

# PHYSICAL EDUCATION (PHYED-UH)

## PHYED-UH 1001 Introduction to Group Fitness Classes (0 Credits)

*Typically offered Fall and Spring*

This course provides students with an introduction to various group class styles and exercise formats. Students will practice and learn about the benefits and characteristics of group classes such as TRX, Fitness Boxing, and Kettlebell Circuit, preparing them to participate effectively in these classes and make informed choices for their fitness routines. Students will also explore the vital role of mindfulness, sleep and nutrition in supporting physical performance, mental well-being and overall health.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

## PHYED-UH 1002 Beginner Swimming (0 Credits)

*Typically offered Fall and Spring*

The beginner swimming course is designed for students who are non-swimmers and those who have little to no skills in the water. This course is designed to help the non-swimmer learn basic water safety skills including instruction of proper body position in the water, floating, treading water, holding breath underwater, and introductory to swim strokes, freestyle and backstroke.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

## PHYED-UH 1003 Intermediate Swimming (0 Credits)

*Typically offered Fall and Spring*

Intermediate Swimming is designed for students who have demonstrated proficiency in treading water for a minimum of 3 minutes in the deep end and are capable of swimming at least 25 meters in all strokes, maintaining a continuous 100-meter swim.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

## PHYED-UH 1004 WO Foundations of Middle Eastern Dance (0 Credits)

*Typically offered occasionally*

Engage in the enchanting world of Belly Dancing with this Foundations of Middle Eastern Dance course. This course focuses on the dance itself, offering students of all levels a supportive space to embrace the rich traditions and artistic nuances of Belly Dancing. Join us for a lively exploration of this captivating dance form, with added discussions on mindfulness, sleep, and nutrition.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

## PHYED-UH 1006 Hip Hop (0 Credits)

*Typically offered Fall and Spring*

This all level hip-hop class will focus on freestyle, choreography, musicality and elements of stage performance. Students will grow in their performance skills as soloists and as members of dynamic group choreography.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

## PHYED-UH 1011 Jiu Jitsu (0 Credits)

*Typically offered Fall*

Jiu Jitsu is a strategic grappling sport where one manipulates an opponent's force against her/himself rather than confronting it with one's own force. Individuals will learn how to apply the fundamental techniques of Jiu Jitsu, including positioning, leverage, joint locks, escapes, submissions, and self-defense.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

## PHYED-UH 1013 Golf (0 Credits)

*Typically offered Fall and Spring*

This driving range and putting green based golf instruction class is focused on exposing individuals to the basics of golf. In addition to receiving technical instruction on proper grip and swing, individuals learn the history and rules of golf and basic golf etiquette. The class culminates with an on-course experience.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

**Prerequisites:** Student must have completed at least one PE course (PHYED-UH) prior to enrolling.

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1014 Tennis (0 Credits)***Typically offered Fall and Spring*

This class is geared towards novice tennis players and exposes individuals to the basics of tennis. In addition to receiving technical instruction in serve, volley and forehand and backhand strokes, individuals learn the rules of tennis.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1016 WO Swimming (0 Credits)***Typically offered Fall and Spring*

The beginner swimming course is designed for students who are non-swimmers and those who have little to no skills in the water. This course is designed to help the non-swimmer learn basic water safety skills including instruction of proper body position in the water, floating, treading water, holding breath underwater, and introductory to swim strokes, freestyle and backstroke. This is a women's course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1017 Squash (0 Credits)***Typically offered Spring*

This course aims to impart the knowledge and competencies essential to having an informed understanding and appreciation of squash. Students are introduced to the basic skills necessary to play the game. No previous experience necessary.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1018 Foundations of Boxing (0 Credits)***Typically offered Fall and Spring*

This course will focus on the correct techniques for punching, focus pad holding, basic defense, and footwork. This course ensures a safe and supportive environment without the inclusion of sparring, providing an empowering space for students to build confidence and strength.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1019 Foundations of Resistance Training (0 Credits)***Typically offered Fall and Spring*

