DANCE HUMANITIES

DAH100 Introduction to Dance 3.0
Overview of the field of dance focusing on origins, historical development, and cultural characteristics of the various styles of dance. Prerequisites: None
16282 Online Letter Grade 5/26-7/16/20 C. Lewis

PED101BD Ballroom Dance 1.0
Theory and practice of ballroom dance. Development of movement quality and performance skills individually, with a partner or in a group setting. May include Salsa, Mambo, Cha Cha Cha, Merengue, Rumba, East Coast Swing, Lindy Hop, West Coast Swing, Foxtrot, Waltz, American Tango, International Ballroom, or Ballroom Performance. Prerequisites: None. May be repeated for a total of four (4) credits.
16545 F 133 M 6:30PM-9:10PM 6/1-8/3/20 B. Bogedain

DAN290AB Dance Conservatory I 2.0
Organized and tailored around the interests and needs of the individual student. Structured to provide an atmosphere of individualized research and study paralleled by professional expertise and guidance. Professional-type facilities and equipment available for student use. Allows the best aspects of independent study and individualized learning to be combined to maximize student development. Students will participate in an informal classroom showing on 6/25/20. Additional Course Fee: $7.
16520 TBA 6/1-6/25/20 S. Valle

*DSTUDENTS WILL BE ENROLLED IN ALL MONDAY/WEDNESDAY AND TUESDAY/THURSDAY CLASSES LISTED BELOW:

Monday and Wednesday:
Alignment and Centering 9:30A-10:20A, Room F133 S. Valle
Break 10:30A-11:20A
Contemporary 11:30A-12:50P, Room F109 T. Kannarr
Jazz 1:00P-2:20P, Room F109 T. Kannarr
Choreography/Partnering 2:30P - 3:30P, Room F109 S. Valle

AND

Tuesday and Thursday:
Stretching/Bodywork 9:30A-10:20A, Room F109 Staff
Break 10:30A - 11:20A
Ballet 11:30A - 12:50P, Room F109 L. Tomasulo
Hip Hop 1:00P - 2:20P, Room F109 Staff
Dance Performance 2:30P - 3:30P, Room F109 L. Tomasulo

Performance component to the conservatory on 6/25/20.
Students must participate in the performance component unless arranged otherwise prior to the start of the class.

DAN298AA Special Projects 1.0
Organized and tailored around the interests and needs of the individual student. Structured to provide an atmosphere of individualized research and study paralleled by professional expertise and guidance. Professional-type facilities and equipment available for student use. Allows the best aspects of independent study and individualized learning to be combined to maximize student development. Permission of Program Director or Instructor required.
16757 TBA 6/1-6/25/20 S. Valle

PILATES

Register for Summer Pilates and attend unlimited All Levels Yoga and Gentle Yoga classes per week!

PED101PS Pilates 1.0
An exercise program that aims at developing a stable core for all types of movement to occur more efficiently. Pilates teaches you about breathing with movement, body mechanics, balance, coordination positioning of the body, spatial awareness, strength and flexibility. Pilates is an all-encompassing mind, body and spirit exercise. Mat based exercise system focused on improving flexibility and strength for the total body. Teaches core control and stabilization while improving postural alignment. Prerequisites: None.
16650 F 133 TR 5:35PM-6:30PM 5/26-7/30/20 Staff
## EMERGENCY MEDICAL TECHNOLOGY

Please see online class schedule for available dates and times www.paradisevalley.edu/fire

