

# PHYSICAL ACTIVITY COURSES (PAC)

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## **PAC 100. ADAPTED PHYSICAL ACTIVITY. (1 Credit)**

Individual workout for students with permanent or temporary physical disabilities and for students enrolled in another PAC who sustain an injury.

*This course is repeatable for 11 credits.*

## **PAC 102. AQUA AEROBICS. (1 Credit)**

Fitness class using a variety of movements in shallow and deep water, mostly in a vertical position. Do not need swimming skills.

**Equivalent to:** PAC 101

*This course is repeatable for 11 credits.*

## **PAC 103. DEEP WATER FITNESS. (1 Credit)**

Fitness class using a variety of movements in a deep water pool, mostly in a vertical position. Should be comfortable in deep water.

*This course is repeatable for 11 credits.*

## **PAC 105. CPR/FIRST AID. (1 Credit)**

Introduces cardiac and first aid emergency response procedures. Emphasis placed on safe response, chain of survival, quality CPR (adults, children, infants and team responses), use of an AED, medical emergencies, injury emergencies and environmental emergencies. Students successfully completing the American Heart Association certification requirements will be issued a Heartsaver First Aid and BLS (Basic Life Support) for the Healthcare Provider certification at the end of the course.

*This course is repeatable for 11 credits.*

## **PAC 106. BEAVER FIT. (1 Credit)**

A conditioning class for those of all fitness levels that focuses on mobility, functional movement, and high-intensity interval training as a means to improve cardiovascular fitness, muscular fitness, and flexibility.

**Equivalent to:** PAC 129

*This course is repeatable for 11 credits.*

## **PAC 108. STEP AEROBICS. (1 Credit)**

Low-impact, high intensity workout adjustable to all fitness levels utilizing adjustable height benches. Strengthening and flexibility exercises included.

**Equivalent to:** PAC 131

*This course is repeatable for 11 credits.*

## **PAC 110. INTRODUCTION TO WHITE WATER KAYAKING. (2 Credits)**

Students will learn fundamentals of white water kayaking in sheltered water based on the internationally recognized British Canoe (BC) teaching and skills certification system. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course. This course runs for six class sessions of 3 hours (Fridays), and one mandatory Saturday (5-hour) session. The entire class lasts for six weeks.

*This course is repeatable for 11 credits.*

## **PAC 111. INTRODUCTION TO CANOEING. (2 Credits)**

Students will learn fundamentals of canoeing in sheltered water based on the internationally recognized British Canoe (BC) teaching and skills certification system. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course. This course runs for six class sessions of 3 hours (Fridays), and one mandatory Saturday (5-hour) session. The entire class lasts for six weeks.

*This course is repeatable for 11 credits.*

## **PAC 112. LEARNING KAYAK ROLLING BASICS. (2 Credits)**

Students learn fundamentals of rolling a kayak in an indoor pool-based environment. Emphasis is on activity and basic skills. See class schedule for the location, website, and class schedule specific to the course.

*This course is repeatable for 10 credits.*

## **PAC 113. BADMINTON I. (1 Credit)**

Singles and doubles skills, practice, rules, strategies and play.

**Equivalent to:** PAC 107

*This course is repeatable for 11 credits.*

## **PAC 114. BADMINTON II. (1 Credit)**

Intermediate skill development in badminton.

**Equivalent to:** PAC 108

*This course is repeatable for 11 credits.*

**Recommended:** Fundamental skills, rules and strategy of singles and doubles play.

## **PAC 115. OUTDOOR LIVING SKILLS. (2 Credits)**

Educates and introduces students on how to travel safely in the backcountry through proper preparation, risk awareness, Leave No Trace ethics, terrain recognition, navigation, and camp craft. Classroom and field (lab) experience. Includes one mandatory weekend overnight outing. CROSSLISTED as TRAL 115.

**Equivalent to:** TRAL 115

*This course is repeatable for 4 credits.*

## **PAC 116. BASKETBALL I (MEN/WOMEN). (1 Credit)**

Fundamental basketball skills, drills, rules, strategies, and practice. Game play appropriate for the skill level.

**Equivalent to:** PAC 123

*This course is repeatable for 11 credits.*

## **PAC 117. BASKETBALL COMPETITIVE. (1 Credit)**

Team play, individual and team skills developed and refined, competitive round robin tournaments.

**Equivalent to:** PAC 111

*This course is repeatable for 11 credits.*

**Recommended:** Prior competitive experience.

## **PAC 118. LABORATORY FOR OUTDOOR LIVING SKILLS. (1 Credit)**

Practical field application of concepts learned in TRAL 115/PAC 115, Outdoor Living Skills. Field (lab) experience includes one mandatory weekend overnight. Introduces how to travel safely in the backcountry through proper preparation, risk awareness, Leave No Trace ethics, terrain recognition, navigation, and camp craft. CROSSLISTED as TRAL 118.

**Corequisites:** PAC 115

**Equivalent to:** TRAL 118

*This course is repeatable for 2 credits.*

## **PAC 120. MOUNTAIN BIKING. (1 Credit)**

Touring trails in Corvallis area; riding techniques, safety, maintenance, environmental concerns. Required equipment: mountain bike, tire repair kit, helmet.

**Equivalent to:** PAC 115

*This course is repeatable for 11 credits.*

## **PAC 121. BILLIARDS. (1 Credit)**

Skills, technique, strategy, game knowledge as introduction to billiards (pool), a 'cue' sport; rules and gaming for variations of pocket billiards; practice and class tournament play.

*This course is repeatable for 11 credits.*

## **PAC 122. BODY SCULPTING. (1 Credit)**

Fitness workout set to music using lighter resistance training aids such as dumbbells, resistance tubing, bands, and aerobic steps.

*This course is repeatable for 11 credits.*

**PAC 123. BOWLING I. (1 Credit)**

Fundamentals of the game including etiquette, spot bowling, natural hook and straight ball delivery, scoring, handicap computation, spare pickup, and error correction. Additional fee; equipment supplied.

