

# Exercise and Sport Activity (EXSA)

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## COURSES

**EXSA 0101. ARCHERY. 1 Hour.**

**EXSA 0105. BADMINTON. 1 Hour.**

**EXSA 0106. BRAZILIAN JIU-JITSU. 1 Hour.**

This course is designed to provide students instruction in the art of Brazilian jiu-jitsu as popularized in the Ultimate Fighting Championship (UFC). Techniques, as well as live grappling in both the Gi (traditional martial arts uniform) and No-Gi (shorts and T-shirt) format will be taught. Males and females of all skill levels are welcome. Come learn one of the most dynamic and effective martial arts in a comfortable and welcoming atmosphere with a national and international competitor.

**EXSA 0107. MARTIAL ARTS. 1 Hour.**

**EXSA 0108. BASKETBALL. 1 Hour.**

**EXSA 0120. BOWLING. 1 Hour.**

**EXSA 0140. GOLF. 1 Hour.**

**EXSA 0145. BEGINNING FENCING. 1 Hour.**

**EXSA 0154. FITNESS WALK. 1 Hour.**

**EXSA 0156. JOGGING FOR FITNESS. 1 Hour.**

**EXSA 0157. AEROBIC DANCE. 1 Hour.**

**EXSA 0159. EXERCISE AND SPORT FOR THE HANDICAPPED. 1 Hour.**

**EXSA 0160. STEP AEROBICS. 1 Hour.**

**EXSA 0163. YOGA. 1 Hour.**

**EXSA 0164. CARDIO KICKBOXING. 1 Hour.**

**EXSA 0165. PILATES. 1 Hour.**

This course is designed to improve muscular strength, endurance, flexibility, posture and overall joint mobility as well as stress reduction techniques. Students will be provided with a basic working knowledge of Pilates positions, the benefits associated with Pilates, and knowledge to all students the basic skills needed to pursue independent training as part of their lifetime fitness program.

**EXSA 0166. RACQUETBALL. 1 Hour.**

**EXSA 0167. SOCCER. 1 Hour.**

**EXSA 0168. INTERMEDIATE YOGA. 1 Hour.**

Previous yoga experience preferred but not required.

**EXSA 0169. ADVANCED PILATES. 1 Hour.**

This course is designed to improve muscular strength, endurance, flexibility, posture, and overall joint mobility as well as stress reduction techniques. Students will be provided with an advanced working knowledge of Pilates positions, the benefits associated with Pilates, and knowledge of the advanced skills needed to pursue independent training as part of a lifetime fitness program.

**EXSA 0170. SWIMMING: BEGINNING. 1 Hour.**

**EXSA 0171. WATER POLO. 1 Hour.**

**EXSA 0172. SWIMMING FOR FITNESS. 1 Hour.**

**EXSA 0174. WATER AEROBICS. 1 Hour.**

**EXSA 0175. BODY SCULPTING/CORE STRENGTH. 1 Hour.**

This course is designed to improve total body muscular strength and flexibility. This is an all over body workout using a variety of exercise equipment such as hand weights, tubing, stability balls, balance boards, Bosu, and bars. Students will be provided with a basic working knowledge of proper biomechanics, anatomy, nutrition, and the benefits associated with long term strength training.

**EXSA 0176. ZUMBA INTERVAL TRAINING. 1 Hour.**

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. Zumba students achieve long term benefits while experiencing an absolute blast in one exhilarating class of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life!

**EXSA 0177. TENNIS. 1 Hour.**

**EXSA 0178. TENNIS: ADVANCED. 1 Hour.**

**EXSA 0180. VOLLEYBALL. 1 Hour.**

**EXSA 0181. VOLLEYBALL: ADVANCED. 1 Hour.**

**EXSA 0184. WEIGHT TRAINING. 1 Hour.**

**EXSA 0189. INTERCOLLEGIATE ATHLETICS. 1 Hour.**

**EXSA 0191. DESIGNATED ACTIVITIES. 1 Hour.**

**EXSA 1116. PACE: EXERCISE AT YOUR OWN PACE. 1 Hour.**

Exercise and conditioning class for all levels of activity emphasizing individual physical needs and adapting exercise to meet those needs. For additional information: pmaxmwell@uta.edu.

**EXSA 1118. BOOT CAMP AEROBICS. 1 Hour.**

Boot camp aerobics.

**EXSA 1119. CO-ED SELF DEFENSE. 1 Hour.**

Co-ed Self Defense.

**EXSA 1220. LIFEGUARD TRAINING. 2 Hours.**

**EXSA 1246. SELF DEFENSE FOR WOMEN. 2 Hours.**

**EXSA 1247. EXERCISE & WEIGHT MANAGEMENT. 2 Hours.**

This class is designed to provide students with the practical skills and knowledge involving exercise and weight management. Along with a variety of fun and exciting exercise activities, fundamental nutrition and behavior/environmental modification techniques will also be discussed. Additional information: mevans@uta.edu.

**EXSA 1249. SCUBA DIVING. 2 Hours. (TCCN = PHED 1251)**

**EXSA 1259. ADVANCED SCUBA. 2 Hours. (TCCN = PHED 1252)**