Fitness / Adventure / Sport Techniques (FAST)

Courses

FAST 1001. FYE: Athletics/PEHR. 1 Hour.
A First Year Experience course designed to help students adapt to university life and become integrated into Dixie State University. Students will refine academic skills, create and foster social networks, learn about university resources, and explore different fields of study, degree options, and career opportunities. Sections offered by academic departments will include information pertinent to that discipline, while open major sections will include information about choosing a major or area of study. Multiple listed with all other sections of First Year Experience (all 1001 courses, ENGR 1000). Students may only take one FYE course for credit. FA.

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. Lab 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.

FAST 1035. 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. Lab fee required.

FAST 1036. Fitness Dancing. 1 Hour.
High energy activity course for students interested in developing fitness through dancing.

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. Lab 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. Lab 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. FA, SP.

FAST 1067. Intro to Triathlon Training. 1 Hour.
Activity course for students who wish to learn about multisport events and how to properly train and compete in a triathlon. Safe, fitness-oriented swimming, bicycling, and running skills will be taught. Students must supply their own bike, cycling helmet, and swim goggles. Lab fee required. SP.

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. Lab fee required. FA, SP.

FAST 1086. Kettlebell Fitness Training. 1 Hour.
Emphasizes total body strength training through activities utilizing Kettlebell and free-weight equipment. Lab fee required.

FAST 1088R. Fitness Center. 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. Dixie State 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. 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. Lab 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. Lab fee required. FA, SP.
FAST 1105. Badminton, Pington and Indoor Hockey. 1 Hour.
Badminton and Pington are played on a net using slightly different shuttlecocks. Badminton is played with a racquet, while Pington is played with a wooden paddle. Indoor hockey is introduced as an additional recreation activity. 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. Lab fee required. FA.

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. Lab 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. Lab 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. Lab fee required. 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. Lab 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. Lab 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. Lab 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. Lab 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. Lab fee required. 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. Lab 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. Lab 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. Lab fee required. FA, SP.

FAST 1211. Intermediate Volleyball. 1 Hour.
Activity course for students interested in learning more skills in volleyball. Designed to give students playing time, increase knowledge of volleyball, improve individual skill levels, and provide activity. Lab fee required. FA, SP.

FAST 1225. Softball. 1 Hour.
Activity course for students interested in learning the basics of softball, including instruction in the fundamentals of play situations and rules of softball. Designed to give students playing time, increase knowledge of basketball, and improve individual skill levels. Lab fee required.

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. Lab 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. Lab fee required. FA, 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. 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. Prerequisite: Instructor permission. FA.

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. Prerequisite: Instructor permission. SP.

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. 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. 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. 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. 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. 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. 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. 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. 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. 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. Prerequisite: 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. 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. 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. Lab fee required. 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. Lab fee required. FA, SP.

**FAST 1315. Aquatic Fitness. 1 Hour.**
Course introduces aerobic conditioning principles designed to develop the cardiovascular-respiratory systems, strength and coordination. Lab fee required. FA, SP.

**FAST 1350. SCUBA Diving. 1 Hour.**
For students interested in SCUBA diving. Includes lectures on underwater environment, diving skills, equipment, techniques, respiration, breathing air at depth, and safety procedures in scuba diving. Students will practice basic SCUBA diving techniques, SCUBA safety, and use of SCUBA equipment in a swimming pool and in strictly supervised open water dives. While students receive the Professional Association for Diving Instructors (PADI) open water scuba course, students must certify in scuba diving independently of this course. Lab fee required. Corequisite: FAST 1355. FA, SP.

**FAST 1355. SCUBA Diving Lab. 0 Hours.**
Lab portion of FAST 1350, for practice of basic SCUBA techniques, SCUBA safety, and use of SCUBA equipment in swimming pool and strictly supervised, limited open water dives. Lab fee required. Corequisite: FAST 1350. FA, SP.

**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. Lab fee required. FA, SP.

**FAST 1411. Intermediate Tai Chi. 1 Hour.**
An activity course for students interested in more advanced Tai Chi skills and training. Students will learn more advanced skills in martial art applications of Tai Chi. Designed to improve student's health and wellness as well as provide activity. Prerequisite: FAST 1410. FA, SP.

**FAST 1450. Chinese Kung Fu. 1 Hour.**
Activity course designed for students of all fitness levels who are interested in developing more self-awareness, flexibility, physical conditioning, and power through the medium of Chinese martial arts. Examines the psychological and physiological response to conflict, and provides a foundation of techniques that will teach students how to operate in high-stress environments. Concepts are presented through lecture, active learning, and actual self-defense practice. FA, SP.

**FAST 1527. Introduction to Climbing. 1 Hour.**
The course is designed for first time and beggining 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 top 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. Lab 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 top 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. Lab fee required. FA, SP.

**FAST 1535. Backpacking. 1 Hour.**
Activity course designed to allow students to learn about the basic principles, tools, skills, and equipment pertaining to a safe and enjoyable activity revolving around overnight backcountry foot-powered trips. Course includes classroom and outdoor laboratory activities, as well as a required weekend field trip. Lab fee required. SP.
FAST 1540. Outdoor Recreation Survey. 1 Hour.
Activity course to introduce students to the basic principles pertaining to the provision of safe and enjoyable outdoor recreation activities by learning about specific equipment, tools, skills, and techniques. Students will be exposed to health and safety topics pertaining to the outdoor environment. SP.

FAST 1545. Outdoor Cooking. 1 Hour.
Activity course designed to allow students to learn the basic principles pertaining to the preparation of meals in the outdoors by studying specific equipment, tools, and techniques, including Dutch oven cooking, grilling, backpack cookery, and cooking for large groups. Course includes classroom and outdoor laboratory activities, as well as a required weekend field trip. 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. Lab fee required. FA, SP.

FAST 1551. Intermediate Mountain Biking. 1 Hour.
Activity course that offers students the opportunity to further the skills learned in Beginning Mountain Biking. Students will discover some of the more advanced local mountain biking trails in our area, tackle more challenging terrain, learn to develop and use a training schedule, and do more in-depth maintenance on their bicycles. Instruction is provided on components, technical cycling skills, safety, conditioning, trip planning, maintenance and repair. Student must supply own bicycle. Lab fee required. SP.

FAST 1570. 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. Lab fee required. FA, SP.

FAST 1730R. Adaptive PE. 1 Hour.
Activity course for students physically disabled or unable for physical or medical reasons to participate in the regular physical education courses. Instructor will give assignments according to the student's individual abilities and needs. Schedule will be arranged by instructor. Repeatable up to 2 credits subject to graduation restrictions. Prerequisites: Instructor permission. 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. Prerequisites: Instructor permission. SP.

FAST 1850. Special Performance Cheerleading. 1 Hour.
Activity course for students selected as members of the Dixie 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. Prerequisite: Instructor permission. FA, SP.

FAST 1860R. Dixie Dance Team. 1 Hour.
Activity course for students selected as members of the Dixie 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 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.

FAST 2991. Seminar 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 nontraditional instruction methods. Note that this course in 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.