**Equivalent to:** PAC 116

*This course is repeatable for 11 credits.*

**PAC 124. BOWLING II. (1 Credit)**

Review and refinement of basic fundamentals of bowling. Emphasis on spot bowling, adjusting for lane conditions, choices in equipment, league play, and mental training.

**Equivalent to:** PAC 117

*This course is repeatable for 11 credits.*

**Recommended:** Bowling I or the ability to bowl above a 110 average

**PAC 126. CARDIO KICKBOXING I. (1 Credit)**

High intensity group workout set to motivational music and combining skills and techniques from boxing, kickboxing, and other martial arts.

**Equivalent to:** PAC 120

*This course is repeatable for 11 credits.*

**PAC 129. CARDIO COMBO. (1 Credit)**

Combination of aerobic training classes that use music such as Cardio Kickboxing, Body Sculpture, Sports Conditioning, and/or Step Aerobics. Actual curriculum may vary with instructors.

**Equivalent to:** PAC 106

*This course is repeatable for 11 credits.*

**PAC 130. CONDITIONING. (1 Credit)**

Total body approach to fitness, cardiorespiratory conditioning, muscular strength and endurance; flexibility emphasized. May follow a specific training format, e.g., ROTC section follows Army conditioning format.

*This course is repeatable for 11 credits.*

**PAC 131. SNOWBOARD-SKI CONDITIONING. (1 Credit)**

Strength, muscular endurance, flexibility, balance, and cardiovascular exercises specific to downhill skiing and snowboarding; designed to help prepare students for participation in these sports.

**Equivalent to:** PAC 108

*This course is repeatable for 11 credits.*

**PAC 133. DANCE: TAP I. (1 Credit)**

Individual and group dance with specialized shoes; basic step technique and vocabulary; warm up exercises progressing into rhythmic combinations performed to music; culminates in full routine to music.

**Equivalent to:** PAC 107

*This course is repeatable for 11 credits.*

**PAC 136. DANCE: BALLET I. (1 Credit)**

Introduction to basic ballet technique and aesthetics, terminology, alignment, stretch and strength exercises. No previous dance experience needed. Additional fee for accompanist.

**Equivalent to:** PAC 139

*This course is repeatable for 11 credits.*

**PAC 137. DANCE: BALLET II. (1 Credit)**

Review and practice of beginning ballet technique, introduction of more advanced stretches, steps, and combinations. Additional fee for accompanist.

**Equivalent to:** PAC 140

*This course is repeatable for 11 credits.*

**Recommended:** Ballet I or previous ballet experience.

**PAC 138. DANCE: BALLET III. (1 Credit)**

Intermediate and advanced ballet technique, comprehensive exploration of the discipline. Additional fee for accompanist.

**Equivalent to:** PAC 141

*This course is repeatable for 11 credits.*

**Recommended:** Ballet II, previous comparable experience

**PAC 139. HIP HOP DANCE. (1 Credit)**

Aerobic/energetic experience consisting of a warm-up/conditioning and choreographic combinations.

**Equivalent to:** PAC 136

*This course is repeatable for 11 credits.*

**PAC 140. DANCE: JAZZ I. (1 Credit)**

Introduction to jazz dance, technique, isolations, and combinations. Different jazz styles are explored. No previous dance experience is necessary.

**Equivalent to:** PAC 151

*This course is repeatable for 11 credits.*

**PAC 141. DANCE: JAZZ II. (1 Credit)**

Intermediate jazz technique, isolations and combinations.

**Equivalent to:** PAC 152

*This course is repeatable for 11 credits.*

**Recommended:** Jazz I or comparable experience.

**PAC 145. DANCE: MODERN I. (1 Credit)**

Introduction to modern dance movement fundamentals. Technique, stretch, strength, and alignment are included, as well as an appreciation for movement expression. No previous dance experience needed. Additional fee for accompanist.

*This course is repeatable for 11 credits.*

**PAC 146. DANCE: MODERN II. (1 Credit)**

An intermediate level of modern dance technique and movement expression. Additional fee for accompanist.

**Equivalent to:** PAC 156

*This course is repeatable for 11 credits.*

**Recommended:** Modern Dance I or comparable experience.

**PAC 148. DANCE: CUBAN SALSA I (MEN/WOMEN). (1 Credit)**

Foundations of Cuban Salsa (Casino) as well as Rueda de Casino with focus on musical development and fundamentals of leading and following in partner dance.

*This course is repeatable for 11 credits.*

**PAC 149. DANCE: CUBAN SALSA II. (1 Credit)**

Higher concepts of Cuban Salsa (Casino) as well as Rueda de Casino, with focus on musical development and fundamentals of leading and following in partner dance.

*This course is repeatable for 11 credits.*

**Recommended:** Cuban Salsa I or comparable experience.

**PAC 150. CULTURAL WORLD DANCE (MEN/WOMEN). (1 Credit)**

Introduction to traditional dance forms from Europe, Israel, North America and Asia, focusing on movement, cultural heritage, history, and diversity.

*This course is repeatable for 11 credits.*

**PAC 151. COUNTRY LINE DANCE. (1 Credit)**

Non-partner dance routines in country western style; musical interpretation, footwork, and sequencing of 20 different routines.

*This course is repeatable for 11 credits.*

**PAC 152. DANCE: SALSA I. (1 Credit)**

Steps and rhythmic accent of Salsa and Merengue style; fundamentals of leading and following; basic moves and combinations. No prior experience needed.

**Equivalent to:** PAC 141

*This course is repeatable for 11 credits.*

**PAC 153. DANCE: SALSA II. (1 Credit)**

Intermediate moves, rhythmic accents and step combinations of Salsa; development of leading and following.

**Prerequisites:** PAC 152 with C- or better

*This course is repeatable for 11 credits.*

**PAC 154. DANCE: COUNTRY WESTERN I (MEN/WOMEN). (1 Credit)**

Focus on traditional Country Western Swing patterns. Emphasizes fundamentals of leading and following. Also including introduction to waltz, two-step, cowboy cha-cha and 10-step polka.