This course provides students with an understanding of the basic principles of resistance training - specificity, progressive overload, progression and individual variability. Students will gain practical experience using weight machines and free weights while learning proper execution, correct machine setup, training methods and basic programming. This course also emphasizes the importance of nutrition, sleep and mindfulness and how these key factors influence performance and recovery, promoting a holistic approach to fitness and health.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1021 WO Foundations of Boxing (0 Credits)***Typically offered occasionally*

This course will focus on the correct techniques for punching, focus pad holding, basic defense, and footwork. This course ensures a safe and supportive environment without the inclusion of sparring, providing an empowering space for students to build confidence and strength.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1022 Yoga (0 Credits)***Typically offered Fall and Spring*

This course introduces yoga as a tool for physical, mental, and emotional well-being. Students will explore posture alignment, stress relief, mindfulness, and meditation, enhancing focus and energy. Designed for all levels, it empowers students to create sustainable habits, promoting balance and resilience for academic success and overall wellness.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1023 Badminton (0 Credits)***Typically offered Fall and Spring*

This course is designed to introduce basic badminton skills, techniques, rules and strategies for singles and doubles play with a focus on development of various strokes, serves, and offensive and defensive strategies. No previous experience necessary.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1024 Foundations of Running (0 Credits)***Typically offered Fall and Spring*

Through this course, students will become educated in proper running form and efficient running. Students will learn how to prepare for a race, learn to run for pleasure, and discuss the ways to maintain running as a lifelong habit. Although you do not need anything except running shoes to attend, students will be guided and informed about the latest running technologies that can be used to enhance progress.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1027 Wall Climbing (0 Credits)***Typically offered Fall*

This course provides personalized instruction at a basic level, allowing beginner climbers to develop a solid foundation upon which to build more advanced climbing knowledge and skills.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1028 Indoor Cycling (0 Credits)***Typically offered Fall and Spring*

The purpose of the course is to provide students with proper techniques of cycling and a variety of training methods to maintain or improve cardiovascular and neuromuscular health through instructor guided activities. Principles, techniques, and safety practices of cycling will be taught throughout the course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1030 WO Yoga (0 Credits)***Typically offered occasionally*

This course will commence with an introduction to the Yoga practice, infusing breathing techniques, physical movement, detox, meditation, strength, flexibility & balance conditioning with balance of body and mind. This program will allow students to work within their own individual body's capacity to ultimately let go of any physical or mental barriers. This is a women's course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1031 Introduction to Sports Science (0 Credits)***Typically offered Spring*

This course will introduce Sports Science as a multifaceted set of support systems that are used individually or in conjunction to support and enhance Sports Performance. The course will cover aspects of Sports Physiology, Training, Injury prevention and recovery, Sports Psychology, Performance Analysis, Biomechanics and Nutrition.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1040 WO Introduction to Group Fitness Classes (0 Credits)***Typically offered Fall and Spring*

This course provides students with an introduction to various group class styles and exercise formats. Students will practice and learn about the benefits and characteristics of group classes such as TRX, Fitness Boxing, and Kettlebell Circuit, preparing them to participate effectively in these classes and make informed choices for their fitness routines. Students will also explore the vital role of mindfulness, sleep and nutrition in supporting physical performance, mental well-being and overall health.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1041 WO Hip Hop (0 Credits)***Typically offered occasionally*

This all level women's only hip-hop class will focus on freestyle, choreography, musicality and elements of stage performance. Students will grow in their performance skills as soloists and as members of dynamic group choreography.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1044 Volleyball (0 Credits)***Typically offered Fall*

This class is designed to help players learn and develop a basic understanding of volleyball. Topics include the basic skills of serving, passing, setting, attacking and blocking. The class will also cover tactical skills of basic volleyball offensive and defensive play and well as the rules and scoring. No previous experience necessary.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1049 WO Indoor Cycling (0 Credits)***Typically offered Fall and Spring*

The purpose of the course is to provide students with proper techniques of cycling and a variety of training methods to maintain or improve cardiovascular and neuromuscular health through instructor guided activities. Principles, techniques, and safety practices of cycling will be taught throughout the course. This is a women-only course

