



Learning Outcomes

1. Students will have an understanding of the background and history of the discipline in which they are participating.
2. Students will be able to demonstrate and perform safe and appropriate form and technique specific to course activities as taught by each instructor.
3. Students will apply information and experiences gained in these course to personal wellness as a lifelong activity to obtain optimal health.

Contact Information

For more information, please contact Ty Griese, Interim Assistant Director of Wellness at (203) 857-7195 or tgriese@norwalk.edu.



www.norwalk.edu

Your Road To Success Starts Here

Norwalk Community College is a fully-accredited college offering traditional liberal arts, transfer and technical programs leading to an associate degree or specialized training. Our mission is to provide southwest Fairfield County residents with educational excellence through a winning combination of small classes, dedicated faculty, flexible class times and affordable tuition. Each year approximately 9,000 students enroll in our associate degree and credit programs, while an additional 5,500 attend classes through our Extended Studies division. Credits earned at NCC are transferable to four-year universities and colleges.

NCC Campus in Norwalk

188 Richards Ave., Norwalk, CT 06854-1655 www.norwalk.edu

I-95 North or South

Take Exit 13. Turn right onto U.S. 1/Connecticut Avenue. At Shell gas station turn left onto Richards Avenue. Proceed 1/2 mile, East Campus on right, West Campus on left.

Merritt Parkway Northbound

Exit 38. Turn right at the end of the exit ramp onto Route 123 South. Take first left onto Nursery Street. Take first left onto Ponus Avenue. Bear right at the fork onto Fox Run Road. Proceed through the traffic light and bear right around Fox Run School. Turn left at the stop sign onto Richards Avenue. Follow Richards Avenue for one mile. East Campus on the left, West Campus on the right.

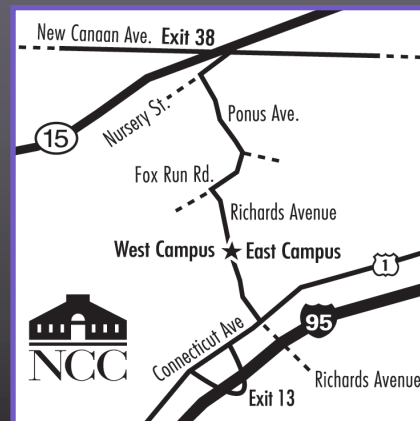
Merritt Parkway Southbound

Exit 38. Turn right at the end of the exit ramp onto Route 123 North. Take first right after going under the Merritt Parkway overpass onto Nursery Street. Follow the directions above.

Public Transportation to NCC Campus

Norwalk Bus – WHEELS Routes 11, 13 and NCC Shuttle stop in front of the East Campus at 188 Richards Ave. Morning and evening shuttle buses run between the South Norwalk train station and the campus. See www.norwalktransit.com for schedules.

Stamford Bus – The F-Route 1 Connecticut Transit buses from Stamford stops at the college. For a timetable call (203) 327-7433.



Group Fitness Courses

Great ways to get fit, stay motivated and enjoy exercise!



Norwalk Community College

Why Take Group Fitness Courses at NCC?

Group Fitness Courses are a great way for you to get fit and stay fit. Our classes meet twice a week for 50 minutes per session or once a week for one hour and 20 minutes. Our elite group of certified instructors will guarantee a safe, fun and challenging experience for all levels of physical fitness. Group Fitness Courses are a great way to stay motivated and enjoy exercise.

These credits transfer to four-year institutions that require at least one credit of college Physical Education.

All Group Fitness Courses meet for a 10-week session and therefore do not conflict with final exams.

All Group Fitness Courses take place in our two spacious and bright studios across from the Pitney Bowes Foundation Wellness Center on the ground floor of the Center for Science, Health and Wellness on the West Campus.