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMT101</td>
<td>CPR: Basic Life Support/CPR</td>
<td>0.5</td>
<td>Designed to provide the allied healthcare provider with the knowledge and skills to perform basic life support (BLS) according to current guidelines for emergency cardiovascular care (ECC).</td>
</tr>
<tr>
<td>EMT104</td>
<td>Basic Emergency Medical Technology</td>
<td>8.0</td>
<td>Techniques of emergency medical care in accordance with national and state curriculum. Study of the human body, patient assessment, treatment of medically or traumatically compromised patients, special hazards, and medical operations, IV monitoring, patient-assisted medication administration, automated external defibrillators, and blood-glucose monitoring. Prerequisites: EMT101 or a current validation in Basic Life Support (BLS) Health Care Provider/Professional Rescuer and (appropriate score on Reading placement test to demonstrate minimum tenth grade level reading or completion of an Associate’s degree or higher from an accredited institution). Course Notes: Students are required to complete additional hours in a competency-based clinical, vehicular, and/or scenario based experience. This may be completed through EMT104AB or program director-approved rotation. Students must meet National Registry of EMTs requirements for certification. Additional information available at nremt.org.</td>
</tr>
<tr>
<td>EMT104AB</td>
<td>Applied Practical Studies for EMT</td>
<td>0.5</td>
<td>Simulation of actual emergency responses, with practical application of techniques and skills covered in EMT curricula. Scenario based learning applied to the techniques of emergency medical care in accordance with national and state curriculum. Practical application of anatomy, physiology, patient assessment, and treatment of medically or traumatically compromised patients, special hazards and medical operations. Also includes patient-assisted medication administration, semi-automatic external defibrillator and blood glucose monitoring. Students function in outside, scenario based environment. Requisites: Prerequisites: None. Co-requisites: EMT104 FSC104 or EMT200 or (EMT272AA EMT272AB and EMT272LL) or EMT273 or certified EMT Basic IEMT or Paramedic in the State of Arizona or permission of Instructor.</td>
</tr>
<tr>
<td>EMT200</td>
<td>Refresher Course/Cert EMTS</td>
<td>2.0</td>
<td>Designed to meet National and Arizona Department of Health Services (A-DHS) recertification for EMTs. Enhances the knowledge base of the Emergency Medical Technician (EMT) and reinforces basic skills competencies. Prerequisites: Current validation in Basic Life Support (BLS) Health Care Provider/Professional Rescuer, or permission of Instructor.</td>
</tr>
</tbody>
</table>

## EXERCISE SCIENCE

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXS125</td>
<td>Introduction to Exercise Physiology</td>
<td>3.0</td>
<td>Principles of exercise science applied to teaching fitness/aerobics. Major factors related to the function of the human body. Emphasis on anatomy/physiology, exercise physiology, and biomechanics. Requisites: Prerequisites or co-requisites: EXS101 or permission of instructor. To receive instructor permission, contact <a href="mailto:dale.hauser@paradisevalley.edu">dale.hauser@paradisevalley.edu</a>. Additional Course Fee: $15.</td>
</tr>
<tr>
<td>EXS239</td>
<td>Practical Applications of Personal Training Skills and Techniques Internship</td>
<td>3.0</td>
<td>Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years, or current CPR certification, or permission of Department or Division.</td>
</tr>
<tr>
<td>EXS239AA</td>
<td>Practical Applications of Personal Training Skills &amp; Techniques Internship</td>
<td>1.0</td>
<td>Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years or current CPR certification, or permission of Department or Division</td>
</tr>
<tr>
<td>EXS239AB</td>
<td>Practical Applications of Personal Training Skills &amp; Techniques Internship</td>
<td>2.0</td>
<td>Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years, or current CPR certification, or permission of Department or Division.</td>
</tr>
<tr>
<td>EXS290</td>
<td>Introduction to Evidence-Based Practice</td>
<td>3.0</td>
<td>Introduction to best practices in the acquisition, analysis, synthesis, and potential application of research in the discipline of exercise science. Specific emphasis on the application of research-based evidence for applied problem solving in exercise science. Requisites: Prerequisites: EXS101 and (ENG101 or ENG107), or permission of Instructor.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Type</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>16543</td>
<td>Online</td>
<td>5/26-7/16/20</td>
<td>D. Heuser</td>
</tr>
<tr>
<td>16348</td>
<td>TBA</td>
<td>6/1-7/30/20</td>
<td>D. Heuser</td>
</tr>
<tr>
<td>16334</td>
<td>TBA</td>
<td>6/1-7/30/20</td>
<td>D. Heuser</td>
</tr>
<tr>
<td>16342</td>
<td>TBA</td>
<td>6/1-7/30/20</td>
<td>D. Heuser</td>
</tr>
<tr>
<td>16689</td>
<td>Online</td>
<td>5/26-7/16/20</td>
<td>G. Wasson</td>
</tr>
</tbody>
</table>
FIRE SCIENCE