**Equivalent to:** PAC 144

*This course is repeatable for 11 credits.*

**PAC 155. DANCE: COUNTRY WESTERN II (MEN/WOMEN). (1 Credit)**

Build on CW I with advanced waltz, two-step, and cha-cha patterns; introduces schottische and East Coast swing.

*This course is repeatable for 11 credits.*

**Recommended:** Country Western I or comparable experience

**PAC 156. DANCE: COUNTRY WESTERN III (MEN/WOMEN). (1 Credit)**

Advanced two-step patterns and styling with a focus on musical interpretation; development of leading and following.

**Prerequisites:** PAC 155 with C- or better

*This course is repeatable for 11 credits.*

**PAC 158. DANCE: BEGINNING SWING (MEN/WOMEN). (1 Credit)**

Introduction to single time, double time, and triple time (jitterbug) swing; variations for each style, covering most swing music rhythms. Emphasizes fundamentals of leading and following. Men/women.

*This course is repeatable for 11 credits.*

**PAC 159. DANCE: BALLROOM I (MEN/WOMEN). (1 Credit)**

Posture and alignment, fundamentals of leading and following, basic steps and variations for waltz, foxtrot, swing, tango, and cha-cha.

**Equivalent to:** PAC 134

*This course is repeatable for 11 credits.*

**PAC 160. DANCE: BALLROOM II (MEN/WOMEN). (1 Credit)**

Additional steps and patterns of popular ballroom dances.

**Prerequisites:** PAC 159 with C- or better

**Equivalent to:** PAC 135

*This course is repeatable for 11 credits.*

**PAC 161. DANCE: BALLROOM III (MEN/WOMEN). (1 Credit)**

Styling; additional dances: rhumba, silver fox trot, and Viennese waltz; advanced dance figures for tango and cha-cha.

**Prerequisites:** PAC 160 with C- or better

**Equivalent to:** PAC 136

*This course is repeatable for 11 credits.*

**PAC 162. DANCE: SWING II (MEN/WOMEN). (1 Credit)**

Social dance focusing on Twenties-style Charleston, pure Balboa and Balboa-Swing, and Blues Dance.

*This course is repeatable for 11 credits.*

**PAC 163. DANCE: LATIN I. (1 Credit)**

Latin dances including cha-cha, mambo, salsa, rhumba, merengue, bolero, salsa, and paso doble. Emphasis on proper styling and technical execution of each dance; effective leading and following techniques.

**Prerequisites:** PAC 159 with C- or better

**Equivalent to:** PAC 147

*This course is repeatable for 11 credits.*

**PAC 165. DANCE: WEST COAST SWING (MEN/WOMEN). (1 Credit)**

Focus on style, technique and many different step patterns of the west coast swing dance.

**Prerequisites:** PAC 154 with C- or better or PAC 159 with C- or better

**Equivalent to:** PAC 162

*This course is repeatable for 11 credits.*

**PAC 166. BALLROOM 2 STEP, HUSTLE (MEN/WOMEN). (1 Credit)**

Smooth, romantic social dance that is neither ballroom, Latin, nor swing but a rhythm dance identified as club-style, danced to contemporary ballad-like music. Hustle is fast-paced, swing-related dance to disco beat. Class encompasses intermediate step patterns, technique and styling, stationary, traveling patterns.

**Prerequisites:** PAC 160 with C- or better

**Equivalent to:** PAC 178

*This course is repeatable for 11 credits.*

**PAC 167. DANCE: LINDY HOP. (1 Credit)**

Ballroom dance style based on original eight-count swing dance evolved in Harlem ballrooms during the late 1920s; styling emphasized.

**Prerequisites:** PAC 158 with C- or better or PAC 159 with C- or better

**Equivalent to:** PAC 179

*This course is repeatable for 11 credits.*

**PAC 168. DANCE: LINDY HOP II (MEN/WOMEN). (1 Credit)**

Intermediate patterns, syncopations, play techniques, and styling with a focus on musical interpretation in the Lindy Hop style; development of leading and following.

**Prerequisites:** PAC 167 with C- or better

*This course is repeatable for 11 credits.*

**PAC 169. COOL SHOES, BALLROOM PERFORMANCE. (2 Credits)**

Learn and perform ballroom dance routines on an intermediate level. This course is a full year commitment ending with a dance concert in the spring.

*This course is repeatable for 12 credits.*

**PAC 170. DANCE: WEST COAST SWING II (MEN/WOMEN). (1 Credit)**

Intermediate patterns, syncopations, play techniques, and styling with a focus on musical interpretation; development of leading and following.

**Prerequisites:** PAC 165 with C- or better

*This course is repeatable for 11 credits.*

**PAC 171. DANCE: NEW SHOES. (1 Credit)**

Introduces students to formation ballroom dancing at a beginning level. Dances learned over the course of this term will be determined by the instructor at the beginning of the term.

**Prerequisites:** PAC 159 with D- or better

*This course is repeatable for 11 credits.*

**PAC 173. INTERMEDIATE ROCK CLIMBING. (2 Credits)**

Introduces variety of basic skills, gear and systems that will allow them to safely participate in a single pitch rock climbing environment based on internationally recognized American Mountain Guides Association (AMGA) teaching and skills certification systems. Presents students with various technical skills that will serve as a foundation for future land-based outdoor disciplines. Students will be introduced to gear, such as software (ropes, webbing, harnesses) and hardware (carabiners, friction devices); skills, such as knots, belaying, rappelling, lead climbing; and systems such as anchors and basic rescue techniques. CROSSLISTED AS PAC 173/TRAL 173.

**Equivalent to:** TRAL 173

**PAC 174. FLAG FOOTBALL. (1 Credit)**

Skill instruction and practice; drills; strategies, game play of America football; emphasis on teamwork and sportsmanship in a competitive but non-threatening or stressful environment.

*This course is repeatable for 11 credits.*

**PAC 178. FLY FISHING I. (1 Credit)**

Casting and fishing techniques, lure making, equipment selection, terminology, and regulation for fishing in Oregon's marine environment.

