

# FITNESS, LEISURE AND WELLNESS (FLW)

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## **FLW 102. Yoga Yashtanga/Vinyasa. 1 Credit.**

Through yoga, students learn to honor their bodies, quiet their minds and relieve stress and anxiety. Practicing yoga helps participants to bring peace and order into their busy lives.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 103. Introduction to Meditation. 1 Credit.**

Modern neuroscience shows that what we do and think can change the physical structure of the brain—yet often this change occurs unconsciously, when we habitually react to stress in unhealthy ways. This course incorporates Neurosculpting®, a complete approach for consciously reshaping our brains for greater happiness, health, creativity and compassion. Students have a unique experience of meditation, mindfulness, diet and daily practices to help create positive, lasting changes in the brain—and in daily life.

**Prerequisites:** None

**Offered:** Every year, Fall

## **FLW 106. Fundamentals of Boxing. 1 Credit.**

Basic offensive and defensive boxing skills are taught and practiced. Balance, movement and conditioning are stressed. Timed workouts include rope jumping, punching bags, shadow boxing and sparring. Final class may be held in actual boxing facility.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 109. Indoor Rock Climbing. 1 Credit.**

This is a basic course in rock climbing, utilizing indoor climbing walls at an off-campus facility. Students are taught proper technique, safety and knots. They also learn how to purchase, use and maintain equipment. Course is offered off campus at Prime Club in Wallingford. Students must provide their own transportation.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 113. Beginning Golf. 1 Credit.**

Students are introduced to the fundamentals of golf, including the use of irons, woods and putter, as well as rules of golf and course etiquette. A full set of clubs is provided. Course is taught off campus at Sleeping Giant Golf Course in Hamden. Students must provide their own transportation.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 115. Beginners Tennis. 1 Credit.**

Students are introduced to the basic skills of tennis with special emphasis on forehand, backhand, serve and playing strategies. Scoring, rules of tennis, and court etiquette also are presented. Small classes learn in a fun-filled environment. Racquets and balls are provided.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 117. Beginning Golf for Women. 1 Credit.**

This course is gender-specific for women. It informs a female beginning golfer's understanding and appreciation of the game of golf. Students are introduced to all of the elements of golf as they relate to the rules of the game, the techniques of the various golf swings, and the art of self-management before, during and after a game. Any permanently or temporarily physically challenged individual is welcome to attend this class; special arrangements are made to maximize their golf experience. Full sets of golf clubs are provided.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 118. Jujitsu. 1 Credit.**

This course focuses on learning and applying the fundamental techniques of Brazilian Jujitsu. Students learn the basic knowledge and skills needed (such as movements, positions and concepts) in a progressive skill building approach. Instruction emphasizes proper technique, mobility, pressure and leverage awareness. The aim is to improve fitness, health and overall wellness. Course is intended for those interested in establishing a foundational knowledge of Brazilian Jujitsu, or for those who would like to learn self-defense.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 119. Advanced Golf Weekend Workshop. 1 Credit.**

This course is presented as a weekend golf school, with lessons and playing time for intermediate and advanced golfers only. Every aspect of the game is covered in seminars, on the driving range and on the golf course. Students must be available Friday, from 4-7 p.m., and Saturday and Sunday, from 10 a.m.-4 p.m. Course is taught off campus at Laurel View Country Club in Hamden. Students must provide their own transportation.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 121. Intro to Pickleball. 1 Credit.**

This is a beginning Pickleball course in which students will develop basic knowledge and skills to play the sport of Pickleball. Technical skills include forehand and backhand groundstrokes, volleys, serves, lobs, overheads, and proper footwork. Students will also learn the fundamental rules, basic strategies, and court positioning for singles and doubles play. Basic fitness and training principles will be discussed as applicable to the sport of Pickleball. Every Year, Fall and Spring

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

## **FLW 123. Yoga Pilates Fusion. 1 Credit.**

Yoga Pilates Fusion is a challenging dynamic class that combines the fundamentals of yoga with mat exercises designed by Joseph Pilates. It is a music-driven class that includes warm-up, sun salutations, warrior poses, balance challenges and intensive core work to strengthen both the front and back body. Deep stretches, hip opening sequences and relaxation complete the workout.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