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1056 Recreational Games (0 Credits)***Typically offered Fall and Spring*

Get fit and have fun playing games you love. All the while enjoying fresh air and green grass beneath your feet. Designed to unleash your inner child, this course will introduce students to a variety of outdoor games. Examples include ultimate Frisbee, capture the flag, bubble soccer, European handball, kickball, and so much more. This class is highly active and open to all ability levels.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1057 WO Pilates (0 Credits)***Typically offered Fall and Spring*

Pilates is a conditioning program emphasizing the concepts of core strength and stabilization. Through highly focused and controlled movements, individuals experience increased body awareness, flexibility, coordination, and strength. This is a women-only course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1062 Olympic Weightlifting (0 Credits)***Typically offered Fall and Spring*

This course is designed for those who have little to no experience in weight lifting. Students will learn how to properly perform the two main Olympic lifts; snatch and clean and jerk. Heavy emphasis will be placed on technique and the art of the sport itself. Students will also learn several accessory movements that will support their lifts and make them stronger. For example, squats, dead lifts, and press. Students will learn how to adapt Olympic weightlifting to benefit their current sport, prevent injury and enhance their overall physical wellbeing.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1063 Flag Football (0 Credits)***Typically offered Fall*

The Flag Football Course is specifically designed to help students: develop and refine motor skills and movement patterns as they relate to Flag Football; understand and apply concepts and strategies that will enhance student success in flag football; achieve and maintain a health-enhancing level of physical fitness; and, exhibit responsible personal and social behavior. The goal is for all participants to recognize the value of physical activity for health, enjoyment, challenge and social interaction while learning a safe form of American football.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No**PHYED-UH 1064 WO Olympic Weight Lifting (0 Credits)***Typically offered Fall and Spring*

This course is designed for those who have little to no experience in weight lifting. Students will learn how to properly perform the two main Olympic lifts; snatch and clean and jerk. Heavy emphasis will be placed on technique and the art of the sport itself. Students will also learn several accessory movements that will support their lifts and make them stronger. For example, squats, dead lifts, and press. Students will learn how to adapt Olympic weightlifting to benefit their current sport, prevent injury and enhance their overall physical wellbeing. This is a women-only course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1065 WO Jiu Jitsu (0 Credits)***Typically offered Fall*

Jiu Jitsu is a strategic grappling sport where one manipulates an opponent's force against her/himself rather than confronting it with one's own force. Individuals will learn how to apply the fundamental techniques of Jiu Jitsu, including positioning, leverage, joint locks, escapes, submissions, and self-defense. This is a women-only course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1066 WO Wall Climbing (0 Credits)***Typically offered Fall*

This course provides personalized instruction at a basic level, allowing beginner climbers to develop a solid foundation upon which to build more advanced climbing knowledge and skills. This is a women's only course however please note that unlike other women's classes this course does not take place in a private setting.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
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**PHYED-UH 1068 SNAP Basketball (0 Credits)***Typically offered Spring*

SNAP (Special Needs Adaptive Programs) provides inclusive, adaptive recreational sports coaching to Children of Determination, the UAE's official term for young people with disabilities throughout the Abu Dhabi community. Each week, SNAP offers skill-building lectures and basketball sessions in which NYUAD student volunteers serve as "buddies," mentoring their participants under the guidance of NYUAD Physical & Health Education instructors. Formerly a popular co-curricular volunteering program, SNAP has been developed into a credit bearing course as part of NYUAD's legacy efforts from the Special Olympics World Games 2019.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
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- Crosslisted with: Physical Education

**PHYED-UH 1069 Futsal (0 Credits)***Typically offered occasionally*

Futsal is an exciting, fast-paced small sided (5 v 5) soccer game that is played on a hard surfaced, basketball sized court. The sport is a great skill developer as it demands quick reflexes, fast thinking and pin-point passing. The sport presents many opportunities to score goals often which maximizes active participation and minimizes inactivity and boredom. This course is well suited for beginner and intermediate level players looking to improve fitness, develop skills, and participate in friendly game play competition.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1070 Mindfulness (0 Credits)***Typically offered Fall*