**Equivalent to:** PAC 166

*This course is repeatable for 11 credits.*

**PAC 179. FLY FISHING II. (1 Credit)**

Advanced fly casting and fly fishing techniques for trout, fly-tying, equipment selection, basic aquatic organism identification, terminology, and regulations for fishing in Oregon's freshwater environment.

**Equivalent to:** PAC 167

*This course is repeatable for 11 credits.*

**PAC 180. STEELHEAD FISHING. (1 Credit)**

Casting and fishing techniques, lure making, equipment selection, terminology, and regulations for fishing in Oregon's marine environment for steelhead.

**Equivalent to:** PAC 168

*This course is repeatable for 11 credits.*

**PAC 182. DISC GOLF I. (1 Credit)**

Techniques for throwing discs; equipment, knowledge, etiquette, and rules associated with playing a disc golf course; experience playing practice and official disc golf courses.

*This course is repeatable for 11 credits.*

**PAC 184. GOLF I. (1 Credit)**

Basic fundamental principles in all phases of golf; rules, terminology, etiquette, safety and scoring. Equipment provided.

**Equivalent to:** PAC 173

*This course is repeatable for 11 credits.*

**PAC 185. GOLF II. (1 Credit)**

Individual practice and course play; skill refinement as continuation of Golf I. Equipment available. Course play expected, additional fee.

**Equivalent to:** PAC 174

*This course is repeatable for 11 credits.*

**Recommended:** Golf I

**PAC 186. GOLF III. (1 Credit)**

Advanced skills, knowledge involved in competitive play. Course play expected, additional fee.

**Equivalent to:** PAC 175

*This course is repeatable for 11 credits.*

**Recommended:** Handicap below 15 or Golf II; competitive play.

**PAC 188. GYMNASTICS. (1 Credit)**

Fundamental techniques on vault, bars, beam, and floor.

**Equivalent to:** PAC 176

*This course is repeatable for 11 credits.*

**PAC 189. GYMNASTICS II. (1 Credit)**

Build upon previous gymnastics experiences or classes; floor exercise, uneven parallel bars, vault, mini-trampoline and beam apparatus are available.

*This course is repeatable for 11 credits.*

**Recommended:** Gymnastics I or competitive experience.

**PAC 190. KARATE. (1 Credit)**

Instruction in traditional Japanese karate basic striking and blocking techniques, kata (forms), philosophy, conditioning, and etiquette. Self-defense applications are also emphasized.

**Equivalent to:** PAC 183

*This course is repeatable for 11 credits.*

**PAC 192. JUDO I. (1 Credit)**

Skill instruction in landing, throwing and grappling for this style of martial arts; etiquette for practice and competition; basic knowledge of vocabulary, rules and scoring.

**Equivalent to:** ANS 192, PAC 205

*This course is repeatable for 11 credits.*

**PAC 193. JUDO II. (1 Credit)**

Intermediate skill instruction in landing, throwing, pins, chokes in Kodokan Judo style; principles of Seiryoku-Zenyou and Jita-Kyouei designed to help individuals become better members of society through training body and mind; instruction for competition knowledge and skills. Judo etiquette for practice and competition expected.

**Equivalent to:** ANS 193

*This course is repeatable for 11 credits.*

**Recommended:** Judo I or comparable experience

**PAC 194. PILATES. (1 Credit)**

Non-impact, invigorating approach to physical conditioning and mind/body awareness; helps develop core body strength, improve posture and balance, and increase muscle endurance, tone, flexibility.

**Equivalent to:** PAC 207

*This course is repeatable for 11 credits.*

**PAC 195. PILATES II. (1 Credit)**

Progression of Joseph Pilates mat exercises; emphasis on intermediate and advanced levels; application of Pilates' principles to new exercises; use of props; application of principles to daily living.

*This course is repeatable for 11 credits.*

**Recommended:** PAC 194, Pilates.

**PAC 197. PICKLEBALL. (1 Credit)**

Fast-paced, self-officiated net game with similarities to tennis, badminton, table tennis, and racquetball. Course covers rules, strategies, technique, preparation for play, and includes extensive active practice and play; played with two, three, or four people.

*This course is repeatable for 11 credits.*

**PAC 199. SPECIAL TOPICS. (1-3 Credits)**

Experimental or new classes.

**Equivalent to:** PAC 188, PAC 197

*This course is repeatable for 11 credits.*



**PAC 201. RELAXATION. (1 Credit)**

Introduction to techniques that promote relaxation of the nervous system. These may include, but are not limited to: meditation, imagery, yoga postures, and self-massage. Students will be encouraged to reflect on how life choices influence their nervous system.

**Equivalent to:** PAC 185

*This course is repeatable for 11 credits.*

**PAC 202. MEDITATION. (1 Credit)**

Examine the application of building simple awareness, how to manage thoughts in productive and compassionate ways, and how to transfer these skills into healthy relationships. Explore strategies for managing mental and physical difficulties including anxiety, pain, and overall stress through experiential learning and personal sharing of experiences.

*This course is repeatable for 11 credits.*

**PAC 205. ROWING, CREW I (MEN/WOMEN). (1 Credit)**

Introduction to the sport of rowing; designed for the novice (beginner). Includes basic technique and terminology, related water safety, and development of strength, endurance, and flexibility.

**Equivalent to:** ANS 192

*This course is repeatable for 11 credits.*

**Recommended:** Swim Test (1).

**PAC 208. WORKSHOP. (1-16 Credits)**

*This course is repeatable for 16 credits.*

**PAC 212. RUNNING, JOGGING. (1 Credit)**

Cardiorespiratory fitness with scenic running routes; training, nutrition, and physiology. Beginning and intermediate level.

**Equivalent to:** PAC 198

*This course is repeatable for 11 credits.*

**PAC 213. RUNNING: 10K TRAINING. (1 Credit)**

Intermediate to advanced conditioning and training program for road racing.

**Equivalent to:** PAC 201

*This course is repeatable for 11 credits.*

**Recommended:** Prior training in running.

**PAC 214. HALF MARATHON TRAINING. (2 Credits)**

Progressive training combining walking, running, core strengthening, interval techniques in preparation for a 13.1 mile (1/2 marathon) event. Open to all levels; may choose to walk, walk/run, or run.