- FLW 124. PiYo.** **1 Credit.**  
PiYo® is a fun, musically driven, high energy, athletic workout inspired by the mind/body practices of Pilates and yoga. It includes dynamic movement, strength training, balance challenges and flexibility training. PiYo® is equipment free and can be done with or without shoes. It offers modifications as well as exercise progressions to meet every student's needs. Benefits of PiYo® include improved strength, flexibility, balance and stress reduction as well as overall fitness.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 125. Pilates.** **1 Credit.**  
Pilates is one of the most challenging and effective means of building core stability, improving body mechanics, balance, coordination, strength and flexibility. Starting with the foundation of mat Pilates, this course presents an in-depth approach to breathing instruction, body alignment and a unique set of challenging exercise sequences. Students learn basic anatomy and physiology as it relates to Pilates.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 126. Fundamentals of Kickboxing.** **1 Credit.**  
Patterned after the training routines of international competitive kickboxers, this course teaches basic and intermediate boxing and kicking techniques, footwork, combinations, and if desired, light sparring. It provides an excellent cardiovascular workout and flexibility training, while enhancing muscular endurance.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 127. Beginning Fencing.** **1 Credit.**  
This course presents the fundamentals of fencing using the three classes of weapons: foil, sabre and epee. Offensive and defensive movements are studied, as well as the techniques of engage, disengage, parry and lunge. It is the perfect sport for students of all ages, sizes and abilities. All equipment is provided.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 128. Step and Sculpt.** **1 Credit.**  
This fundamental course offers a unique blend of simple and easy-to-learn step choreography with intervals of strength training using free weights, resistance bands, medicine balls and more. Students improve their overall fitness, including endurance, strength and agility while learning the proper form to execute all exercises.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 130. Stress Management.** **3 Credits.**  
The course provides an opportunity to examine stress and its relationship to one's health. Topics include common sources of stress, lifestyle, coping strategies and relaxation techniques. This is a comprehensive course designed to expose students to a holistic approach to stress management, with regards to both cognitive (coping) skills, and a host of relaxation techniques with the intention to reduce the physical symptoms of stress. This course is composed of both theoretical and experiential learning through a series of class exercises and techniques.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 133. Food As Medicine.** **1 Credit.**  
Plants have many constituents beyond macronutrients, vitamins and minerals that play a role more like a medicine than a nutrient. Students learn to view food as an effective preventive strategy, making us less susceptible to bacteria and viruses. The course covers the impact of a healthy microbiome on human physical and mental health, as well as soil and plants. Students explore local food and learn delicious ways to get more in our daily diet.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 135. Rocks and Ropes Camp-Out Weekend.** **1 Credit.**  
This two-day, two-night class includes group challenges, high and low rope course activities, a night hike, and canoe instruction on the lake. Food and lodging are provided. Students must provide their own sleeping bag. Course is offered off campus at Deer Lake in Killingworth. Students must provide their own transportation.  
**Prerequisites:** None  
**Offered:** Every year, Fall
- FLW 139. Fitness Training and Nutritional Strategy.** **1 Credit.**  
This fitness program is designed to decrease body fat and increase lean body mass through cardiovascular exercise, circuit training, resistance training, and proper nutrition.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring  
**UC:** Breadth Elective
- FLW 143. Recreational Games Weekend.** **1 Credit.**  
Leisure time games are the agenda for this class. Activities may include volleyball, duckpin bowling, dodgeball, kickball, pickleball and more. Students must be available Friday, from 4-7 p.m., and Saturday and Sunday, from 10 a.m.-4 p.m.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 144. Fresh Water Fishing Weekend.** **1 Credit.**  
Fishing is one of the most popular recreational activities in America. This course provides information about rods and reels; fishing line, hooks, bobbers and lures; fishing knots; types of fish; releasing fish; cleaning and cooking fish. Instruction includes classroom as well as actual fishing time. Students must be available Friday, from 4-7 p.m., and Saturday and Sunday, from 9 a.m.-2 p.m. Course is offered off campus at Hamden ponds. Students must provide their own transportation.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 145. willPower & Grace®.** **1 Credit.**  
This course is based on willPower & grace®—a dynamic, functional fusion group exercise program. The workout is the ideal cardiovascular solution for mind-body practitioners. It is practiced barefoot, equipment-free and infused with positive and motivating philosophy. The willPower & grace® workout is an easy-to-follow, linear, strong and focused program structured for students of all levels. Goal setting is used to help ensure progression. This workout is a manifestation of strength and elegance. Students learn to link the strength, power and desires of the mind with the demands and potential of the body.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring