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and resiliency to college students and other young adults. You will learn several skills, including meditation, breathing exercises, guided imagery, body scan, and more. Each of these skills is designed to help you manage stress and enrich your life.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1074 Beginner Tap Dance (0 Credits)***Typically offered Fall*

This is an introductory level tap dance class suited to absolute beginners. You will learn tap dance terminology, technique, and steps from the basics while developing confidence, mental concentration, physical coordination and musicality. Each class will include a warm-up focusing on technique, instruction in basic steps, and progress into simple choreography.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1076 WO Zumba (0 Credits)***Typically offered Fall*

Beginner Zumba Fitness is a fusion of Latin and international inspired music and dance movements creating a dynamic, exhilarating and exciting effective fitness program. The routines feature four traditional dances which include Salsa, Merengue, Cumbia and Reggaeton. The word Zumba itself comes from a Colombian word meaning to move fast and have fun. Therefore, a strong emphasis will be placed on having fun with easy to follow dance steps. This course uses a mixture of fast and slow rhythms and is perfect for reducing stress, clearing your mind, and exploring your creative side. No prior dance experience necessary. This is a women's course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1080 Cricket (0 Credits)***Typically offered Fall*

Learn the basic fundamentals of cricket in a relaxed outdoor atmosphere. Instruction will be given on basic rules, strategy, skill improvement drills, and game play. This course offers an opportunity for a great workout in a co-ed team setting. Please note this course is designed specifically for beginners.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1082 Holistic Nutrition (0 Credits)***Typically offered occasionally*

This course is designed to empower students with tangible tools and resources and to gain a better understanding of one's relationship with nourishment. Students will build their knowledge base on the intersectionality behind nourishment and our food system, eating attitudes, preferences, and staying in tune with their gut health. This course will teach you how to sift through nutrition facts from fiction and build nourishing eating patterns unique to each one's balance, which helps support one's lifelong journey in wellbeing at NYUAD and beyond.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education



**PHYED-UH 1083 WO Running (0 Credits)***Typically offered occasionally*

Please note that unlike other women-only classes this course does not take place in a private setting. Through this course, students will become educated in proper running form and efficient running. Students will learn how to prepare for a race, learn to run for pleasure, avoid injury, and discuss the ways to maintain running as a lifelong habit.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1085 WO The Science of Happiness (0 Credits)***Typically offered Fall and Spring*

This course explores the foundations of a happy and meaningful life through a combination of scientific research and practical application. Students will delve into some of the most intriguing and actionable insights from Positive Psychology, learning how to incorporate these findings into their daily lives. The course emphasizes the PERMA model, which illustrates that true happiness is deeply connected to positive emotions, engagement, strong social relationships, meaning, and accomplishment. Each week, students will participate in activities designed to enhance well-being. These include gratitude practices, goal setting, relationship building, yoga & meditation, identifying character strengths, achieving flow, and journaling. (This is a Women's only course.)

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1088 WO Tennis (0 Credits)***Typically offered Fall*

This class is geared towards novice tennis players and exposes individuals to the basics of tennis. In addition to receiving technical instruction in serve, volley and forehand and backhand strokes, individuals learn the rules of tennis. This is a women's only course however please note that unlike other women's classes this course does not take place in a private setting.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1089 Zumba (0 Credits)***Typically offered Fall*

Beginner Zumba Fitness is a fusion of Latin and international inspired music and dance movements creating a dynamic, exhilarating and exciting effective fitness program. The routines feature four traditional dances which include Salsa, Merengue, Cumbia and Reggaeton. The word Zumba itself comes from a Colombian word meaning to move fast and have fun. Therefore, a strong emphasis will be placed on having fun with easy to follow dance steps. This course uses a mixture of fast and slow rhythms and is perfect for reducing stress, clearing your mind, and exploring your creative side. No prior dance experience necessary.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1090 WO Intermediate Swimming (0 Credits)***Typically offered occasionally*