Please see online class schedule for available dates and times
www.paradisevalley.edu/fire

FSC105 Hazard Matri/First Response 3.0
Basic methods of recognition and identification based upon the chemical and physical properties of hazardous materials; basic safety procedures when utilizing specific types of protective clothing and equipment; basic tactical information relating to scene management. Confined space operations in accordance with the National Fire Protection Agency. Prerequisites: None. Additional Course Fee Required.

Meets two weeks on Fri, Sat & Sun at the Phoenix Fire Department Training Academy classroom 1, located at 2425 W. Lower Buckeye Rd, Phoenix. Includes 16 hrs of hands-on skills training including the use of B level encapsulated suits & Self-Contained Breathing Apparatus (SCBA). Successful completion will qualify for National Haz Mat-WMD/Terrorism 1st Responder Operations certification and meets NFPA 472 & AZ State program completion requirements.

FSC108 Fund of Fire Prevention 3.0
Fundamentals of fire prevention. Includes techniques, procedures, regulations, and enforcement. Also includes discussion of hazards in ordinary and special occupancies. Field trips and lectures from industry also included. Prerequisites: None.

FSC113 Intro to Fire Suppression 3.0
Characteristics and behavior of fire, fire hazard properties of ordinary materials, extinguishing agents, fire suppression organization and equipment, basic firefighting tactics, and public relations as affected by fire suppression. Focus is on Fire Fighter Task Level Operations and the role of the Fire Fighter on the fireground. Prerequisites: None. Additional Course Fee Required.

FSC296WC Cooperative Education 3.0
Work-college experiences that involve the combined efforts of educators and employers to accomplish an outcome related to the career objectives of the students. Prerequisites: Completed at least 12 credits, min 2.6 GPA & able to obtain a position related to student’s academic/career goals or permission of Instructor. Coreq: Enrolled in at least 1 class related to major/career interest or permission of Instructor. Additional Course Fee Required. Fire Service Internship - 8 weeks. Enrollment is through Instructor. Please call 602-787-6782 or 602-787-6736. Permission of Instructor Required.

FSC282AC Volunteer Fire Science: Service Learning Experience 3.0
Service-learning field experience within human service organization/agency. May be repeated for a total of six (6) FSC282 credit hours; may not repeat specific agency assignment for more than three (3) credit hours. Standard grading available according to procedures outlined in catalog. Prerequisites: Permission of Instructor. Additional Course Fee Required. FF CANDIDATE & PROBATIONARY FF DEVELOPMENT
In addition to scheduled classes on Tue & Thur, students will also participate in “ride-alongs” at various Fire Stations during the course of the semester (16 hours minimum), outside of regularly scheduled class times.

NUTRITION & DIETETICS

For individual or group advisement on Dietetic Technology Consortium Program, complete the “Student Interest Form” at www.paradisevalley.edu/nutrition/

FON100 Introductory Nutrition 3.0
Basic nutrition concepts for health and fitness. Emphasizes current dietary recommendations for maximizing well-being and minimizing risk of chronic disease. Focuses on use of tables, food guides, and guidelines for making healthy food choices. Includes unique nutrition needs for selected stages of the lifecycle, methods for evaluating credibility of nutrition claims, principles of vegetarian nutrition, safe and economic use of supplements, principles of energy balance, basic elements of food safety, diet for exercise and sports, and personal dietary evaluation techniques. Not for pre-dietetics or selected other pre-professional majors. May not be taken for credit if credit has been earned in FON100AA and/or FON100AC. Prerequisites: None.

