aspects of site management, safety and risk mitigation in order to maintain a safe climbing environment. 2. Demonstrate knowledge related to vocabulary, history of climbing, and equipment use and maintenance. 3. Demonstrate skills integral to climbing and belaying. 4. Discuss the psychological and physiological benefits of Rock Climbing for fitness and wellness. Course fee required. FA, SP.

**FAST 1528. Rock Climbing II. 1 Hour.**

The course is designed for participants who have completed Rock Climbing I, the instructor's approval or can top rope climb 5.10 clean and have a sound understanding of climbing systems (anchors, belaying & equipment). The course will cover site management, safety and risk mitigation, vocabulary, history of climbing, equipment - it's proper use and maintenance, bouldering, belaying for tope rope, belaying from above (multi-pitch climbing), lead belay, belay transfers & pick offs, lead climbing, anchors & anchor building, traditional climbing and protection, rappelling, cleaning anchors and other teachable moments. The students are required to bring a harness to class each time and climbing shoes if desired (very helpful). All other equipment is provided by the department. Please note that this course is held outside for the majority of the time and participants should dress appropriately, bring necessary fluid and food and a positive attitude. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Create aspects of site management, safety and risk mitigation in order to maintain a safe climbing environment. 2. Prepare equipment for use and demonstrate skills related to equipment maintenance and repair. 3. Demonstrate intermediate and advanced skill integral to climbing and belaying. 4. Design experiences to optimize the psychological and physiological benefits of Rock Climbing for fitness and wellness. Course fee required. FA, SP.

**FAST 1550. Mountain Biking. 1 Hour.**

Activity course designed to present basic information on equipment purchase, maintenance, and repair of a mountain bike. Fitness programs and short trips are conducted in the local area with an extended tour planned by the group to conclude the semester. Student must supply own bicycle. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate best practices for ensuring Mountain Biking safety. 2. Demonstrate the ability to perform basic bicycle maintenance and repairs. 3. Demonstrate basic mountain bicycling riding skills. Course fee required. FA, SP.

**FAST 1790. Weight Training for Women. 1 Hour.**

Course designed for women interested in the fundamentals of weight training. Includes instruction designed to build and strengthen the body. In this activity class, students will receive supervised practice in various progressive resistance exercises. Students will learn the basics of weight training as well as improve their body strength. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Explain the benefit of resistance training for health-related fitness and athletic performance. 2. Explain safety precautions and best practices related to resistance training. 3. Demonstrate appropriate form for performing resistance training activities. 4. Create a personal fitness program. FA, SP.

**FAST 1810R. Athletic Comm Engagement. 1 Hour.**

Provides outreach and partnership with faculty, students, and community in a mutually beneficial and respectful collaboration. Students will address community-identified needs, deepen civic learning, enhance community well-being, and enrich the scholarship of the institution through completing several service-learning activities. Students will learn organization and leadership skills. Students must participate in the class both fall and spring semesters. Class registration will be spring semester. Repeatable up to 4 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Recognize community needs and identify leadership, service and community engagement opportunities to meet those needs. 2. Explain processes and procedures relative to effective civic organization and leadership. 3. Organize events, fundraisers, and service projects. 4. Demonstrate the ability to serve as a liaison between SAAC, athletic administration, and sports teams. Prerequisites: Instructor permission. SP.

**FAST 1850R. Special Performance Cheerleading. 1 Hour.**

Activity course for students selected as members of the Utah Tech Dance Team. Students will benefit from training under a professional coach and from the opportunity to participate in a variety of activities. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with team cheerleading participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in competition, performance and practice. 4. Demonstrate an expert knowledge of the strategies and skills of cheerleading and use critical thinking skills to apply this knowledge in competitive and performance situations in order to participate to the best of one's ability. Prerequisite: Instructor permission. FA, SP.



**FAST 1860R. Blaze Dance Team. 1 Hour.**

Activity course for students selected as members of the Utah Tech Dance Team. Students will benefit from training under a professional coach and from the opportunity to participate in a variety of activities. Repeatable up to 5 credits subject to graduation restrictions. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Develop leadership skills associated with dance team participation. 2. Apply discipline and commitment developed in practice and competition to academic achievement. 3. Demonstrate traits of good sportsmanship and teamwork in competition, performance and practice. 4. Demonstrate an expert knowledge of the dance techniques and use critical thinking skills to apply this knowledge in competitive and performance situations in order to participate to the best of one's ability. Course fee required. Prerequisite: Instructor permission. FA, SP.

**FAST 2990. Seminars in Physical Education. 0.5-3 Hours.**

For students wishing instruction that is not available through other regularly scheduled courses in this discipline. Occasionally, either students request some type of non-traditional instruction, or an unanticipated opportunity for instruction presents itself. This seminar course provides a variable-credit context for these purposes. As requirements, this seminar course must first be pre-approved by the department chair; second, it must provide at least nine contact hours of lab or lecture for each credit offered; and third, it must include some academic project or paper (i.e., credit is not given for attendance alone). This course may include standard lectures, travel and field trips, guest speakers, laboratory exercises, or other non-traditional instruction methods. Note that this course is an elective and does not fulfill general education or program requirements. Fees may be required for some seminar courses and instructor permission will be optional at the request of the instructor. **\*\*COURSE LEARNING OUTCOMES (CLOs)** At the successful conclusion of this course, students will be able to: 1. Demonstrate learning through original and creative ideas. 2. Collaborate with others to accomplish a shared purpose or goal. 3. Use appropriate strategies and tools to represent, analyze, and integrate seminar-specific knowledge. 4. Develop the ability to think critically about course content. 5. Apply knowledge from seminar to a range of contexts, problems, and solutions.