Intermediate swimming is a course designed for students who are comfortable treading, floating and swimming in deep water, can swim front crawl with rotary breathing and can swim basic backstroke and breaststroke. Students learn drills for skill improvement. Emphasis is on body form, stroke efficiency, and conditioning in all the strokes. This is a women's only course.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1091 Mixed Martial Arts (0 Credits)***Typically offered January term*

The aim of the Beginner Mixed Martial Arts (MMA) course is to gain a greater understanding of techniques used across various combat sports. The course will cover the fundamentals of body awareness, grappling, judo, kick-boxing, and cage control. This course will cover the technical progression scheme for MMA for both recreational and amateur athletes as per International MMA Federation (IMMAF) standards. Upon completion of this course, attendees will have a solid understanding of the International MMA Federation rules and Unified Rules of MMA that promote the safe, beneficial, and responsible practice of mixed martial arts. This course has no prerequisites and will take an approach for absolute beginners and progressively advance over the weeks and culminate in a final practical assessment. Course attendees will undergo a final assessment and have the opportunity to be given a technical grade and certification from the UAE MMA Federation.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1092 Contemporary Dance (0 Credits)***Typically offered Fall and Spring*

This all-level contemporary dance class will focus on body awareness, improvisation, musicality, choreography and technique. Students will grow in their performance skills as members of dynamic group choreography and as soloists. Through constructive self, peer and teacher-led feedback, students will hone their skills as contemporary dancers.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1093 Muay Thai (0 Credits)***Typically offered Fall*

This course will teach a dynamic martial art of Muay Thai that combines striking techniques with clinching and kicks and provides a challenging and exhilarating physical workout while promoting discipline, mental focus and self-defense skills. Students will not only develop their Muay Thai skills, but also cultivate holistic habits that contribute to their physical and mental fitness, promoting a well-rounded approach to their overall development.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1094 Tai Chi (0 Credits)***Typically offered Spring*

"Tai Chi" is a scientifically proven health practice that incorporates principles of coordinated movement, deep diaphragmatic breathing, and the cultivation of calm and mental focus. Tai Chi kinetically explores how to navigate and transform conflict and life challenges, neutralizing negative force while maintaining one's core balance and self-control. Drawing from the ancient cultural treasure of Traditional Chinese Medicine (TCM) and philosophy, Tai Chi empowers students to develop healthy life habits, attitudes, and skills that enhance their effectiveness as global leaders. This class is suitable for all levels.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1096 WO Contemporary Dance (0 Credits)***Typically offered all terms*

This all-level women's contemporary dance class will focus on body awareness, improvisation, musicality, choreography and technique. Students will grow in their performance skills as members of dynamic group choreography and as soloists. Through constructive self, peer and teacher-led feedback, students will hone their skills as contemporary dancers.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1098 Indoor Games (0 Credits)***Typically offered occasionally*

This course covers a variety of activities that can be played indoors, such as badminton, volleyball, futsal, basketball. The course aims to teach the rules and skills needed for each game, and often includes strategies and tactics for success. Students will develop increased awareness around topics such as sportsmanship, teamwork, and fair play. In addition to the above, students will learn about the PHE health competencies - sleep, nutrition, physical activity, and mindfulness.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1099 Table Tennis (0 Credits)***Typically offered occasionally*

This course will introduce students to the rules and basic strokes such as forehand and backhand. It then progresses to advanced techniques like spin and footwork, and includes drills to improve accuracy and consistency. The course also covers service, return of serve and strategies for singles and doubles play.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1100 Olympic Handball (0 Credits)***Typically offered occasionally*

This course introduces players to the basics of the sport. It covers the rules, court layout, ball-handling, and fundamental techniques such as passing, shooting and dribbling. Students also learn offensive and defensive strategies, team communication, and positioning. The course may include practice drills and game play to improve overall performance.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1101 WO Foundations of Resistance Training (0 Credits)***Typically offered occasionally*