16292 Online 5/26-7/16/20 L. Anonsen
16722 Online 6/29-8/14/20 L. Anonsen

FON241 Principles of Human Nutrition 3.0
Scientific principles of human nutrition. Emphasis on health promotion and concepts for conveying accurate nutrition information in a professional setting. Addresses therapeutic nutrition principles for treatment of common health conditions. Includes exploration of food sources of nutrients, basic metabolism of nutrients in the human body, relationship between diet and other lifestyle factors, use of supplements, current recommendations for food selection throughout the life cycle, and use of nutrition tools for planning food intake or assessment of nutritional status. Prerequisites: None. Additional Course Fee: $10 for in person classes only.

16298 M 129 MW 9:00AM-11:30AM 5/27-7/15/20 J. Shaw

FON241LL Human Nutrition Lab 1.0
Laboratory experience to accompany the lecture component of FON241, through the use of modern laboratory techniques. Includes the use of spectrophotometry and anthropometrics to analyze nutritional status. Lab Fee: $45.

16656 Q 151 TR 5:30PM-7:40PM 5/28-7/16/20 Staff

FON245AA Practicum II: Med Nutrition Therapy Lecture 2.0
Classroom preparation and training, under the instruction and supervision of a registered dietitian. Understanding of principles, knowledge, and skills required for the delivery of medical nutrition therapy. Comprehension of nutritional screening, assessment, monitoring, and evaluation for common and complex medical conditions, medical documentation, patient interviewing and counseling, and education in health promotion and disease prevention. Prerequisites: FON125, FON242, HCC145AA, and MAT092 or equivalent, or satisfactory score on district placement exam. Co-requisites: FON245AB. (See required orientation under FON245AB. Courses must be taken concurrently with instructor and Program Director’s permission)

16293 M 129 W 5:30PM-7:40PM 5/13-7/29/20 S. Sanchez
Class is 12 weeks.
**FON245AB  Practicum II: Med Nutrition Therapy Lab  2.0**

Practicum experience under the supervision of a registered dietitian. Application of principles, knowledge, and skills required for the delivery of medical nutrition therapy. Perform nutritional screening, assessment, monitoring, and evaluation for common and complex medical conditions, medical documentation, patient interviewing and counseling, and education in health promotion and disease prevention. Prerequisites: FON125, FON242, HCC145AA, and MAT092 or equivalent, or satisfactory score on district placement exam. Co-requisites: FON245AA. Additional Course Fee: $15.

16294  M 129  TBA TBA  5/11-7/31/20  T. Montgomery  
Class is 12 weeks  
Mandatory Orientation: Wednesday, 5/6, 4P-5:30P in M129.

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**HEALTH CARE RELATED**

Nursing Department  
602-787-7284  
www.pvc.maricopa.edu/healthcare/  
See online class schedule for available class dates, times and class section notes

**HCR210  Clinical Health Care Ethics  3.0**

An introduction to health care ethics with emphasis on analysis and ethical decision making at both the clinical and health policy levels for health care professionals. Theoretical foundation of bioethics reviewed within historical and contemporary contexts. Prerequisites: ENG102.

15261  Online  5/28-7/18/19  A. Deshaies

**HCR220  Intro Nursing/Health Care System  3.0**

Introduction to the social, political, and economic contexts of the nursing profession and health care systems in the United States. Prerequisites: Grade of "C" or better in ENG102 or ENG108.

15496  Online  5/28-7/18/19  A. Deshaies

**HCR240  Human Pathophysiology  4.0**

Chemical, biological, biochemical, and psychological processes as a foundation for the understanding of alterations in health. The structural and functional pathophysiology of alterations in health; selected therapeutics considered. Prerequisites: BIO202 or BIO205 or equivalent.

15239  Online  5/28-7/18/19  L. Matejka

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**HEALTH CORE CURRICULUM**

Please see online class schedule for available dates and times  
www.paradisevalley.edu/fire

**HCC145AA  Medical Terminology for Health Care Workers I  1.0**

Introduction to medical terms used in health care. Body systems approach to selected terms related to structures, functions, diseases, procedures, and diagnostic tests. Building and analyzing terms using basic word parts. Selected medical abbreviations and symbols and term spelling. Prerequisites: None.