- FLW 148. Spinning.** **1 Credit.**  
Spinning is an indoor cycling program. Participants set their own level of intensity by adjusting the bike's resistance. In this course, students learn proper bike setup and safety, heart rate training guidelines and aerobic base building principles. The riding time begins at 30 minutes and progresses each week with a final ride of 1 hour, 15 minutes. Everyone succeeds. Spinning is taught at the York Hill Campus.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 151. Cardio Conditioning.** **1 Credit.**  
This class delivers a total body workout, combining non-impact aerobic and progressive training with hand-held weights and resistance rubber bands (no weight room). Class activities provide the most efficient and effective methods to improve cardiovascular performance while strengthening and sculpting muscle groups.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 152. Cardio Sculpt and Pump.** **1 Credit.**  
This class features a total body workout and an insightful approach to highly practical, safe, adaptable techniques specifically designed to develop strength, balance and flexibility. The instructor utilizes a specific contingent of conditioning exercises with emphasis on precision (no weight room). Aesthetics aside, this is a great way to develop good posture and a strong, flexible, graceful body.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 153. Flow Yoga.** **1 Credit.**  
An innovative series of yoga postures that build and flow with sequential linking challenging your muscular strength, cardiovascular endurance, flexibility, balance, and mental stamina.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 159. Fitness Leisure Wellness Elective.** **1-3 Credits.**  
**Prerequisites:** None
- FLW 161. Ballroom Dancing.** **1 Credit.**  
Learn to tango, salsa, swing and more. This course covers basic patterns and some variations in three to four dances with an emphasis on basic technique and learning to move comfortably on the dance floor.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 162. Canoeing Weekend.** **1 Credit.**  
In this course, participants learn to canoe. Instruction allows students to explore several parts of the Connecticut coastline including lakes, the Farm River and New Haven harbor. No experience is necessary; all equipment is provided. Students must be available Saturday and Sunday, from 9 a.m.-5 p.m. Course is offered off campus at Hanover Pond in Meriden. Students must provide their own transportation.  
**Prerequisites:** None  
**Offered:** Every year, Fall
- FLW 164. Basic Kayaking Skills.** **1 Credit.**  
Students are taught the basics of kayaking, paddling techniques, using good judgment, safety and rescue. This two-day workshop consists of classroom studies and hands-on training. The second day consists of a kayak trip to practice and perfect the newly learned skills, learn about kayak safety and rescue. Students must be able to swim.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 165. Introduction to Power Lifting.** **1 Credit.**  
This class covers proper form and technique as it relates to weight lifting for beginner and intermediate students. Topics include: the basics of repetition schemes, the effect of changing reps and weights for maximum muscle hypertrophy and/or growth, and proper nutrition for optimal recovery and results, including nutrient timing and basic supplementation for weight lifting. The class includes lectures as well as workout time in the Fitness Center.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 170. Fitness Frenzy.** **1 Credit.**  
In this dynamic course, students learn about the cardiovascular and muscular endurance components of physical fitness through a variety of physical activities to promote health and well-being. Students learn basic anatomy and physiology as it relates to the movements and exercise formats in each class setting. Class design focuses on a specific modality, incorporates core conditioning and ends with flexible strength for a complete training session.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 171. All Levels Golf Weekend.** **1 Credit.**  
This class is aimed at improving the playing skills and course management techniques of all participants. This weekend course includes lessons and practice time in a variety of settings. A round of golf is played each day. Golf clubs are provided when necessary. Students must attend ALL sessions: Friday, from 4-7 p.m. and Saturday and Sunday, from 10 a.m.-4 p.m. Instruction takes place off campus at Laurel View Country Club in Hamden. Students must provide their own transportation.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 172. Introduction to Jazz Technique.** **1 Credit.**  
This course introduces a classical Jazz Technique thru warm-up and across the floor movements. Students enhance body placement (alignment), strength and conditioning. Students learn general health guidelines while mastering choreography pieces.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 174. Ballet to Broadway - Classical Technique Applied to Contemporary Choreography.** **1 Credit.**  
This course offers "moving" history. Students study ballet technique, including classical training in barre, center floor and across the floor. Students learn exercises, dance steps and choreography from the 1500's to present day using American Musical Theatre arrangements.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring
- FLW 175. Yoga Foundation and Fundamentals.** **1 Credit.**  
Yoga is more than movement. This class explores the theory, rationale and basic components of yoga that go beyond the poses themselves. Students focus on movement, meditation and "yogic sleep" and how they fit into our everyday life. This course provides a strong foundation to what yoga is really about. Taught at York Hill.  
**Prerequisites:** None  
**Offered:** Every year, Fall and Spring