*This course is repeatable for 11 credits.*

**PAC 215. RUGBY, TOUCH. (1 Credit)**

Basic skills of open field rugby; emphasis on ball handling and attacking strategy; rules and history; game play.

*This course is repeatable for 11 credits.*

**PAC 217. SELF DEFENSE. (1 Credit)**

Nonviolent self-defense. Develop self-confidence and skills for assault situations. Conditioning and practical skills. Men and women, all levels.

**Equivalent to:** PAC 204

*This course is repeatable for 11 credits.*

**PAC 224. TELEMAR SKIING. (1 Credit)**

Winter sport that is a cross between cross country and downhill skiing. Requires telemark equipment where the heel is unattached. Class accommodates all levels and practices on the downhill slopes. Additional fee covers bus transportation, lessons, and lift ticket. Rental of equipment is not included.

*This course is repeatable for 11 credits.*

**PAC 225. DOWNHILL SKIING. (1 Credit)**

Travel to area facilities, 1-1/2 hour lesson followed by open practice, students grouped according to skill level: beginner, intermediate, advanced, racer. Special fee covers bus transportation, lessons, and lifts. Additional fee for rentals.

**Equivalent to:** PAC 208

*This course is repeatable for 11 credits.*

**PAC 227. SNOWBOARDING. (1 Credit)**

Travel to area facilities, 1 1/2 hour lesson followed by open practice, students grouped according to skill level: beginner, intermediate, advanced. Special fee covers bus transportation, lessons, and lifts. Additional fee for rentals.

**Equivalent to:** PAC 210

*This course is repeatable for 11 credits.*

**PAC 229. SOCCER I. (1 Credit)**

Basic skills of controlling the ball; conditioning; lead-up games; team play.

**Equivalent to:** PAC 211

*This course is repeatable for 11 credits.*

**PAC 230. SOCCER II. (1 Credit)**

Review of basic skills of offense and defense in controlled game play; concepts of team position and play, pressure and attack.

**Equivalent to:** PAC 212

*This course is repeatable for 11 credits.*

**Recommended:** Previous soccer experience.

**PAC 231. SOCCER III. (1 Credit)**

High level soccer skills; team play and transition concepts; set plays and alignments for both offense and defense.

**Equivalent to:** PAC 213

*This course is repeatable for 11 credits.*

**Recommended:** Soccer II or competitive playing experience.

**PAC 233. SOCCER: INDOOR. (1 Credit)**

Skill instruction and development; strategies and rules for indoor play; game play in indoor gymnasium.

**Equivalent to:** PAC 214

*This course is repeatable for 11 credits.*

**PAC 236. SOFTBALL, WHIFFLEBALL. (1 Credit)**

Skills, rules, strategies, practice, and game play of the popular outdoor slow pitch game. Modified softball with whiffleball when play is indoors.

**Equivalent to:** PAC 262

*This course is repeatable for 11 credits.*

**PAC 242. SCUBA: OPEN WATER. (2 Credits)**

Lecture includes physiology, water environment, equipment, and techniques for fundamental SCUBA diving. Laboratory includes practice in techniques, skills, and equipment usage; sessions held in pool and open water. Successful completion leads to PADI certification. Additional fee covers most equipment, texts, certification, and open water dive trip.

**Equivalent to:** PAC 227

*This course is repeatable for 11 credits.*

**Recommended:** 200-yard swim, 10-minute survival skills and good health

**PAC 243. SCUBA: ADVANCED OPEN WATER. (1 Credit)**

Classroom lecture and laboratory in hypothermics, natural navigation, dive physiology, compass navigation, night and limited visibility procedures, boat diving, search and salvage techniques, deep diving procedures, health for diving, and an introduction to dive rescue. Successful completion of this course can lead to PADI certification. Additional fee.

**Equivalent to:** PAC 228

*This course is repeatable for 11 credits.*

**Recommended:** PAC 242 or PADI Open Water Certification

**PAC 244. SCUBA: RESCUE DIVER. (1 Credit)**

Techniques, skills, knowledge, and practice in self-rescue and rescue of others in underwater emergencies; may lead to PADI certification; lecture and pool laboratory; open water dive required. Additional fee.

**Equivalent to:** PAC 229

*This course is repeatable for 11 credits.*

**Recommended:** PAC 243 or PADI Advanced Open Water Certification

**PAC 245. SCUBA SPECIAL TOPICS. (1 Credit)**

Specialized courses requiring previous certification in SCUBA. Check the current schedule of classes for more information and prerequisites. Possible classes: altitude diver, night diver, search and recovery, deep diver, underwater navigation, equipment specialist. Additional fee.

**Equivalent to:** PAC 230

*This course is repeatable for 11 credits.*

**Recommended:** PAC 242 or PADI Open Water Certification

**PAC 246. DIVEMASTER TRAINING. (2 Credits)**

Entry level PADI certification course for preparation to instruct SCUBA; lecture, lab, open water experience; must take two consecutive terms.

*This course is repeatable for 11 credits.*

**Recommended:** PAC 244. PADI Advanced, Advanced Plus, Rescue Diver certifications and 20 logged dives

**PAC 247. SURFING. (1 Credit)**

Knowledge and fundamental skills of this aquatic sport including history, terminology, safety precautions, the ocean environment, and equipment. Additional fee.

**Equivalent to:** PAC 286

*This course is repeatable for 11 credits.*

**PAC 248. SWIM: NON-SWIMMER. (1 Credit)**

Skills for self-rescue; fundamental skills in swimming and safety. Designed for people with a fear of water. Recommended S/U grading.

**Equivalent to:** PAC 219

*This course is repeatable for 11 credits.*

**PAC 249. LIFEGUARD TRAINING. (1 Credit)**

Trains participants in the skills required to become a lifeguard. Emphasis on professional behavior, water rescues, safe response, quality CPR (adults, children, infants, and team responses), use of an AED and first aid. Students successfully completing the American Red Cross certification requirements will be issued a lifeguarding certification at the end of the course.