15227  5/28-6/27/19  A. Deshaies

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**HEALTH SCIENCE**

**HES100  Healthful Living  3.0**

Health and wellness and their application to an optimal life style. Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles. Prerequisites: None. Additional Course Fee: $10.

16290  ONLINE Letter Grade  5/26-7/16/20  K. Fehr  
Class is 8 weeks

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**NURSING**

Nursing Department  
602-787-7284  
www.paradisevalley.edu/nursing  
See online class schedule for available class dates, times and class section notes

**NUR191  Practical Nursing Transition  3.0**

Overview of the role of the practical nurse in care of clients. Includes nursing standards and scope of practice of the practical nurse. Emphasis on nursing care related to pediatric and care of the well childbearing client and childbearing family. Focus on the role of practical nurse in providing care through interventions consistent with established nursing care plans.
NUR158  Nurse Assisting  6.0
Introduction to the role of the nursing assistant for clients across the wellness/illness continuum within the nurse assisting scope of practice. Includes basic problem solving processes specific to meeting the basic and holistic needs of clients, therapeutic communication skills essential for the nursing assistant, interventions to ensure the needs and safety of the client, specific types of diseases, conditions and alterations in behavior of the client, and principles of nutrition and fluid balance. Focus is on special needs of the elder client in the acute and long-term care settings, and basic emergency care skills and procedures. Provides opportunity for the development of clinical competency in the performance of selected nurse assisting skills and procedures through participation in the care of clients. Prerequisites: College Placement Exam indicating eligibility for CRE101, or HESI-A2 exam English Composite score of 75% or higher. Completed MCCCD Background Clearance check, Health and Safety Documentation, and Health Care Provider signature form. Additional Course Fee Required. Students enrolling in NUR158 Lecture will then choose the corresponding lab based on availability.

NUR172  Nursing Theory and Science II  9.0
Utilization of Nurse of the Future competencies to develop knowledge, skills, and attitudes to provide safe, quality patient care across the wellness-illness continuum in selected medical-surgical and mental health patients. Requisites: Prerequisites: A grade of C or better in (BIO202 and NUR152) or permission of Nursing Department Chair.

NUR283  Nursing Theory and Science IV  9.0
Applies Nurse of the Future competencies to practice and manage care for the child/family unit and adults requiring complex care throughout the wellness/illness continuum, and prepare for transition from student to professional nurses. Requisites: Prerequisites: A grade of C or better in (BIO205 and NUR252) or permission of Nursing Department Chair.

PHYSICAL EDUCATION

FITNESS CENTER OPTIONS

**Flex Enrollment**

PED115  Lifetime Fitness  2.0
Increase personal fitness, strength, and vitality. Current principles of cardiovascular exercise, weight training, flexibility, and balance exercises applicable to lifetime fitness goals. Personalized fitness plans developed and implemented with support of highly trained fitness professionals. Techniques to make sessions more effective and enjoyable. PED115 may be repeated for a total of eight (8) credit hours.

Recommended for PVCC Students that will be transferring to a college degree program outside of the Maricopa Community Colleges: Requirements for the Letter Grade option: complete workout hours and complete the Lifetime Fitness Manual. Requirements for the Pass/No Credit option: complete workout hours. Prerequisites: None. Additional Course Fee: $20. All new students must have an orientation. To register for an orientation call 602-787-7270 or complete on Canvas.

PED101FL  Fitness for Life  1.0
Designed to teach students how to use appropriate techniques for assessing, writing and participating in personalized programs of Cardiovascular Fitness, Weight Control, and Muscular Strength and Flexibility. Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Recommended for community members wanting to use the PVCC Fitness Center for a regular weekly exercise program or PVCC students who have successfully completed PED115. Questions? Call (602) 787-7270 for information. Prerequisites: None. Additional Course Fee: $15. All first time students must attend an orientation before using the Fitness Center.