This course provides students with an understanding of the basic principles of resistance training, progressive overload and individual variability. Students will gain practical experience using body weight and free weights while learning proper execution, correct setup, training methods and basic programming. This course also emphasizes the importance of nutrition, sleep, self care and mindfulness and how these key factors influence performance and recovery. At the end of the course students should have a holistic approach to fitness and health.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1102 Indoor Water Sports (0 Credits)***Typically offered occasionally*

Indoor Water Sports is designed to empower students with the knowledge to become more proficient in aquatic movements and sports. This course will include water polo, water volleyball, paddle boarding, aqua fitness using weighted props and fun interactive team games. Students must feel comfortable in the shallow end of the pool.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1103 Foundations of Lifting (0 Credits)***Typically offered Fall*

This course focuses on developing strength through everyday movement patterns using compound exercises like squats, deadlifts, and shoulder presses with free weights and barbells to enhance strength, balance, and coordination.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1104 Salsa (0 Credits)***Typically offered Fall and Spring*

Discover the rhythmic world of Salsa in this engaging class. Delve into the vibrant origins and cultural significance of salsa dancing as it fosters strong communal bonds. Throughout the course, students will also master the essential foundations and techniques of salsa dance.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1108 WO Volleyball (0 Credits)**

This course focuses on developing physical fitness, coordination, and overall athletic ability through mastering fundamental skills and techniques. Emphasizing teamwork, cooperation, and leadership, this course fosters a supportive environment for building both individual and group performance.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1110 WO Aqua Fitness (0 Credits)**

This course provides a fun, low-impact workout that does not require swimming, utilizing pool equipment to enhance cardiovascular health, strength, and flexibility. The course fosters social connections and cultivates an inclusive atmosphere, encouraging participants to support one another while staying active and engaged.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1111 Pool rescue (0 Credits)**

This course is designed as an introduction to pool safety. Students will learn skills in: accident prevention, pool facility analysis, pool rescue techniques, scanning/supervision and basic components of first aid.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1112 Foundations of Duathlon (0 Credits)**

This course will introduce students to the fundamentals of multisport training, focusing on the seamless integration of running and cycling disciplines. Students will learn proper techniques, training methodologies, and strategies for optimizing performance in duathlon events. Prerequisite: students who have demonstrated proficiency in treading water for a minimum of 3 minutes in the deep end and are capable of swimming at least 25 meters in all strokes, maintaining a continuous 100-meter swim.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1114 Team Sports (0 Credits)**

This course provides students with the opportunity to engage in a variety of team-based sports, focusing on developing teamwork, communication, and strategic skills. Students will participate in sports such as netball, dodgeball, football and flag football/rugby while enhancing their physical fitness, coordination, and overall athletic ability. The course emphasizes both the fundamentals of each sport and the importance of cooperation and leadership within a team environment.

**Grading:** Ugrd Abu Dhabi Pass/Fail**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education



**PHYED-UH 1116 Working with Emotions in the Body (0 Credits)**

This course encourages students to engage with emotions that show up in the body. Students will practice a range of tools for emotional awareness and release rooted in various wellbeing modalities including somatic exercises, shaking, visualization, tapping, voice, movement and sound. The course will focus on one of 7 basic emotions each week.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1118 WO Beginner Fitness (0 Credits)**

This is a beginner-level course designed to build confidence and foster an understanding of fundamental bodyweight movements. Through engaging workouts, students will develop body awareness, coordination, flexibility, and a foundation for lifelong fitness.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1120 Irish Dancing (0 Credits)**

Irish Dancing is a dynamic course that introduces students to the traditional rhythms, footwork, and cultural heritage of Irish dance. Through group routines and individual practice, students will develop coordination, stamina, and an appreciation for this vibrant art form.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1122 Introduction to Military Fitness and Mindset (0 Credits)**

This course aims to develop physical and mental robustness specially geared towards military training. It will also look to develop transferable skills to civilian and academic life.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1123 Emotional Regulation and Resilience (0 Credits)**