*This course is repeatable for 11 credits.*

**Recommended:** Basic swimming skills

**PAC 250. SWIM I. (1 Credit)**

Swimming concepts, survival and breathing techniques, front crawl and elementary backstroke as minimum instruction.

**Equivalent to:** PAC 220

*This course is repeatable for 11 credits.*

**Recommended:** Basic swimming skills: float, tread water, bobbing

**PAC 252. SWIM II. (1 Credit)**

Fitness swimming, swimming strokes and skills.

**Equivalent to:** PAC 221

*This course is repeatable for 11 credits.*

**Recommended:** Swim I or the ability to front crawl continuously for 75yards

**PAC 253. SWIM TRAINING WORKOUT. (1 Credit)**

Competitive skills and strokes; emphasis on training.

**Equivalent to:** PAC 225

*This course is repeatable for 11 credits.*

**Recommended:** Ability to do interval training.

**PAC 254. COMPETITIVE SWIMMING. (1 Credit)**

Prepares students for competitive swimming and emphasizes lifetime aquatic fitness; interval swim workouts designed for speed and endurance; instruction on legal techniques of strokes and turns; culminates in intra-class swim meet; 2,000-3,000 yards/day.

**Equivalent to:** PAC 292

*This course is repeatable for 11 credits.*

**Recommended:** Swim II or previous interval training experience up to 400 yard distances

**PAC 256. TAIJI, TAI CHI I. (1 Credit)**

Introduction to ancient Chinese 'internal martial art' based upon concepts of Yin and Yang; detailed slow and relaxed form movements provide benefits to body, mind, and spirit.

*This course is repeatable for 11 credits.*

**PAC 257. TAIJI, TAI CHI II. (1 Credit)**

Continuation of study of the Yang-style Taiji form; more in-depth exploration of underlying principles and push-hands exercises.

*This course is repeatable for 11 credits.*

**PAC 260. TENNIS I. (1 Credit)**

Introduction to fundamental strokes, singles and doubles play, scoring, and basic concepts in tennis.

**Equivalent to:** PAC 234

*This course is repeatable for 11 credits.*

**PAC 261. TENNIS II. (1 Credit)**

Review and refinement of fundamental strokes; volley, lob, return of serve; introduction to singles and doubles strategy.

**Equivalent to:** PAC 235

*This course is repeatable for 11 credits.*

**Recommended:** Tennis I or competitive tennis experience

**PAC 262. TENNIS III. (1 Credit)**

Focus on ground stroke, serve consistency; approach shots and overheads; tactics for net and baseline play.

**Equivalent to:** PAC 236

*This course is repeatable for 11 credits.*

**Recommended:** Tennis II

**PAC 264. TEAM HANDBALL/(MEN/WOMEN). (1 Credit)**

Fast-paced indoor court game that combines skills and strategies similar to water polo, basketball, soccer and hockey; rules, regulations, strategies, and skills introduced and practiced; requires teamwork, cooperation, and court strategy.

*This course is repeatable for 11 credits.*

**PAC 265. TUMBLING I. (1 Credit)**

Technical instruction, progressions, and practice in basic, intermediate, and advanced tumbling skills; emphasis on safety and fitness concepts; floor and mini-trampoline skills; no apparatus instruction.

*This course is repeatable for 11 credits.*

**PAC 266. TUMBLING II. (1 Credit)**

Technical instruction, progressions, safety, and practice building upon skills taught in PAC 265, Tumbling I.

*This course is repeatable for 11 credits.*

**Recommended:** Tumbling I or prior experience.

**PAC 268. TRIATHLON TRAINING. (2 Credits)**

Training in swimming, running, and bicycling to prepare for triathlon participation. Strategies, transitioning technique, and weight training information; training plan formation; event planning; culminates in class or community event.

*This course is repeatable for 11 credits.*

**Recommended:** Experience in at least one of the three activities.

**PAC 271. ULTIMATE FRISBEE. (1 Credit)**

Fundamentals for the beginning and intermediate player; individual skill development, rules, game play, and strategy.

**Equivalent to:** PAC 171

*This course is repeatable for 11 credits.*

**PAC 273. VOLLEYBALL I. (1 Credit)**

Fundamental volleyball skills, drills, rules, strategies, and practice. Game play appropriate for skill level.

*This course is repeatable for 11 credits.*

**PAC 274. VOLLEYBALL II. (1 Credit)**

Fundamental skills and knowledge refined; intermediate skills developed, competitive play.

**Equivalent to:** PAC 241

*This course is repeatable for 11 credits.*

**Recommended:** Volleyball I and good fundamental skills.

**PAC 275. VOLLEYBALL III. (1 Credit)**

Skill refinement and development; intense, highly competitive drills and game situations, doubles through sixes play.

**Equivalent to:** PAC 242

*This course is repeatable for 11 credits.*

**Recommended:** Volleyball II or varsity-level experience

**PAC 278. FITNESS WALKING. (1 Credit)**

Establishment of personal fitness programs through walking with emphasis on technique and aerobic components.

**Equivalent to:** PAC 202

*This course is repeatable for 11 credits.*

**PAC 282. WATER POLO. (1 Credit)**

Team game, played in deep water; instruction in skills, drills, strategies, techniques; game play; knowledge of rules and terminology.

**Equivalent to:** PAC 245

*This course is repeatable for 11 credits.*

**Recommended:** Swim I skills.

**PAC 286. WEIGHT TRAINING: CIRCUITS. (1 Credit)**

Fast-paced fitness class using stations of resistance training exercises. Designed to improve cardiovascular fitness and muscular endurance more than strength.

**Equivalent to:** PAC 247

*This course is repeatable for 11 credits.*

**PAC 287. WEIGHT TRAINING I. (1 Credit)**

Exercise techniques in both free and fixed resistance training equipment; safety procedures, terminology, and principles of exercise.