16327  F 110  Pass/No Credit  5/9-8/21/20 L. Cvach

PED116  Cardiovascular Fitness  2.0
Blends an effective warm-up, challenging cardiovascular and strength/endurance training strategies and relaxing cool-down. Tailored by certified fitness professionals to personal goals. Recommended for PVCC Students that will be transferring to a college degree program outside of the Maricopa Community Colleges: Requirements for the Letter Grade option: complete workout hours and complete the Lifetime Fitness Manual. Requirements for the Pass/No Credit option: complete workout hours. Prerequisites: None. May be repeated for a total of eight (8) credits. Additional Course Fee: $20. All new students must have an orientation. To register for an orientation call 602-787-7270 or complete on Canvas.

16457  F 110  Letter Grade  5/9-8/21/20 L. Cvach
16458  F110  Pass/No Credit  5/9-8/21/20 L. Cvach

Non Credit Fitness For Academic Success  0
We now know that fitness activities provide support for learning. According to the American College of Sports Medicine, college students who regularly engage in vigorous exercise get better grades! Research shows that exercise optimizes alertness, attention, mood and motivation. Fitness gives many students the added edge they need to learn more efficiently. Must be enrolled in 1 credit or more in current semester to qualify.

16764  5/9-8/21/20 Non Credit Course Fee: $25

Non Credit Fitness Center Options  0
16479  F 110  5/9-8/21/20 $85 T. Voeller
16480  F 110  5/9-8/21/20 $72 T. Voeller

Non Credit Fitness Center Senior (62+) Options  0
16481  F 110  5/9-8/21/20 $70 T. Voeller
16482  F 110  5/9-8/21/20 $60 T. Voeller
All new students must have an orientation. To register for an orientation call 602-787-7270 or complete on Canvas.

16296  F 110  Letter Grade  5/9-8/21/20 L. Cvach
16308  F 110  Pass/No Credit  5/9-8/21/20 L. Cvach
**FITNESS BLITZ: The 30 Minute Workout**

Think you don’t have time to work out? You do. What if you could get an effective workout in 30 minutes a day? It’s the intensity of your workout that’s key. FITNESS BLITZ is fun, fast paced, and high-intensity that boosts your metabolism and tones your muscles. Get moving with a 30-minute “quickie” routine in the Fitness Center that includes cardio and resistance training.

Free to Fitness Center Members:

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Instructor(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays/Wednesdays</td>
<td>12:30PM-1:00PM</td>
<td>James P.</td>
</tr>
<tr>
<td>Mondays/Wednesdays</td>
<td>4:00PM-4:30PM</td>
<td>Korey M.</td>
</tr>
<tr>
<td>Tuesdays/Thursdays</td>
<td>7:30AM-8:00AM</td>
<td>Korey M.</td>
</tr>
<tr>
<td>Tuesdays/Thursdays</td>
<td>10:30AM-11:00AM</td>
<td>Lisa C.</td>
</tr>
<tr>
<td>Tuesdays/Thursdays</td>
<td>2:00PM-2:30PM</td>
<td>Korey M.</td>
</tr>
<tr>
<td>Tuesdays/Thursdays</td>
<td>6:00PM-6:30PM</td>
<td>Ray S./Craig A.</td>
</tr>
<tr>
<td>Fridays</td>
<td>4:00PM-4:30PM</td>
<td>Korey M.</td>
</tr>
</tbody>
</table>

**MIND BODY WELLNESS**

**PED103KF Shaolin Kung Fu** 0.5

Shaolin Kung Fu is a 1500-year-old tradition of the martial arts of China. This course will teach seven basic styles of Kung Fu. It promotes both health and self-defense benefits, and expands the student’s knowledge and appreciation for Asian cultural traditions.

17848 F 109 F 12:30PM-2:20PM 5/29-7/17/20  A. Barkworth

**PED103KF Shaolin Chin Na** 0.5

RAD (Shaolin Chin Na) is an introduction to the RAD Training Program: Effective Use of Non-Lethal Force. RAD stands for Restrain, Arrest and Detain. Basic instruction on Shaolin Chin Na techniques necessary in close quarter situations to quickly restrain, physically arrest, and safely detain protocol violators. (Chin - to seize or catch; Na - to hold or control). The RAD Training Program includes instruction that is effective training instruction for security guards, bouncers, police officers and other security and first-responder personnel. This is an excellent program for executives, travelers, and others who sense a high or heightened personal security risk.