**FLW 176. Physical Activity and Community Service. 1 Credit.**

This class involves various activities coupled with community service. Activities may include general park maintenance, invasive tree and plant management, and home and neighborhood restoration projects. Course takes place on two consecutive Saturdays; students must be available for both dates. Instruction takes place off campus.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

**FLW 178. Bowling. 1 Credit.**

Students learn the proper techniques of bowling, including bowling etiquette. Instruction is targeted to various skill levels, from beginner to advanced bowlers. Topics include proper grip, stance, how to keep score, positioning and different methods of throwing the ball. Instruction takes place off campus; students must provide their own transportation.

**Prerequisites:** None

**Offered:** Every year, Spring

**FLW 180. Self Defense - Krav Maga. 1 Credit.**

This course introduces students to the basic physical and mental skill sets needed to increase the probability of surviving an attack. Students focus on nonweapon close combat methods, including proper fighting stance, movement, striking, choke defense, headlock defense and defense against displacement attacks. Students work closely with the instructor in a structured environment where safety is considered the top priority, followed closely by fun and fitness!

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

**FLW 181. Cardio Stomp. 1 Credit.**

This class offers a cardio workout with a dance influence. This class moves at a high pace rhythm. Stomp, Jumps and Runs get the heart beating to the sound of music. This is a high speed dance style movement class. Dancers and non-dancers, runners and walkers will enjoy this class!

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

**FLW 182. Taekwondo I. 1 Credit.**

Taekwondo is a form of self-defense, an art form, and a competitive sport. Classes consist of extensive stretching, the teaching of basic forms of self-defense and sparring techniques including traditional punching, kicking and blocking techniques. Students gain an understanding of the ancient martial arts discipline for self-defense, the principles of self-control, focus, balance, oneness and self-discipline. Taekwondo emphasizes the use of the whole body, enhances flexibility and coordination and increases aerobic capability. Promotional tests are held at the end of each semester.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

**FLW 190. Essentials of Fitness and Wellness. 3 Credits.**

The course covers health-related illnesses, leading causes of death and disease prevention through healthy lifestyle choices. Students explore the connections between the dimensions of wellness and the impact on personal health. Topics include the benefits of the five components of physical fitness including cardiovascular, muscle strength, muscle endurance, body composition and flexibility. Students assess their own fitness and wellness through class activities and assignments.

**Prerequisites:** None

**Offered:** Every year, Spring

**FLW 195. Eco-Fashion. 2 Credits.**

This unconventional sewing course does not require the operation of a sewing machine or use of textiles to design garments. Students learn sewing basics, including reading patterns, layout and cutting, taking body measurements, conducting fittings and hand-stitching seams. Each student designs and constructs one item of clothing and one accessory item using 100 percent sustainable materials. Finished projects are showcased at the Sustainable Fashion Show on Earth Day, which is fully organized and managed by students.

**Prerequisites:** None

**Offered:** Every year, Spring

**FLW 199. Independent Study. 1 Credit.**

**Prerequisites:** None

**FLW 215. Wellness Through Community Action: Best Buddies. 2 Credits.**

Students actively participate in planning, organizing, implementing and evaluating community activities with a service learning approach. Essential topics to be covered include dimensions of wellness, mentoring, intellectual and developmental disability awareness, event planning, programming, and volunteer management. Students are required to attend a community event outside of scheduled class time.

**Prerequisites:** None

**Offered:** Every year, Fall and Spring

**FLW 283. Fundamentals of Mixed Martial Arts. 1 Credit.**

This fundamentals course uses mixed martial arts techniques from all over the world to teach students the proper skills of kickboxing, wrestling and Brazilian Jujitsu. Students achieve a high level of strength, speed and coordination while learning about flexibility, muscular strength and endurance during this cardiovascular workout.

**Prerequisites:** Take one course from FLW 106, FLW 126, FLW 180, FLW 182 or consent from the instructor.

**Offered:** As needed