**Equivalent to:** PAC 248

*This course is repeatable for 11 credits.*

**PAC 288. WEIGHT TRAINING II. (1 Credit)**

Intermediate level of weight training in free and fixed weights.

**Prerequisites:** PAC 287 with C+ or better

**Equivalent to:** PAC 249

*This course is repeatable for 11 credits.*

**PAC 292. WRESTLING. (1 Credit)**

Collegiate wrestling fall and winter terms; freestyle and Greco wrestling spring term. All levels.

**Equivalent to:** PAC 254

*This course is repeatable for 11 credits.*

**PAC 293. INTERDISCIPLINARY YOGA. (1 Credit)**

Basic yoga poses (asanas) using specific techniques and sequences to promote flexibility, strength, relaxation, and a sense of well-being will be used. Integrative concepts between yoga and our daily life will be examined as well as yoga in relationship to other forms of physical movement.

**Equivalent to:** PAC 293H

*This course is repeatable for 11 credits.*

**PAC 293H. INTERDISCIPLINARY YOGA. (1 Credit)**

Basic yoga poses (asanas) using specific techniques and sequences to promote flexibility, strength, relaxation, and a sense of well-being will be used. Integrative concepts between yoga and our daily life will be examined as well as yoga in relationship to other forms of physical movement.

**Attributes:** HNRS – Honors Course Designator

**Equivalent to:** PAC 293

*This course is repeatable for 11 credits.*

**PAC 294. YOGA I. (1 Credit)**

Principles and practice of basic yoga postures, techniques of posture alignment, yogi breathing styles and their impact on the body and mind. Students will be exposed to a variety of forms of yoga, as well as basic yoga philosophy.

**Equivalent to:** PAC 255

*This course is repeatable for 11 credits.*

**PAC 295. YOGA II. (1 Credit)**

Building off Yoga I, this is an intermediate level course meant to develop a deeper understanding of yoga practice.

**Equivalent to:** PAC 256

*This course is repeatable for 11 credits.*

**Recommended:** Yoga I or previous yoga experience.

**PAC 296. VINYASA YOGA. (1 Credit)**

Dynamic flow that connects movement and breath encouraging meditation in motion. May include sustained yoga postures.

**Equivalent to:** PAC 257

*This course is repeatable for 11 credits.*

**Recommended:** Yoga I or previous yoga experience

**PAC 297. YOGATHON. (1 Credit)**

Expands on knowledge and skills learned in Yoga I or Fitness Yoga through three to five class sessions, each 3-6 hours; longer sessions provide students with an intensive mental and physical experience centering on the concepts of yoga; includes introductory relaxation and meditation skills.

*This course is repeatable for 11 credits.*

**Recommended:** PAC 294 and PAC 295 and PAC 296 and (Yoga I or Fitness Yoga)

**PAC 298. RESTORATIVE YOGA. (1 Credit)**

An emphasis on floor postures, supported postures, and longer holds that cultivate a relationship with ease. Techniques will be used to help students facilitate greater personal awareness. Students will use self reflection practices for personal well-being.

*This course is repeatable for 11 credits.*

**PAC 299. SPECIAL TOPICS. (1-3 Credits)**

Advanced information, skills, practice, and application; experimental and new classes. May have additional fee.

*This course is repeatable for 11 credits.*

**Recommended:** Intermediate to advanced skills in an activity area

**PAC 300. ALI: HIKING LOCAL TRAILS. (1 Credit)**

Covers the fundamentals of hiking as a recreational activity and an outdoor travel skill. Content will cover local trails, place history, hiking techniques, clothing and equipment selection, elemental first aid and safety concerns, leave-no-trace principles, and map basics. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 301. ALI: CHALLENGE COURSE EXPERIENCE. (1 Credit)**

Emphasis on gaining practical experience and understanding of various components that occur in challenge course activities/programs; group dynamic mental and physical challenges; cooperative games and initiatives that promote communication, problem solving skills and leadership; Low and High challenge course activities that promote self-confidence and agility. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 302. ALI: CHALLENGE COURSE PRACTICES AND FACILITATION. (1 Credit)**

Covers the set up and facilitation of various challenge course low and high course elements as they pertain to ALI's Challenge Course programming. Students will learn facilitation skills, risk management concepts, operational procedures, and technical rescue skills. A passing grade in this course will result in a certificate of completion from the OSU ALI Challenge Course. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 301 with C- or better

*This course is repeatable for 11 credits.*

**Recommended:** Climbing wall instructor, efficient climbers toolbox, self-rescue

**PAC 303. ALI: CAMP CRAFT. (1 Credit)**

Provides basic front-country camping skills such as packing, trip planning, how to dress for different climates/weather, storm-proofing, knife and axe techniques and safety, stove and kitchen operations, and fire building. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 304. ALI: BACKPACKING. (1 Credit)**

Hiking and camping while carrying all gear; tent set-up, camp site selection, operation of single-burner stoves, loading a backpack, water infiltration, navigation, proper hiking technique, energy conservation; leave-no-trace principles in every aspect of the trip and class; includes classroom instruction and required overnight trip. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 307. ALI: RAFTING. (1 Credit)**

An introduction to white water rafting. Students will learn the fundamentals of safe rafting, trip planning and become familiar with the gear associated with rafting. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 308. ALI: CANOEING. (1 Credit)**

Designed as an introduction to canoeing. Students learn the fundamentals of safe canoeing, trip planning and become familiar with the gear associated with rafting. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 309. ALI: KAYAKING I. (1 Credit)**

Focuses on developing technical kayaking skills in flat water and moving water up to Class I. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 311. ALI: STAND UP PADDLEBOARD. (1 Credit)**

Covers the curriculum for level 1 and 2 American Canoe Association standup paddle board skill courses. Skills include equipment, environmental factors, techniques, preparation and planning, emergency management, and environmental ethics. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 313. ALI: CANYONEERING. (1 Credit)**

Students will learn the fundamentals of canyoneering, including efficient hiking techniques, safe anchoring, belaying and rappelling techniques, and environmental mitigation skills. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 314. ALI: BOULDERING. (1 Credit)**