17849 F 133 F 10:15AM-11:55AM 5/29-7/17/20  A. Barkworth

**PED103DF Al-Nas/Shinto Ryu** 0.5

This system is composed of a unique blend of different forms of martial arts, including karate, kung fu, kempo and boxing. The primary focus will be on the forms of aikido and jujitsu. Basic self-defense skills, ground-fighting skills, and stand-up fighting capabilities. Modified for all skill levels. Practice is based on real-life experiences and endurance enhanced drills. Develops self confidence. Prerequisites: None.

16627 F 133 MW 12:00PM-1:05PM 5/27-8/12/20  P. Wei

**PED101QG Qi Gong (Chi Kung)** 1.0

Chi Kung is an ancient Chinese healing and meditative exercise discipline that involves body movement and postures, mental relaxation, and controlled breathing. This Chi Kung class includes sitting, standing, and moving techniques. This class is appropriate for most senior adults. Recommended text for course: “Unlocking the Healing Powers in Your Hands: The 18 Mudra System Qi Gong”.

17850 F 109 TR 6:45PM-8:25PM 5/26-7/16/20  A. Barkworth

**PED101TC Tai Chi** 1.0

Fundamentals of Tai Chi including moves, breathing and meditation. Taught in Yang style Tai Chi Chuan, this class offers body movement, moving meditation, and practical self defense program. Prerequisites: None.

16306 F 109 TR 4:45PM-6:25PM 5/26-7/16/20  A. Barkworth

**PED101TC Tai Chi for Balance, Strength and Brainpower**

Tai Chi is a traditional Chinese form of martial arts. Modern scientific studies have proven that people gain health benefits by practicing Tai Chi. There are three essential components of Tai Chi - Balance, Strength and Brain Power. Tai Chi teaches practitioners how their body movements function in their daily lives enabling them to maintain proper body posture and achieve structural equilibrium. The long sequence of Tai Chi moves also provides mental exercise to build brain power over time with regular practice. The style of Tai Chi taught in this class is Chen Style Tai Chi Quan Practical Method. All the moves require sound body mechanics and precision based on martial art applications.

16627 F 133 MW 12:00PM-1:05PM 5/27-8/12/20  P. Wei

**NON CREDIT TAI CHI MOVEMENT**

**Noncredit: Tai Chi Movement**

Beginning/Intermediate

This class uses movements, combined with music and breathing to bring about a state of relaxation. You may see an improvement in balance, muscle strength, flexibility and total well-being. All beginning and intermediate students welcome. For non credit courses, registration by phone or in person is recommended. Course Fee: $85.

Fitness 16756 F 133 TR 8:00AM-8:50AM 5/26-7/30/20  P. Cornelius

**NON CREDIT YOGA FOR SPECIAL BODIES**

**Noncredit: Gentle Yoga for Special Bodies**

Designed to present modified yoga postures for those who have special physical limitations such as arthritis, back stiffness, obesity, and pregnancy. Written doctor's release may be required. If you can move, you can do yoga! Beginners welcome! Recommended for senior adults also. Prerequisites: None. Course Fee: $85

Fitness 17843 F 133 TR 10:30AM-12:25AM 5/26-7/30/20  S. Young
SUMMER YOGA AND PILATES

Register for 1 credit Yoga or 1 credit Pilates and attend unlimited All Levels Yoga, Gentle Yoga and Pilates classes per week!

PED101YO  16571  Yoga  1.0

All Levels Yoga
This is a mixed level class designed to accommodate beginners and students with previous yoga experience. Prerequisites: None.

F 133  MW  7:15AM- 8:10AM  5/27-7/29/20  J. Rosario
F 133  MW  5:30PM - 6:25PM  5/27-7/29/20  A. Ambrose

Gentle Yoga
This class offers an experiential way to reduce stress through the ancient practice of yoga, which enhances health and well being of body, emotions, mind, and spirit. The three yoga techniques provided in this course are physical yoga postures, breathing, and meditation. Join us to de-stress! Beginners welcome!