*Typically offered Spring*

This course explores the development of emotional awareness and resilience through mindfulness-based practices. This course introduces students to the science behind emotional regulation, focusing on how mindfulness techniques such as breathwork, meditation and body awareness can enhance emotional self-regulation in challenging situations, enabling students to better recover from setbacks.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1124 WO Physical Preparation for Sports (0 Credits)**

This is a women's only course. This course is designed to help student athletes perform at their peak. The course will cover the skills and knowledge involved in warming up, planning and executing training sessions, exercise technique as well as supporting behaviours around nutrition and recovery.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1125 Physical Preparation for Sports (0 Credits)**

Physical Preparation for Sports is a course designed to help student athletes perform at their peak. The course will cover the skills and knowledge involved in warming up, planning and executing training sessions, exercise technique as well as supporting behaviours around nutrition and recovery.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1126 Taekwondo (0 Credits)**

Taekwondo is a traditional Korean martial art that combines physical combat skills with mental and spiritual discipline, fostering strength, focus, and personal growth. This course teaches fundamental techniques, self-defense, and the core tenets of courtesy, integrity, perseverance, self-control, and indomitable spirit, offering a holistic approach to enhancing both body and mind.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1128 Meditation (0 Credits)**

This course offers a structured approach to meditation, teaching awareness of the mind, body, and emotions while strengthening focus. It helps people make meditation a habit of self-care. Through both stillness and movement based techniques, students cultivate mental clarity, emotional intelligence, and presence.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1130 Pickleball (0 Credits)**

Pickleball is a fun and fast-paced paddle sport that combines elements of tennis, badminton, and table tennis, played on a smaller court. This game emphasizes strategy, agility, and teamwork.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1132 Track and Field (0 Credits)**

Experience the different disciplines in the sport of Track and Field by training in distance runs, sprints, relays, hurdles and jumps. Whether you're aiming to compete or simply enjoy the sport, this course fosters growth, confidence, and a love for athletics.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1134 The Science of Happiness (0 Credits)**

This course explores the foundations of a happy and meaningful life through a combination of scientific research and practical application. Students will delve into some of the most intriguing and actionable insights from Positive Psychology, learning how to incorporate these findings into their daily lives. The course emphasizes the PERMA model, which illustrates that true happiness is deeply connected to positive emotions, engagement, strong social relationships, meaning, and accomplishment. Each week, students will participate in activities designed to enhance well-being. These include gratitude practices, goal setting, relationship building, yoga & meditation, identifying character strengths, achieving flow, and journaling.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education
- Crosslisted with: Physical Education Courses
- Crosslisted with: Physical Education

**PHYED-UH 1135 WO Foundations of Lifting (0 Credits)**

*Typically offered Fall*

This is a women's only course that focuses on developing strength through everyday movement patterns using compound exercises like squats, deadlifts, and shoulder presses with free weights and barbells to enhance strength, balance, and coordination.

**Grading:** Ugrd Abu Dhabi Phy Ed Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1136 Introduction to Kendo (0 Credits)**

*Typically offered Fall*

Course Description: Embark on a journey of self-discovery and discipline with our beginner Kendo course. This program offers a unique opportunity to delve into the rich traditions of Japanese swordsmanship. You'll develop focus, precision, and body control through fundamental techniques using the shinai and bokuto. Emphasizing form and safety, this course requires no prior experience, armour, or contact – just your willingness to learn and comfortable sports attire. Explore a martial art that cultivates not only physical skill but also mental fortitude and respect.

**Grading:** Ugrd Abu Dhabi Pass/Fail

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education

**PHYED-UH 1137 Holistic Well-being (0 Credits)**

*Typically offered Fall*

Holistic Well-being supports students in cultivating a balanced, intentional university experience by developing key skills in physical, mental, emotional, social, and spiritual well-being. Through reflective practices, evidence-based tools, and guided discussions, students will learn to manage stress, build resilience, and make values-driven decisions that will strengthen their capacity to thrive both during their time at university and in their lives beyond it.

**Grading:** Ugrd Abu Dhabi Pass/Fail Opt

**Repeatable for additional credit:** No

- Bulletin Categories: Physical Education Courses
- Bulletin Categories: Physical Education