Selecting a Group Fitness Course

Listed under “Health & Physical Education” in the online class schedule, Group Fitness Courses are offered in five categories:

-  *Aerobics*
-  *Resistance*
-  *Mind & Body*
-  *Dance*
-  *Martial Arts*

Course Offerings & Descriptions

HPE 121 ABS AND LOWER BODY

Difficulty: Beginner/Intermediate

This course is designed to target the mid-section of the body. Appropriate back care, posture and abdominal exercises will be demonstrated and practiced. The student will be educated in basic concepts of abdominal training and will understand the benefits of strong abdominal and lower back muscles.

HPE 131 BOOT CAMP

Difficulty: Beginner/Intermediate

Boot Camp is a high intensity activity patterned after military style training using sports drills and calisthenics to develop cardiovascular fitness, muscular strength, endurance and flexibility. Workouts will include core conditioning, circuit training, kick boxing and other sports drills and obstacle courses. Students will be exercising as individuals, with a partner and in groups. While modifications will be demonstrated, this non-contact course is targeted toward intermediate and advanced levels of fitness.

HPE 280 ZUMBA

Difficulty: Intermediate

This course provides an introduction to the Latin dance-based fitness program that combines a moderate intensity aerobic workout with a party atmosphere. Students will learn simple dance moves to a variety of international music and how they can be structured into a challenging exercise routine. What constitutes cardio-respiratory fitness and its values to the individual will be discussed.

HPE 115 WEIGHT TRAINING

Difficulty: Beginner

This course is designed to give a basic understanding of the effects of resistance training on the human body. The course will include a combination of lectures, demonstrations, and physical activity. The student will understand the fundamentals of lifting, be able to operate all resistance equipment, and develop resistance training protocols.

HPE 108 STRENGTH AND TONE

Difficulty: Intermediate

Strength and Tone is a challenging course designed to build muscular strength and endurance in a non-traditional way. This course will teach the student how to use alternate types of resistance tools such as medicine balls, resistance cords, etc. Through this course, the student will understand the fundamentals of alternate resistance programs and will be able to develop training protocols for themselves.

HPE 126A MAT PILATES

Difficulty: Beginner

Developed in the 1920s by Joseph H. Pilates, this form of exercise combines the concept of strong body with strong mind. Mat Pilates will focus on core strength, stabilization and proper breathing through various movements. The student will not only benefit physically from Pilates, they will also understand its basic theory and fundamentals.

HPE 260 YOGA

Difficulty: Beginner

This 6,000-year-old ancient practice will teach the student the true meaning of union by combining physical, mental and spiritual states of wellness. The course will provide the history of yoga, its theory and benefits, and afford the student an opportunity to experience this art first hand.

HPE 135C T'AI CHI

Difficulty: Beginner

T'ai Chi originated as a form of self-defense which has evolved into a relaxation technique that provides many physical benefits. This form of exercise includes slow, balanced, low-impact movements that improve flexibility, strength and balance, while reducing stress levels. This course will provide the history of T'ai Chi and allow the student to experience its multiple benefits.

HPE 265 APPLIED MEDITATION

Difficulty: Beginner

This course is designed to introduce the student to a wide variety of meditation techniques. Topics covered will include a history of meditation, evidence-based benefits of meditation as well as how to prepare for meditation, how to deal with obstacles and how to maintain a meditation practice.

HPE 279A LATIN DANCE

Difficulty: Beginner

This course is designed as an introduction to the Latin Dance of Salsa. The student will have an opportunity to learn basic steps of this dance style, as well as understand its history and the music associated with it.

HPE 270 BALLROOM DANCE

Difficulty: Beginner

Ballroom Dancing will afford the student the opportunity to learn basic dancing steps and techniques associated with this style of dance. This course will provide an understanding of the history of Ballroom Dancing.

HPE 146 SELF-DEFENSE

Difficulty: Beginner

This course introduces the student to the broad area of self-defense from a variety of perspectives. Particular attention is paid toward the teaching of respect, self-discipline, confidence and concentration. Students will be able to practice tactics to escape and protect themselves against offenders.