Introduction to the sport of bouldering, a subset of rock climbing using an indoor climbing facility; emphasis on safety, spotting, climbing movement, training techniques and improvement; provides activities that promote muscular strength and endurance, flexibility, and cardiovascular endurance. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 315. ALI: ROCK CLIMBING I. (1 Credit)**

Physical conditioning for, and instruction in, the skills and techniques of rock climbing; environmental impact issues; held at on-campus indoor climbing center. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 316. ALI: ROCK CLIMBING II. (1 Credit)**

Focuses on developing technical climbing skills related to lead climbing and anchor construction. Includes a one-day outdoor experience. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 315 with C- or better

*This course is repeatable for 11 credits.*



**PAC 317. ALI: ROCK CLIMBING III. (1 Credit)**

Focuses on developing technical climbing skills in an outdoor setting. Includes a weekend long outdoor experience and cover skills ranging from building anchors using natural protection, to advanced outdoor movement skills. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 315 with C- or better and PAC 316 [C-]

*This course is repeatable for 11 credits.*

**Recommended:** Intermediate to advanced skills in an activity area

**PAC 319. ALI: TECHNICAL RAPPELLING. (1 Credit)**

Students will learn, practice and hone their skills in the art of technical rappelling. Introduces many different styles, techniques and equipment used for rappelling in a variety of situations. Throughout the course, students will be provided with simple to advanced challenges to overcome. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 320. ALI: MOUNTAINEERING I. (1 Credit)**

Snow climbing techniques, anchoring, belaying and rappelling techniques, snow camping/living skills, and wilderness ethics; classroom instruction and required overnight alpine trip. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 321. ALI: MOUNTAINEERING II. (1 Credit)**

Building on skills learned in Mountaineering I; rope team/glacier travel experience, fundamentals of crevasse rescue, advanced snow climbing techniques, safe anchoring, belaying and rappelling techniques, snow camping/living skills, and wilderness ethics. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 320 with C- or better

*This course is repeatable for 11 credits.*

**PAC 322. ALI: ICE CLIMBING. (1 Credit)**

Students will learn the fundamentals of ice climbing, including efficient ice climbing techniques, safe anchoring, belaying and rappelling techniques and wilderness ethics. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 323. ALI: MOUNTAIN RESCUE BASICS. (1 Credit)**

Focuses on developing technical skills in a mountain rescue system. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 320 with D- or better

*This course is repeatable for 11 credits.*

**PAC 324. ALI: WHITE WATER RESCUE. (1 Credit)**

Provides an introduction to white water rescue; students learn the fundamentals of white water rescue, scene management, and the necessary gear to perform rescues. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 325. ALI: WILDERNESS FIRST AID. (1 Credit)**

Fundamentals of emergency care in a non-urban environment including anatomy, physiology, injury assessment, short-term care, small-group rescues; backcountry emphasis with long-term care and evacuation complications. PAC courses may not be used to fulfill upper-division requirements.

**Equivalent to:** PAC 325H

*This course is repeatable for 11 credits.*

**PAC 325H. ALI: WILDERNESS FIRST AID. (1 Credit)**

Fundamentals of emergency care in a non-urban environment including anatomy, physiology, injury assessment, short-term care, small-group rescues; backcountry emphasis with long-term care and evacuation complications. PAC courses may not be used to fulfill upper-division requirements.

**Attributes:** HNRS – Honors Course Designator

**Equivalent to:** PAC 325

*This course is repeatable for 11 credits.*

**PAC 326. ALI: BUSH CRAFT. (1 Credit)**

Basic wilderness living techniques, knowledge and skills needed for a student to be ethical and efficient, and have the ability to survive in the outdoors. Special emphasis is placed on building shelters, water purification, navigation, awareness, fire, self-sufficiency and caring for groups in the wilderness. PAC courses may not be used to fulfill upper-division requirements.

**Prerequisites:** PAC 303 with D- or better

*This course is repeatable for 11 credits.*

**PAC 327. ALI: ROCK GUIDE SCHOOL. (1 Credit)**

Serves as an opportunity to learn the skills for being a rock guide for the ALI. With five days of training and practice in the field at two climbing sites in Oregon, it serves to help students understand the unique challenges of instructing climbing in the outdoor environment. This course may end with Sport Climbing Instructor certification through the Professional Climbing Instructors of America. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**Recommended:** Efficient climbers toolbox, self-rescue, climbing wall instructor-lead certification

**PAC 328. ALI: RAFT GUIDE SCHOOL. (1 Credit)**

Provides students the skills and guided practice time needed to become competent paddle raft guides. It is a nine-day course that focuses on the development of water reading, raft maneuvering, risk management, and whitewater rescue skills needed by raft guides. Successful completion of the course will result in a certificate of completion from the American Canoe Association (ACA). PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 329. ALI: WILDERNESS FIRST RESPONDER. (2 Credits)**

Fundamentals of emergency care in a non-urban environment, including physiology, injury assessment, short-term care, anatomy, and small-group rescues. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 330. ALI: SNOW TRAVEL AND CAMPING. (1 Credit)**

An introduction to traveling in the backcountry in adverse weather conditions that often accompany winter. Topics covered include cross country touring, snow shoeing, winter camping techniques, and winter safety considerations including introducing avalanche safety. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*

**PAC 331. THE ART OF FLY FISHING. (1 Credit)**

Students will be introduced to fly fishing skills such as casting, knot tying, safety considerations, fly selection, and ways to approach water. There will be a general overview of common places and species to fish in Oregon and other locations. This course combines approximately 30 hours of instruction, online activities, and assignments for 1 credit. PAC courses may not be used to fulfill upper-division requirements.

**Corequisites:** ENG 225, FW 112

*This course is repeatable for 11 credits.*

**PAC 332. ALI: AVALANCHE AWARENESS. (1 Credit)**

Focuses on what causes avalanches, how to safely travel in avalanche terrain, and resources to pursue in understanding the avalanche risk where you are traveling. PAC courses may not be used to fulfill upper-division requirements.

*This course is repeatable for 11 credits.*