F 133  S  8:15AM- 9:55AM  5/30-8/1/20  S. Leavy
F 133  TR  9:00AM- 9:55AM  5/26-7/30/20  S. Young

PED101PS  16650  Pilates  1.0

An exercise program that aims at developing a stable core for all types of movement to occur more efficiently. Pilates teaches you about breathing with movement, body mechanics, balance, coordination positioning of the body, spatial awareness, strength and flexibility. Pilates is an all-encompassing mind, body and spirit exercise. Mat based exercise system focused on improving flexibility and strength for the total body. Teaches core control and stabilization while improving postural alignment. Prerequisites: None.

F 133  TR  5:35PM- 6:30PM  5/26-7/30/20  Staff

NON CREDIT TENNIS

Noncredit: Tennis - Beginning/Intermediate  0
Learn how tennis can contribute to one's fitness. Learn the basic rules of tennis, develop skills in fundamental shots and grips, develop a sense of strategy, and develop physical fitness. Prerequisites: None. Course Fee: $50.

16755  Tennis Crt  W  6:30PM- 8:00PM  6/10-7/15/20  M. Peters

NON CREDIT GROUP EXERCISE FOR ACTIVE ADULTS

Must Be Enrolled in the Fitness Center to attend Group Exercise for Active Adults, SilverSneakers, Zumba Gold®, Beginning Zumba® and Qi Gong Classes

Noncredit: Group Exercise for Active Adults  0
Formatted for active adults with music and class tempo appropriate for those over the age of 55. Includes flexibility exercises, cardiovascular conditioning, and strengthening and toning exercises. Prerequisites: None.

F 109  MWF  7:30AM-8:20AM  S. Russell/P. Russell/J. Coleshill
F 109  MWF  8:30AM-9:20AM  S. Hamilton/P. Russell

Noncredit: SilverSneakers®  0
Health plans around the country offer the SilverSneakers® program to people who are eligible for Medicare or to group retirees. Customized SilverSneakers® classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance. Health education seminars and other events are also offered that promote the benefits of a healthy lifestyle.

F109  MTWR  10:30AM- 11:20AM  S. George/Staff
F  9:30AM- 10:20AM  P. McNeal

Noncredit: Zumba Gold®  0
Zumba is a fusion of Latin and international music dance that creates a dynamic exciting and effective cardio workout. Zumba Gold® is for the active older adult. Must be enrolled in the Fitness Center to attend.

F109  TR  8:00AM- 8:50AM  K. Driggs-Warner/J. Coleshill

Noncredit: Meditative Circle Dance  0
A new approach to classic meditation through gentle movement in a circle create a spirit of friendship and renewal. Seated breathing and relaxation exercises unite with easy dance steps to provide a unique and personal experience for each class member. Must be enrolled in the Fitness Center to attend.

F109  MTWR  10:30AM- 11:20AM  Starts 6/5  M. Margolis

Noncredit: Zumba Gold®  0
Zumba is a fusion of Latin and international music dance that creates a dynamic exciting and effective cardio workout. Zumba Gold® is for the active older adult. Must be enrolled in the Fitness Center to attend.

F109  MTWR  10:30AM- 11:20AM  Starts 6/5  M. Margolis

Noncredit: Happy Dance  0

F109  W  9:30AM- 10:20AM  M. Margolis

Noncredit: Qi Gong  0

F109  M  9:30AM- 10:20AM  K. Brezina

SUSTAINABILITY

SSH111  Sustainable Cities  3.0
Introduction to the field of sustainability and exploration of the practices leading to the development of sustainable cities. Explores the concept of sustainable development of cities within local, regional, and global contexts. Prerequisites: None. Includes 3 local field trips (Urban Farm and McDowell Mountain Preserve). Students must provide transportation to location (20-30 minutes drive from PVCC).

17851  ONLINE  Letter Grade  5/26-8/18/20  K. Fehr

Online Format: Contact the Center for Distance Learning for more information: 602.787.6754